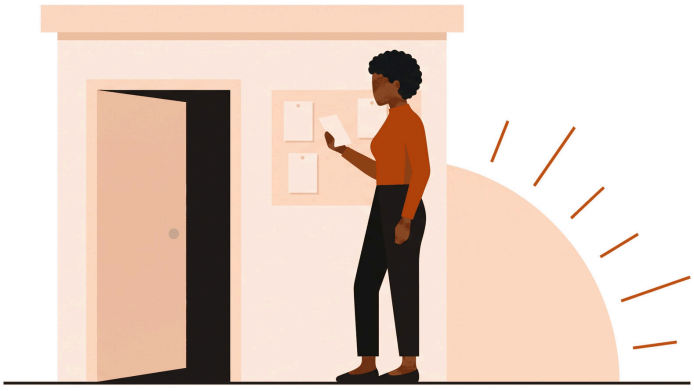
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D2.1 Toolkit for Inclusive Physical Literacy, module 8 of 10

Resource directory

Places, websites and books that can help you move more, in Norway, Poland, Türkiye and beyond.



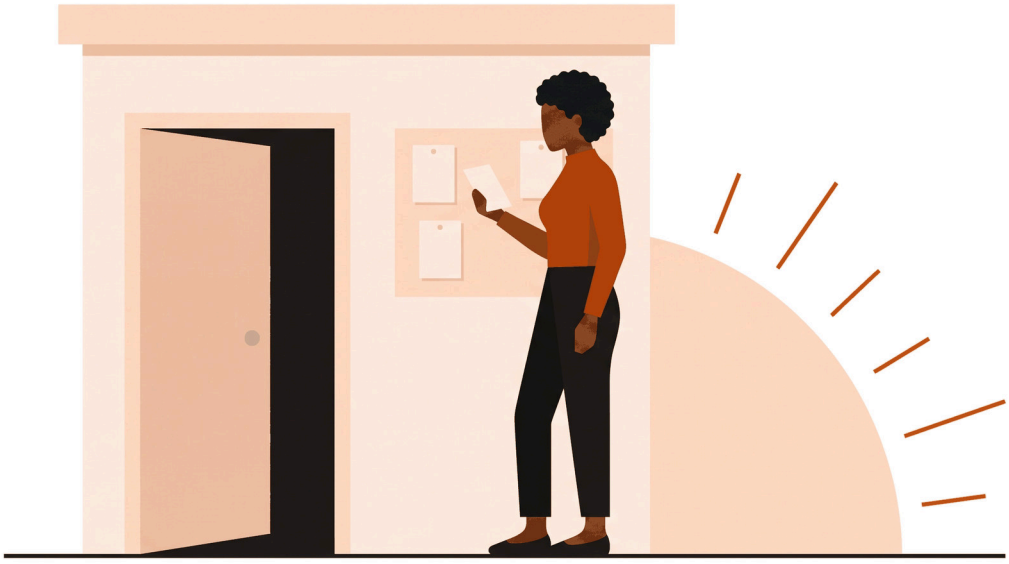
Project reference	101239131
Programme	Erasmus+ Sport, small-scale partnerships
Work package	WP2, led by MOBAD (Mobile Adventure), Poland
Edition	1.0, 30 September 2026
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Module 8 of 10

Resource directory

Places, websites and books that can help you move more, in Norway, Poland, Türkiye and beyond.

In this module

1 Further reading and support 3

Read or listen on your phone

This module lists places, websites and books that can help you move more. There are places in Norway, Poland and Türkiye, and some for everyone.

1 Further reading and support

We checked every place, website and book on 29 September 2026. Services change, so check the website before you go.

Each entry says who can use it, the languages and the cost, when the source says so.

Some are only for women. Some are for everyone. The books and websites are for everyone, and the entries that are only for women say so.

The list is not complete. There may be a good place near you that is not on it.

Find a place near you

- Some places in this list help you find the nearest one. Try parkrun, or the healthy life centres in Norway.
- Ask at a community centre, a women's organisation, your doctor or your municipality.
- Before you go, check who can join, the times and the cost.
- Ask if there is a group only for women, if you would like that.
- Write down the places you find, with the date you checked them.
- If you run a group, share good places with the women in it.

The facilitator guide (vitality.sports4.eu/toolkit/facilitators) has more ideas for finding free places and partners.

Norway

Organisation

Frisklivssentral (Healthy Life Centre)

www.helsenorge.no/en/help-services-in-the-municipalities/healthy-life-centres

A health service in many municipalities that helps you become more active. It offers one-to-one advice and group exercise that needs little equipment, for any fitness level.

Who it is for	People with a disease or a higher risk of disease. You can contact the centre yourself or be sent by your doctor. Not every municipality has one.
Languages	Norwegian, English
Checked	29 September 2026

Norway

Organisation

MiRA-Senteret

mirasenteret.no/aktiviteter

A resource centre in Oslo for women and young girls with a minority background. It has an open house every Wednesday and activities such as dance classes.

Who it is for	Women and young girls with a minority background.
Languages	Norwegian, English
Checked	29 September 2026

Norway

Organisation

Oslo Red Cross (Oslo Røde Kors)

www.rodekors.no/lokalforeninger/oslo/aktiviteter/flyktninger-innvandrere

Stella is a meeting place in Oslo for women, and for minority women in particular. The refugee guide programme also has a walking group, and a football group for adults.

Who it is for	Stella: women. The refugee guide programme: refugees and immigrants in Oslo who speak a little Norwegian or English. The football group: people over 18.
Languages	Norwegian, English
Checked	29 September 2026

Norway

Organisation

LIN swimming course for women

www.linorg.no/kurs/svommekurs

Swimming lessons in Oslo for women with a minority background who cannot swim. The teachers are women, and only women are in the pool.

Who it is for	Women over 18 with a minority background who live in Oslo. Places fill fast, and there is a waiting list.
Languages	Norwegian, English
Cost	NOK 1,800 for 8 weeks, plus NOK 100 membership
Checked	29 September 2026

Norway

Organisation

parkrun (Norway)

www.parkrun.no

A free 5 km event every Saturday morning, with no time limit. You can walk, jog or run.

Who it is for	Anyone. You register once before your first time.
Languages	Norwegian
Cost	Free
Checked	29 September 2026

Norway

Website

helsenorge.no

www.helsenorge.no/trening-og-fysisk-aktivitet/rad-om-fysisk-aktivitet

Norway's official health website. It explains how much adults should move and says that all activity counts.

Languages	Norwegian
Cost	Free
Checked	29 September 2026

Poland

Organisation

Klub Ukraińskich Kobiet (Ukrainian Women's Club)

ukrainskidom.pl/nasze-dzialania/klub-ukrainskich-kobiet

A women's club in Warsaw run by the Ukrainian House foundation. It offers classes such as zumba, pilates, yoga and Nordic walking.

Who it is for	Women over 18 of any nationality. You sign up with the form in each announcement.
Languages	Polish, Ukrainian
Checked	29 September 2026

Poland

Organisation

Etnoliga (Fundacja dla Wolności)

www.etnoliga.org

Free football training and games in Warsaw. Women and men from many countries play in the same teams.

Who it is for	Everyone is welcome, including refugees and migrants.
Languages	English, Polish
Cost	Free
Checked	29 September 2026

Poland

Organisation

parkrun (Poland)

www.parkrun.pl

A free 5 km event every Saturday morning, with no time limit. You can walk, jog or run.

Who it is for	Anyone. You register once before your first time.
Languages	Polish
Cost	Free
Checked	29 September 2026

Türkiye

Organisation

Sağlıklı Hayat Merkezleri (Healthy Life Centres)

yalovaism.saglik.gov.tr/TR-381209/saglikli-hayat-merkezimizde-fizyoterapist-esliginde-ucretsiz-fiziksel-aktivite-danismanligi-ve-grup-egzersizleri-hizmeti-sunuluyor.html

In some Ministry of Health centres, a physiotherapist gives free advice on activity and leads free group exercise. You book through your family doctor or MHRS on 182.

Who it is for	The Yalova page says healthy people without a serious nerve, bone or joint condition, and without acute pain. The page does not say whether people under temporary or international protection can use them.
Languages	Turkish
Cost	Free
Checked	29 September 2026

Türkiye

Organisation

Halk Eğitim Merkezleri (Public Education Centres)

hbogm.meb.gov.tr/www/sss.php

Public centres across Türkiye with free courses for adults, such as swimming. You can search the courses on the e-Yaygın website.

Who it is for	Open to all. Foreign nationals can take part with permission from the governor's office.
Languages	Turkish
Cost	Free
Checked	29 September 2026

Türkiye

Organisation

KASFAD (Women's Sport and Physical Activity Association)

www.kasfad.org

An association that works to get more women into sport and physical activity. It shares reports and guides in Turkish, and its website lists no classes for the public.

Languages	Turkish
Checked	29 September 2026

Türkiye

Book

Türkiye Fiziksel Aktivite Rehberi (Türkiye Physical Activity Guide)

dosyaism.saglik.gov.tr/Eklenti/12302,2014-fiziksel-aktivite-rehberipdf.pdf?0=

T.C. Sağlık Bakanlığı, Türkiye Halk Sağlığı Kurumu, 2014. Sağlık Bakanlığı.

A free guide from the Ministry of Health. It explains how much to move at each age, with a part for adults.

Languages	Turkish
Cost	Free
Checked	29 September 2026

International

Website

World Health Organization: Physical activity

www.who.int/news-room/fact-sheets/detail/physical-activity

A short page on why moving matters and how much adults need each week.

Languages	English, Arabic, Chinese, French, Russian, Spanish
Cost	Free
Checked	29 September 2026

International

Website

Physical literacy, explained by Sport England

www.sportengland.org/news-and-inspiration/physical-literacy-consensus-statement-england-published

A page from Sport England that explains what physical literacy is and why it matters.

Languages	English
Checked	29 September 2026

International

Book

WHO guidelines on physical activity and sedentary behaviour: at a glance

www.who.int/publications/i/item/9789240014886

World Health Organization, 2020. World Health Organization.

A free short booklet from the World Health Organization. It explains how much to move each week and why sitting less helps.

Languages	English, Arabic, Chinese, French, Russian, Spanish
Cost	Free
Checked	29 September 2026

International

Book

The Joy of Movement, by Kelly McGonigal

www.penguinrandomhouse.com/books/564895/the-joy-of-movement-by-kelly-mcgonigal-phd

Kelly McGonigal, 2021. Avery (Penguin Random House).

A book about how exercise can help us find happiness, hope, connection and courage. It is not written only for women.

Languages	English, Polish (Siła aktywności)
Cost	Sold in bookshops
Checked	29 September 2026

VITALITY

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Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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