



# Heroes on Tour

Inspire European youth in schools about the importance of physical activity and a healthy lifestyle

## Elite Volleyball athletes inspire youth to get physically active

Youth becomes more and more physically inactive. Not only is it important for youth to become more active, but also to be educated and get involved in broad motorical skills. Their motorical ability will increase when they participate in different or more sports. But for them to become involved in sports, they will need to get inspired.

Elite volleyball athletes visit schools to inspire youth about their multiple sports background, their volleyball career, the road to success, how playing sports and live a healthier lifestyle by learning about the importance of food and sleep. The athletes will play (volleyball) sports with the schoolkids. The athletes themselves will benefit from this due to increasing their presentation skills, time management and other skills to improve their dual career possibilities.

**Targeted:** implemented at 35 schools, reaching 5.250 children. Each school will receive the SchoolVolley+ curriculum. 70 athletes will be trained. At every school a local volleyball club will be present to help, support and stimulate the kids to come join the club.

**Reached:** 65 Heroes on Tour activities organized | 94 athletes inspired youth | 29 schools and 329 clubs participated | reaching 3.760 kids and 257 coaches

**Manuals:** [Heroes on Tour manual English](#) | [Heroes on Tour manual Dutch](#)

**Video:** [Heroes on Tour in the Netherlands](#)

