



RÉSEAU INTERNATIONAL

## INSEP commits to parity in sport

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*As part of the European Erasmus + program "**Ex Aequo**", co-funded by the European Union, INSEP is working with its institutional partners, the Sport Ireland Institute and the Australian Institute of Sport, to promote gender equality in sport and to support female athletes' performance.*

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With the aim of providing professional training and acquiring new knowledge and skills based on foreign models, 10 INSEP's representatives took part in a first training session on the premises of Ireland's leading sports performance organization.

This meeting marked the first stage of a mobility project for INSEP staff aimed at exchanging and acquiring new awareness-raising and prevention tools on gender issues in order to raise the awareness of a large number of learners.

Various topics were discussed, including high-performance policies aimed at women in sport (physical and mental health, well-being, maternity support, etc.), diversity and inclusion, professional communities, programs to encourage sporting participation, communication kits, etc.

This first step will be followed by an upcoming international conference on "Women and Performance", to be held at INSEP in November, to disseminate the lessons and best practices learned in terms of parity and support for female athletes to an even wider audience.

URL of the page: <https://www.insep.fr/en/actualites/insep-commits-parity-sport>