

PLACE Project: Discovering the High Five Method

Grand Paris Sud is continuously seeking to improve its practices. The “High Five” method, developed and implemented by the Dutch city of Nissewaard, facilitates more cross-cutting work with various local stakeholders.

Always in search of the best possible response to the needs and expectations of its users, particularly in the field of sports, Grand Paris Sud aims to draw inspiration from the “High Five” method.

The High Five Method

It was during a meeting of the [NTSC](#) project that the city of Nissewaard, one of the project partners, introduced its “High Five” approach. This method allows residents and local actors to propose sports projects that truly meet their needs.

It **promotes a “bottom-up” approach and citizen participation**. Residents, associations, and sports clubs can propose projects of interest to the municipality and actively participate in their implementation. They also play an active role in discussions on Nissewaard’s sports policies.

The “High Five” method helps **organize a network that brings together residents, schools, associations, sports organizations, and businesses**, creating a space where all these actors can discuss and propose solutions. The approach is highly inclusive, allowing different citizen groups to have their voices heard.

The Agglomeration, very interested in this presentation, wished to deepen its understanding of this method to apply it in its own territory in collaboration with residents and local stakeholders. This approach could be applied to the development of cycling activities and could also be adapted to other areas.

PLACE Project with Erasmus +

First Mobility in January

Grand Paris Sud decided to send its sports educators to Nissewaard to learn this innovative, participative, and inclusive working method and to draw inspiration from the best practices implemented in the partner city. From January 29 to 31, 2024, with funding from the European [Erasmus +](#) program, **6 sports educators from Grand Paris Sud traveled for 3 days to observe the work of Dutch sports educators** and participate in a major event: the Sport Gala.

Organized as part of the PLACE (Physical Literacy and Active Citizenship Educators) project, this trip will be followed by a second visit in April 2024; an opportunity to review

the activities and innovations designed and implemented in the territory by the 6 educators from Grand Paris Sud with their Dutch colleagues.

Second Mobility in April

Following the first mobility in January 2024, the educators returned to Grand Paris Sud to implement projects using the “High Five” method. From April 24 to 26, they returned to Nissewaard to discuss the progress of their projects, successes, as well as the challenges and questions they encountered. These exchanges allowed the Grand Paris Sud educators to address their queries about implementing their project within their aquatic facility. The discussions also highlighted the different working methods between cities.

To enrich the discussions, the Grand Paris Sud educators visited several sports facilities where children practice various disciplines through the “High Five” movement and associated citizen mobilization. With school ending earlier compared to the French school schedule, parents often lacked childcare options. After consultations between city services and citizens, extracurricular sports activities were offered with 8-week cycles to explore a sport. This approach allows children to experience a range of sports in the afternoon when parents’ work commitments may not allow for afternoon childcare.

Throughout the stay, the Grand Paris Sud team witnessed many other projects implemented through “High Five”. They were able to interact directly with the initiators of these initiatives, sharing the difficulties, obstacles, as well as accomplishments and successes encountered in coordinating and implementing projects.

The educators also attended festivities related to the King’s Day, a national holiday in the Netherlands celebrating the monarch’s birthday.