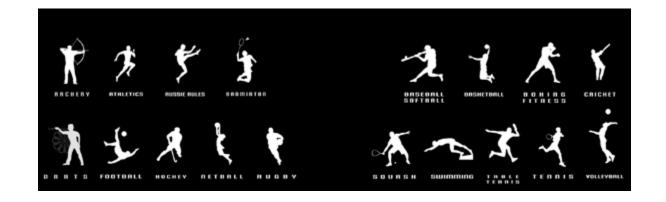
Almost all sports you can think of...

- Athletics (running, high-jump, long-jump etc. etc.)
- Badminton
- Basketball
- Cycling
- Cricket
- Football (Kids, Papas
- Hockey(Field, Ice, plastic)
- Horse-riding
- Trekking
- Tennis
- Running(Marathons)
- Petangue
- Paint-ball
- Skating(Ice , Roller)
- Shooting(skeet, range)
- Skiing
- Volley-ball
- Gilli-danda, langdi, thappo, satoliya, maal-dadi, nadi-parbat...



Top ten Belgian Sports

- 1. Football
- 2. Cycling
- 3. Tennis
- 4. Athletics
- 5. Basketball
- 6. Field Hockey
- 7. Swimming
- 8. Sailing
- 9. Horse Riding
- 10. Golf



Possibilities...

- Clubs (learn a sport)
 - e.g. Swimming, Horse-riding, Shooting, Sailing, skiing
- On your own call and book
- Get your bike or wear or snikers and get out
- Pay and jump into pool

Why do sports?

- Integration / Know locals.
- You will discover more outside your home and office building.
- Get to meet people
- Get to travel with people
- Do something you always wanted to ?
- You have time.
- You motivate your kids.
- Not just Physical health. Mental and emotional health.
- Re-imbursement from Mutualiteit and Tax benefits. More later.



Equipments

- Decathlon
- Intersports / Direct Sports
- http://www.sportsdirect.com/
- http://www.2dehands.be/

Re-imbursements

- From mutualiteit
- Summer activities for kids Tax benefits. www.actionsport.be

Cricket

- Ever existed. It was invented in Belgium.
- http://news.bbc.co.uk/2/hi/europe/7919429.stm
- Four Divisions
- Twenty Clubs
- Fee: Yearly/per Match
- Good mix of group.

Badminton

- 80 euros second time else 100 euros.
- Two categories: Wallonia OR Flanders
- Clubs: 2 3 days. Wed, Sun. Mostly in the evening.
- 5 divisions. Club has point system: no. of players.
- You buy own racket and shuttle cocks.
- Interclub Tournament. Own registration 6-8 euros.
- Coaching.