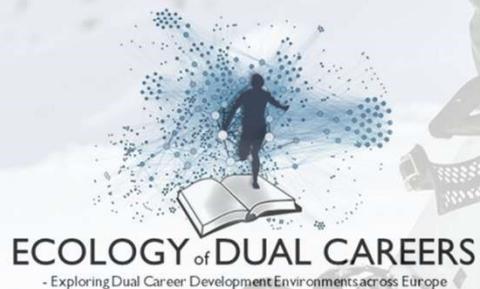




DUAL CAREER DAY

**SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE**



Co-funded by the
Erasmus+ Programme
of the European Union



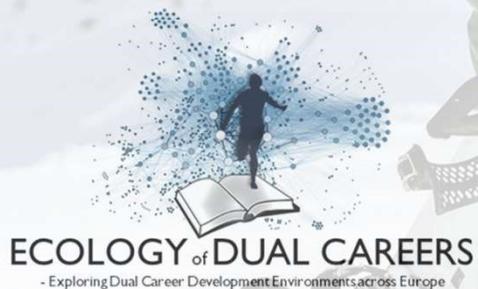
DUAL CAREER DAY

SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE



Presentation 1: WELCOME

PAUL WYLLEMAN
VRIJE UNIVERSITEIT BRUSSEL



Co-funded by the
Erasmus+ Programme
of the European Union





Co-funded by the
Erasmus+ Programme
of the European Union



PARTNERS

DUAL CAREER DAY

SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE





Co-funded by the
Erasmus+ Programme
of the European Union



Univerza v Ljubljani





Co-funded by the
Erasmus+ Programme
of the European Union



PHASES

DUAL CAREER DAY
SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE





Co-funded by the
Erasmus+ Programme
of the European Union



- **End 2016:** decision to take next step in research on dual career
- **Beginning 2017:** partnerships
- **April 2017:** 80 pages project proposal
- **July 2017:** confirmation awarding project with score 84/100
- **January 2018:** first meeting Liverpool



Co-funded by the
Erasmus+ Programme
of the European Union





Co-funded by the
Erasmus+ Programme
of the European Union



- **End 2016:** decision to take next step in research on dual career
- **Beginning 2017:** partnerships
- **April 2017:** 80 pages project proposal
- **July 2017:** confirmation awarding project with score 84/100
- **January 2018:** first meeting Liverpool
- **August 2018:** second meeting and symposium in Odense



Co-funded by the
Erasmus+ Programme
of the European Union





Co-funded by the
Erasmus+ Programme
of the European Union



- **End 2016:** decision to take next step in research on dual career
- **Beginning 2017:** partnerships
- **April 2017:** 80 pages project proposal
- **July 2017:** confirmation awarding project with score 84/100
- **January 2018:** first meeting Liverpool
- **August 2018:** second meeting and symposium in Odense
- **May 2019:** third meeting and symposium in Barcelona



Co-funded by the
Erasmus+ Programme
of the European Union





Co-funded by the
Erasmus+ Programme
of the European Union



- **End 2016:** decision to take next step in research on dual career
- **Beginning 2017:** partnerships
- **April 2017:** 80 pages project proposal
- **July 2017:** confirmation awarding project with score 84/100
- **January 2018:** first meeting Liverpool
- **August 2018:** second meeting and symposium in Odense
- **May 2019:** third meeting and symposium in Barcelona
- **November 2019:** final meeting and symposium in Brussels





Co-funded by the
Erasmus+ Programme
of the European Union



- **End 2016:** decision to take next step in research on dual career
- **Beginning 2017:** partnerships
- **April 2017:** 80 pages project proposal
- **July 2017:** confirmation awarding project with score 84/100
- **January 2018:** first meeting Liverpool
- **August 2018:** second meeting and symposium in Odense
- **May 2019:** third meeting and symposium in Barcelona
- **November 2019:** final meeting and symposium in Brussels
- **Beginning 2020:** submission final report & documents.



Co-funded by the
Erasmus+ Programme
of the European Union



DRIVING FORCES

DUAL CAREER DAY

SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE





Co-funded by the
Erasmus+ Programme
of the European Union



- **European Commission:** dual career main topic
- **Elite sport organizations:** ensuring optimal support services athletes
- **Research centers:** developing models & tools
- **Universities:** increasing quality elite sport-related education
- **Athletes & support staff.**



Co-funded by the
Erasmus+ Programme
of the European Union

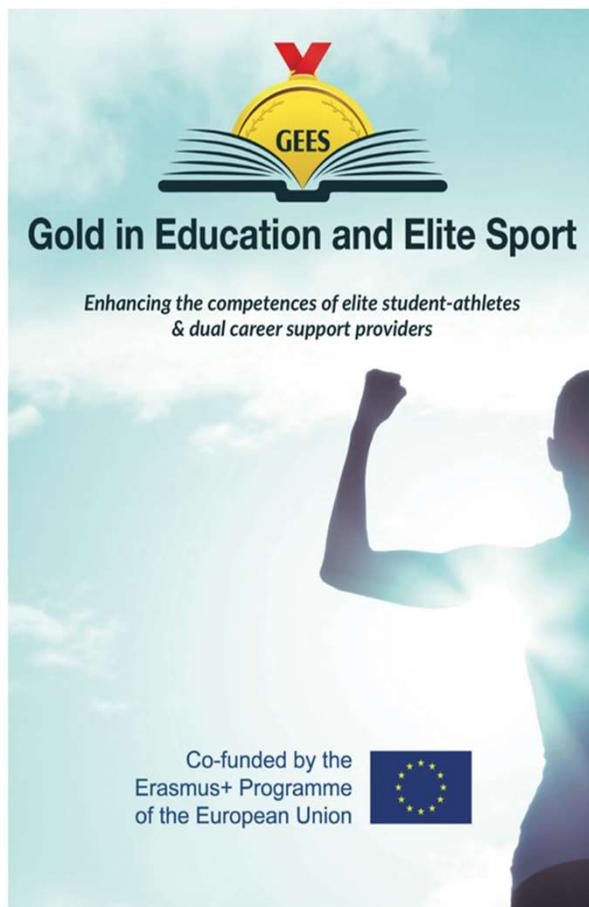


DUAL CAREER PROJECTS

DUAL CAREER DAY

SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE





Identify & optimize athletes' and DC support providers' competencies

- **2** years (15-16)
- **9** EU Member States (Belgium, France, Italy, the Netherlands, Spain, Sweden, Slovenia, Poland, UK)
- **17** partners (research and/or elite sport institutions)
- **40** international dual career researchers & expert practitioners
- **4196 athletes** and **524 DC support providers**
- www.gees.online





B-WISER

Co-funded by the
Erasmus+ Programme
of the European Union



Optimize the employability and employment of active and former elite athletes in three specific career stages

- **2** years (Jan 17 – Dec 18)
- **6** EU Member States (Belgium, Germany, Italy, Spain, Slovenia, Sweden)
- **13** partners (6 research, 7 elite sport)
- **14** experts (sport, career support, employment, project management)
- **1498 athletes, 169 career support providers and 65 employers**
- www.bwiser.eu



Univerza v Ljubljani



Research partners



Sport partners



Experts

Assist professional footballers in making the transition to the post-athletic career



Co-funded by the
Erasmus+ Programme
of the European Union



- **2,5** years (Jan 2018 – June 2020)
- **9** countries (Belgium, Cyprus, France, Finland, Greece, Ireland, Denmark, Sweden, the UK)
- **10** partners
- **35** Player Development Managers; **> 5.000** players contacted
- www.fifpro.org/en/projects/mind-the-gap





INTERNATIONAL
OLYMPIC
COMMITTEE

Develop and evaluate training modules for dual career support providers

- **4** countries (Belgium, the Netherlands, Spain, Sweden)
- **1**-year project (Jun 17 – Jun 18)



How should athletes be supported before, during and after athletic retirement?

- **1**-year project (Jun 19 – Jun 20)
- Moving from an athlete-centered needs analysis to practical guidelines for career support stakeholders.





Co-funded by the
Erasmus+ Programme
of the European Union



Develop a comprehensive understanding of the dual career development environments (DCDEs) across Europe and provide guidelines for the development and optimization of DCDEs

- **7** countries (UK, Belgium, Denmark, Finland, Spain, Sweden, Slovenia)
- **2** years (Jan 18 – Dec 19)
- **348** DC athletes & **379** DC DC stakeholders
- **www.dualcareers.eu**

Univerza v Ljubljani





Co-funded by the
Erasmus+ Programme
of the European Union



Brussels Capital of Europe Capital of Dual Career

DUAL CAREER DAY

**SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE**





Co-funded by the
Erasmus+ Programme
of the European Union



RESULTS

DUAL CAREER DAY
SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE





Co-funded by the
Erasmus+ Programme
of the European Union



- **Empirical data**
- **Direct input from the dual career environment (e.g. athletes, coaches, directors, educators, parents, policy makers)**
- **Evidence-based recommendations**
- **Tools for DC organizations & support providers.**



Co-funded by the
Erasmus+ Programme
of the European Union



DUAL CAREER DAY

**INTERNATIONAL CONFERENCE ON OPTIMIZING ATHLETES'
COMBINATION OF ELITE SPORT & EDUCATION**

DUAL CAREER DAY

**SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE**



09.20 – 09.40 **Dual Career in Flanders** • Kristel Taelman, Sport Vlaanderen

09.40 – 10.00 **Student-athletes' dual career at the Vrije Universiteit Brussel** • dr. Koen De Brandt, Vrije Universiteit Brussel

ECOLOGY OF DUAL CAREER (ECO-DC)

10.00 – 10.15 **Ecology of Dual Career (ECO-DC): Project Outline** • dr. Rob Morris, Liverpool John Moores University, UK

10.15 – 10.50 **Dual Career Development Environments in Europe: Taxonomy and Criteria for Effectiveness** • dr. Emily Cartigny, Liverpool John Moores University, UK

Reflections from research & practice (1) • Colin Allen, Talented Athlete Scholarship Scheme (TASS), UK, & dr. Saša Cecić Erpič, Ljubljana University, Slovenia

10.50 – 11.15 **Coffee & snacks**

11.15 – 11.30

Shifting the attention from the individual to the environment: A holistic ecological approach to athletes' dual career • dr. Louise Storm, Southern Denmark University

11.30 – 12.10

In the spotlight! Case study of a successful Flemish Dual Career Environment: Gymnastics • dra. Sofie Smismans, Vrije Universiteit Brussel, & Dominique Verlent, Gymfed, Belgium

Cross-case analysis: Ten essential features of a dual career development environment • drs. Lukas Linnér, Halmstad University, Sweden

Reflections from research & practice (2) • dr. Tatiana Ryba, University of Jyväskylä, Finland, & Jens Bundgaard, Team Denmark

12.10 – 12.40

The Dual Career Development Environment Monitoring Tool • dr. Miquel Torregrossa, Universitat Autònoma de Barcelona, & dr. Andreas Küttel, Southern Denmark University

Reflections from research & practice (3) • Kent Lindahl, Swedish Sports Confederation, & dr. Natalia Stambulova, Halmstad University, Sweden

12.40 – 13.45 **Lunch**

13.45 – 14.00 **5' walk to Building F**

PARALLEL WORKSHOPS (3 x 50'), BUILDING F

14.00 – 17.00 **Exploring the Dual Career Landscape: What are the challenges for your DC environment?**



What makes your DC environment effective? Working with two evidence-based models



Assessing ten essential features of your dual career environment: the Dual Career Development Environment Monitoring Tool in practice



17.00 – 17.05 **5' walk to Building I**

17.05 – 18.30 **Cocktail reception**



SPORT.
VLAANDEREN



VRIJE
UNIVERSITEIT
BRUSSEL



DUAL CAREER DAY

SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE



Presentation 2: Dual Careers in Flanders

Kristel Taelman
Sport Vlaanderen



Co-funded by the
Erasmus+ Programme
of the European Union



DUAL CAREER SUPPORT FLANDERS

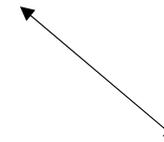
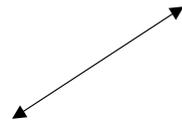


SPORT.
VLAANDEREN

TEAM 'DUAL CAREER'

@SPORT VLAANDEREN

HEAD OF DEP. 'ELITE SPORT': Tom Coeckelberghs



DUAL CAREER SUPPORT PROVIDERS

MANAGER OF 3 DC INITIATIVES



Sofie Hendrickx
Carrièrebegeleider Topsport & Studie
+32 495 28 05 15

Kristel Taelman
Carrièrebegeleider Topsport
+32 477 68 52 06

Hetty Boons
Carrièrebegeleider Topsport & Studie
+32 485 00 10 28

Tommy Verlinde
Prestatie Manager
+32 491 99 61 73



DUAL CAREER INITIATIVES AND ENVIRONMENTS IN FLANDERS



ATHLETE/STUDENT PROJECT



COACH EDUCATION



PROFPARCOURS



CAREER COACHING



DUAL CAREER SUPPORT

SPORT.
VLAANDEREN

+ education
+ elite sport
federations

VDAB

+

SPORT.
VLAANDEREN

+ 6 career centers



TOPSPORTSCHOOLS



F-STATUTE



CIRCULAR LETTER EDUCATION



ELITE SPORT & STUDY

Ministry of Education

Higher Education instit.

CAREER SUPPORT IN BELGIUM

| | |
|---|--|
|  PROJECT ATHLETE/STUDENTS |  COACH EDUCATION |
|  DUAL CAREER SUPPORT |  SPORT. VLAANDEREN + education + elite sport federations |
|  TOPSPORTSCHOOLS |  F-STATUTE |

| | |
|---|--|
|  PROFFPARCOURS |  CAREER COACHING |
|  VDAB + SPORT. VLAANDEREN + 6 career centers | |
| Ministry of Education | Higher Education instit. |
|  CIRCULAR LETTER EDUCATION |  ELITE SPORT & STUDY |



SPORT VLAANDEREN

PROJET DE VIE

| | | |
|--|--|---|
|  TEAM BELGIUM |  THE ADECCO GROUP |  BELGIAN PARALYMPIC COMMITTEE |
|--|--|---|

ATHLETE CAREER PROGRAM
INCL. FUND INBEV BAILLET LATOUR

European Commission (Erasmus+, Guidelines on DC,...)
European Olympic Committees
..

International Olympic Committee
..

CIRCULAR LETTER EDUCATION



CIRCULAR LETTER EDUCATION

AGE

7y-18y

GOAL

To give school directors the autonomy to admit absences for athletes to participate at tournaments and sport camps.

IMPLEMENTATION

- regulated by a decision of the Flemish government (education).
- concrete roadmap for pupils (and their stakeholders) who are in this situation.

FACTS & FIGURES

No monitoring.



ELITE SPORT & STUDY



ELITE SPORT & STUDY

AGE

18y-...

GOAL

To facilitate the combination of elite sport and higher education.

IMPLEMENTATION

- Every (Brussels/)Flemish institute for higher education provides a 'Topsport statute'
- There is a different policy in each institute for higher education in Flanders.
- The facilities differ a lot:
 - Exams
 - Absences
 - Internships
 - ...

In 2020 the project 'Optimisation of Elite Sport & Study' will be launched by Sport Vlaanderen to improve the services in the institutions and to make the possibilities more transparent.

FACTS & FIGURES

Average number of student/athletes with a statute:

- Universities: average **680/AJ**
- Colleges: average **490/AJ**



Gold in Education and Elite Sport

SPORT.
VLAANDEREN



F-STATUTE



F-STATUTE

AGE

12y-18y

GOAL

To make it possible to combine secondary education and high level sport while living at home and training in a high quality environment.

IMPLEMENTATION

Allocated by sports federations when

- official educational plans are available
- There is a learning environment which provides at least the same quality as a topsportschool.
- an unrealistic distance between a topsportschool and the residence of the pupil/athlete or the fact that the pupil chooses a field of study that is not organised by a topsportschool.

FACTS & FIGURES

School year: 2019-2020: 26 pupil/athletes have a F-statute in Flanders
Sports federations who provide F-statutes: tennis, triathlon and soccer.



TOPSPORTSCHOOLS



TOPSPORTSCHOOLS

AGE

7y-18y

GOAL

To provide the possibility to develop in a qualitative way as a pupil and as a talented athlete via an adapted educational organisation and via a professional sports program and support.

IMPLEMENTATION

6 topsportschools

7 topsportschool locations

16 sports federations are active in one of the topsportschools

1 coordinator per topsportschool

FACTS & FIGURES (2018)

A-statute: 90-130 1/2 days of absence: 182 pupil/athletes

B-statute: 40 1/2 days of absence: 395 pupil/athletes

Talent (7-12y): 10 1/2 days of absence: 86 pupil/athletes



Gold in Education and Elite Sport



SPORT.
VLAANDEREN

PROJECT FOR ATHLETE STUDENTS



PROJECT ATHLETE/STUDENTS

AGE
18y-...

GOAL

To facilitate the combination of elite sport and study for student/athletes at the highest sports level (at least top 8 European level or top 12 world level).

IMPLEMENTATION

Financial support for the student/athlete via remuneration (<21y) or via working contract (>21y).
Financial support for the universities and colleges where these athletes study (nominative).

FACTS & FIGURES

AJ 2019-2020: **40** student/athletes:

- Financial support Higher Education Institution + working contract (0,8FTE): **11**
- Financial support Higher Education Institution + financial support study of athlete/student: **17**
- Financial support Higher Education Institution: **12**



ADAPTED TRAINING TO BECOME A COACH



TRAINING TO BECOME A COACH

AGE

18y-...

GOAL

To provide an adapted training for (former) elite athletes who have the ambition to become a coach.

IMPLEMENTATION

- Sports federations with a clear vision regarding this adapted trajectory.
- takes in account the competencies that are acquired by doing sport at the highest level
- courses and exams are flexible in time

FACTS & FIGURES

9 sports federations provide, in cooperation with the 'Vlaamse Trainersschool', these adapted trajectories: gymnastics, cycling, soccer, volleyball, track and field, swimming, tennis, basketball and rowing.

It resulted in 92 qualifications.



PROFFPARCOURS



PROFFPARCOURS

AGE

18y-...

GOAL

To provide the opportunity to develop towards a professional athlete. Next to the sports program these athletes focus on their personal development through a self chosen training which will be usefull during or after their career as an athlete.

IMPLEMENTATION

- VDAB-project for athletes with an unemployed statute
- Exempted of applying for work.
- Gets unemployment benefits under certain conditions.
- 1 year (+ 1 year extention)
- Coach regarding personal development (PDP, competence profile, ...) and administration.
- Sports program, approved and followed-up by the sports federation.

FACTS & FIGURES

Since 2017 34 elite athletes were part of this project



CAREER COACHING



CAREER COACHING

AGE
18y-...

GOAL

To provide professional coaching for a large group of elite athletes to prepare for life after sport.
This coaching trajectory can be launched during or after their sport career.

IMPLEMENTATION

- 8h of individual coaching at 1 of 6 career centers that were selected and trained to coach elite athletes
- The coaching is flexible and can take place in Brussels and Flanders
- Restriction: the athlete has to be based in Brussels or in Flanders
- No cost for athletes

FACTS & FIGURES

- Since 2017: 0,5 FTE consultant
- 37 (former) elite athletes
- 15 sports federations



DUAL CAREER SUPPORT



DUAL CAREER SUPPORT

AGE
16y-...

GOAL

To develop policy, structures, procedures and support to improve the dual career of elite athletes and to anticipate the post-athletic career.

IMPLEMENTATION

- 1 contact point in Flanders regarding DC
- Information and sensibilisation (ex. In Topsportschools)
- Individual support →
- Partnership with a wide range of partners (schools, universities, sports federations, career centers,...)
- ...



Gold in Education and Elite Sport



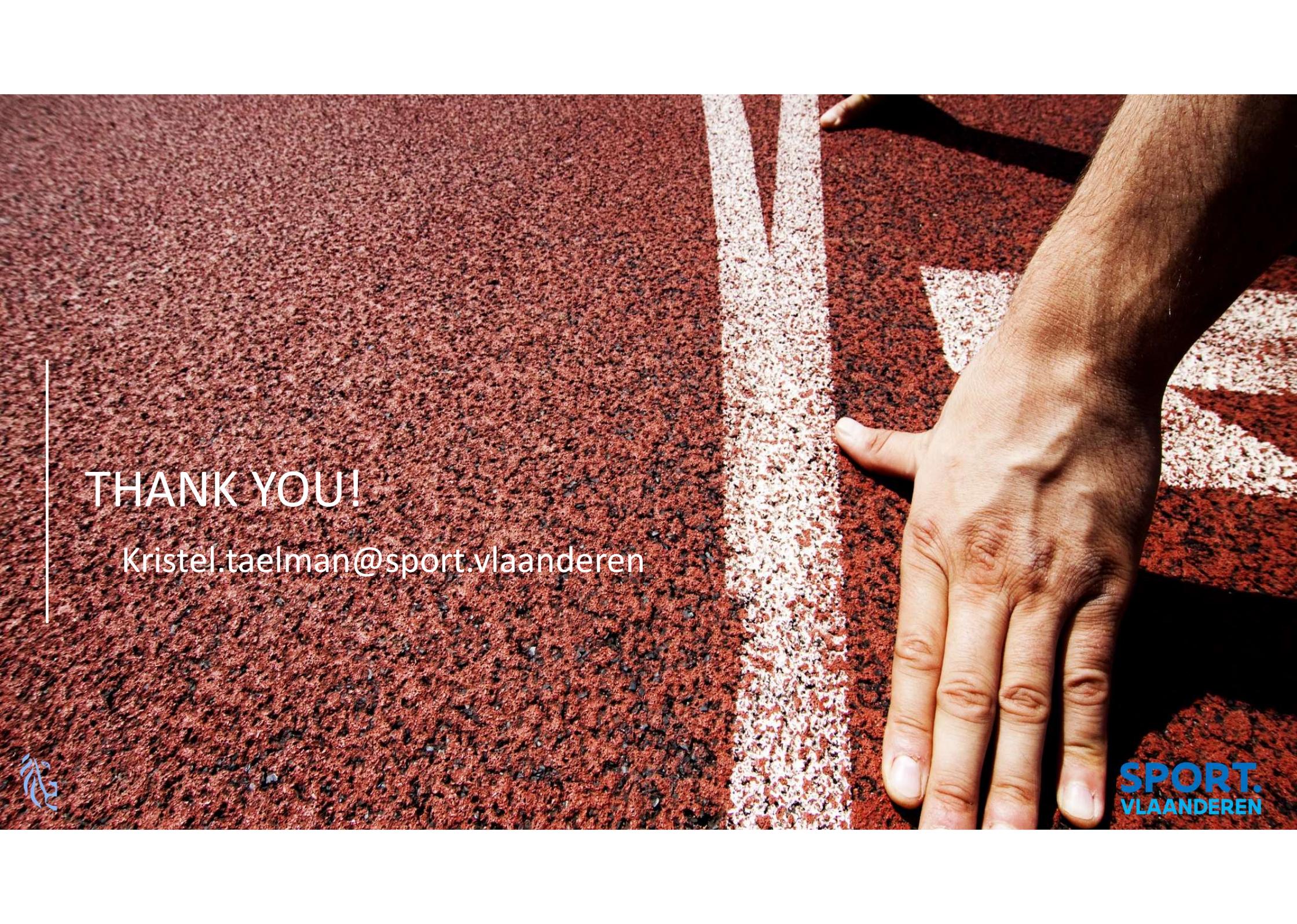
FACTS AND FIGURES

Individual trajectories with student athletes: 64

Individual advice for pupils or student athletes: 49

Individual trajectories to anticipate/prepare the post-athlete career: 6



A close-up photograph of a person's hand resting on a red running track. The track has white lane markings, including a prominent vertical line and a partial white arrow pointing to the right. The hand is positioned on the right side of the frame, with fingers slightly spread. The background is the textured red surface of the track.

THANK YOU!

Kristel.taelman@sport.vlaanderen



SPORT.
VLAANDEREN

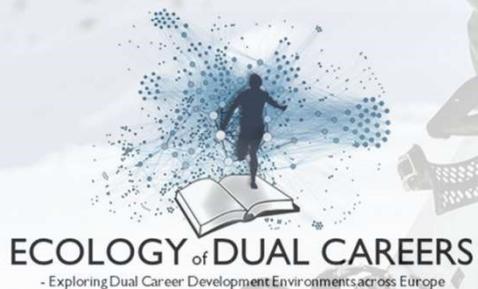
DUAL CAREER DAY

SUPPORTING ATHLETES TO FLOURISH IN
SPORT, EDUCATION AND LIFE



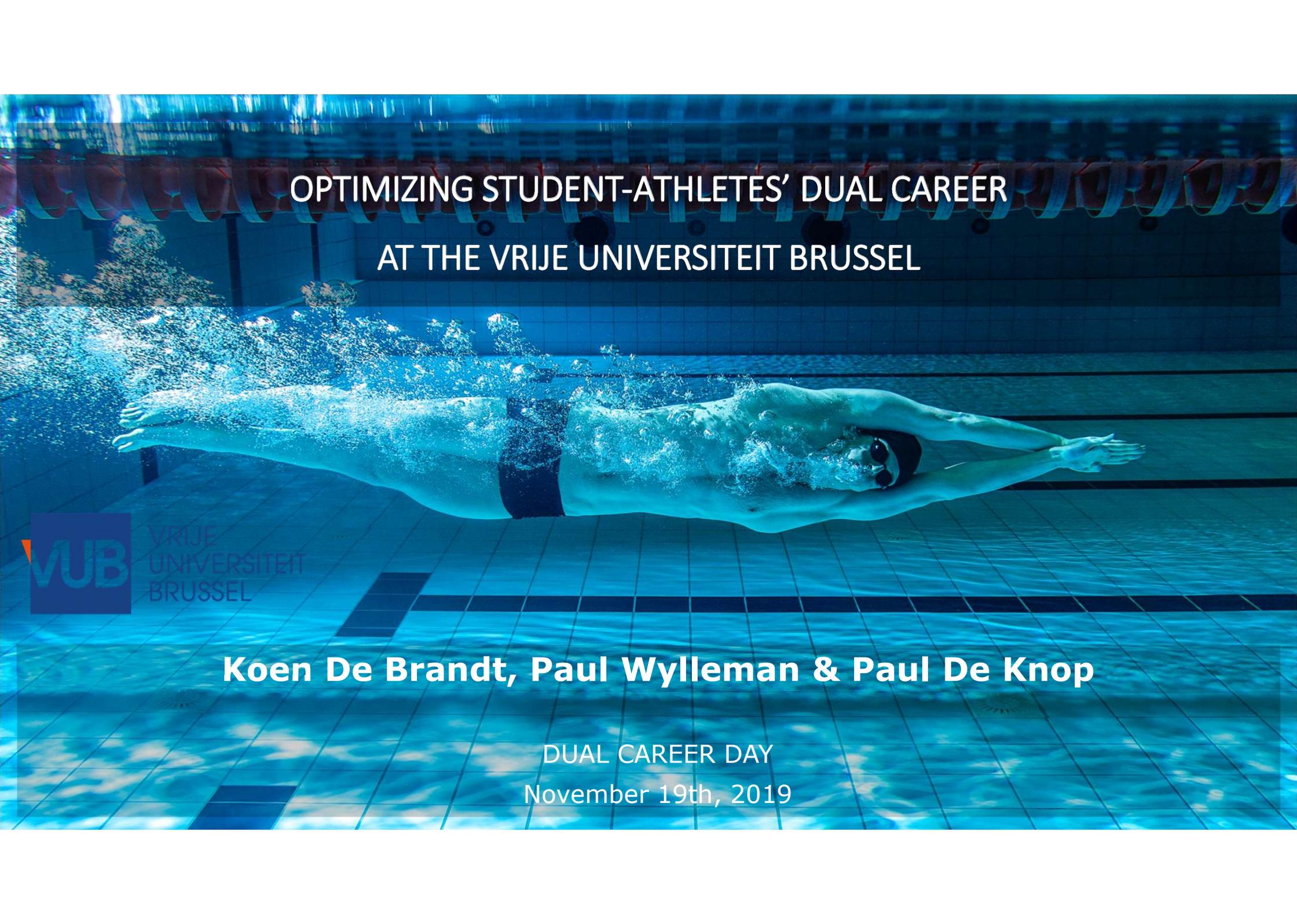
Presentation 3: Student-athletes' dual career at VUB

Koen de Brandt
VRIJE UNIVERSITEIT BRUSSEL



Co-funded by the
Erasmus+ Programme
of the European Union



An underwater photograph of a swimmer in a pool, captured in a streamlined position. The swimmer is wearing a black cap and goggles, and is surrounded by a trail of bubbles. The pool's lane lines and tiled floor are visible in the background.

**OPTIMIZING STUDENT-ATHLETES' DUAL CAREER
AT THE VRIJE UNIVERSITEIT BRUSSEL**



Koen De Brandt, Paul Wylleman & Paul De Knop

DUAL CAREER DAY
November 19th, 2019

AIMS

1. Explain the **organisation** of **and support** provided by our DC dpt. 'Topsport & Studie' (Elite Sport & Study)
2. Highlight the tools used to **monitor student-athletes** and the **effectiveness** of our services **on a holistic level**
3. Show **how research informs** our DC **practices**



The Flemish 'Elite Sport and Higher Education' Landscape

- **Decentralised organisation**
 - club-based system
 - no high-level university sport
- **Specific arrangements to facilitate the combination**
 - flexibilities, individualized study trajectories
- **Absence of a legal DC framework** at Flemish HE level: policy, management and support for student-athletes varies between educational institutions (De Brandt, Wylleman & De Knop, 2015)





VRIJE
UNIVERSITEIT
BRUSSEL

2 out of 92 trained at the university



Elite Sport and Higher Education at VUB



Dienst Topsport en Studie

Central dpt. Elite Sport and Study

- Since 1988: **31** years
- **1st** Belgian university with a department for student-athletes

2013 - present



31
years

61
SPORTS

1028

Elite Student-Athletes

avg. **90**
per Academic year



Topsport & Studie

We aim to provide

MAXIMUM FLEXIBILITY

in order that student-athletes

can optimally develop

within their own elite sport environment.



Support

- ✓ Academic
- ✓ Sport
- ✓ logistic
- ✓ Performance - lifestyle



ACADEMIC

- Individualized Study Trajectories
 - close collab with study counsellors
- Study & exam flexibilities
 - absence, alternative tasks & dates
- Individual study route for elite student-athletes in Sport & Movement Sciences 
 - Bachelor: 51/180 credits
 - Master: 3 credits



ACADEMIC

EU Guidelines for Dual Career of Athletes

“The ***Elite Sport Specific Career Planning*** programme enables elite athletes not only to **avoid the possible physical overload and injuries related to courses requiring a high physical effort**, but also teaches them how to **apply the theoretical knowledge and applied skills acquired in the courses** of their Sport & Movement Sc. programme (e.g., sport psychology, biomechanics, anatomy, management) to the analysis, evaluation and continued development of **their own dual career**.

This way, elite athletes prepare for a post-athletic career as a coach, sport manager, PE teacher or fitness & health expert, but also actively use the acquired competencies to optimise their own DC while at university.” (European Commission, 2012)



ACADEMIC

- Individualized Study Trajectories
 - close collab with study counsellors
- Study & exam flexibilities
 - absence, alternative tasks & dates
- Individual study route for elite student-athletes in Sport & Movement Sciences 
 - Bachelor: 51/180 credits
 - Master: 3 credits

SPORT

- Access to experts
 - physical & mental performance





LOGISTIC

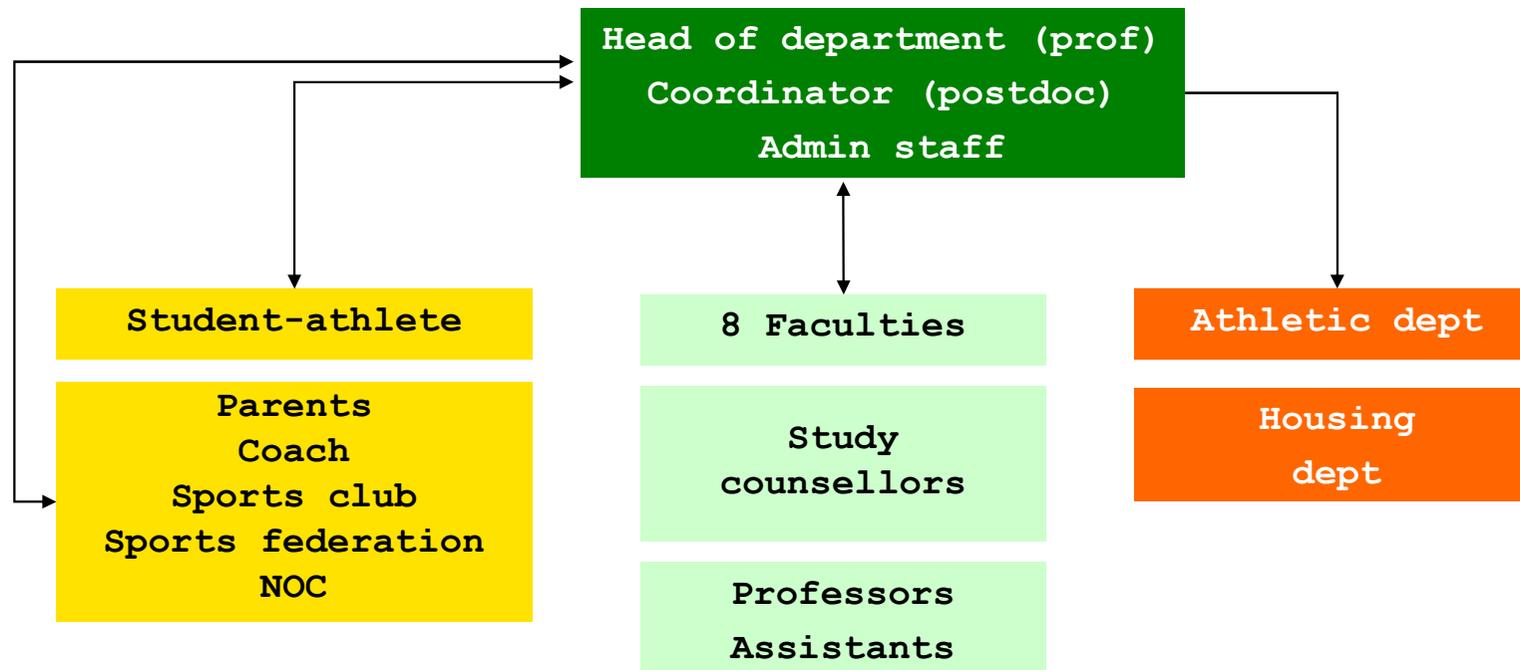
- Student housing
- Sport infrastructure

PERFORMANCE - LIFESTYLE

- Dual Career Competency Training (workshops/ tools)
 - Dual Career Management
 - Emotional awareness
 - Career Planning
 - Social Intelligence & Adaptability

➔ RESEARCH-BASED!

Organisation Topsport & Studie



✓ Academic head of dept / coordinator

✓ Part of central exam regulations
✓ Approve → Disapprove

✓ Part of 'ReFlex' students ('REasonable FLEXibility' in provision of study support)

✓ During first year: strong involvement of parents and sports

Initiatives for student-athletes

- Graduation ceremony



Initiatives for student-athletes

- Graduation ceremony
- Olympic Cocktails
- Celebrations & lectures



Initiatives for student-athletes

- Graduation ceremony
- Olympic Cocktails
- Celebrations & lectures
- Information days for candidate student-athletes



Initiatives for student-athletes

- Graduation ceremony
- Olympic Cocktails
- Celebrations & lectures
- Information days for candidate student-athletes
- Involvement in symposia / workshops



Initiatives for student-athletes

- Graduation ceremony
- Olympic Cocktails
- Celebrations & lectures
- Information days for candidate student-athletes
- Involvement in symposia / workshops
- Ambassador functions



Initiatives for student-athletes

- Graduation ceremony
- Olympic Cocktails
- Celebrations & lectures
- Information days for candidate student-athletes
- Involvement in symposia / workshops
- Ambassador functions
- Engagement of students on campus



VUB *for* LIFE
Tombola
Doe mee!

WIN EEN ZWEMLES
VAN OLYMPISCH FINALIST LOUIS CROENEN

Of maak kans op een luchtdoop met topdokter Aerden,
een lunch met de rector of een van de vele andere prijzen.

TOMBOLA FOR LIFE
€ 3
TE KOOP AAN HET ONTHAAL VAN DE DIENST BEWEGING & SPORT

Meer info op:
VUB VRIJE
UNIVERSITEIT
BRUSSEL
WWW.VUB.AC.BE/VUBFORLIFE

De Warmste Week
MUSIC IN LIFE

Conferences on Dual Career



Gold in Education and Elite Sport

8/12/2016



12/12/2018



ECOLOGY of DUAL CAREERS
- Exploring Dual Career Development Environments across Europe

19/11/2019



SUCCESS



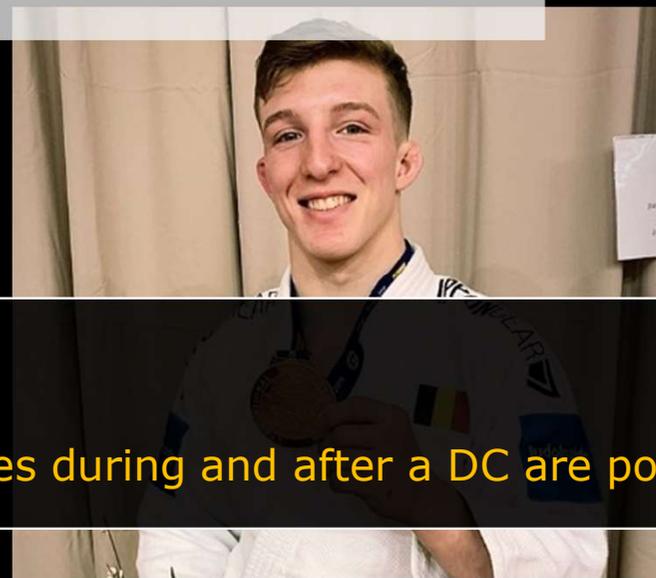
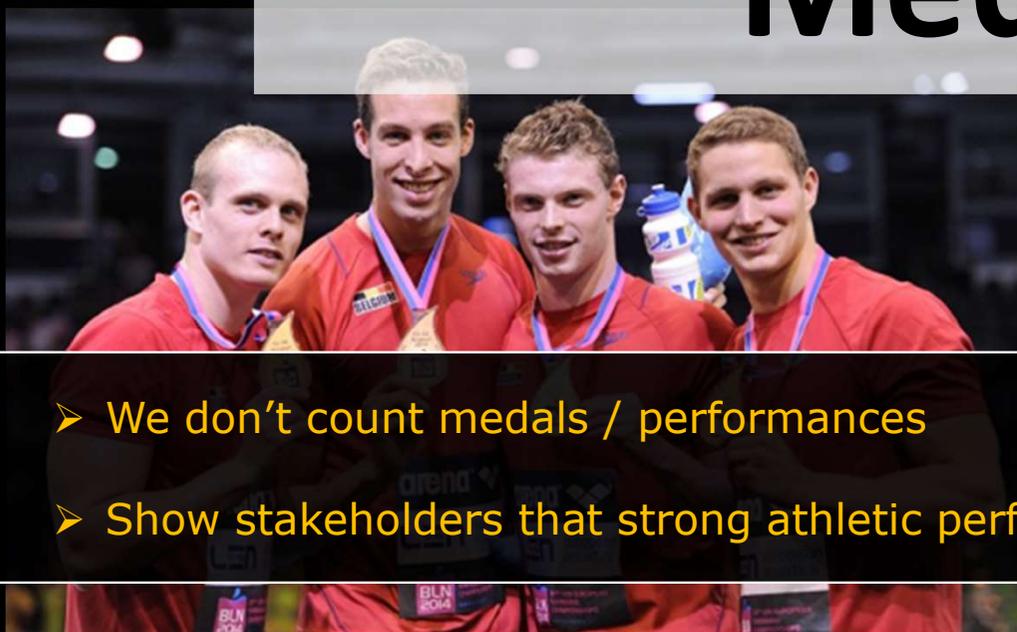


Sports

Performances

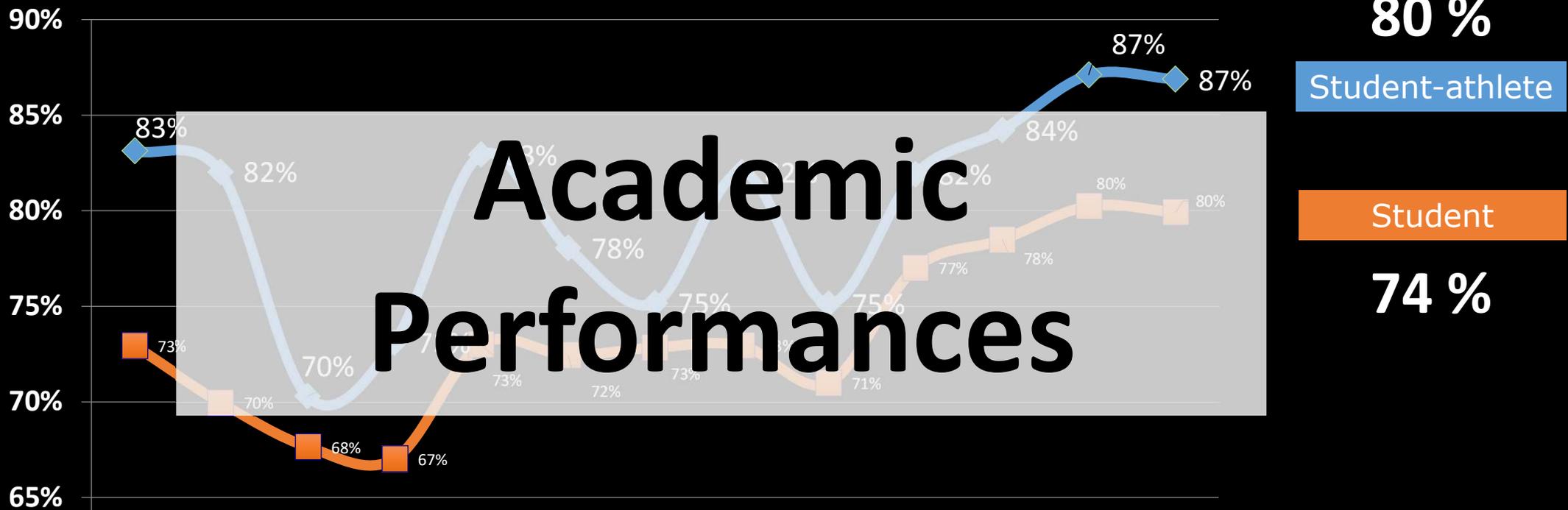


Medals



- We don't count medals / performances
- Show stakeholders that strong athletic performances during and after a DC are possible

$$\text{Study success} = \frac{\text{credits acquired}}{\text{credits taken}}$$



80 %

Student-athlete

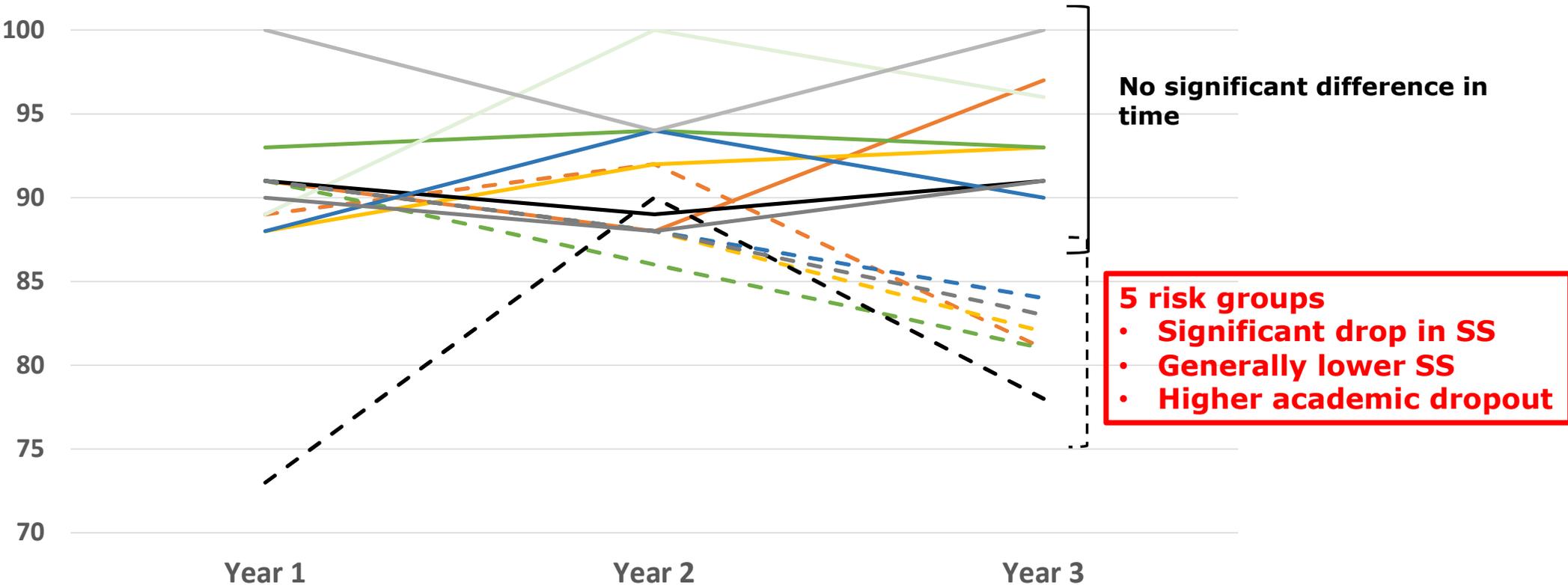
Student

74 %

Academic Performances

- Inform DC stakeholders that SA can also perform academically
- "Convince" university stakeholders to support SA in their DC pathway

Academic performances within the student-athlete population



- Inform/"warn" about the challenging & developmental nature of the transition
- Detect and discuss individuals' academic progress

DC Dropout & Retention

| | Year 1–2 | | Year 2–3 | | Year 1–3 | |
|-------------------------|----------|-----------------|----------|-----------------|----------|-----------------|
| | <i>n</i> | <i>Column %</i> | <i>n</i> | <i>Column %</i> | <i>n</i> | <i>Column %</i> |
| Starters | 111 | 100% | 92 | 100% | 111 | 100% |
| DC Retention | 92 | 83% | 74 | 80% | 74 | 67% |
| DC Dropout | 19 | 17% | 18 | 20% | 37 | 33% |
| <i>Sport dropout</i> | 5 | (5%) | 10 | (11%) | 15 | (13%) |
| <i>Academic dropout</i> | 14 | (12%) | 8 | (9%) | 22 | (20%) |

➤ Inform/“warn” about the challenging & developmental nature of the transition

Maximum Flexibility



| Academic year 17-18 | n | % approved |
|--------------------------------|----------|-------------------|
| Study flexibilities | 196 | 98% |
| Exam flexibilities | 69 | 100% |
| Number of courses | 127 | |
| Teaching staff involved | 163 | |

- Show stakeholders that we fulfill our mission/core business
- We are a flexible DCDE

Student-athletes' perceptions



MAKE YOUR CHOICE AND START THE ASSESSMENT

I COMBINE ELITE SPORT WITH EDUCATION

I am a student-athlete and want to discover my competencies required for a successful combination of elite sport and studies

Take the test

I PROVIDE SUPPORT TO STUDENT- ATHLETES

I am a dual career support provider and want to discover my competencies required for providing quality support to student-athletes

Take the test

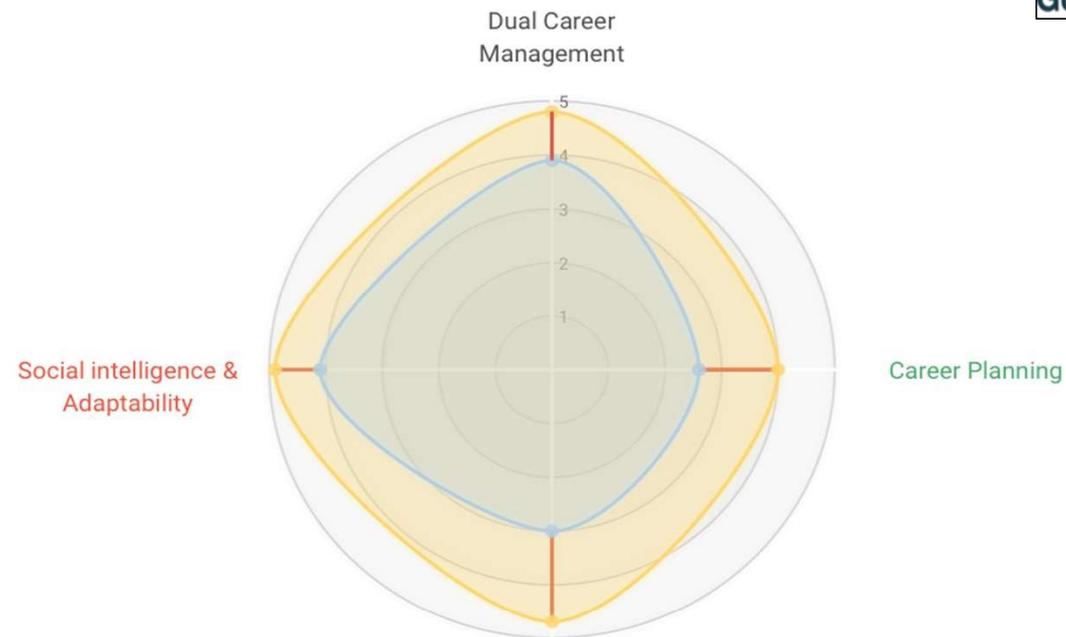
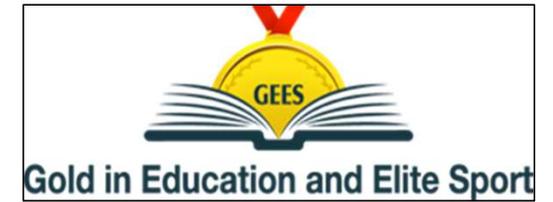
I AM PREPARING/MAKING THE TRANSITION FROM ELITE SPORT TO THE JOB MARKET

I am an active or former elite athlete and want to discover my competencies required for optimizing my employability

Take the test

YOUR DUAL CAREER COMPETENCY PROFILE

DIAGRAM



- Engage in a conversation about their competencies
 - 2x / year; beginning of each semester
- Workshop strategy

Evidence-based workshops



Gold in Education and Elite Sport
Enhancing the competences of elite student-athletes
& dual career support providers

Co-funded by the
Erasmus+ Programme
of the European Union

**GEES Handbook for Dual Career
Support Providers (DCSPs)**

Edited by
Paul Wylleman
Koen De Brandt
Simon Defruyt

INSEP
Terre de Champions

VUB
VRIJE UNIVERSITEIT
BRUSSEL

CONI
CONI
ITALIA
NOC - NSF

UAB
Universitat Autònoma
de Barcelona

RISIDROTTS
FORBUNDET

UNIVERSITY OF
STIRLING

SPORT.
VLAANDEREN

COMS

SLOVENIJA

HALMSTAD
UNIVERSITY

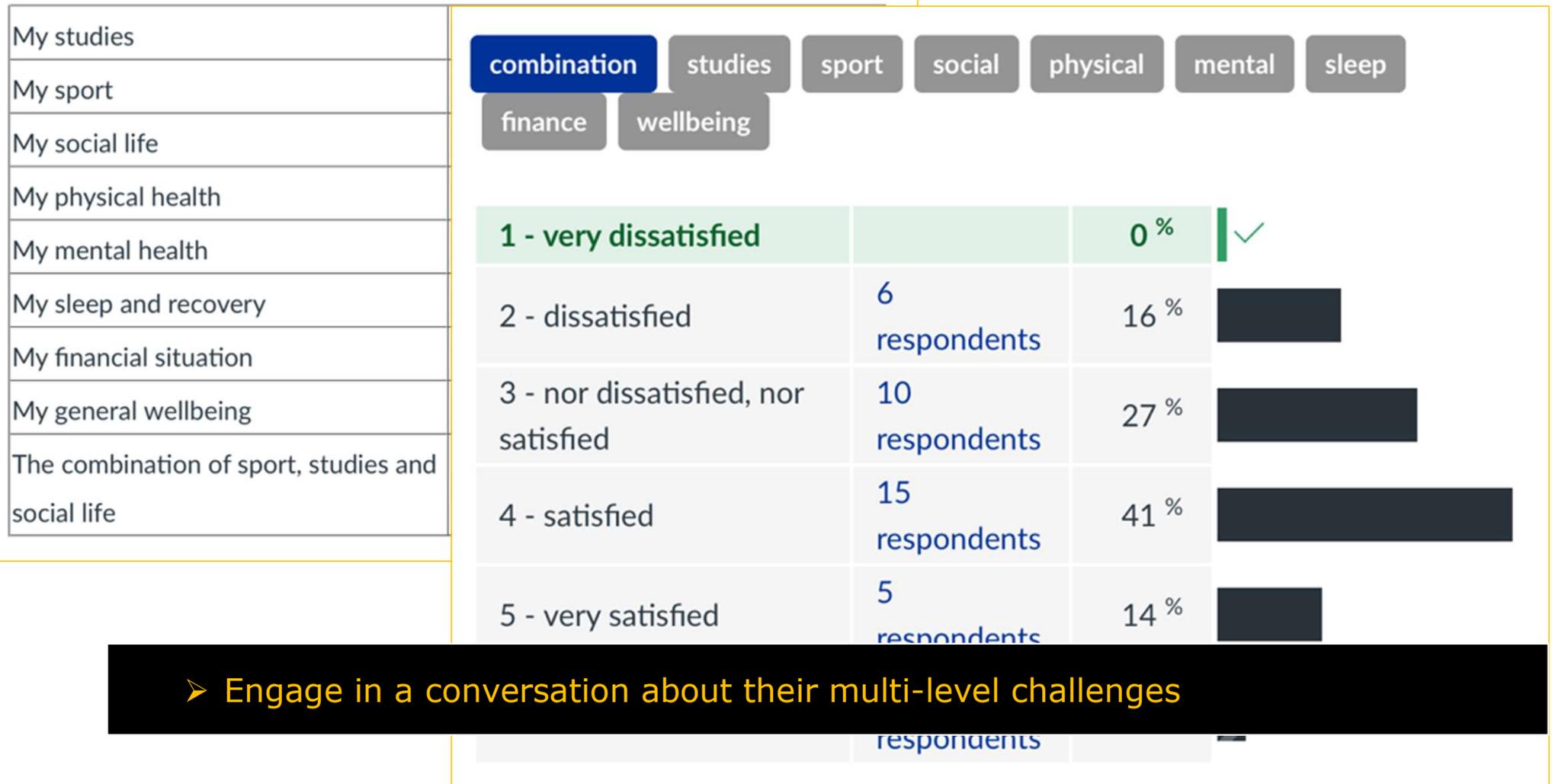
tass

Loughborough
University

www.gees.online

Please rate how satisfied you were during the past two months about these different life domains.

- holistic monitoring



➤ Engage in a conversation about their multi-level challenges

EVIDENCE





Dra. Suzan Blijlevens



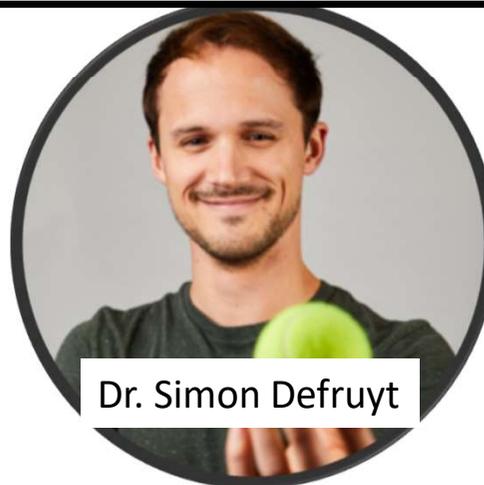
Prof. dr. Paul Wylleman



Dr. Koen De Brandt



Dra. Sofie Smismans

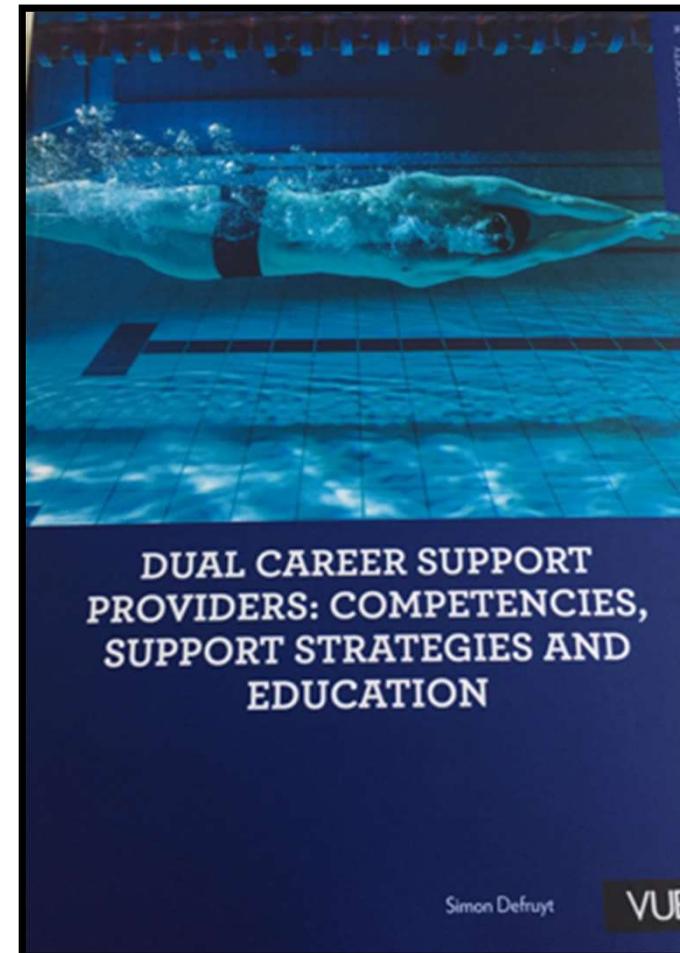
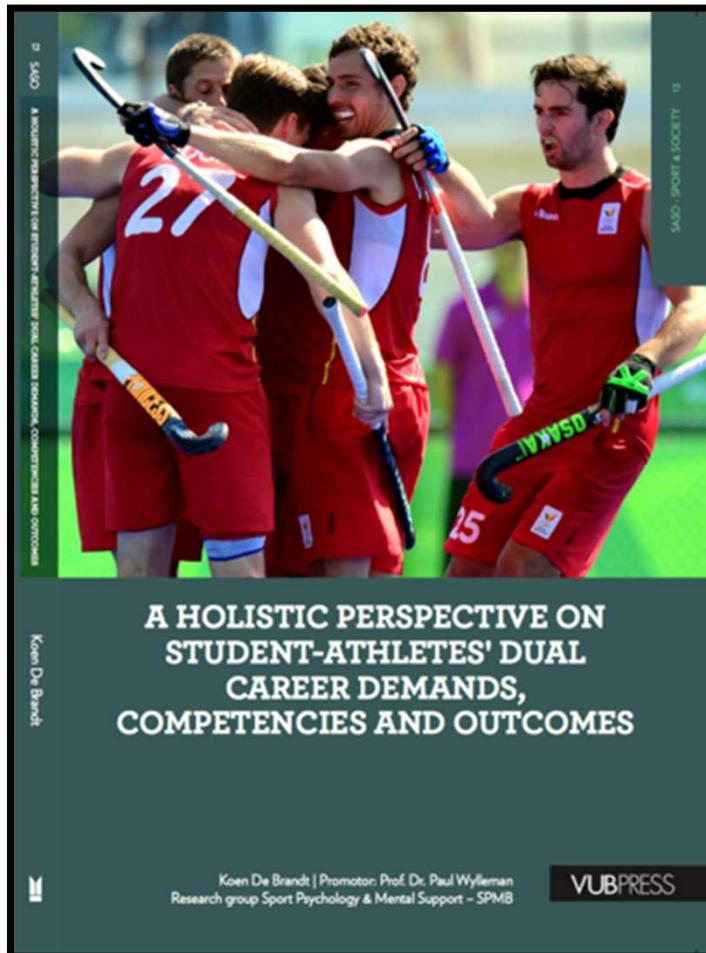


Dr. Simon Defruyt



Dr. Jolan Kegelaers

PhD Theses on Dual Career



Dual Career Projects

Co-funded by the
Erasmus+ Programme
of the European Union



RÉGION DE BRUXELLES-CAPITALE
BRUSSELS HOOFDSTEDELIJK GEWEST



Gold in Education and Elite Sport



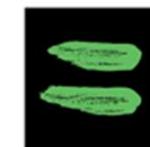
B-WISER



SPORT.
VLAANDEREN



ECOLOGY of DUAL CAREERS
- Exploring Dual Career Development Environments across Europe



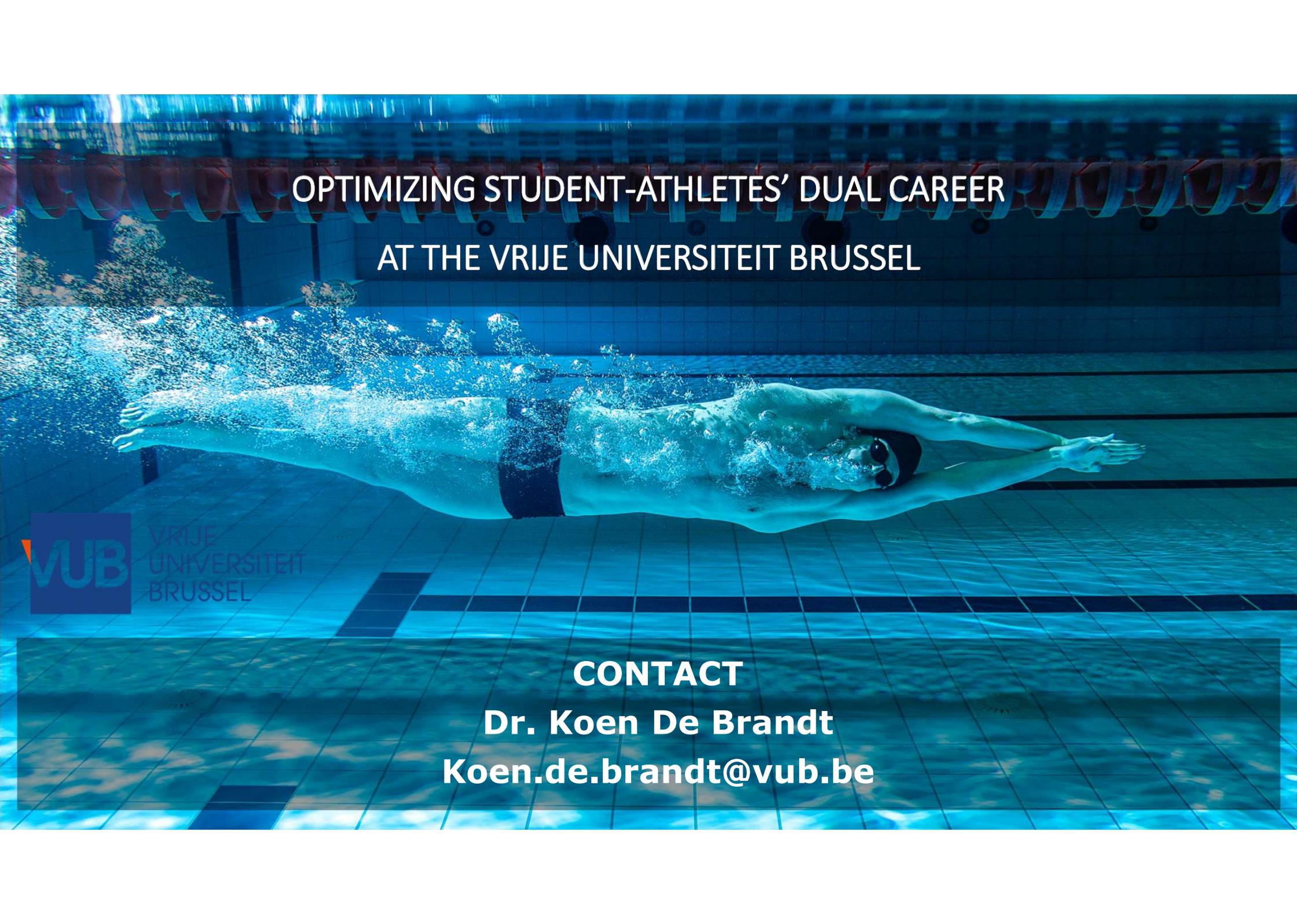
WORLD
ANTI-DOPING
AGENCY

play true



Koen De Brandt, Paul Wylleman & Paul De Knop

DUAL CAREER DAY
November 19th, 2019

An underwater photograph of a swimmer in a pool, captured in a streamlined position. The swimmer is wearing a black cap and goggles, and is surrounded by a trail of bubbles. The pool's lane lines and tiled floor are visible in the background.

**OPTIMIZING STUDENT-ATHLETES' DUAL CAREER
AT THE VRIJE UNIVERSITEIT BRUSSEL**

The logo of the Vrije Universiteit Brussel (VUB), consisting of the letters 'VUB' in a stylized font with a blue and orange color scheme.

**VRIJE
UNIVERSITEIT
BRUSSEL**

CONTACT
Dr. Koen De Brandt
Koen.de.brandt@vub.be

Key references

- www.dualcareertools.com
- www.gees.online
- www.bwiser.eu
- www.dualcareers.eu
- www.spmb.research.vub.be
- De Brandt, Koen. 2017. "A Holistic Perspective on Student-Athletes' Dual Career Demands, Competencies, and Outcomes." PhD diss., Vrije Universiteit Brussel. <http://sportandsociety.be/phd-koen-de-brandt/>
- De Brandt, K., P. Wylleman, M. Torregrossa, N. Schipper-Van Veldhoven, D. Minelli, S. Defruyt, and P. De Knop. 2018. "Exploring the Factor Structure of the Dual Career Competency Questionnaire for Athletes in European Pupil- and Student-Athletes." *International Journal of Sport and Exercise Psychology*: 1–18. <https://www.tandfonline.com/doi/abs/10.1080/1612197X.2018.1511619>
- Defruyt, S., P. Wylleman, M. Torregrossa, N. Schipper-van Veldhoven, N. Debois, S. Cecić Erpič, and K. De Brandt. 2019. "The Development and Initial Validation of the Dual Career Competency Questionnaire for Support Providers (DCCQ-SP)." *International Journal of Sport and Exercise Psychology*: 1–18. <https://www.tandfonline.com/doi/full/10.1080/1612197X.2019.1581827?src=recsys>
-