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IVV-Europe is constantly striving to expand and improve its work and services. We invite you to send us your questions, comments, ideas and suggestions.

Your feedback is very important to us and helps us to be successful together.

Please feel free to contact us. We look forward to receiving your valuable input!



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# Foreword by the President of IVV-EUROPE

**Romain Buschmann**

Dear friends of popular sport

Welcome to our first edition of the IVV-EUROPA brochure. We are delighted to take you on a journey through the diverse world of IVV recreational sport. Our Federation's mission is to encourage people of all ages and fitness levels to be active, to socialise and to share unforgettable experiences.

We do this in close cooperation with our dedicated members, the national sport organisations.

We also invite all recreational sports clubs to become part of our dynamic community. We also want to give clubs offering sports that are not yet represented by national federations the opportunity to join us and work together.

We invite you to join us and work together to shape the future of popular sport! Together we can achieve great things and take popular sport in Europe to the next level!

In a time often characterised by stress, IVV popular sport offers a valuable opportunity to strengthen body and mind.

Whether it's a walk in the countryside or a trip to the mountains

Recreational sport promotes health, social interaction and a sense of belonging to a community.

IVV-Europe stands for diversity, openness and commitment. We invite you to become part of our community and offer a wide range of sporting activities. A diverse range of sports is designed to motivate different age and interest groups to participate in different activities, not just hiking. Social interaction and community building are encouraged through a variety of sports. A varied programme keeps the offer interesting and strengthens long-term motivation.

People with different abilities should be able to find suitable activities with us, which strengthens inclusion and shows that we are accessible to everyone. This increases the attractiveness for new members and public visibility, which means we can all contribute more to health and social cohesion together.

Our business and social partners also have many opportunities to get involved and benefit from working together. Together, we can spread the idea of popular sport even further and have a positive impact on the quality of life of many people.

Find out more about the programmes and opportunities offered by IVV-Europe.

Be inspired and discover how popular sport can enrich all our lives. We look forward to meeting you and sharing the joy of our sport with you!

With sporting greetings



# IVV - International Volkssportverband

The IVV, the International Volkssportverband, is an organisation that promotes popular sports activities worldwide. The IVV aims to make sporting activities accessible to people of all ages and abilities. The focus is on non-competitive activities such as walking, cycling, swimming and cross-country skiing.

Here are some key aspects of the IVV:

- The IVV organises and supports sporting events that focus on participation and the enjoyment of physical activity rather than competition or performance.
- The IVV is active in many countries and coordinates international events. It consists of national associations and clubs, which in turn organise local events.

One of the best-known activities is the so-called "IVV walks". These walks are often referred to as Volkssport-Walks and take place all over the world. Participants receive stamps and rewards for their participation, the so-called Volkssport badge.

By promoting regular sporting activities, IVV helps to improve the physical and mental health of participants.

IVV attaches great importance to the community and social aspect of sport. The aim is to bring people together so that they can be active together and make new friends.

IVV is a non-profit organisation and works closely with national and regional associations to ensure a wide range of events and activities.

Participation in IVV events is open to all, regardless of age, gender or fitness level.

IVV was founded in 1968 in Lindau, Germany, and was registered in 1972.

The founding countries were Germany, Austria, Switzerland and Liechtenstein.

The official languages are German and English.

The head office is in Altötting, Germany.

The IVV can be reached via the website [www.ivv-web.org](http://www.ivv-web.org) as well as [www.ivv-online.org](http://www.ivv-online.org).



# The IVV-Volkssport awards - make popular sports attractive



Awards are essential: they motivate people to continue their activities

Awards are powerful motivators for people taking part in Volkssport events as they provide a sense of achievement and recognition.

The prospect of a tangible awards or recognition for completing a strenuous hike, for example, can drive people to push their limits and overcome obstacles.

Awards create lasting memories and a sense of pride, which fosters a deeper connection to the activity and encourages participants to continue exploring the outdoors.

As an award and motivation: a special IVV prize!

As an award for participating in an IVV event anywhere in the world, there are evaluation stamps. Collecting these stamps in the IVV evaluation booklets entitles to rewards and honours!

If participation already entitles to ratings, i.e. "taking part is everything", one can also have a sporting performance recognised by the kilometres covered/completed.

After paying a small contribution towards expenses, one can receive a participation booklet and/or a kilometre evaluation booklet.



# IVV Olympiads



The IVV Olympiad takes place every two years in an IVV member country. It is a multi-day popular sports festival that is open to all. The IVV Olympiad includes the disciplines of walking, swimming and cycling as well as other popular sports. The supporting programme offers participants numerous opportunities to make and maintain international friendships in a harmonious atmosphere.

- |                                    |  |
|------------------------------------|--|
| 1. 1989: Valkenburg - Netherlands  | 11. 2009: Yamanashi - Japan                |
| 2. 1991: Schömburg - Germany       | 12. 2011: Antalya - Turkey                 |
| 3. 1993: Ribeauville - France      | 13. 2013: Val Gardena - South Tyrol        |
| 4. 1995: Athens/Amaroussi - Greece | 14. 2015: Chengdu - China                  |
| 5. 1997: Vierumäki - Finland       | 15. 2017: Koblenz - Germany                |
| 6. 1999: Bibione - Italy           | 16. 2019: Aix-en-Provence - France         |
| 7. 2001: Seefeld - Austria         | 17. 2022: Seoul, South Korea - (cancelled) |
| 8. 2003: Genk - Belgium            | 18. 2023: San Antonio, TX USA              |
| 9. 2005: Pilsen + Prague - Czechia | 19. 2025: Tampere, Finland                 |
| 10. 2007: Otepää - Estonia         | 20. 2027: Luxembourg                       |





## Structure of IVV-EUROPE



The International Volkssportverband IVV is divided into three continental associations: IVV-Asia, IVV-Americas & Oceania and IVV-Europe. These continental associations were founded in 2011.

IVV-Europe has its headquarters in Luxembourg and operates under the legal form of an ASBL, a non-profit organisation.

Its members are mainly national Volkssport Federations.

At 1.1.2025, IVV-Europe will have National Federations and other members from 15 different European countries, representing more than 2,000 associations/clubs.

The current Presidium was elected in Sillien (A) in 2021.

The official languages of IVV-Europe are German, French and English.



Romain Buschmann  
President, Luxembourg



René Kieser  
Vice-President,  
Switzerland



Guy Borsenberger  
Vice-President, France



Georges Kintziger  
Secretary, Luxembourg



Konrad Teni,  
Cashier, Austria





**IVV-EUROPE: Continental organisation of the International Volkssport Federation IVV, dedicated to spreading the IVV philosophy and promoting the active participation of IVV members.**

## **Our Vision**

The IVV (International Volkssportverband) is recognised as an international sports organisation that promotes healthy lifestyles and peaceful relationships around the world.

The IVV is a non-profit, volunteer-run organisation that promotes its programme of healthy and socially enjoyable physical activities in the field of recreational sport internationally. Its activities are inclusive, integrative, stress-free, non-competitive, non-motorised and environmentally friendly.

In Europe, due to the geography, climate and local culture, the main sport currently practised is hiking.

IVV-Europe members offer thousands of walks every year, from national/international walking days, guided walks, permanent trails, walking weeks, walking holidays, etc. The annual number of participants is in the thousands and they come from all age groups, cultures, religions and nationalities. Inclusion is effectively practised at the IVV.

As IVV-Europe, we work closely with the International Volkssport Federation, IVV, coordinating work, analyses and projects, agreeing and, if necessary, bringing together what belongs together.

As IVV-Europe, we see our role as a communicator and initiator of best practices. By collecting and passing on information, knowledge and experience, we want to create added value - we want to combine innovation and continuity. It is important to adapt to the needs of modern times while ensuring the continuation of existing processes.

To be a motivating factor, an incentive, a driving force to bring Volkssport to the people of Europe, to get fit through sport, to feel good - both mentally and physically, is our motivation!

## **P.T.A. TOURS walking tours - passion, expertise, culture**

In today's hectic world, many hikers are looking for special experiences in nature. This is where we come in. As an experienced provider of hiking tours, we specialize in designing individual hiking tours for discerning clients. With a deep understanding of the desires and needs of today's traveler, we offer unforgettable hiking experiences that combine nature and culture.

***Unique Walking and Cultural Experiences*** Our treks take you to some of the world's most beautiful places and offer the opportunity to immerse yourself in local culture. Whether it is the peaks of the Alps, the vastness of Finland or the coast of the Algarve, we offer hikes for every taste and fitness level. In addition to awe-inspiring natural experiences, we incorporate cultural highlights such as historical sites, local festivals and culinary experiences. Each trip is carefully designed to provide the best possible experience, from the routes to the accommodation.

***Benefits for hiking clubs*** Walking clubs' benefit from our customized tours. We offer tours tailored to your group's needs, and our experienced guides take care of all the organizational details so that members can focus on hiking and sharing the experience. Cultural activities build a sense of community and enthusiasm for new experiences.

***Walking for singles and small groups*** We also offer special trips for singles, couples and small groups. These tours are ideal for solo travelers who want to meet like-minded people, or for small groups of friends who would like to share an adventure. Our carefully planned itineraries and activities provide opportunities to make new friends and enjoy the trip in a relaxed atmosphere. The manageable group size allows us to be very responsive to individual preferences and ensure maximum personal attention.

***The IVV Europe and P.T.A. TOURS - for a common cause!*** The partnership between P.T.A. Tours and the IVV Europe offers walkers and Volkssport enthusiasts' access to a wide range of organized tours and events worldwide. It allows for better travel organization and support in planning and conducting walking tours including the big events, connecting people across borders. Members benefit from exclusive walking tours, offers and professional protection with the greatest possible individuality and flexibility.

### **P.T.A. TOURS Walking-Tours – worldwide individual!**





## IVV Europiades

### **Europiade of Friendship: a sporting experience in the spirit of inclusion and friendship**

IVV Europiades take place every two years, preferably in two neighbouring European countries. It is a multi-day national sports festival for everyone. The IVV Europiade includes hiking, swimming and cycling as well as other popular sports. The supporting programme offers participants numerous opportunities to make and maintain international friendships in a harmonious atmosphere.

Previous and future Europiad locations:

- 2012 Echternach (Luxembourg) and Irrel (Germany)
- 2014 Marostica and Breganze (Italy and Naturns, South Tyrol)
- 2016 Kitzbühel (Austria)
- 2018 Castelvetro and Mazara del Vallo (Sicily, Italy)
- 2021 Sillian (Austria) / San Candido & Dobbiaco (South Tyrol)
- 2022 Kehl (Germany) / Strasbourg (France)
- 2024 Waidring (Austria)
- 2026 Bütgenbach (Belgium)





# IVV Europiades

## The power of a reward: why recognition keeps you motivated

From the 7th Europiade in Waidring, the IVV Passport for the Europiade will be distributed free of charge. Each Europiade thus offers the opportunity to receive a special IVV classification stamp, which is awarded either for the kilometres covered or for participation.

Participants can receive stamps retroactively for all previous IVV Europiades if they can present corresponding proof such as IVV scorebooks or other proof of participation.

Each participant is entitled to one or more chargeable CERTIFICATES, which enhance both participation and the services provided. The number of participations is in the colours of the rainbow, so it is worth collecting them.

Independently of the certificates, it is also possible to purchase the EUROPIADE PIN.





# IVV Europiades

## Places of encounter and exchange

A traditionally important part of the Europiade is the "President's Walk".

IVV- Europe would like to use this very special part of the Europiade programmes not only to explore the surroundings, but also to offer the opportunity to make new friends and exchange ideas with like-minded people. Let's immerse ourselves in the relaxed atmosphere of walking together and discover the revitalising effect of friendly conversation on body and mind!

IVV- EUROPE also traditionally organises brainstorming meetings on the occasion of a Europiade to discuss innovative solutions and creative ideas for the development of popular sport.



# VERY MAD TRIP

## DES ÉQUIPES SE DÉFIERONT 5 JOURS DURANT DANS LE MAGNIFIQUE DÉSERT MAROCAIN

Parcours à pied, navigation à la  
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Défis physiques et stratégiques à relever.

- ❖ 5 nuits en bivouac
- ❖ 1 nuit en bivouac sauvage
- ❖ 1 nuit en auberge au pied des dunes
- ❖ 1 Journée «No'MAD » dans un village berbère.



site : [verymadtrip.com](http://verymadtrip.com)





# IVV-EUROPE CUP'S make popular sport attractive

## The indispensable motivation through awards

IVV-Europe invites to take part in its Cups and discover the many IVV events throughout Europe! Cups with short, achievable goals are a strong motivator for participation in IVV walks as they provide a sense of fulfilment and recognition. The prospect of a tangible reward or recognition can inspire people to push their limits and overcome obstacles. Cups create lasting memories and a sense of pride, foster a deeper connection to the IVV activity and encourage participants to explore IVV organisations further.

**The FELIX-CUP** is designed to encourage people to hike in their home country as well as in neighbouring countries. The cup is not only aimed at long-distance and extreme hikers, but at all hikers, regardless of the distance travelled and the type of event. 'FELIX' comes from the Latin word for "happy" and "bringing happiness", which emphasises the positive influence of hiking on well-being. The four-leaf clover, a symbol of happiness, represents the cup. The four leaves stand for the number of IVV hikes and the IVV member countries to be visited. The colours of the leaves, which correspond to those of the rainbow, symbolise peace, new beginnings, change, tolerance, acceptance, hope and longing.

Conditions of participation: Participation in 4 IVV organisations in 4 different European countries.

### CHALLENGE-CUP

Condition of participation: Walk the year in kilometres per year.

**THE AWARDS:** diplomas, medals, patches, pins, etc.



Further cups are offered at regular intervals depending on the season and theme.



# NEWSFLASH

An active and powerful communication tool

The Newsflash IVV-Europe is published four times a year in three languages and provides information on IVV news, disseminates ideas and thoughts on IVV sport promotion, brings back memories and reviews.  
A lively and dynamic communication organ.

The Newsflash will be sent to all European IVV members with the request to forward it to all affiliated clubs. It will also be published on the IVV-Europe website.







IVV-Europe attaches great importance to competent partners and sponsors.

Professional partners can help to continuously improve the image of IVV-Europe and reach a wider audience. Partnerships expand the network and open up new opportunities for co-operation and synergy effects.

Competent partners contribute their expertise, which helps to optimise strategies and processes.

Well-known and respected partners convey credibility and prestige, which increases the attractiveness for new members and other partners.

Long-term partnerships demonstrate stability and reliability, which strengthens trust in IVV-Europe.

Reliable partners and sponsors enable long-term planning and the development of sustainable strategies.

Collaboration with innovative partners enables the introduction of new technologies and methods that help IVV-Europe to modernise.

Competent partners are crucial for stability, professionalism, network, image, sustainability and our social responsibility. A long-term commitment enables IVV-Europe not only to achieve its current goals, but also to be well positioned to meet future challenges.

***IVV-EUROPE would like to thank its partners!***



# European Ramblers Association

<https://www.era-ewv-ferp.org>



**ERA·EWV·FERP**



# Merchandising : a must for maintaining loyalty!



## SHOP

- Aufnäher/Ecusson/Patch** IVV-Europa Klein ..... 4 €
- Aufnäher/Ecusson/Patch** IVV-Europa Gross ..... 5 €
- Aufnäher/Ecusson/Patch** IVV-Europa - Blau - ..... 6 €
  
- Aufkleber/Autocollant/Sticker** IVV-Europa ..... 1 €
- Aufkleber/Autocollant/Sticker** Europa wandert ..... *Gratis*
  
- Pin** IVV-Europa im Geschenketaui ..... 6 €  
mit Schmetterlingsverschluss/Magnetverschluss
  
- IVV-EUROPIADE-PASS** .... *Gratis/Gratuit/Free*
- IVV-EUROPIADE-Urkunde(n)** .... *ab 3 €*
- Pin** IVV-EUROPIADE ..... 6 €

### Anmeldung/Inscription/Registration

- Challenge 2024 .... 24 €
- FELIX-Cup 1 .... *ab 10 €*
- FELIX-Cup 2 .... 7 €





# Surveys

## important elements for efficient decisions

IVV-Europe regularly asks its members to help assess their overall satisfaction with IVV services and to understand their needs and expectations.

The surveys thus provide valuable feedback on what works well and where there is room for improvement.

The surveys and the communication of the results show that IVV-Europe takes the opinions of its members seriously. This promotes transparency and strengthens trust.

Through our surveys, we encourage our members to raise their voices and actively participate in building IVV-Europe.

Most importantly, our surveys provide an opportunity for bi-directional communication, which should help to break down communication barriers and improve the flow of information.

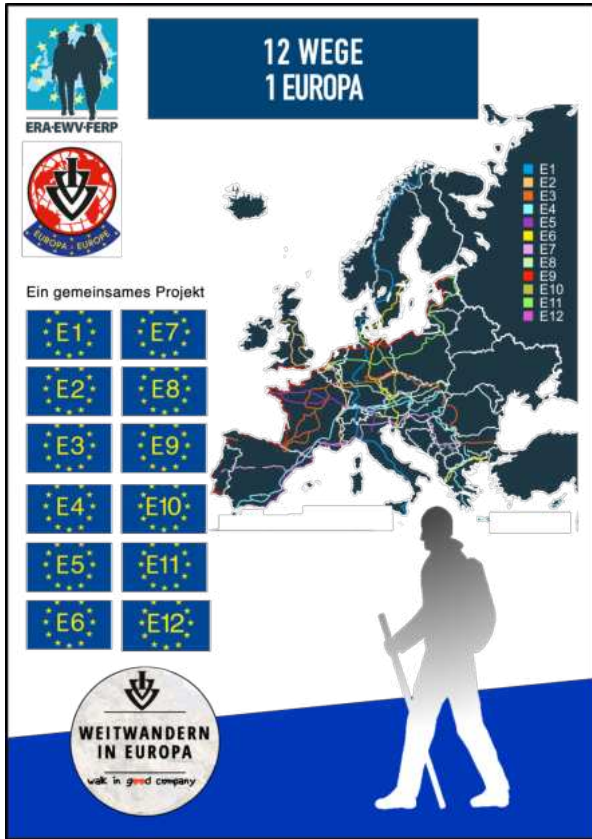
Overall, our surveys help us to constantly improve and ensure that the needs and expectations of our members are at the centre of everything we do.





As a partner of the European Ramblers' Federation, IVV-Europe is promoting the 12 European long-distance hiking trails from 2024 and including them in its IVV programme.

**#BEACTIVE**  
EUROPÄISCHE WOCHE DES SPORTS



IVV-Europe is looking for national associations, clubs or other organisers who offer a traditional IVV walk on a section in their country that is crossed by a European Long Distance Trail.

IVV-Europe will provide a certificate and an IVV stamp sticker.

Of course, each organiser can offer his own certificates, medals etc.

The date of the event or individual walk can be freely chosen. However, the preferred date for this offer is the European Sports Week #BEACTIVE at the end of September each year.



**Explore different landscapes, cultures and history on the 12 E-paths.**

The European long-distance hiking trails - the E-paths - are the backbone of European hiking trails. They are long-distance hiking trails that connect national and regional hiking trails and offer intercultural experiences across borders.

E-paths connect people and are paths of peace, understanding and unity.

# CIMALP



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Enjoy 15% off your order using code  
Profitez de 15% de remise sur votre commande avec le code

**IVV15**



# IVV-Europes Patronage

## Key to strengthening member loyalty, success factor for the cohesion of the association



An IVV event can be supported if it represents an important contribution to the realisation of the ideals and goals of the IVV. IVV-Europe thereby expresses its interest in projects that correspond to its interests.

The projects to be supported must be of a certain size and differ from traditional IVV events, either in terms of the distance to be covered or the number of event days offered. Of course, they must fulfil all IVV quality requirements.



- The patronage of IVV-Europe includes :
- The authorisation to use the IVV-Europe logo.
  - Publication of the event in the IVV-Europe Newsflash.
  - The constant promotion of the event on the social channels of IVV-Europe (homepage, Facebook, Twitter).
  - The free provision of certificates in IVV-Europe style.

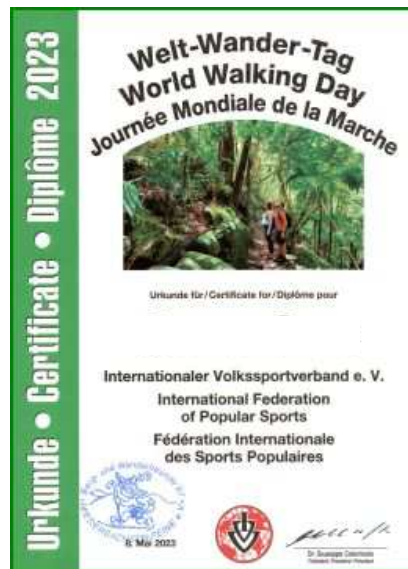
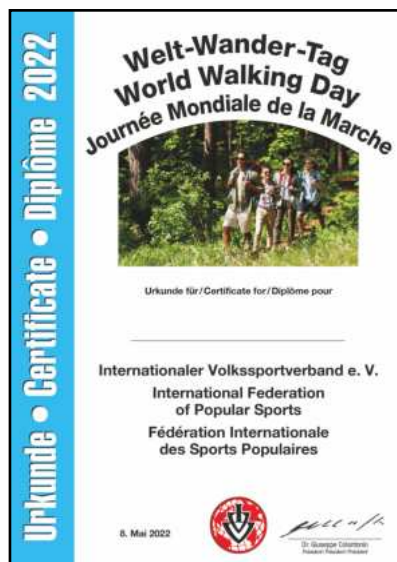
The patronage will be provided free of charge. Mention of the patronage by the event organisers is expressly desired.

The patronage must be authorised and requested by the national Federation of the organising association.





# Promotional campaigns of IVV-EUROPE







# Publications

Articles on relevant topics are published at regular intervals, both in the Newsflash and on social media and the IVV-Europe website. These articles are important for us to maintain interest in IVV-Europe and to show the diversity of topics within the IVV community.

**"Silent walking": Why so many young people walk around without a mobile phone - an idea for an offer**

Together for success  
**Plea in favour of the 5 km IVV hiking trail.**  
by Romain Buschmann, President of IVV-Europe



Why don't you become a member of an IVV walking club that matches your personal balance in the new year?

Fit through the holidays - why hiking is a cure-all.

A small contribution from IVV-Europe to the health of its current and future members.



# INVITATION

*to all national associations  
operating in popular sports*

IVV-Europa cordially invites you to join our active community.

IVV stands for non-competitive, non-motorised recreational sport. What counts for us is the shared experience of nature and the joy of movement. Our diverse activities bring people of all ages and abilities together.

As a member of IVV, you benefit from a large network and worldwide contacts. Our events offer a friendly and supportive atmosphere where you can make new friends and gain international experience.

Discover the many benefits of IVV membership. Socialise with like-minded people from all over the world and share best practices and innovative ideas in recreational sports! Become part of a strong community that promotes a healthy and active lifestyle.

Become a member and enrich our network with your passion for recreational sports!

**Fédération Européenne de  
Sports Populaires a.s.b.l.**

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# INVITATION

***to all recreational sports clubs  
that are not represented by a  
national association***

As IVV-Europe, we are committed to promoting the general enjoyment of recreational sports. On behalf of the International Volkssport Federation Europe (IVV-Europe), we invite you to become part of our international and diverse community.

IVV-Europe is an association dedicated to non-competitive, non-motorised recreational sport. The emphasis is on the enjoyment of sport in a relaxed, supportive and friendly environment. Our activities include many different forms of physical activity that bring people of all ages and fitness levels together.

As a member of IVV-Europe, you benefit from a large network and worldwide contacts. Our events offer the opportunity to combine sporting activity with international exchange and to make new friends. We invite you to discover the benefits of membership of IVV-Europe.

Together we can encourage more people to take part in sport and discover the joys of recreational sport.

We look forward to welcoming you to our IVV-Europa family and to shaping the future of recreational sport, the Volkssport, together!

**Fédération Européenne de  
Sports Populaires a.s.b.l.**

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## **IVV-EUROPA**

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