

# MOVE Switzerland

## Credo

11. August 2016  
Bern, Switzerland

## **1 INTRODUCTION**

MOVE Switzerland is the umbrella organisation of movement culture associations, organisations and individuals in Switzerland.

MOVE Switzerland is a non-profit, non-governmental organization, whose goals are to promote the movement culture as a whole with all its aspects and forms.

As MOVE Switzerland we welcome members who are developing movement culture, identify with our goals and who find our aims appealing.

We consider ourselves a stakeholder for our member organisations. We are a resource and service organization in support of our members.

The work done by the board members and further volunteers claims to be of professional quality in order to facilitate the goals of MOVE Switzerland as an organisation, as well as to bring forward movement culture as lifestyle and activity.

This document will describe the purpose of MOVE Switzerland and the model from which it will operate.

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## **3 Credo**

### **3.1 Diversity of Movement**

At MOVE Switzerland we rethink what it means to move. We move, play, explore and inspire to rebuild the very idea of movement.

Our purpose is to create better lives by making people move more and in new ways. We do so by arranging a festival for celebrating the diversity of movement. It's a welcoming world based on fun and fascination, where everybody can take part.

We don't have a leader, and we never pocket profits. Our only guide is a set of shared beliefs. We call it our credo. Here it is.

- MOVE Switzerland –

The body is made for moving, but moving is not just for the body. Mindful movement sets the us in motion. It changes our perception of places and people. And the more ways we move, the deeper we get to know ourselves.

- PLAY –

We love to play, and we love to challenge the given. For us, playfulness is a path of life where we set ourselves in motion – through motion. And doing so, we leave the comfort zone and enter the creative zone. We do this with safety in mind and without a focus on performance.

- EXPLORE –

We're explorers of the unknown. We let go and lose ourselves to the new, because we want to feel at home in our bodies. We learn for daily life through movement. Everywhere we go, we bring that feeling with us. And as we move along, adventure becomes our way of living.

- INSPIRE –

We're open to each other, so we can learn from each other. For us, inspiration is being together in a sharing community and at the same time growing individually. That's why we replace ambition and competition with curiosity and generosity.

### **3.2 Ethics and Environment**

We consider the practice of movement, as a lifestyle, activity or sport, beneficial to physical and mental well-being and an active contribution to the health of our society. Mutual respect,

acceptance of diversity and fairness, both in the exercise of sports and in personal disputes, are important to us.

The safety of all persons involved, both active and passive, is a top priority. Our risk management concerns all areas of the movement culture. These include acquisition, installation and use of movement equipment as well as the travel to and in areas.

Movement often takes place in connection with nature. We move with care, practice LNT (Leave No Trace) and treat the environment with respect. We are aware of the interconnectedness of nature and ecosystem vulnerability. We adhere to natural and conservation regulations, park regulations, restrictions and actively help shape these.

We bind ourselves to ethics, environmental principles, as well as operational and safety recommendations in the different aspects of the movement culture.

### **3.3 Members & Supporters**

Assisting and aiding our members and supporters is important to us. We are aiming for long-term relations with our members, who we would like to have as active members in our association and, if possible, motivate them for voluntary work.

We collect information on a regular basis, and by this gain information on needs/requirements of our members and their attitude towards MOVE Switzerland.

Our goal is to provide our members and supporters with information and knowledge to gain long term benefits.

### **3.4 Our aims (copy from Articles of Association)**

MOVE Switzerland verfolgt folgende Kernziele:

- Die Förderung unterschiedlicher Bewegungsformen
- Vernetzung aktiver Bewegungsenthusiasten
- Förderung des Gesamterlebnisses Bewegung

Festival und Events

- Organisation und Durchführung von MOVE Festivals
- Mithilfe bei weiteren MOVE Events

- Enge Koordination mit MOVE Copenhagen
- Mithilfe bei der Organisation und Durchführung von regelmässigen Aktivitäten (bspw. Workshops und Shows), welche auf die MOVE Events aufmerksam machen.

Weitere Ziele:

#### Bildung & Sensibilisierung

- Die gezielte Vermittlung von Grundsätzen und Prinzipien an möglichst viele Bewegungsenthusiasten
- Risikominimierung bei jeder Aktivität
- Nachhaltige Ausübung der Bewegungsformen

#### Koordination, Beratung

- Pflege und Förderung des Zusammenhalts und Erfahrungsaustausch unter den Mitgliedervereinen, sowie die Koordination & Unterstützung derer Tätigkeiten
- Unterstützung lokaler Interessensgruppen bei der Vereinsgründung
- Förderung dieser Bewegungsformen im Schul-, Hochschul und Universitätssport
- Behandlung von Anliegen rund um den öffentlichen Raum wie Parks, Seen, Flüssen, Hallen und weiteren Orten mit dem Ziel, nachhaltigen Zugang und Nutzung zu sichern

#### Interessensvertretung und PR

- Vertretung der Interessen nach aussen (z.B. Behörden, Organisationen im In- und Ausland, (inter)nationale Strukturen)
- Kommunikation und Öffentlichkeitsarbeit

### **3.5 Finances**

A solid financial situation and the long term security of incomes are in the foreground of our intentions.

With financial budgeting, we measure and manage the future financial requirements of our association. Besides the membership fees we strive to acquire additional sources of income, e.g. sponsoring, events, association happenings to generate revenue to use as main source of income.

In collaboration with investing organisations, we are aiming towards the highest level of independence possible. Both sides shall experience a balanced profit from the collaboration.

A further goal of the acquisition of revenues is the installation of long-term relationships with trustworthy and responsible partners that share the position of MOVE Switzerland.

### **3.6 Management and Organisation**

MOVE Switzerland is a democratic organisation. The most important organ with the most power is the general assembly. Every association and organisation member has one vote in the general assembly.

Our Management and organisation follow the guidelines of the by-laws, this model, the planning and the aims of MOVE Switzerland. We cultivate a cooperative, participative leadership.

The responsible association organisation and employees possess far-reaching competences within the framework of the aims, the annual program and the budget, all authorized by the general assembly.

Managerial functions are assigned to competent volunteers, who possess the appropriate experience in their area of subject

Where the possibility for voluntary work is limited, we will engage qualified persons in part-time-models with appropriate compensation in line with the financial possibilities. The activities of third parties will always be project-based.

#### **3.6.1 The Board**

The board appears as a cooperative authority inwards and self contained outwards. The board carries the responsibility for the entire association.

### **3.7 Information and Communication**

Communication and information are the most important tools to disseminate our ideology. We use new media to communicate and share information.

We create active communication channels and open media work.

By creating a far-reaching network we want to spread our ideology and ethics.

With frequent virtual open meetings we share information within MOVE Switzerland.

Our publications are created under creative commons licenses.

### **3.8 Cooperation**

To achieve the goals of the association, we work together with national and local authorities, as well as other associations and organisations in our environment.

We want to work closely together with other MOVE organisations around the world.

A cooperation with partners can come about if we agree on ethics, environment principles, operation and safety recommendations as well as this credo.