



Special Eurobarometer 525

Sport and Physical Activity

Summary report

Fieldwork: April-May 2022

KANTAR

Survey conducted by Kantar at the request of the European Commission,
Survey co-ordinated by the European Commission, Directorate-General for Education, Youth, Sport and Culture
(DG EAC "Sport Unit")

Project number	2022.4606
Project title	Special Eurobarometer 525 - Sport and Physical Activity – Summary
Language version	EN PDF
Catalogue number	NC-09-22-477-EN-N
ISBN	978-92-76-56549-9
DOI	10.2766/151826

© European Union, 2022

<https://www.europa.eu/eurobarometer>

Photo credit: Getty Images

Table of Contents

INTRODUCTION	4
I. FREQUENCY AND LEVELS OF ENGAGEMENT IN SPORT AND OTHER PHYSICAL ACTIVITY	6
1. Frequency	7
2. Levels of engagement	9
II. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY	13
3. Different settings	14
4. Club membership	15
III. UNDERSTANDING MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION	16
5. Motivators	17
6. Barriers	18
IV. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA	19
7. Opportunities in the local area	20
8. Opportunities offered by local sport clubs and other providers	21
9. Local authority provisions	22
V. VOLUNTEERING IN SPORT	23
10. Citizens' engagement in volunteering in sport	24
VI. COVID-19 AND PHYSICAL ACTIVITY	25
11. Impact of Covid-19 on frequency of sport and physical activity	26
VII. SPORT AND PHYSICAL ACTIVITY AND ENVIRONMENT	27
12. Citizens' attentiveness towards the environment	28
13. Sport organisations' activities in support of the environment	28
VIII. GENDER EQUALITY IN SPORT AND PHYSICAL ACTIVITY	29
14. Measures to support gender equality in sport organisations	30
15. Handling gender discrimination in sport organisations	30
16. Importance of female role models in sport	31
17. Attractiveness of female sport in the media	32
18. General attentiveness towards gender-based violence in sport	33
CONCLUSIONS	34
Technical Specifications	35

INTRODUCTION

This summary report presents the main findings of the Special Eurobarometer survey n° 525 (EB97.3) on Sport and Physical Activity, which was carried out between 19 April and 16 May 2022 in the 27 EU Member States. The description of all the results of this Special Eurobarometer survey can be found in the Full Report.

The Directorate General for Education, Youth, Sport and Culture (DG EAC) is the branch of the European Commission charged with the development and implementation of European policy in the field of sport. The activities of DG EAC in the field of sport are mainly outlined by:

- The European Union Work Plan for Sport (2021-2024)
- The Communication on Developing the European Dimension in Sport (2011)
- The White Paper on Sport (2007)

The White Paper on Sport issued in 2007 by the European Commission was a pivotal policy document addressing sport on behalf of the European Union. The Lisbon Treaty, in force since December 2009, gave the EU a new supporting, coordinating and supplementing competence for sport, with provisions for promoting European sporting issues and developing the European dimension in sport.

Following the current European Union Work Plan for Sport, DG EAC has three main areas of activity in the field of sport:

- Integrity of sport: in particular promoting good governance including the safeguarding of minors, taking account of the specificity of sport, combatting corruption and match fixing, and fighting doping
- Economic dimension of sport: in particular innovation in sport, and sport and the digital single market
- Sport and society: in particular social inclusion, the role of coaches, education in and through sport, sport and health, sport and environment, sport and media and sport diplomacy

In addition to the Erasmus+ programme, which provides a variety of possibilities to promote the role of sport in society, DG EAC organises other initiatives to increase the role of sport in society, such as the European Week of Sport.

The European Week of Sport aims to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, it will inspire Europeans to #BeActive on a regular basis and create more opportunities for exercise in everyday life.

This Special Eurobarometer survey will contribute data to support the developing policy framework for promoting sport and physical activity, as described above. Moreover, it will allow policymakers, researchers and other interested parties to deliver trend analyses on various matters compared with previous years.

The current survey was commissioned by the European Commission, Directorate-General for Education, Youth, Sport and Culture, to explore public opinion about sport and physical activity. It follows on from previous such surveys in December 2017¹, November-December 2013², October 2009³, October 2004⁴, September 2003⁵ and October-December 2002⁶. It covers the following topics:

- Frequency and levels of engagement in sport and other physical activity
- Places where citizens engage in sport and other physical activity
- Europeans' motivators and barriers to sports participation
- Opportunities for sports participation in citizens' local areas
- Europeans' engagement in volunteering in sport
- Impact of COVID-19 on the frequency of sport and physical activity
- Awareness of the impact of sport and physical activity on the environment and perceptions of measures taken to support the environment
- Opinions about gender equality issues in sport and physical activity

Where possible, the results of the current survey are compared with those of previous surveys on this topic.

¹ <https://europa.eu/eurobarometer/surveys/detail/2164>

² <https://europa.eu/eurobarometer/surveys/detail/1116>

³ <https://europa.eu/eurobarometer/surveys/detail/776>

⁴ <https://europa.eu/eurobarometer/surveys/detail/1403>

⁵ <https://europa.eu/eurobarometer/surveys/detail/291>

⁶ <https://europa.eu/eurobarometer/surveys/detail/371>

Methodology

This survey was carried out by the Kantar network in the 27 EU Member States between 19 April and 16 May 2022. Some 26,580 respondents from different social and demographic groups were interviewed. This survey was commissioned by the European Commission, Directorate-General for Education, Youth, Sport and Culture (DG EAC).

The methodology used is that of Eurobarometer surveys as carried out by the Directorate-General for Communication ("Media monitoring and Eurobarometer" Unit). Given the impact of COVID-19 and subsequent health safety measures, the face-to-face methodology was either not possible or only partially so in some Member States. In 17 Member States all interviews were conducted face to face. Face-to-face was supplemented by online interviews in Belgium, Czechia, Denmark, Estonia, Latvia, Malta, the Netherlands, Slovenia, Finland, and Sweden⁷. A technical note on the manner in which the interviews were conducted by the institutes within the Kantar network is appended as an annex to this report. Also included are the interview methods and the confidence intervals.

Note: In this report, Member States are referred to by their official abbreviation. The abbreviations used in this report correspond to:

Belgium	BE	Lithuania	LT
Bulgaria	BG	Luxembourg	LU
Czechia	CZ	Hungary	HU
Denmark	DK	Malta	MT
Germany	DE	The Netherlands	NL
Estonia	EE	Austria	AT
Ireland	IE	Poland	PL
Greece	EL	Portugal	PT
Spain	ES	Romania	RO
France	FR	Slovenia	SI
Croatia	HR	Slovakia	SK
Italy	IT	Finland	FI
Republic of Cyprus	CY *	Sweden	SE
Latvia	LV		

European Union – weighted average for the 27 Member States	EU27
BE, FR, IT, LU, DE, AT, ES, PT, IE, NL, FI, EL, EE, SI, CY, MT, SK, LV, LT	Euro area
BG, CZ, DK, HR, HU, PL, RO, SE	Non euro area

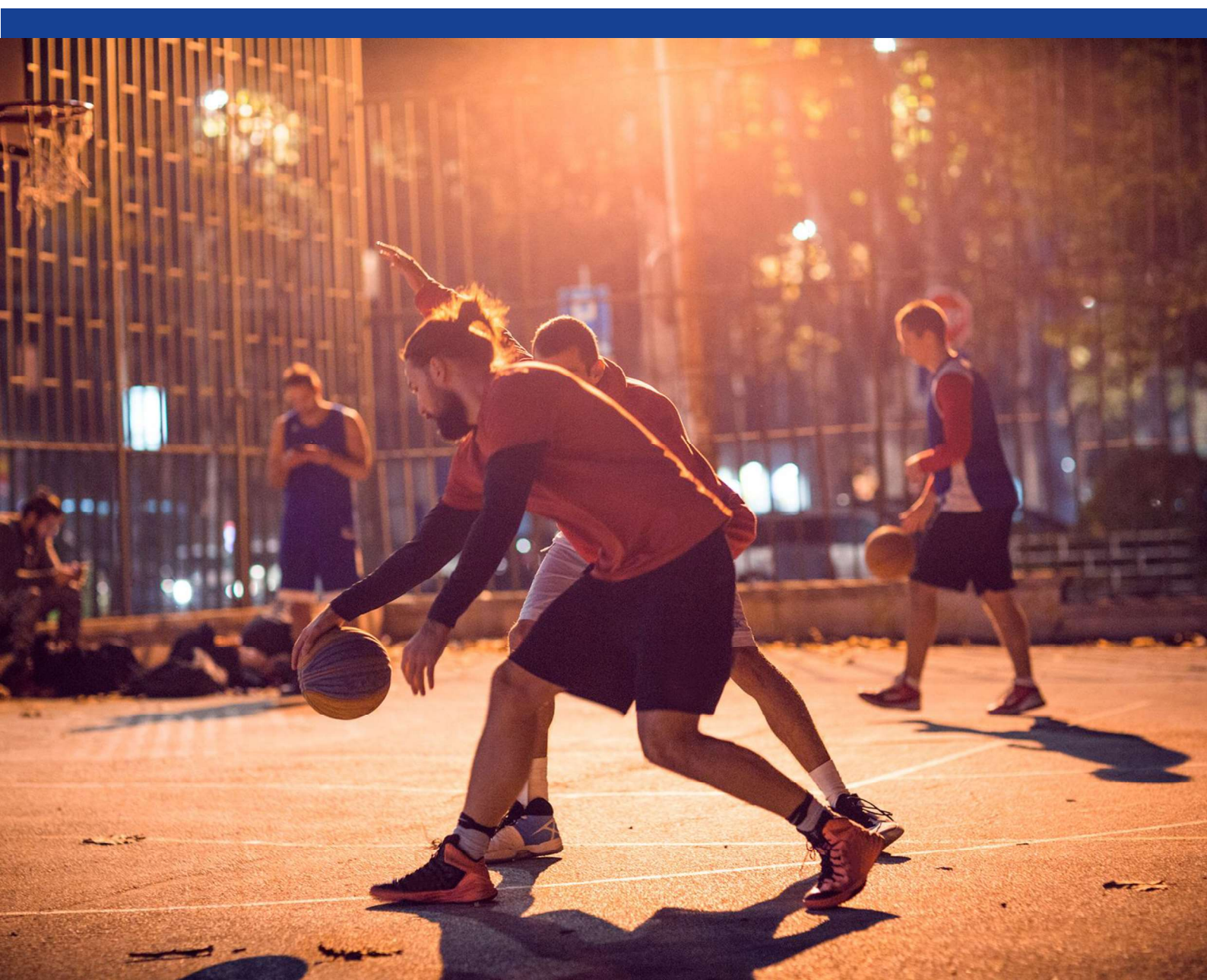
* Cyprus as a whole is one of the 27 European Union Member States. However, the *acquis communautaire* has been suspended in the part of the country which is not controlled by the government of the Republic of Cyprus. For practical reasons, only the interviews carried out in the part of the country controlled by the government of the Republic of Cyprus are included in the "CY" category and in the EU27 average.

We wish to thank the people throughout the European Union who have given their time to take part in this survey.

Without their active participation, this study would not have been possible

⁷ Online interviewing took the form of probabilistic panels and access panels, depending on what is available in the country.

I. FREQUENCY AND LEVELS OF ENGAGEMENT IN SPORT AND OTHER PHYSICAL ACTIVITY



1. Frequency

1.1 Exercising or playing sport

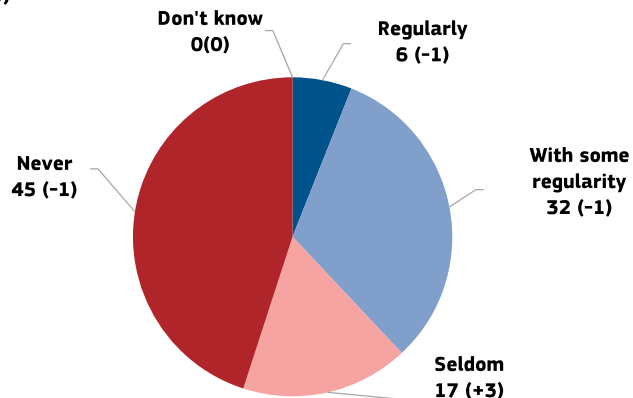
Nearly four in ten Europeans say they exercise or play sport with at least some regularity

More than four in ten respondents (45%, -1 percentage point since 2017⁸) report that they never exercise or play sport⁹. In addition, nearly one in five (17%, +3) say they exercise or play sport seldom¹⁰. On the other hand, close to a third of respondents (32%, -1) do so with some regularity, and less than one in ten (6%, -1) regularly.

A national analysis shows that respondents in Finland (71%), Luxembourg (63%), the Netherlands (60%), and Denmark and Sweden (59% in both countries) are the most likely to exercise or play sport. Symmetrically, respondents in Nordic countries are also the least likely to 'never' do so: Finland (8%), Sweden (12%) and Denmark (20%). On the other end of the scale, 'never' is the most common answer in 15 EU Member States. Over half of respondents in eight countries say they never exercise or play sport.

Since 2017, the proportion of respondents who exercise or play sport regularly has increased in 14 EU Member States. It has decreased in 11 countries..

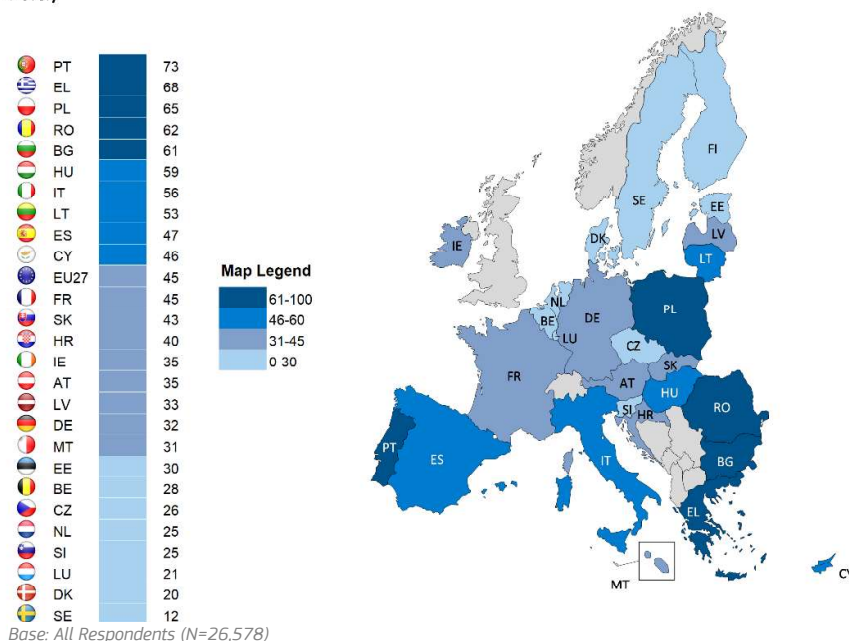
QB1R How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, running in the park.
(% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

QB1R How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, running in the park.
(% - Never)



⁸ In 2017, the United Kingdom was an EU Member State, which is no longer the case. This might have an impact on the changes registered at EU level.

⁹ QB1. How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-

related setting, such as swimming, training in a fitness centre or a sport club, running in the park.

¹⁰ "Regularly" means the respondent exercises 5 times a week or more; "with some regularity" means 1 to 4 times a week; and "seldom" means 3 times a month or less often.

1.2 Engaging in other physical activity

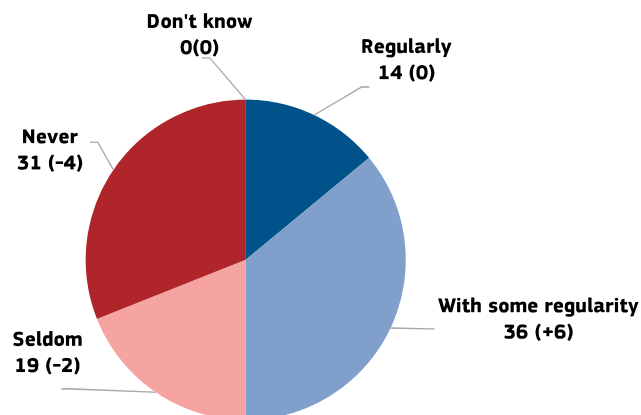
Half of Europeans engage in other physical activity at least once a week

Nearly four in ten respondents (36%, +6 percentage points since 2017) say they engage in physical activity for recreational or non-sport-related reasons¹¹ with some regularity¹². In addition, 14% (unchanged) do so regularly. However, slightly more than three in ten (31%, -4) answer that they never engage in other physical activity such as cycling from one place to another, dancing, gardening, etc., while close to one in five (19%, -2) seldom do so.

A national analysis reveals that most respondents say they engage in other physical activity with some regularity in 17 EU Member States. Never is the most common answer in nine countries.

Since 2017, the share of respondents who never engage in other physical activity has decreased in 23 EU Member States, and by two digits in seven countries.

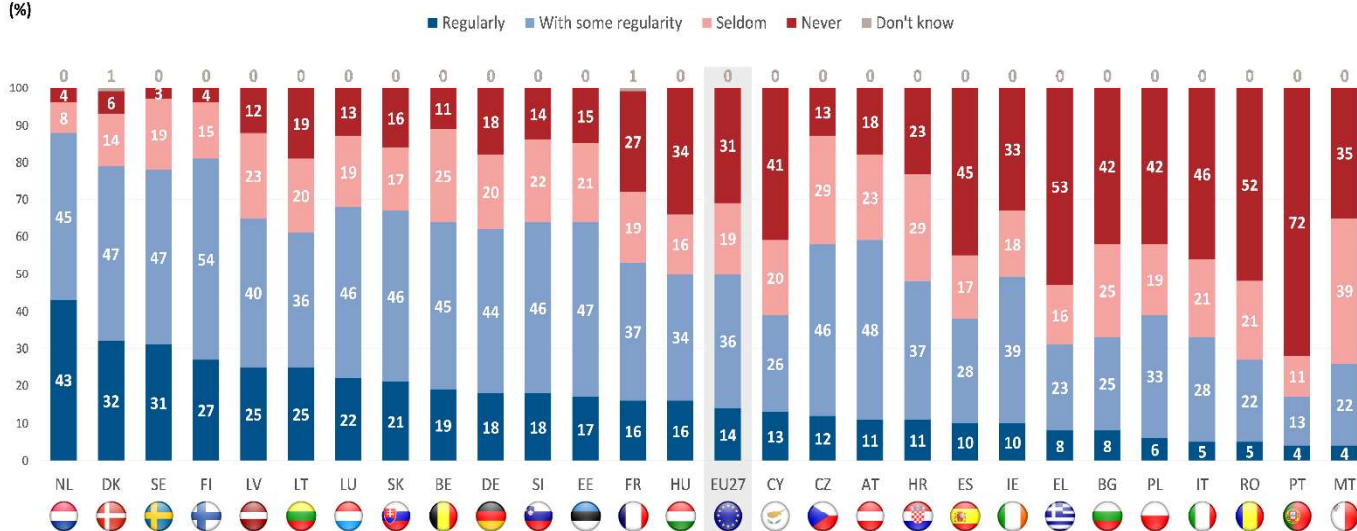
QB2R And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.
(% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

QB2R And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.
(%)



Base: All Respondents (N=26,578)

¹¹ QB2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.

¹² "Regularly" means the respondent engages in other physical activity 5 times a week or more; "with some regularity" means 1 to 4 times a week; and "seldom" means 3 times a month or less often.

2. Levels of engagement

2.1 Vigorous physical activity

Over four in ten Europeans who practice a sport or a physical activity had engaged in vigorous physical activity on one to three of the previous seven days

Respondents who exercise, play sport or engage in other physical activity were asked on how many of the last seven days they had undertaken vigorous physical activity, like lifting heavy things, digging, aerobics or fast cycling¹³.

More than four in ten respondents (44%, +6 percentage points since 2017) say they had undertaken vigorous physical activity on one to three of the previous seven days. Meanwhile, close to a quarter (23%, +3) had done so on four to seven days. Conversely, a third of respondents (33%, -8) say that they never had done any vigorous physical activity during the previous seven days.

In five EU Member States, a majority of respondents answer that they had never done any vigorous physical activity in the previous week.

In terms of evolutions since 2017, the share of respondents who say they had never done any vigorous physical activity in the previous week has lost ground in 26 EU Member States, and by two digits in 14 countries.

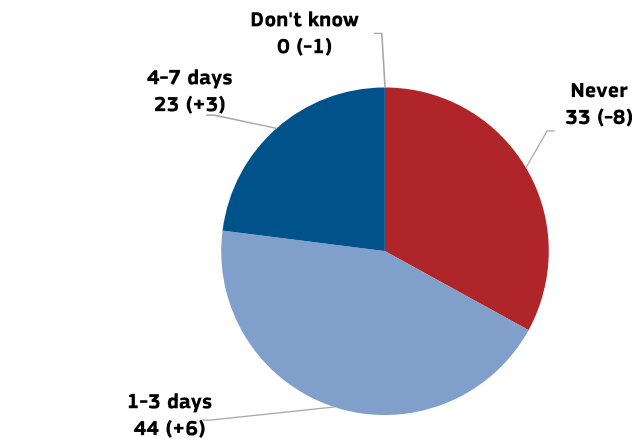
Close to half of Europeans who exercise, play sport or engage in other physical activity spend 31 to 90 minutes doing a vigorous physical activity on the days when they do so

Respondents who exercise, play sport or engage in other physical activity were asked how much time they spend doing a vigorous physical activity on the days when they do it¹⁴. Among these respondents, close to half (49%, +4 percentage points since 2017) report that they spend 31 to 90 minutes doing a vigorous physical activity on the days when they do so. However, over one in ten respondents (16%, unchanged) do so for 30 minutes or less. On the other hand, a similar proportion (14%, -2) spend 91 minutes or more. Slightly more than one in five (21%, -1) say they never do any vigorous physical activity.

A national analysis shows that, in all 27 EU Member States, most respondents say they spend 31 to 90 minutes doing a vigorous physical activity on the days when they do it.

In terms of evolutions since 2017, the share of respondents who spend 31 to 90 minutes doing a vigorous physical activity on the days when they do it has increased in 23 EU Member States.

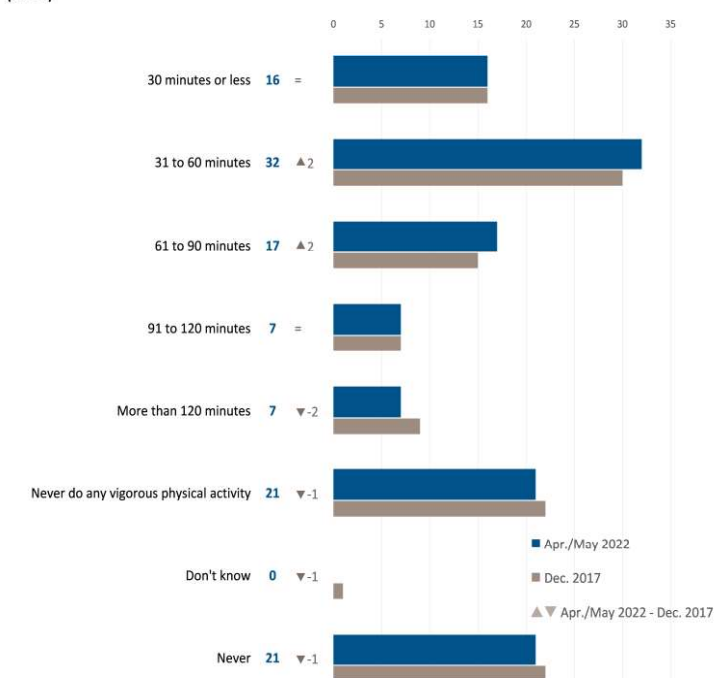
QB3R In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling? (% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: If practices a sport or a physical activity (N=19,246)

QB4 In general, on days when you do a vigorous physical activity, how much time do you spend at it? (% - EU)



Base: If practices a sport or a physical activity (N=19,246)

¹³ QB3. In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?

¹⁴ QB4. In general, on days when you do a vigorous physical activity, how much time do you spend at it?

2.2 Moderate physical activity

Nearly half the Europeans who exercise, play sport or engage in other physical activity did moderate physical activity on at least one to three of the previous seven days

Respondents who exercise, play sport or engage in other physical activity were asked on how many days they did moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis in the last seven days¹⁵.

Nearly half of respondents (46%, +6 percentage points since 2017) say that they had done moderate physical activity on one to three of the previous seven days. Over a third (34%, +2) had done so on at least four days. However, close to one in five respondents (19%, -7) answer that they had never done any moderate physical activity over the previous seven days.

In 24 EU Member States, most respondents say they had done moderate physical activity on one to three of the previous seven days, with the highest levels in Malta and Poland (57%) and Italy (56%).

In terms of evolutions since 2017, the share of respondents who say that they had done moderate physical activity on one to three of the previous seven days has risen in 21 EU Member States.

Close to six in ten Europeans who exercise, play sport or engage in other physical activity generally spend an hour or less doing a moderate physical activity on the days when they do it

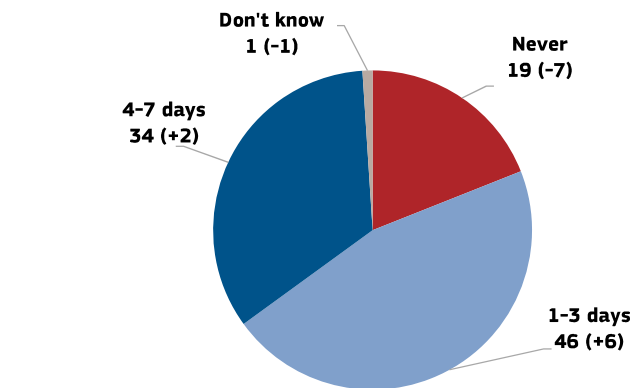
Respondents who exercise, play sport or engage in other physical activity were asked how much time they generally spend doing a moderate physical activity on the days when they do it¹⁶. Among these respondents, a large majority (59%, +3 percentage points since 2017) say that they spend an hour or less doing a moderate physical activity on the days when they do it. This result includes 22% (unchanged) who spend 30 minutes or less doing the activity, and 37% (+3) who do it for 31 to 60 minutes.

However, nearly a third of respondents (31%, +2) say they spend more than an hour doing a moderate physical activity on the days when they do it, with 17% (+2) doing the activity for 61 to 90 minutes, 7% (+1) for 91 to 120 minutes and 7% (-1) for more than 120 minutes. Finally, one in ten respondents (10%, -3) say that they never do any moderate physical activity.

A national analysis shows that, in all 27 EU Member States, most respondents say they spend 31 to 60 minutes doing a moderate physical activity on the days when they do it.

In terms of evolutions since 2017, the proportion of respondents who spend an hour or less doing a moderate physical activity on the days when they do it has risen in 15 EU Member States.

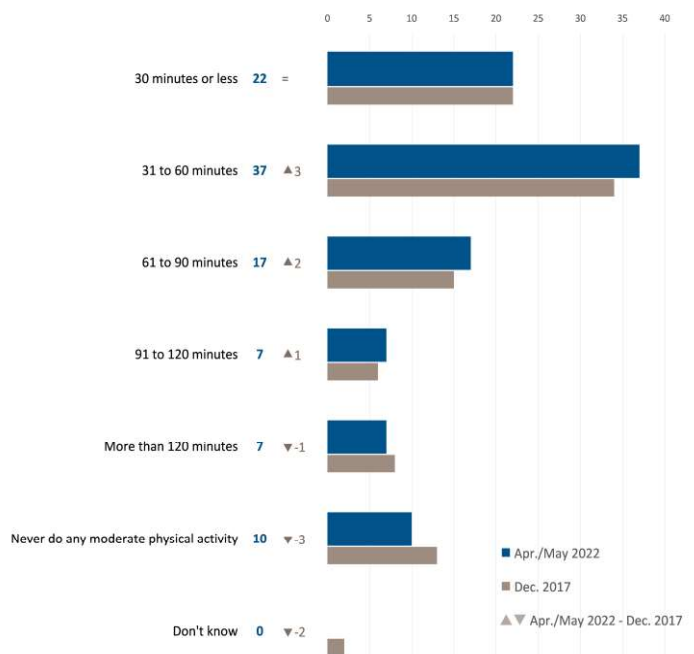
QB5R In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking. (% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: If practices a sport or a physical activity (N=19,246)

QB6 In general, on days when you do a moderate physical activity, how much time do you spend at it? (% - EU)



Base: If practices a sport or a physical activity (N=19,246)

¹⁵ QB5. In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.

¹⁶ QB6. In general, on days when you do a moderate physical activity, how much time do you spend at it?

2.3 Walking

Six in ten Europeans had walked for at least ten minutes at a time on four or more days in the week before the survey

When asked on how many days in the last week they had walked for at least ten minutes at a time¹⁷, six in ten respondents (61%, unchanged since 2017) report that they had done so on at least four days. Slightly more than a quarter (26%, +3) say they had walked for at least ten minutes at a time on one to three days in the previous week. However, over one in ten respondents (13%, -2) had never walked for at least ten minutes at a time in the previous seven days.

A national analysis shows that most respondents say they had walked for at least ten minutes at a time on at least four days in the previous week in all 27 EU Member States.

Since 2017, the proportion of respondents who had walked for at least ten minutes at a time on four or more days in the previous week has increased in 16 EU Member States.

Over two-thirds of Europeans generally spend an hour or less walking on days when they walk for at least ten minutes at a time

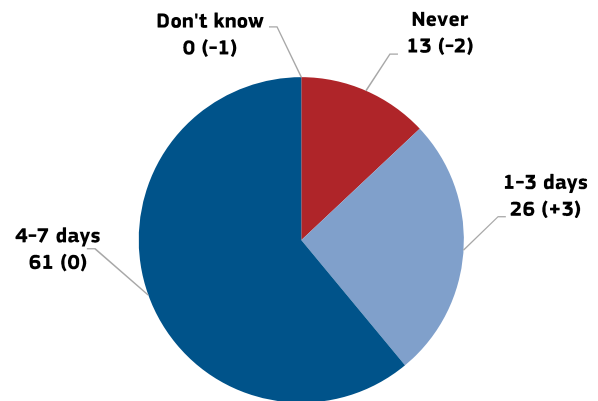
When asked how much time they generally spend walking on the days when they walk for at least ten minutes at a time¹⁸, close to seven in ten respondents (69%, -1 percentage point since 2017) report that they spend an hour or less walking. This result includes 35% (-5) who spend 30 minutes or less walking, and a similar proportion (34%, +4) who walk for 31 to 60 minutes.

However, one in five respondents (20%, +3) say they spend more than an hour walking on days when they walk for at least ten minutes at a time, including 11% (+2) who walk for 61 to 90 minutes, 5% (+1) for 91 to 120 minutes and 4% (unchanged) for more than 120 minutes. Finally, one in ten respondents (10%, -1) say that they never walk for ten minutes at a time.

A national analysis shows that in 17 EU Member States most respondents say that they spend 30 minutes or less walking on days when they walk for at least ten minutes at a time.

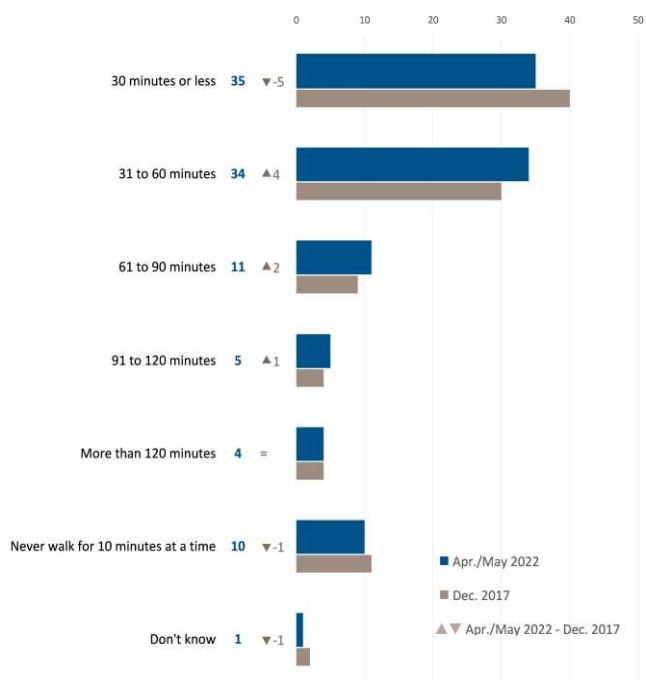
Since 2017, the share of respondents who walk for an hour or less has decreased in 17 EU Member States.

QB7R In the last 7 days, on how many days did you walk for at least 10 minutes at a time? (% - EU)



(Apr.-May 2022 - Dec. 2017)
Base: All Respondents (N=26,578)

QB8 In general, on days when you walk for at least 10 minutes at a time, how much time do you spend walking? (% - EU)



Base: All Respondents (N=26,578)

¹⁷ QB7. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

¹⁸ QB8. In general, on days when you walk for at least 10 minutes at a time, how much time do you spend walking?

2.4 Sitting

More than four in ten Europeans spend between 2 hours 31 minutes and 5 hours 30 minutes sitting on a usual day

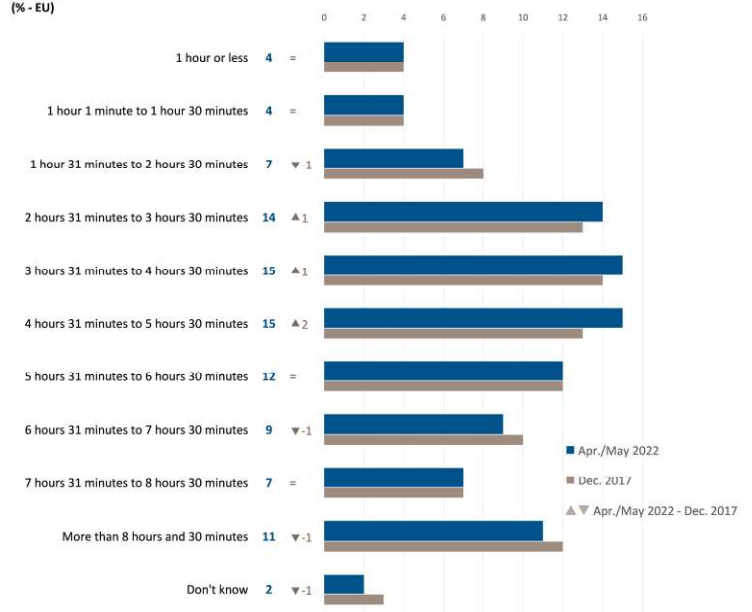
A majority of respondents (44%, +4 percentage points since 2017) report that they sit for between 2 hours 31 minutes and 5 hours 30 minutes on a usual day¹⁹. However, close to four in ten respondents sit for longer: slightly more than one in ten (11%, -1) say they sit for more than 8 hours and 30 minutes, and nearly three in ten (28%, -1) sit for between 5 hours 31 minutes and 8 hours 30 minutes. Conversely, less than one in five respondents (15%, -1) spend 2 hours 30 minutes or less sitting on a usual day.

A national analysis shows that in 24 EU Member States most respondents say they spend between 2 hours 31 minutes and 5 hours 30 minutes sitting on a usual day.

Conversely, at least one in five respondents spend more than 8 hours and 30 minutes sitting on a usual day in two countries: in the Netherlands (26%) and Denmark (20%). Less than one in ten respondents do so in eight countries.

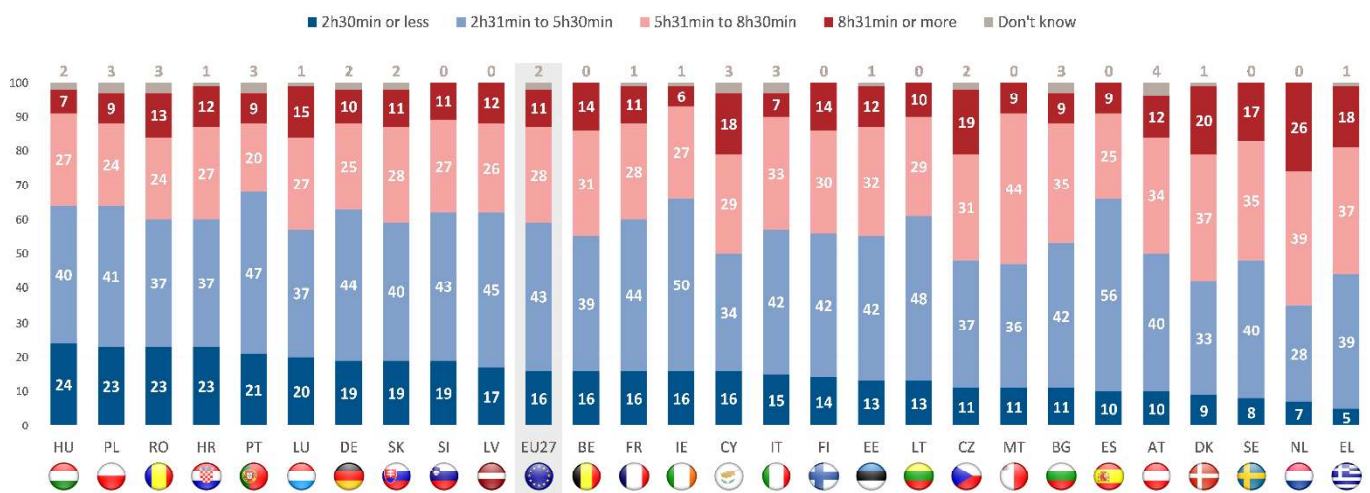
In terms of evolutions since 2017, the share of respondents who spend 2 hours 30 minutes or less sitting on a usual day has risen in 14 EU Member States.

QB9 How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.
(% - EU)



Base: All Respondents (N=26,578)

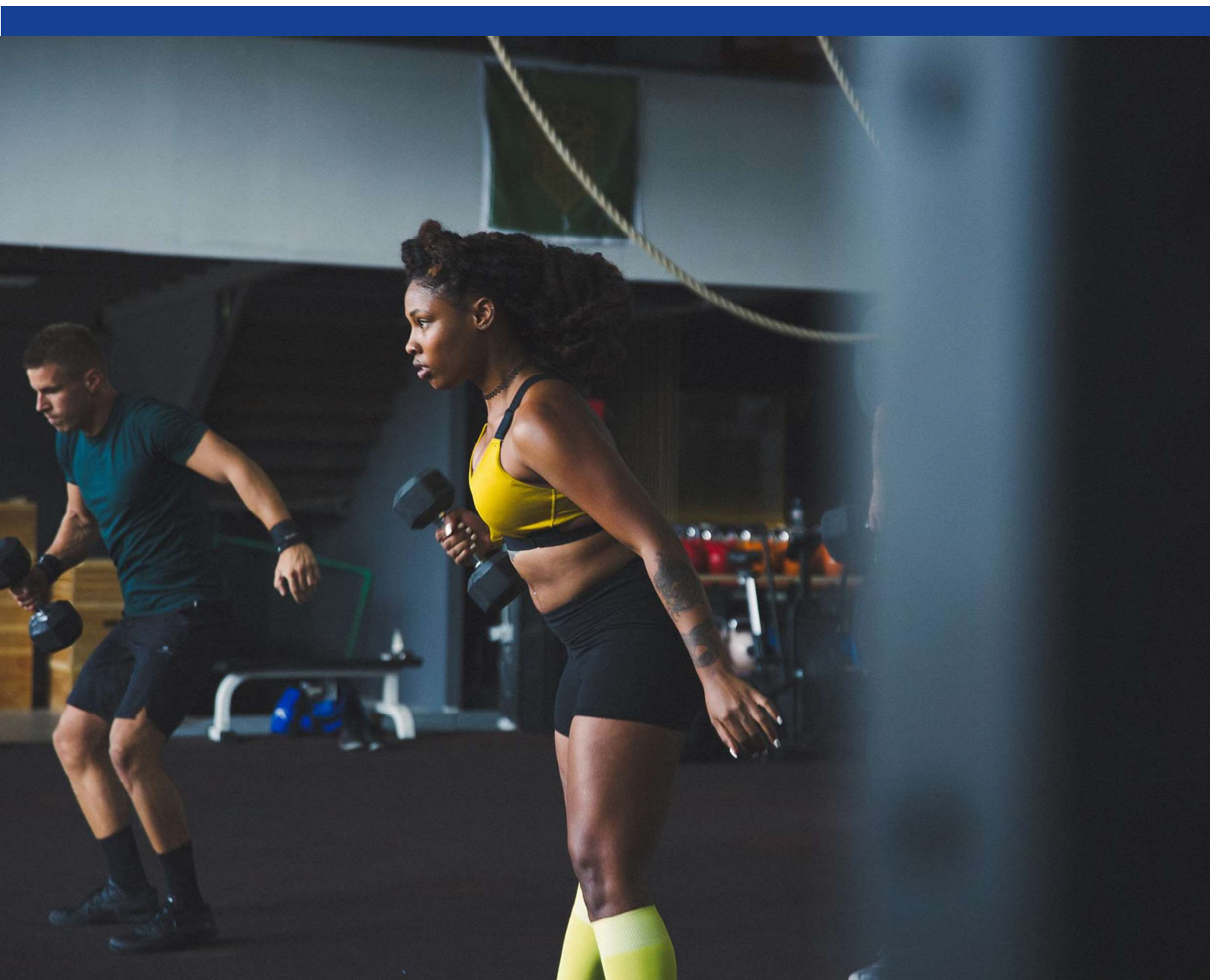
QB9R How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.
(%)



Base: All Respondents (N=26,578)

¹⁹ QB9. How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

II. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY



3. Different settings

Nearly half of Europeans who exercise, play sport or engage in other physical activity do so in a park, outdoors, etc.

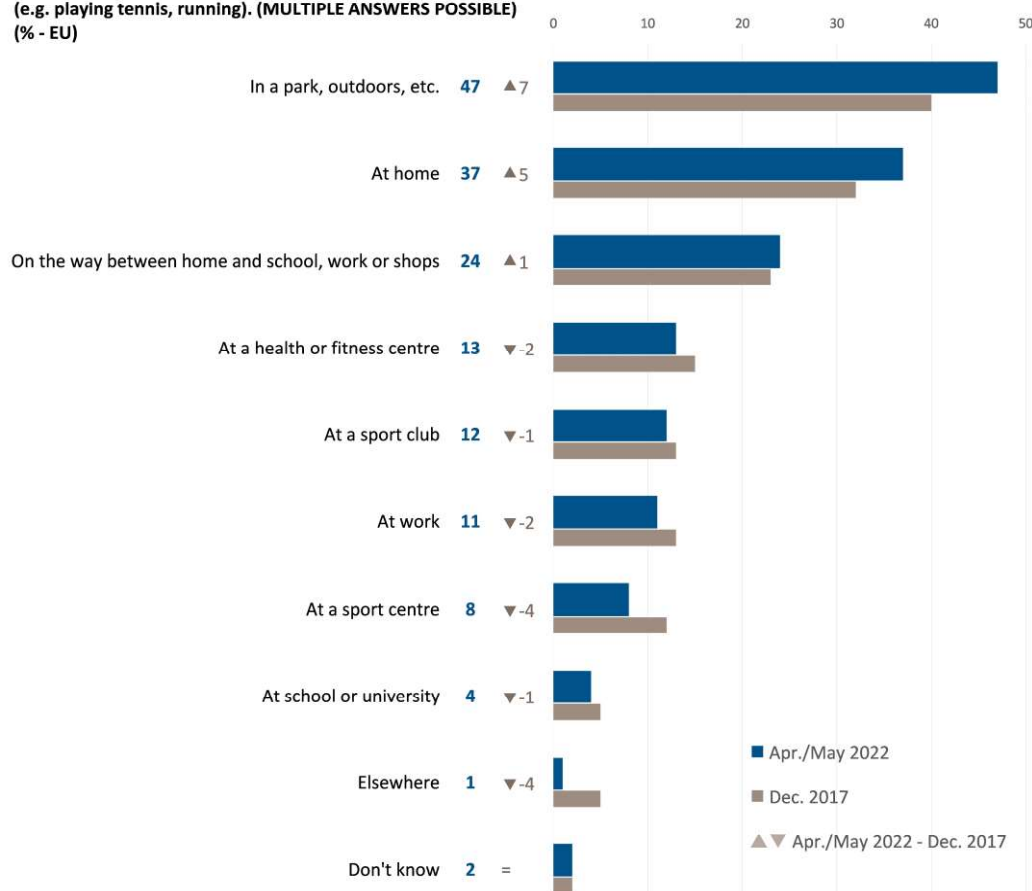
Respondents who exercise, play sport or engage in other physical activity were asked to choose from a list of eight settings those where they engage in sport or another physical activity²⁰.

- Nearly half of Europeans (47%, +7 percentage points since 2017²¹) engage in sport or another physical activity **in a park, outdoors, etc.**
- Nearly four in ten (37%, +5) do so **at home**
- Close to a quarter of respondents (24%, +1) say they are physically active **on the way between home and school, work or shops**

- More than one in ten engage in sport or another physical activity **at a health or fitness centre** (13%, -2), **at a sport club** (12%, -1) or **at work** (11%, -2)
- Finally, less than one in ten do so **at a sport centre** (8%, -4) or **at school or university** (4%, -1)

In a park, outdoors, etc. is the most cited setting in 17 EU Member States. **At home** is the most common answer in nine EU Member States. **On the way between home and school, work or shops** is the most mentioned setting in Malta (56%).

QB10 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE) (% - EU)



Base: If practices a sport or a physical activity (N=19,246)

²⁰ QB10. Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a

place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE)

²¹ In 2017, there was no definition of a sport club and of a sport centre in the question label.

4. Club membership

Nearly three in ten Europeans are members of a club where they participate in sport or recreational physical activity

Over a quarter of respondents (28%, -5 percentage points since 2017) say they are members of a club where they participate in sport or recreational physical activity²². In detail, more than one in ten respondents answer that they are members of a **health or fitness centre** (12%, +1) or of a **sport club** (12%, unchanged), while 6% (+3) belong to a **socio-cultural club that includes sport in its activities** (e.g. employees club, youth club, school- or university-related club) and just 1% (-6) to **another** type of club.

Conversely, over two-thirds of Europeans (69%, unchanged) say they are **not a member of any club**, and 2% (+1) answer that they don't know.

A **national analysis** shows that, in two EU Member States, a majority of respondents say they are members of a club where they participate in sport or recreational physical activity: in Sweden (51% versus 48% who are not members of a club) and the Netherlands (50% versus 47%). Respondents in Denmark are divided (49% vs. 49%).

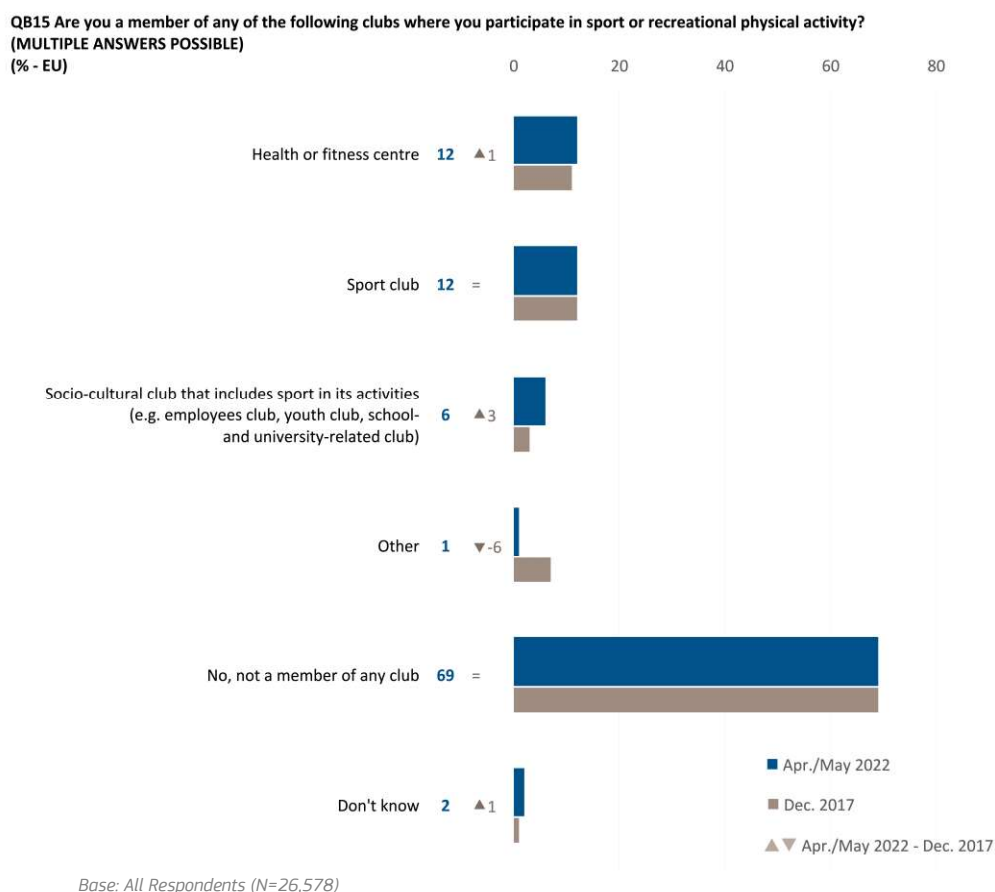
In 24 EU Member States, only a minority of respondents are members of a club where they participate in sport or recreational physical activity, with the lowest levels in Romania, Portugal and Bulgaria (15% in the three countries).

A **health or fitness centre** is the most cited type of club in 17 EU Member States. A **sport club** is the most common answer in 11 EU Member States,

Few respondents *spontaneously* say they are members of **other** types of club in any of the 27 EU Member States, the highest scores being found in Belgium and Luxembourg (3% in both countries).

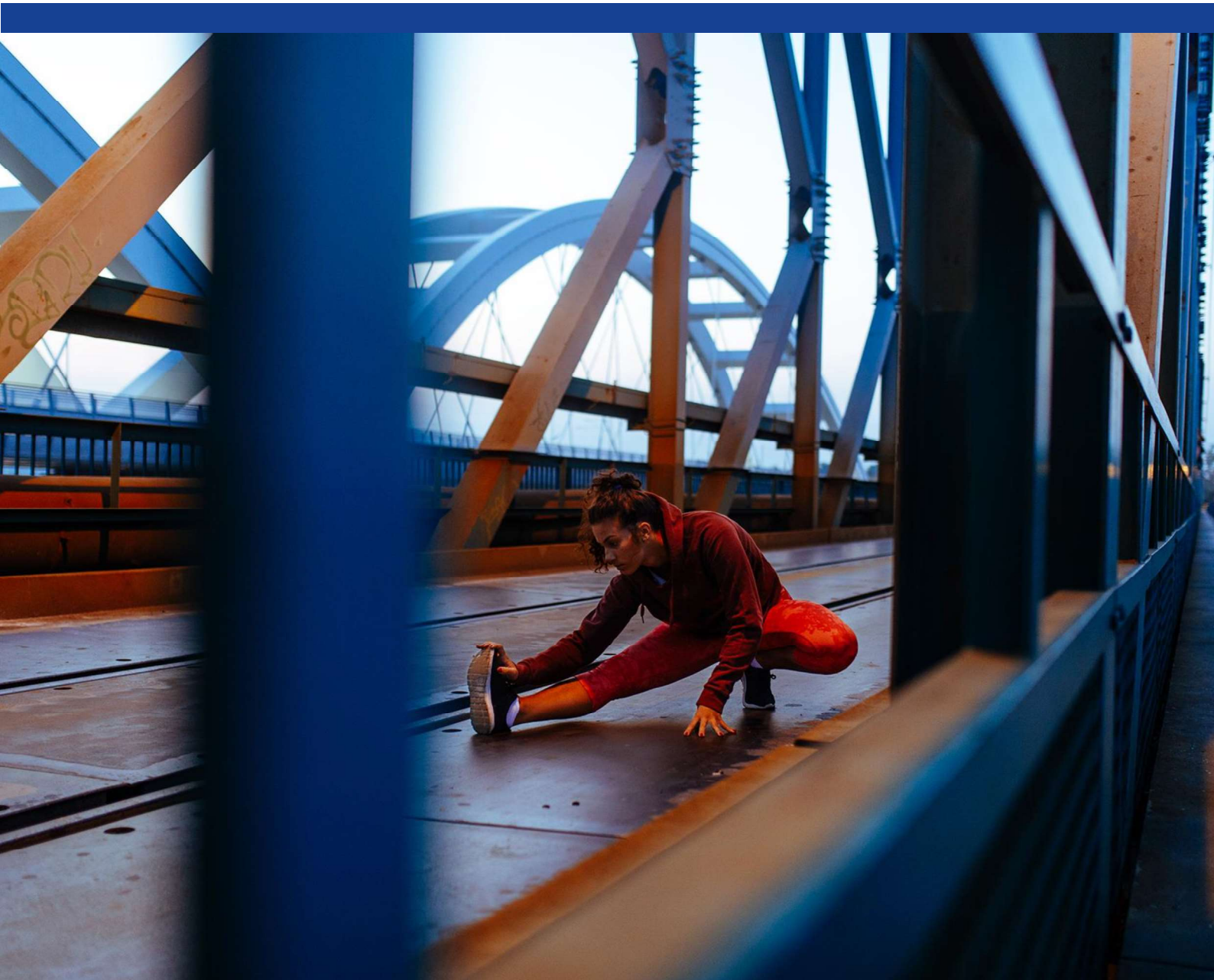
In terms of evolutions since 2017, the share of respondents who are members of a **health or fitness centre** has increased in 24 EU Member States. Membership of a **sport club** has gained ground in 16 EU Member States.

The proportion of respondents who are members of a **socio-cultural club that includes sport in its activities** has risen in 21 EU Member States.



²² QB15. Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

III. UNDERSTANDING MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION



5. Motivators

More than half of Europeans engage in sport or physical activity to improve their health

Respondents who exercise, play sport or engage in other physical activity were asked to choose from a list of 15 items their reasons for doing so²³:

- More than half of Europeans (54%, unchanged since 2017) say they engage in sport or physical activity **to improve their health**, far ahead any other reason
- Around four in ten engage in sport or physical activity **to improve fitness** (43%, -4 percentage points) or **to relax** (39%, +1)
- At least a quarter of respondents say they do so **to have fun** (27%, -3), **to improve physical performance** (27%, -1) or **to control their weight** (25%, +2)
- Around one in five engage in sport or physical activity **to improve their physical appearance** (21%, +1) or **to be with friends** (19%, =)
- More than one in ten Europeans engage in sport or physical activity **to counteract the effects of ageing** (17%, +3) or **to improve their self-esteem** (13%, +1)

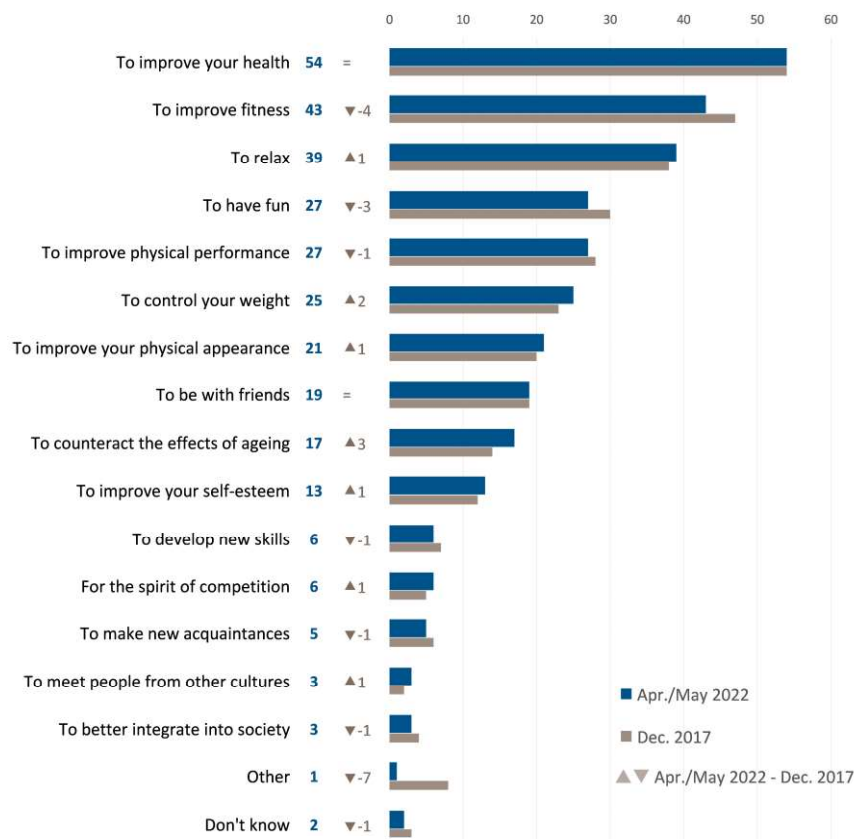
A national analysis reveals that, in 22 EU Member States, **to improve health** is the most cited reason to engage in sport or physical activity.

To improve fitness is the most common answer in four EU Member States.

To relax is the most mentioned reason in Cyprus (67%) and Bulgaria (33%, same score as to improve health).

Respondents in Lithuania (46%) are more likely to engage in sport or physical activity **to have fun**.

QB11 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)



Base: If practices a sport or a physical activity (N=19,246)

²³ QB11. Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

6. Barriers

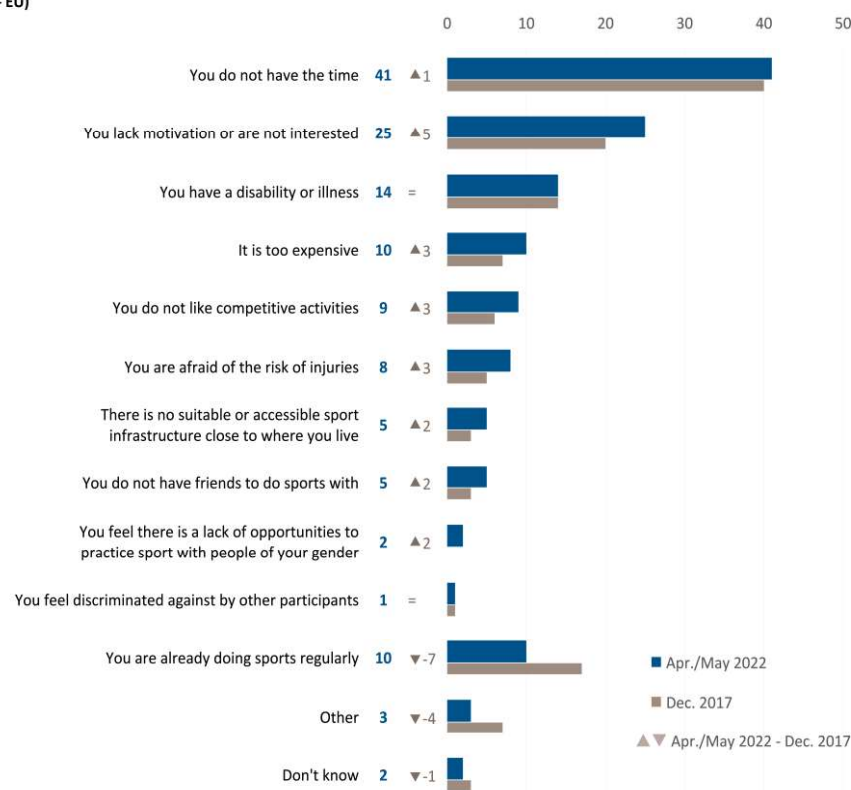
Lack of time is by far the main reason currently preventing Europeans from practising sport more regularly

When asked to identify the main reasons currently preventing them from practising sport more regularly by choosing from a list of ten items²⁴, respondents provide the following answers:

- Slightly more than four in ten Europeans (41%, +1 percentage point since 2017²⁵) say **not having the time** is one of the main reasons currently preventing them from practising sport more regularly, far ahead of any other reason
- A quarter (25%, +5) answer that they **lack motivation or are not interested**
- More than one in ten **have a disability or illness** (14%, unchanged)
- Around one in ten say **it is too expensive** (10%), they **do not like competitive activities** (9%, +3) or they **are afraid of the risk of injuries** (8%, +3)
- In addition, it is interesting to note that one in ten respondents (10%, -7 percentage points) *spontaneously*²⁶ say they are already doing sports regularly

A **national analysis** shows that **lack of time** is the most cited reason for not practising sport more regularly in all 27 EU Member States.

QB14 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)



²⁴ QB14. What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)

²⁵ Since 2017, a new item has been added in the list of reasons: 'You feel there is a lack of opportunities to practice sport with people of your

gender'. This may have an impact on the evolutions registered for other items since 2017.

²⁶ The item 'You are already doing sports regularly' was *spontaneous* in both 2017 and 2022, and it has registered a sharp decrease particularly in Finland (11%, -18), Germany (20%, -13) and Slovakia (10%, -11)

IV. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA



7. Opportunities in the local area

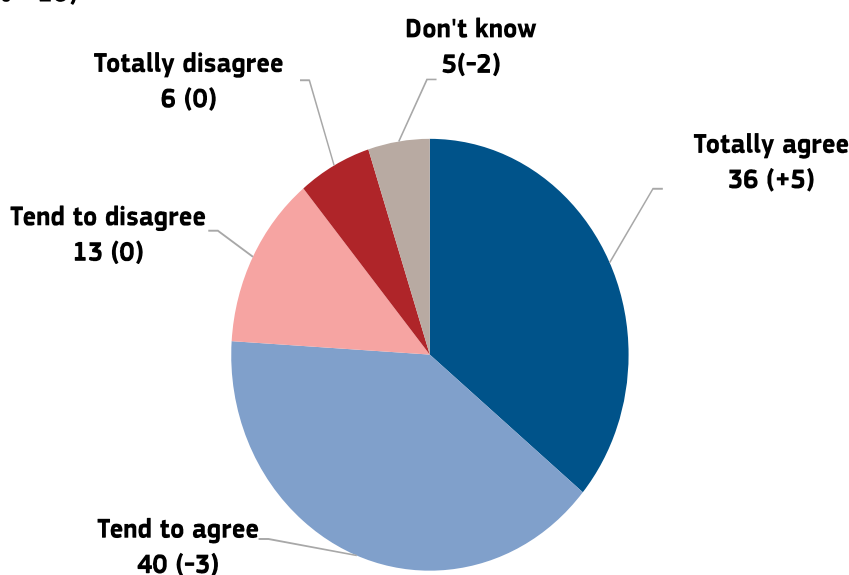
More than three-quarters of Europeans agree that the area where they live offers them many opportunities to be physically active

Slightly more than three-quarters of respondents (76%, +2 percentage points since 2017) agree that the area where they live offers them many opportunities to be physically active²⁷. This result includes over a third of respondents (36%, +5) who 'totally agree' and four in ten who 'tend to agree' (40%, -3). Meanwhile, less than one in five respondents (19%, unchanged) disagree with this statement, including 6% (=) who 'totally disagree' and more than one in ten (13%, =) who 'tend to disagree'. Finally, one in twenty respondents (5%, -2) 'don't know'.

A national analysis shows that more than half of respondents in 26 EU Member States consider that the area where they live offers them many opportunities to be physically active.

At least one in five respondents totally agree that the area where they live offers them many opportunities to be physically active in 25 EU Member States, and over half do so in the Netherlands (59%), Denmark (53%) and Sweden (51%).

QB13.1 To what extent do you agree or disagree with the following statements about sport and physical activity?
The area where you live offers you many opportunities to be physically active
(% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

²⁷ QB13.1. To what extent do you agree or disagree with the following statements about sport and physical activity? The area where you live offers you many opportunities to be physically active

8. Opportunities offered by local sport clubs and other providers

Nearly three-quarters of Europeans agree that local sport clubs and other local providers offer many opportunities to be physically active

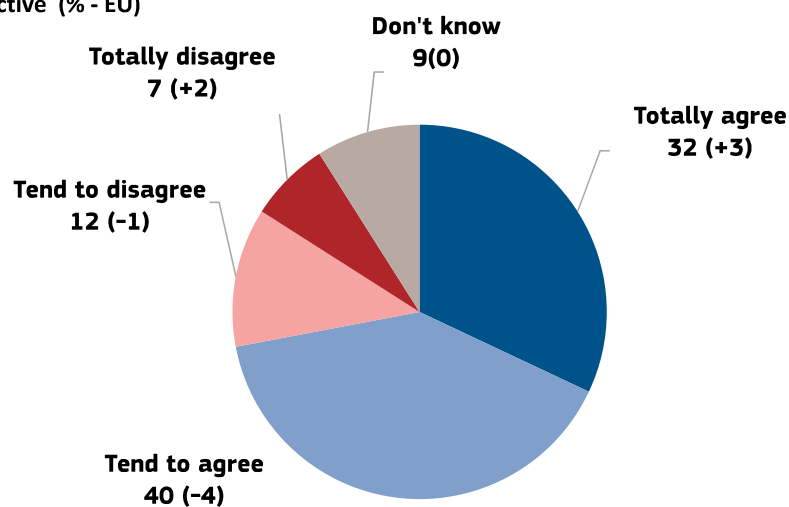
Over seven in ten respondents (72%, -1 percentage point since 2017) agree that local sports clubs and other local providers offer many opportunities to be physically active²⁸, with close to a third of respondents (32%, +3) totally agreeing and four in ten tending to agree (40%, -4). Conversely, close to one in five respondents (19%, +1) disagree with this statement, with 7% (+2) who 'totally disagree' and over one in ten (12%, -1) who 'tend to disagree'. Finally, close to one in ten respondents (9%, unchanged) say they don't know.

A national analysis highlights that, in all 27 EU Member States, a majority of respondents believe that local sport clubs and other local providers offer many opportunities to be physically active.

In 22 EU Member States, at least one in five respondents totally agree that local sports clubs and other local providers offer many opportunities to be physically active, with the highest levels in the Netherlands (54%), Denmark (51%) and Sweden (48%).

QB13.2 To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active (% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

²⁸ QB13.2. To what extent do you agree or disagree with the following statements about sport and physical activity? Local sport clubs and other local providers offer many opportunities to be physically active

9. Local authority provisions

A small majority of Europeans disagree that their local authority does not do enough for its citizens in relation to physical activities

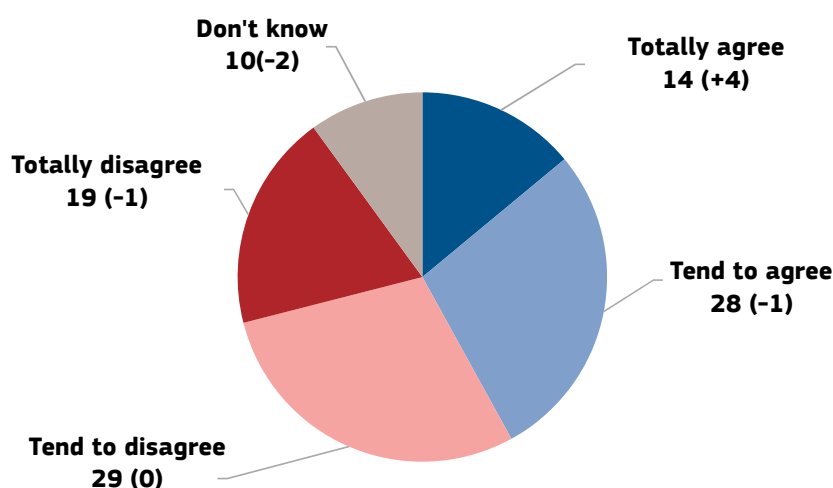
Respondents are more divided on this matter. Nearly half (48%, -1 percentage point since 2017) disagree that their local authority does not do enough for its citizens in relation to physical activities²⁹. This result includes close to one in five respondents (19%, -1) who 'totally disagree' and nearly three in ten (29%, unchanged) who 'tend to disagree'. However, more than four in ten respondents (42%, +3) agree with the statement, including over one in ten (14%, +4) who 'totally agree' and nearly three in ten (28%, -1) who 'tend to agree'. Finally, one in ten respondents (10%, -2) 'don't know'.

A national analysis shows that a majority of respondents consider that their local authority does not do enough for its citizens in relation to physical activities in 14 EU Member States, with the highest levels in Malta (66%), and Italy and Croatia (57% in both countries). At least one in five respondents totally agree with this statement in four countries.

Conversely, only a minority of respondents agree that their local authority does not do enough for its citizens in relation to physical activities in 13 EU Member States.

In eight EU Member States, at least one in five respondents totally disagree that the local authority does not do enough for its citizens in relation to physical activities, rising to more than a quarter in Germany (33%), Finland (27%) and Austria (26%).

QB13.3 To what extent do you agree or disagree with the following statements about sport and physical activity?
Your local authority does not do enough for its citizens in relation to physical activities
(% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

²⁹ QB13.3. To what extent do you agree or disagree with the following statements about sport and physical activity? Your local authority does not do enough for its citizens in relation to physical activities

V. VOLUNTEERING IN SPORT



10. Citizens' engagement in volunteering in sport

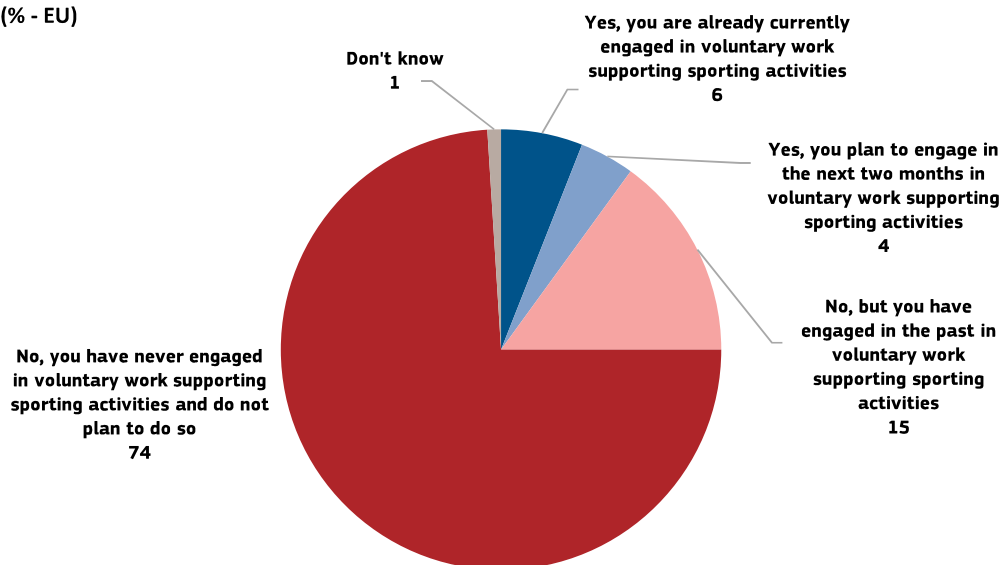
One in ten European currently engage in voluntary work that supports sporting activities, or plan to do so in the next two months

Just one in ten Europeans (10%) currently engage in voluntary work that supports sporting activities, or plan to do so in the next two months³⁰. This result includes 6% of respondents who are already engaged in voluntary work to support sporting activities, and 4% who plan to do so in the next two months.

However, a large majority of Europeans (89%) neither currently engage nor plan to engage in voluntary work that supports sporting activities. In detail, close to three-quarters (74%) have never engaged in such voluntary work and have no plans to do so, while 15% have engaged in this kind of voluntary work in the past.

A national analysis shows that, in 15 EU Member States, at least one in ten respondents say they currently engage in voluntary work that supports sporting activities or plan to do so in the next two months. Nearly one in five respondents say so in Ireland and Luxembourg (19% in both countries), and the Netherlands (18%). At the other end of the scale, just 4% of respondents currently engage or plan to engage in Portugal, Greece and Lithuania.

QB21 The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?
(% - EU)



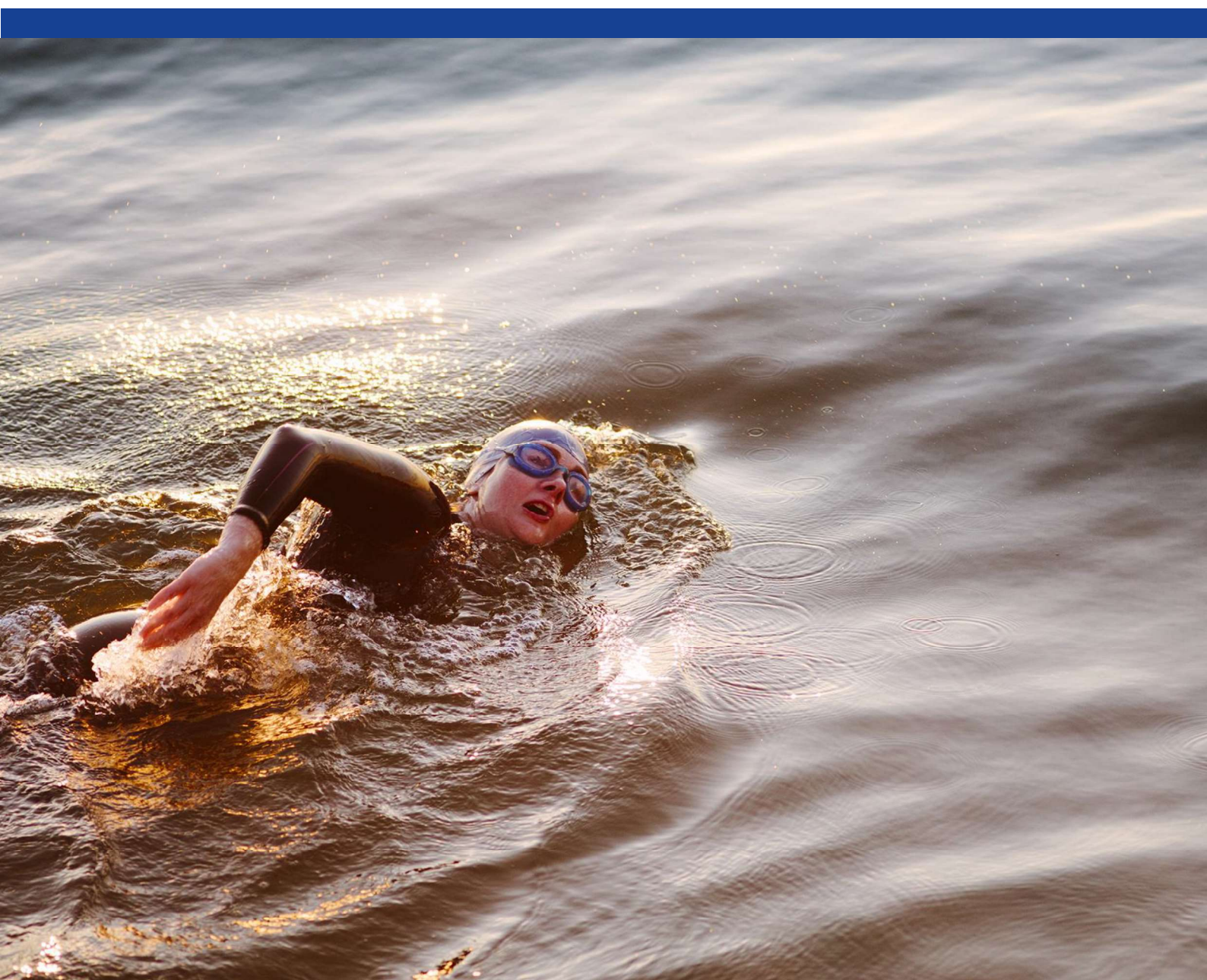
(Apr.-May 2022)

Base: All Respondents (N=26,578)

³⁰ QB21. The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport

or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?

VI. COVID-19 AND PHYSICAL ACTIVITY



11. Impact of Covid-19 on frequency of sport and physical activity

During COVID-19, slightly more than a third of Europeans were physically active either less than or at the same level as before

Respondents were asked what impact the COVID-19 pandemic has had on their involvement in physical activity, by choosing up to two statements best corresponding to their personal situation from a list of five³¹:

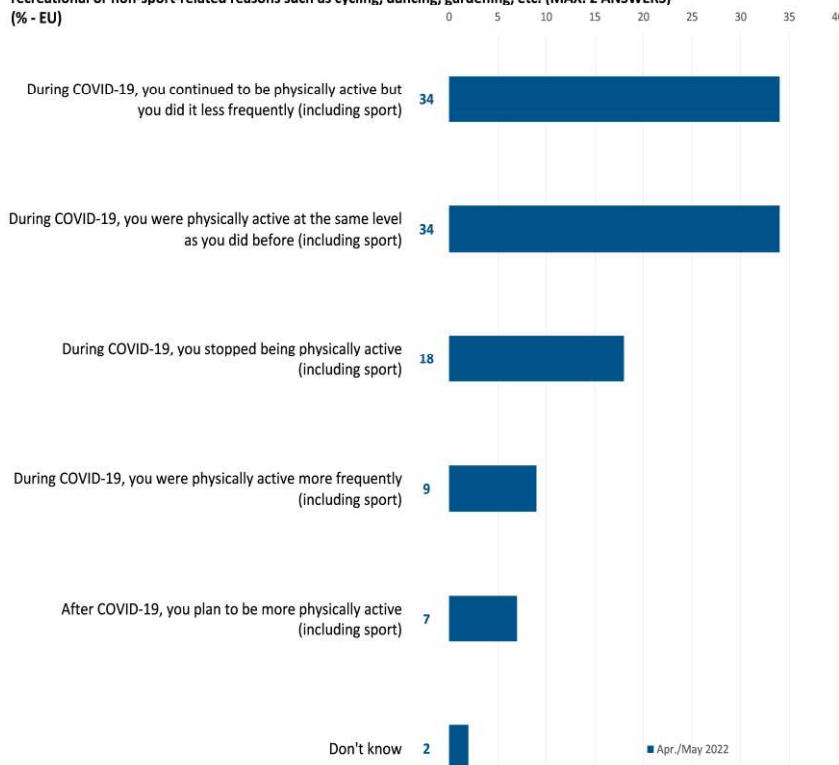
- Slightly more than a third of Europeans (34%) say they **continued to be physically active but less frequently** (including sport) during COVID-19
- The same proportion (34%) answer that they **were physically active at the same level as before** (including sport) during COVID-19
- However, nearly one in five respondents (18%) **stopped being physically active** (including sport) during COVID-19
- Conversely, close to one in ten respondents (9%) **were physically active more frequently** (including sport) during COVID-19
- Finally, less than one in ten (7%) **plan to be more physically active** (including sport) after COVID-19

A national analysis shows that 'during COVID-19, you continued to be physically active but you did it less frequently' (including sport) is the most cited statement in 14 EU Member States.

In 16 EU Member States, 'during COVID-19, you were physically active at the same level as you did before' (including sport) is the most common answer.

In three EU Member States, respondents place these two statements in joint first position.

QB12 The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. Based on your personal experience, which of the following statements best correspond to your personal situation? By "physically active" we mean doing any form of physical activity which you do in a sport context or sport-related setting; as well as doing any other physical activity for recreational or non-sport-related reasons such as cycling, dancing, gardening, etc. (MAX. 2 ANSWERS) (% - EU)



Base: If practices a sport or a physical activity (N=19,246)

³¹ QB12. The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. Based on your personal experience, which of the following statements best correspond to your personal situation? By "physically active" we mean doing any form of

physical activity which you do in a sport context or sport-related setting; as well as doing any other physical activity for recreational or non-sport-related reasons such as cycling, dancing, gardening, etc. (MAX. 2 ANSWERS)

VII. SPORT AND PHYSICAL ACTIVITY AND ENVIRONMENT



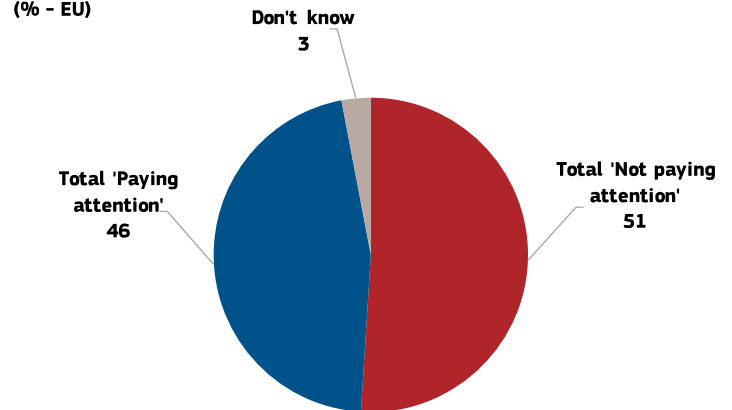
12. Citizens' attentiveness towards the environment

Slightly more than half of Europeans pay little attention to the impact that the practice of sport or physical activity can have on the environment

Respondents who exercise, play sport or engage in other physical activity were asked how much attention they pay to the impact that the practice of sport or physical activity can have on the environment by choosing a number on a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention"³². Close to half of the respondents (46%) say that they are paying attention to the impact of their practice of sport or physical activity to the environment, 51% say that they are not paying attention, and 3% answer "don't know".³³

A **national analysis** shows that more than half of the respondents are currently paying attention to the impact that their practice of sport or physical activity can have on the environment (giving a score from 3 to 6 on a 6-point scale) in 11 EU Member States. Conversely, in 16 EU Member States, a majority of respondents do not pay attention to the impact that their practice of sport or physical activity can have on the environment.

QB16 In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment? (% - EU)



(Apr.-May 2022)

Base: If practices a sport or a physical activity (N=19,246)

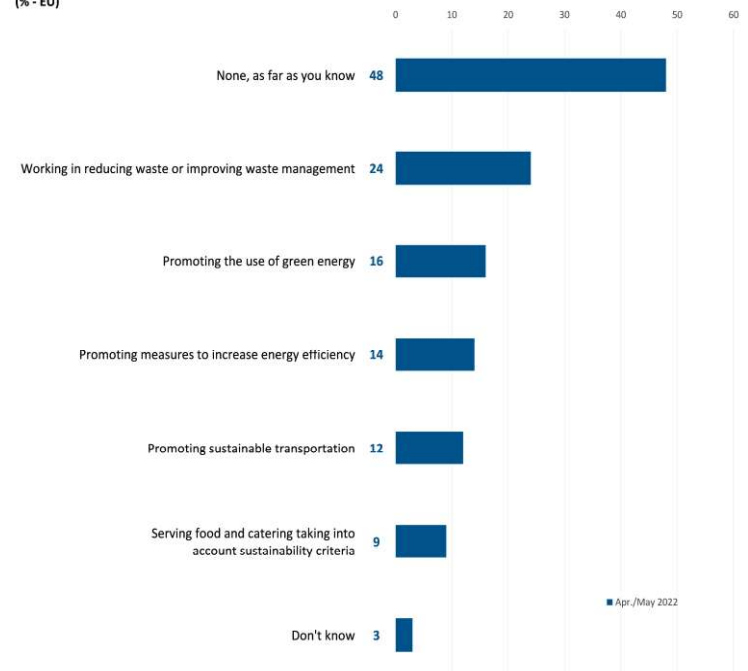
13. Sport organisations' activities in support of the environment

Close to a quarter of Europeans who are members of a club say their club is currently working to reduce waste or improving waste management

Respondents who are members of a club were asked what actions in support of sustainability, as far as they know, are currently undertaken by their sports organisation(s), sports club, or health or fitness centres³⁴:

- Close to a quarter of respondents (24%) say their sport organisation is **working in reducing waste or improving waste management**
- Over one in ten respondents say that it is **promoting the use of green energy** (16%), **promoting measures to increase energy efficiency** (14%) or **promoting sustainable transportation** (12%)
- Close to one in ten (9%) say that their sports organisation is **serving food and catering taking into account sustainability criteria**
- However, nearly half of respondents (48%) answer that, as far as they know, **no actions** around sustainability are currently carried out by their sports organisation

QB17 According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE) (% - EU)



■ Apr./May 2022

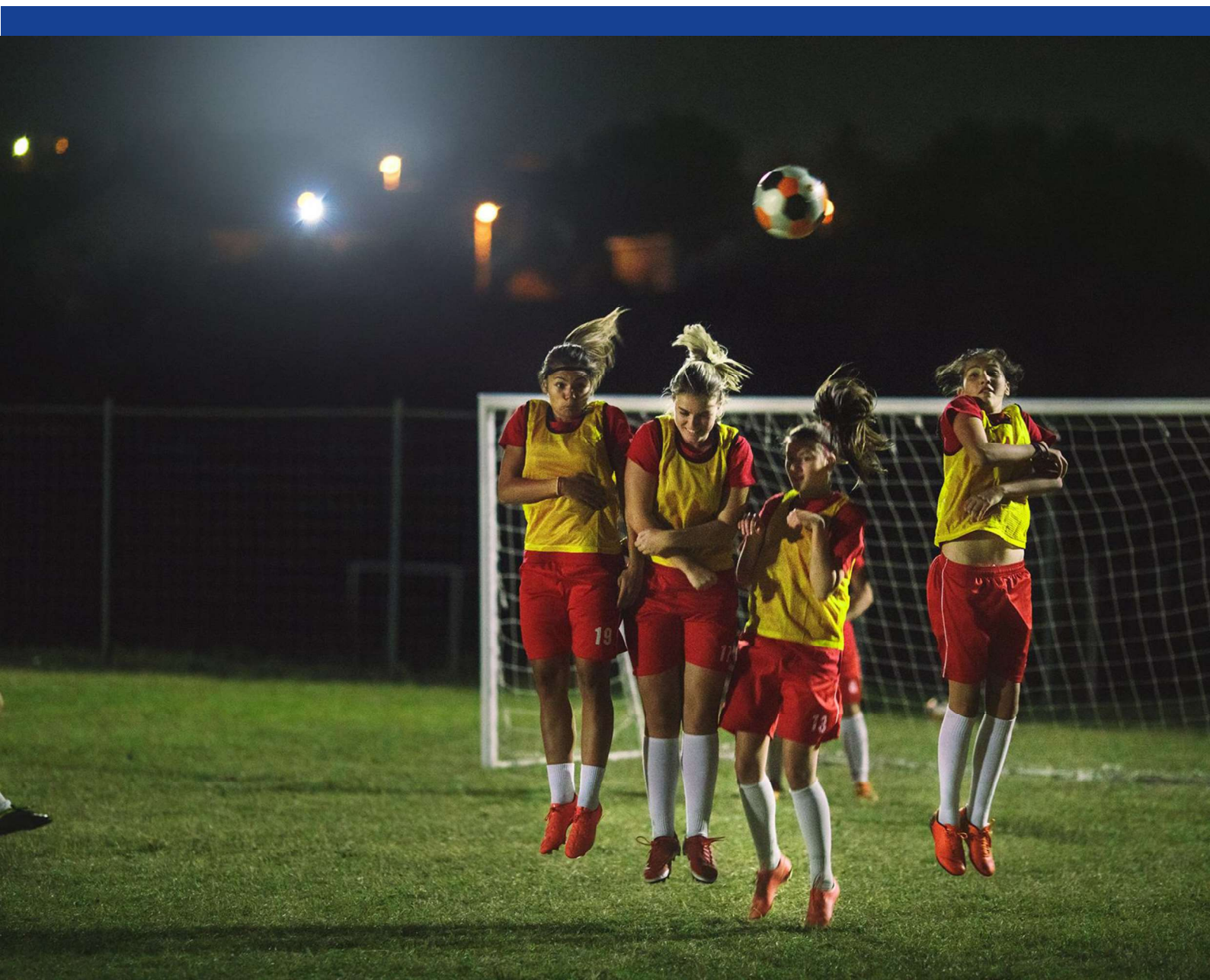
Base: If member of a club (N=7,769)

³² QB16. In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment?

³³ 'Not paying attention' means the respondent choose a number from 1 to 3; 'paying attention' from 4 to 6.

³⁴ QB17. According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE)

VIII. GENDER EQUALITY IN SPORT AND PHYSICAL ACTIVITY



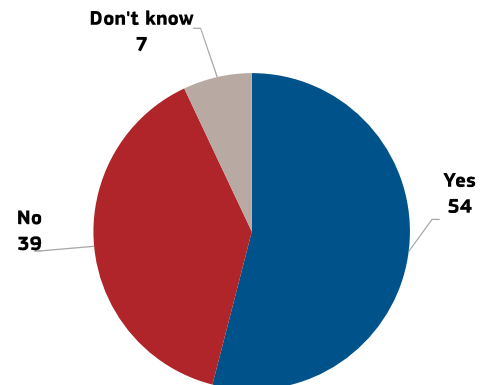
14. Measures to support gender equality in sport organisations

A majority of Europeans who are members of a club say it is actively putting in place measures to support gender equality

Respondents who are members of a club were asked whether the organisation where they do sport or physical activity is actively putting in place measures to support gender equality³⁵. More than half (54%) answer 'yes', while close to four in ten respondents (39%) say 'no'. Less than one in ten (7%) 'don't know'.

A national analysis shows that a majority of respondents believe that the organisation where they do sport or physical activity is actively putting in place measures to support gender equality in 17 EU Member States. Conversely, only a minority of respondents share this opinion in ten countries.

QB18 According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?
(% - EU)



(Apr.-May 2022)

Base: If member of a club (N=7,769)

15. Handling gender discrimination in sport organisations

Over six in ten Europeans who are members of a club would know who to speak internally if they encountered gender discrimination in their club

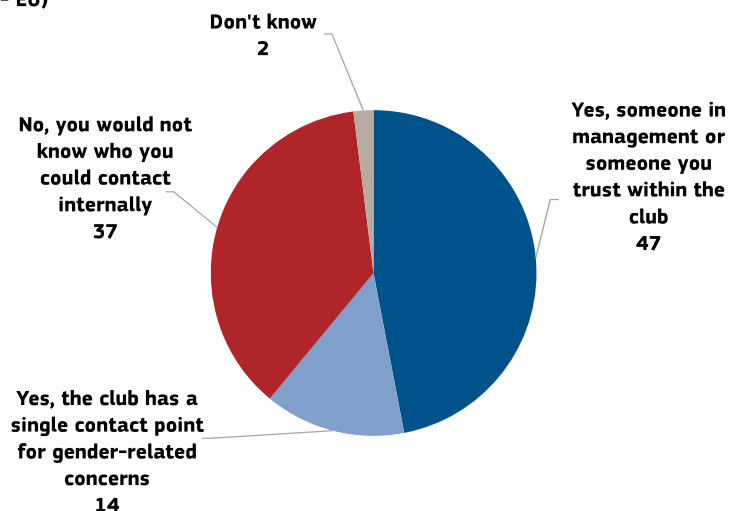
When asked whether they would know who they could speak to internally in the event they encountered a situation of gender discrimination in the club where they practice sport or physical activity³⁶, slightly more than six in ten Europeans who are members of a club say that they would do so (61%).

This result includes nearly half of respondents (47%) who answer that they could speak to someone in management or someone they trust within the club, and more than one in ten (14%) who say their club has a single contact point for gender-related concerns. Conversely, nearly four in ten respondents (37%) say they would not know who they could contact internally. Finally, just 2% 'don't know'.

A national analysis reveals that, in 23 EU Member States, more than half of respondents say that they would know who they could speak to internally if they encountered a situation of gender discrimination in their club.

Conversely, only a minority of respondents would know who to speak to internally in the event they encountered a situation of gender discrimination in the club where they practice sport or physical activity in four EU Member States.

QB19 In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally?
(% - EU)



(Apr.-May 2022)

Base: If member of a club (N=7,769)

³⁵ QB18. According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?

³⁶ QB19. In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally?

16. Importance of female role models in sport

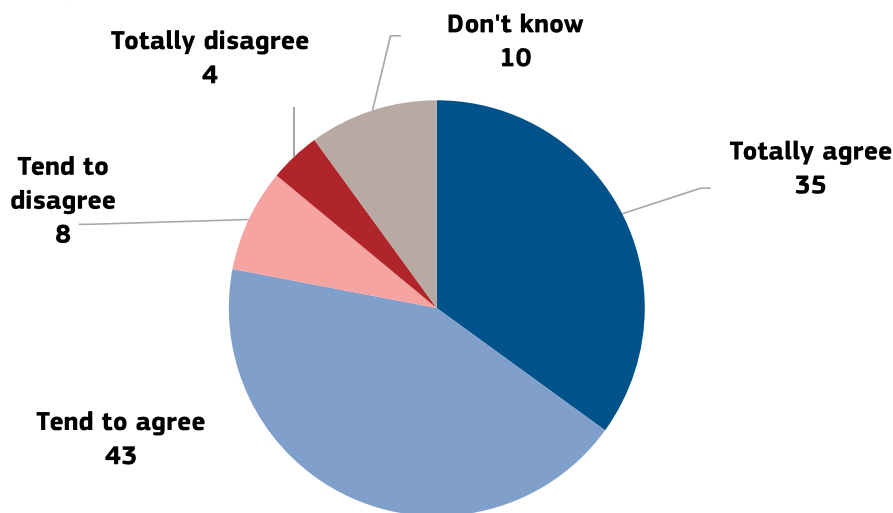
Nearly eight in ten Europeans agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example

Over three-quarters of respondents (78%) agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example³⁷. This result includes more than a third of respondents (35%) who 'totally agree' and over four in ten (43%) who 'tend to agree'. Meanwhile, slightly more than one in ten respondents (12%) disagree with this statement, including 4% who 'totally disagree' and 8% who 'tend to disagree'. Finally, one in ten respondents (10%) 'don't know'.

A national analysis shows that more than half of respondents in all 27 EU Member States think that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example.

In 25 EU Member States, more than one in five respondents totally agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example.

**QB20.1 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?
Female role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example
(% - EU)**



(Apr.-May 2022)

Base: All Respondents (N=26,578)

³⁷ QB20.1. To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? Female

role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example

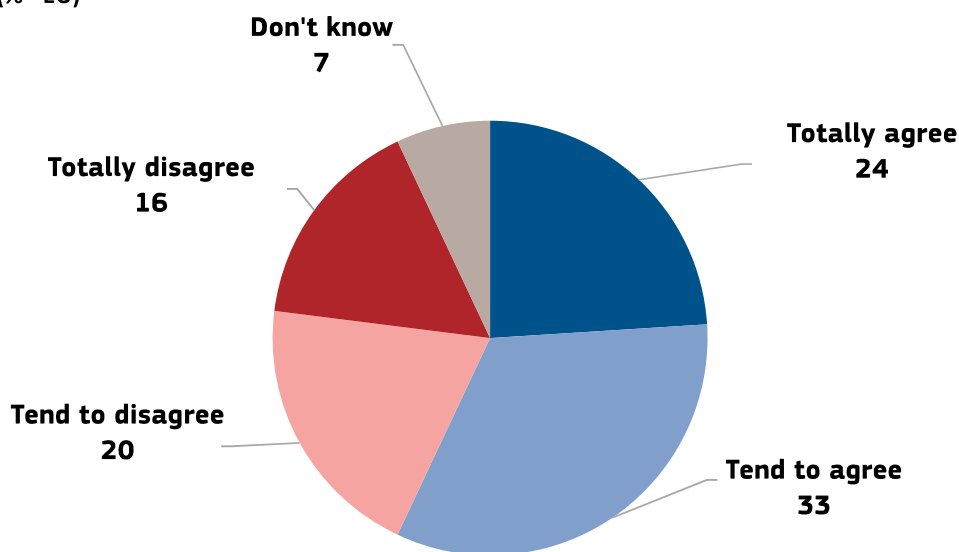
17. Attractiveness of female sport in the media

Nearly six in ten Europeans say they evenly like to follow female sport in the media (online, written, tv) as they do for male sport

Over half respondents (57%) agree that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport³⁸, including close to a quarter of respondents (24%) who 'totally agree' and a third (33%) who 'tend to agree'. Conversely, over a third of respondents (36%) disagree with this statement, with more than one in ten (16%) who 'totally disagree' and one in five (20%) who 'tend to disagree'. Finally, less than one in ten respondents (7%) say they don't know.

A national analysis highlights that, in 25 EU Member States, a majority of respondents answer that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport. In 24 EU Member States, more than one in five respondents totally agree with this statement. Conversely, in two EU Member States, only a minority of respondents agree that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport: in Germany (40% versus 52%) and Austria (43% vs. 54%).

QB20.2 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?
You evenly like to follow female sport in the media (online, written, tv) as you do for male sport
(% - EU)



(Apr.-May 2022)

Base: All Respondents (N=26,578)

³⁸ QB20.2. To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? You

evenly like to follow female sport in the media (online, written, tv) as you do for male sport

18. General attentiveness towards gender-based violence in sport

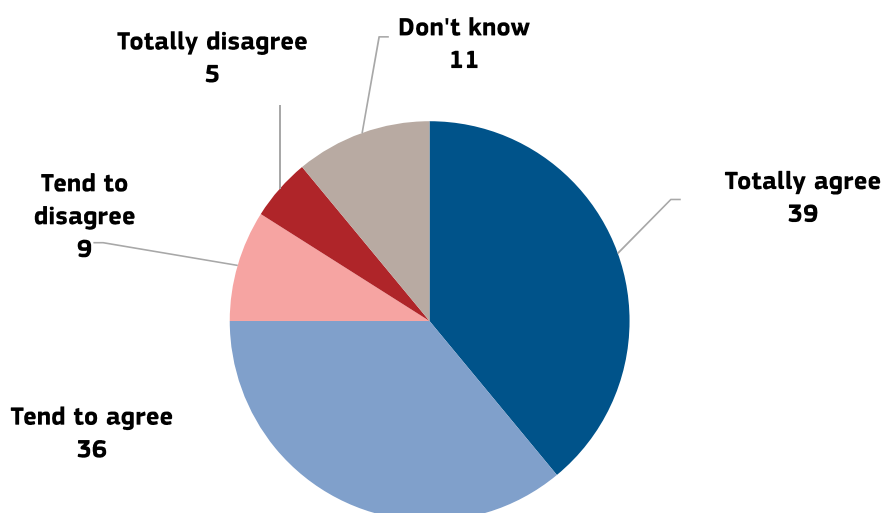
Three-quarters of Europeans agree that gender-based violence in sport deserves more attention

A large majority of respondents (75%) consider that gender-based violence in sport deserves more attention³⁹. This result includes close to four in ten respondents (39%) who 'totally agree' and a similar proportion (36%) who 'tend to agree'. However, over one in ten respondents (14%) disagree, including one in twenty (5%) who 'totally disagree' and close to one in ten (9%) who 'tend to disagree'. Finally, slightly more than one in ten respondents (11%) 'don't know'.

A national analysis shows that a majority of respondents agree that gender-based violence in sport deserves more attention in all 27 EU Member States.

At least one in five respondents totally agree with this statement in 25 EU Member States.

QB20.3 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?
Gender based violence in sport deserves more attention
(% - EU)



(Apr.-May 2022)

Base: All Respondents (N=26,578)

³⁹ QB20.3. To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? Gender-based violence in sport deserves more attention

CONCLUSIONS

The COVID-19 pandemic had a limited impact on Europeans' involvement in physical activity. Indeed, on the positive side, half of Europeans were physically active either at the same level as they were before or even more frequently, or say that they plan to be more physically active in the future. On the negative side, a similar proportion either continued to be physically active but less frequently or stopped being physically active during COVID-19.

However, despite the growing importance attached to the promotion of physical activity in EU Member States, rates of physical inactivity in the EU remain "alarmingly high". Although the proportion of Europeans who never exercise or play sport decreased slightly between 2017 and 2022, it has grown since 2009, rising from 39% in 2009 to 42% in 2013, 46% in 2017 and 45% in 2022.

Nevertheless, Europeans are now more likely to engage in other physical activities than in 2017, and the shares of respondents who had done no vigorous or moderate physical activity in the previous week have lost eight and seven percentage points respectively since 2017. Moreover, Europeans tend to spend a shorter time sitting than in 2017. Such findings might indicate that the message about the importance of sport and physical activity for an individual's health and wellbeing is slowly beginning to reach some segments of the EU population, and to have an impact on behaviour.

However, the socio-demographic variations highlighted in the 2017 report still exist. Indeed, women are far less active than their male counterparts. Levels of participation in sport and other physical activity tend to decrease with age. In addition, respondents with lower levels of education and those who experience more financial difficulties are the least likely to engage in sport or other physical activity.

National disparities registered in previous surveys still hold true. Respondents tend to be more physically active in Northern parts of the European Union (particularly in the Nordic countries), while those who are the least physically active can be found in the Southern and Eastern parts of the EU. The same geographical patterns apply when respondents are asked about opportunities for physical activity.

As in previous surveys, the two most popular settings in which to engage in sport or another physical activity are in a park, outdoors, etc. and at home, and these settings have gained seven and five percentage points respectively since 2017, which may be another consequence of the COVID-19 pandemic. Highlighting the opportunities to engage in sport or another physical activity in "free" settings such as parks could be a way to mobilise respondents with financial difficulties, who may find it difficult to afford membership of formal sport facilities, as indeed, only a minority of respondents are members of the health or fitness centre, sport club or socio-cultural club where they participate in sport or recreational physical activity (similar results as in 2017). It could, therefore, be a way to increase the engagement of this particular segment of the EU population.

The COVID-19 pandemic does not seem to have had an impact on motivators and barriers to sport participation, as results are consistent with those found in 2017: Europeans still practice sport or physical activity mainly to improve their health, to improve fitness and to relax, while the main reasons preventing them from practising sport more regularly keep being the lack of time, the lack of motivation or interest and having a disability or illness.

Only one in ten Europeans currently engage in voluntary work that supports sporting activities (6%) or plan to do so in the next two months (4%).

Europeans who exercise, play sport or engage in other physical activity are not particularly aware of the impact that sport or physical activity can have on the environment, and they are divided on this matter. Slightly more than half do not pay attention to the environmental impact of sport, whereas a similar proportion do. In addition, nearly half of those respondents consider that their sports organisation is not currently taking any actions to promote sustainability.

When it comes to gender equality issues, more than half of Europeans who are members of a club say their club is actively putting in place measures to support gender equality; and an even larger majority would know who to speak to internally if they encountered gender discrimination in their club.

Finally, around three-quarters of Europeans agree not only that female role models in sport are inspiring more women and girls to follow their example, but also that gender-based violence in sport deserves more attention. Meanwhile, nearly six in ten respondents find female sport as interesting as male sport in the media. Socio-demographic differences between men and women on these issues are not significant.

Technical Specifications

Between the 19th of April and 16th of May 2022, Kantar carried out wave 97.3 of the EUROBAROMETER survey, at the request of the European Commission, Directorate-General for Education, Youth, Sport and Culture (DG EAC), "Sport" Unit.

Wave 97.3 covers the population of the respective nationalities of the European Union Member States, resident in each of the 27 Member States and aged 15 years and over.

The basic sample design applied in all countries and territories is a multi-stage, random (probability) one. In each country, a number of sampling points were drawn with probability proportional to population size (for a total coverage of the country) and to population density.

In order to do so, the sampling points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the countries surveyed according to the EUROSTAT NUTS II (or equivalent) and according to the distribution of the resident population of the respective nationalities in terms of metropolitan, urban and rural areas⁴⁰.

In each of the selected sampling points, a starting address was drawn, at random. Further addresses (every Nth address) were selected by standard "random route" procedures, from the initial address. In each household, the respondent was drawn, at random (following the "closest birthday rule"). If no one answered the interviewer in a household, or if the respondent selected was not available (not present or busy), the interviewer revisited the same household up to three additional times (four contact attempts in total). Interviewers never indicate that the survey is conducted on behalf of the European Commission beforehand; they may give this information once the survey is completed, upon request.

The recruitment phase was slightly different in the Netherlands, Finland, and Sweden. In these countries, a sample of addresses within each areal sampling point (1km² grid) were selected from the address or population register (in Finland, selection is not done in all sample points, but in some where response rates are expected to improve). The selection of addresses was done in a random manner. Households were then contacted by telephone and recruited to take part in the survey. In the Netherlands, a dual frame RDD sample (mobile and landline numbers) are used. The selection of numbers on both frames is done in a random manner with each number getting an equal probability of selection. Unlike Sweden and Finland, the sample is un-clustered.

⁴⁰ Urban Rural classification based on DEGURBA
(<https://ec.europa.eu/eurostat/web/degree-of-urbanisation/background>)

Special Eurobarometer 525
Sport and Physical Activity

	COUNTRIES	INSTITUTES	N° INTERVIEWS	FIELDWORK DATES		POPULATION 15+	PROPORTION EU27
BE	Belgium	Mobiel Centre Market Research	1,101	19/04/2022	10/05/2022	9,915,439	2.53%
BG	Bulgaria	Kantar TNS BBSS	1,039	19/04/2022	16/05/2022	6,094,974	1.55%
CZ	Czechia	Kantar Czechia	1,073	20/04/2022	06/05/2022	9,190,342	2.34%
DK	Denmark	Kantar Gallup	1,005	20/04/2022	12/05/2022	4,994,008	1.27%
DE	Germany	Kantar Deutschland	1,514	19/04/2022	05/05/2022	74,162,306	18.89%
EE	Estonia	Kantar Estonia	1,030	19/04/2022	16/05/2022	1,145,208	0.29%
IE	Ireland	B and A Research	1,013	20/04/2022	16/05/2022	4,039,401	1.03%
EL	Greece	Kantar Greece	1,014	19/04/2022	15/05/2022	9,568,462	2.44%
ES	Spain	TNS Investigación de Mercados y Opinión	1,006	19/04/2022	15/05/2022	42,022,835	10.70%
FR	France	Kantar Public France	1,012	19/04/2022	14/05/2022	57,553,554	14.66%
HR	Croatia	Hendal	1,008	20/04/2022	12/05/2022	3,569,904	0.91%
IT	Italy	Kantar Italia	1,020	20/04/2022	12/05/2022	54,102,101	13.78%
CY	Rep. Of Cyprus	CYMAR Market Research	503	19/04/2022	09/05/2022	759,844	0.19%
LV	Latvia	Kantar TNS Latvia	1,013	19/04/2022	12/05/2022	1,649,459	0.42%
LT	Lithuania	TNS LT	1,003	19/04/2022	16/05/2022	2,445,153	0.62%
LU	Luxembourg	TNS Ilres	502	19/04/2022	10/05/2022	538,288	0.14%
HU	Hungary	Kantar Hoffmann	1,025	19/04/2022	05/05/2022	8,547,786	2.18%
MT	Malta	MISCO International	504	19/04/2022	16/05/2022	455,041	0.12%
NL	Netherlands	Kantar Netherlands	1,033	22/04/2022	15/05/2022	15,067,518	3.84%
AT	Austria	Das Österreichische Gallup Institut	1,005	19/04/2022	09/05/2022	7,844,329	2.00%
PL	Poland	Kantar Polska	1,013	19/04/2022	11/05/2022	32,904,839	8.38%
PT	Portugal	Marktest – Marketing, Organização e Formação	1,006	20/04/2022	15/05/2022	9,221,533	2.35%
RO	Romania	Centrul Pentru Studierea Opiniei si Pietei (CSOP)	1,057	19/04/2022	13/05/2022	16,701,193	4.25%
SI	Slovenia	Mediana DOO	1,023	19/04/2022	10/05/2022	1,834,195	0.47%
SK	Slovakia	Kantar Czechia	1,011	19/04/2022	15/05/2022	4,677,729	1.19%
FI	Finland	Taloustutkimus Oy	1,004	20/04/2022	16/05/2022	4,805,266	1.22%
SE	Sweden	Kantar Sifo	1043	20/04/2022	16/05/2022	8,756,024	2.23%
TOTAL EU27			26,580	19/04/2022	16/05/2022	392,566,731	100%

* It should be noted that the total percentage shown in this table may exceed 100% due to rounding.

	COUNTRIES	N° OF CAPI INTERVIEWS	N° OF CAWI INTERVIEWS	TOTAL N° INTERVIEWS
BE	Belgium	775	326	1,101
BG	Bulgaria	1,039		1,039
CZ	Czechia	630	443	1,073
DK	Denmark	594	411	1,005
DE	Germany	1,514		1,514
EE	Estonia	880	150	1,030
IE	Ireland	1,013		1,013
EL	Greece	1,014		1,014
ES	Spain	1,006		1,006
FR	France	1,012		1,012
HR	Croatia	1,008		1,008
IT	Italy	1,020		1,020
CY	Rep. Of Cyprus	503		503
LV	Latvia	799	214	1,013
LT	Lithuania	1,003		1,003
LU	Luxembourg	502		502
HU	Hungary	1,025		1,025
MT	Malta	494	10	504
NL	Netherlands	691	342	1,033
AT	Austria	1,005		1,005
PL	Poland	1,013		1,013
PT	Portugal	1,006		1,006
RO	Romania	1,057		1,057
SI	Slovenia	593	430	1,023
SK	Slovakia	1,011		1,011
FI	Finland	491	513	1,004
SE	Sweden	402	641	1,043
	TOTAL EU27	23,100	3,480	26,580

CAPI : Computer-Assisted Personal interviewing

CAWI : Computer-Assisted Web interviewing

Consequences of the coronavirus pandemic on fieldwork

Face-to-face interviewing

Where feasible, interviews were conducted face to face in people's homes or on their doorstep and in the appropriate national language. In all countries and territories where face-to-face interviewing was not feasible CAWI (Computer-Assisted Web Interviewing) was used.

For face-to-face all interviews conducted, hygiene and physical distancing measures were respected at all times in line with government regulations, and whenever possible, interviews were conducted outside homes, on doorsteps, in order to stay outside and maintain social distance.

Face-to-face and online interviewing

In Belgium, Czechia, Denmark, Estonia, Latvia, Malta, the Netherlands, Slovenia, Finland and Sweden, face-to-face interviewing was feasible, but it was not possible to reach the target number of face-to-face interviews within the fieldwork period. Due to the long lasting impacts of the COVID-19 pandemic, many potential respondents are still reluctant to open their homes to interviewers, even if they respect hygiene rules and physical distancing, such as wearing masks and using hydroalcoholic gel. Therefore, to hit the target number of interviews within the fieldwork period, additional interviews were conducted online with Computer-Assisted Web Interviewing (CAWI) technique.

Recruitment for online interviews

The online design in each country differed based on what was feasible within the fieldwork period. Where feasible, the online sample was based on a probabilistic sample design. Those recruited to the online survey were recruited through a single mobile frame or dual frame Random Digit Dialling (RDD) design. In this way the entire phone owning population in each country had a non-zero chance of being sampled. The choice of whether to use a single mobile frame or dual frame (mobile and landline) was dependent on the countries' landline infrastructure. Where the landline infrastructure is suitably advanced to support a significant minority of residential households with landline phones a dual frame design is employed. The mix of mobile and landline sample is designed to maximise the representation of the responding sample. The RDD sample for both the mobile and landline sample is drawn from the country's telephone numbering plan. The landline sample frame is stratified by NUTS3 regions based on their prefix and the mobile by operator before a systematic random sample of numbers is generated proportional in size to the total generatable numbers in each stratum. Respondents were recruited using this sample design in Belgium, Czechia, Latvia, Lithuania, Malta and Slovenia.

In Finland, Denmark, and Sweden, RDD samples were not used, instead the telephone sample was drawn from the country telephone directory. In these three countries the telephone directories offer comprehensive coverage of the phone owning population, storing both landline and mobile phone numbers for each individual.

In the Netherlands, two survey modes were used to collect responses, face to face and online. For the online mode, the respondents were initially recruited to take part through an offline mode of recruitment via a probability-based dual frame overlapping RDD sample design. In this way the entire phone owning population in the Netherlands had a non-zero chance of being sampled. The mix of mobile and landline sample is designed to maximise the representation of the responding sample. The RDD sample for both the mobile and landline sample is drawn from the country's telephone numbering plan. The landline sample frame is stratified by NUTS3 regions based on their prefix and the mobile by operator before a systematic random sample of numbers is generated proportional in size to the total generatable numbers in each stratum.

Special Eurobarometer 525 Sport and Physical Activity

Response rates

For each country a comparison between the responding sample and the universe (i.e. the overall population in the country) is carried out. Weights are used to match the responding sample to the universe on gender by age, region and degree of urbanisation. For European estimates (i.e. EU average), an adjustment is made to the individual country weights, weighting them up or down to reflect their 15+ population as a proportion of the EU 15+ population.

The response rates are calculated by dividing the total number of complete interviews with the number of all the addresses visited, apart from ones that are not eligible but including those where eligibility is unknown. For wave 97.3 of the EUROBAROMETER survey, the response rates for the EU27 countries, calculated by Kantar, can be seen on the right-hand table.

Margins of error

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the confidence limits presented below.

COUNTRIES	CAPI Response rates	CAWI Response rates
Belgium	51.5%	16.1%
Bulgaria	44.0%	
Czechia	50.3%	26.1%
Denmark	43.1%	16.0%
Germany	21.6%	
Estonia	40.0%	21.3%
Ireland	50.3%	
Greece	29.0%	
Spain	30.5%	
France	34.4%	
Croatia	39.4%	
Italy	23.0%	
Rep. Of Cyprus	46.9%	
Latvia	46.4%	20.6%
Lithuania	43.7%	
Luxembourg	25.4%	
Hungary	63.1%	
Malta	94.1%	10.2%
Netherlands	70.1%	35.4%
Austria	43.3%	
Poland	44.6%	
Portugal	39.6%	
Romania	58.6%	
Slovenia	45.1%	30.8%
Slovakia	63.1%	
Finland	29.9%	27.5%
Sweden	70.3%	20.7%

CAPI : Computer-Assisted Personal interviewing

CAWI : Computer-Assisted Web interviewing (CAWI RRs do not include the recruitment phase)

Statistical Margins due to the sampling process

(at the 95% level of confidence)

various sample sizes are in rows

various observed results are in columns

	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	
	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	
N=50	6,0	8,3	9,9	11,1	12,0	12,7	13,2	13,6	13,8	13,9	N=50
N=500	1,9	2,6	3,1	3,5	3,8	4,0	4,2	4,3	4,4	4,4	N=500
N=1000	1,4	1,9	2,2	2,5	2,7	2,8	3,0	3,0	3,1	3,1	N=1000
N=1500	1,1	1,5	1,8	2,0	2,2	2,3	2,4	2,5	2,5	2,5	N=1500
N=2000	1,0	1,3	1,6	1,8	1,9	2,0	2,1	2,1	2,2	2,2	N=2000
N=3000	0,8	1,1	1,3	1,4	1,5	1,6	1,7	1,8	1,8	1,8	N=3000
N=4000	0,7	0,9	1,1	1,2	1,3	1,4	1,5	1,5	1,5	1,5	N=4000
N=5000	0,6	0,8	1,0	1,1	1,2	1,3	1,3	1,4	1,4	1,4	N=5000
N=6000	0,6	0,8	0,9	1,0	1,1	1,2	1,2	1,2	1,3	1,3	N=6000
N=7000	0,5	0,7	0,8	0,9	1,0	1,1	1,1	1,1	1,2	1,2	N=7000
N=7500	0,5	0,7	0,8	0,9	1,0	1,0	1,1	1,1	1,1	1,1	N=7500
N=8000	0,5	0,7	0,8	0,9	0,9	1,0	1,0	1,1	1,1	1,1	N=8000
N=9000	0,5	0,6	0,7	0,8	0,9	0,9	1,0	1,0	1,0	1,0	N=9000
N=10000	0,4	0,6	0,7	0,8	0,8	0,9	0,9	1,0	1,0	1,0	N=10000
N=11000	0,4	0,6	0,7	0,7	0,8	0,9	0,9	0,9	0,9	0,9	N=11000
N=12000	0,4	0,5	0,6	0,7	0,8	0,8	0,9	0,9	0,9	0,9	N=12000
N=13000	0,4	0,5	0,6	0,7	0,7	0,8	0,8	0,8	0,9	0,9	N=13000
N=14000	0,4	0,5	0,6	0,7	0,7	0,8	0,8	0,8	0,8	0,8	N=14000
N=15000	0,3	0,5	0,6	0,6	0,7	0,7	0,8	0,8	0,8	0,8	N=15000
	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	
	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	

