



International Day of University Sport

Best practices



PRACTICE EXAMPLES FROM ASIA



NUSF	NUSF Singapore (2021)
Name of the activity	AUSC Virtual Fit Challenge
Introduction	A serie of online exercises challenges was proposed to student during one week. In parallel was also organised the Run Challenge 2021 and the TeamNUS Summit 2021 which is an annual leadership program organised to induct and prepare Student Sports Leaders for the new academic year.
Number of participants	150 students

NUSF	NUSF People's Republic of China (2021)
Name of the activity	Run Challenge
Introduction	The second edition of the Run Challenge was held from 19 to 21 September. About 667 universities took part in this event, with the running distance totaled 490.000 kilometers, setting a new record in terms of the participation and distance.
Number of participants	49.921 students

NUSF	NUSF Mongolia (2016)
Name of the activity	The celebration of IDUS
Introduction	Mongolia celebrated IDUS by taking the opportunity of the 6th Asian University Men's Basketball Championships. 7 countries and regions participated with more than 15 delegates celebrated this day together.
Number of participants	More than 2000



PRACTICE EXAMPLES FROM AMERICA



NUSF	NUSF Mexico (2021)
Name of the activity	IDUS Celebrations
Introduction	Various activities were organised around 20 September, from Sports events (National Championships of Aerobic and Badminton) to Educational activities with the online Congress of Sport Psychology, or Festival (#MexIDUSChallenge for example) and Cultural events.
Number of participants	More than 150.000 students reached

NUSF	NUSF Argentina (2019)
Name of the activity	IDUS Celebrations
Introduction	IDUS was celebrated with a number of activities that were carried out in different universities all around Argentina.
Number of participants	More than 400

NUSF	NUSF Costa Rica (2019)
Name of the activity	The celebration of IDUS
Introduction	Different events were organised by Universities such as sports tournaments or festivals. Also workshops and seminars were held to promote healthy and active lifestyle among students.
Number of participants	More than 2000



PRACTICE EXAMPLES FROM OCEANIA



NUSF	NUSF Northern Mariana Islands (2021)
Name of the activity	IDUS Celebrations
Introduction	The sports day comprised of the sports volleyball, ultimate frisbee, american football and soccer included a promotional tent area to inform attendees about IDUS and areas for sports to undertake their activities. The event was organised by FISU Student Ambassador (Angela Bernal).
Number of participants	Over 100 participants



NUSF	NUSF New Zealand (2019)
Name of the activity	IDUS Celebrations
Introduction	8 universities organised around 20 different sports, fun and educational events during the week of IDUS. All university activities were supported with IDUS medals and T-shirts produced and supplied by NUSF.
Number of participants	1500 participants



NUSF	NUSF Papua New Guinea (2016)
Name of the activity	IDUS Celebrations
Introduction	IDUS greetings from Minister for Sport and NUSF. Basketball, Volleyball and Touch Football tournaments. Health and Lifestyle awareness education presenter by athlete from PNG Hunters Rugby League team (focus on water conservation and importance of sport and good health)
Number of participants	90 students from 6 universities



PRACTICE EXAMPLES FROM AFRICA



NUSF	FASU & NUSF Uganda (2021)
Name of the activity	Continental celebrations of IDUS
Introduction	Various activities were held such as a student's webinar attended by 19 NUSFs, or an online quiz session organised by FASU while some other African NUSFs held seminars. The main celebrations were done in partnership with Makerere University and the Association of Uganda University Sports.
Number of participants	Over 100 participants



NUSF	NUSF Morocco (2021)
Name of the activity	IDUS Celebrations
Introduction	Sports events as well as Educational activities, Festival and Cultural events were organised in Morocco. 22 universities were involved and organised various activities over a month, from 20 September to 20 October such as conferences, students integration days, etc.
Number of participants	2500 students.



NUSF	NUSF Egypt (2019)
Name of the activity	Student Beach Games
Introduction	Beach Games on different sports were held in the charming place of Bagouch on the Mediterranean coast during the IDUS period and in cooperation between NUSF, 25 Universities and Ministry of Youth and Sports.
Number of participants	400 participants



PRACTICE EXAMPLES FROM EUROPE



NUSF	NUSF Croatia (2021)
Name of the activity	IDUS Celebrations
Introduction	Activities were organized in 8 Croatian cities. Sport activities were organized on campuses, city squares and at student dormitories. Educational activities were organized in Split where topics of dual career was addressed. Also, promotion of physical activity and health lifestyle was the main idea behind the events.
Number of participants	Over 2500 participants

NUSF	NUSF Estonia (2017)
Name of the activity	IDUS Celebrations
Introduction	Estonian students from Tartu launched a video message from the town's square to the world. Students were joined by fellow citizens from Tartu and leaders from international university sport organisations such as EUSA and FISU. Sports activities, conferences and European Week of Sport were organised.
Number of participants	2500 students.

NUSF	NUSF Hungary (2018)
Name of the activity	IDUS Celebrations
Introduction	Students participated in 160 sporting events organised on 36 different locations. The main goal of drawing attention to the relevance of university sports, and to show that the mental preparedness is as important as the physical fitness for the future intellectuals.
Number of participants	Around 40.000 students







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