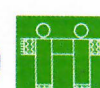


# PROJECT SUMMARY



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



Sport action	Small Collaborative partnership		
Project reference number	579642-EPP-1-2016-1-PL-SPO-SSCP.		
Project title	<b>“START – activating and integrating people with disabilities through adapted traditional sports and games”</b>		
Project acronym	START		
Project start date	01-01-2017	Project end date	31-12-2018
Coordinating organisation	Sports Rehabilitation Association START / Poznań, Poland		
Partner organisations	Partners Kyustendil Association / Slokoshitza, Bulgaria HZ Bravura Cooperativa / Delcevo, FYR of Macedonia Foundation of Health Social and Education in Soma / Soma, Turkey		

The main goals of our Project were, among others, to promote traditional sports and games (TSG) as an original, valuable and innovative type of grassroots sports and to encourage people with disabilities to actively participate in such kind of physical activity together with able-bodied.

We aimed at adapting 4 selected traditional sports from Project Partner countries to the need of people with disabilities to increase their quality of life, health and level of social integration and to promote cultural exchange between them and able-bodied as well as among Project Partners.

Among our detailed goals, were:

- to expand possibilities of people with disabilities to participate actively in physical education, sport and social life,
- to equip Project Participants with increased competencies and qualifications in sport,
- to transfer the knowledge through educational workshops and awareness-raising activities on value of physical activity and traditional sports in relation to its social inclusion and health benefits role,
- to set a network of cooperation between Project Partners in the field of TSG.

**We achieved all these aims by organizing the following activities :**

1. Implementing preparations.
2. Kickoff meeting – a workshop for the Project animators in Bulgaria.

3. The development of adaptation of the traditional sports for persons with disabilities.
4. Preparation of a “Guide of adapted traditional sports for persons with disabilities” and production of equipment sets for each partners.
5. Arranging local activities using adapted traditional sports in each country.
6. Summary meeting in Poland.
7. The Project co-ordination and monitoring.
8. Promotion (dissemination).
9. Evaluation.
10. Budget reporting.

### **Outcomes of the Project:**

- preparation of a “Guide of adapted traditional sports for persons with disabilities” – a very important task was to prepare a special guide. We included in it an important information on all traditional sports used in the Project and adapted to the needs of people with disabilities, such as: history/origins of each game, descriptions of rules of playing, number of players, surface/ground for playing, equipment needed and possible adaptations to the needs of people with various disabilities,
- producing of sets of equipment for each traditional sport and distributing them among Project Partners,
- dissemination of adapted traditional sports in various places – we organized special project activities in Project countries during which hundreds of participants were actively playing in 4 traditional sports, specially adapted for them,
- social integration – thanks to these activities, people with disabilities have had great opportunities to play together with able-bodied and to integrate in a social world of sport and physical activity,
- promotion of TSG – thanks to this Project 4 traditional sports and games were promoted in Project Partners and via social media,
- stimulation of creativity of the specialists working in the field of disability, physical activity and rehabilitation through the new form of activities (TSG),
- search for new, better, more effective ways to use TSG in working with disabled people, their rehabilitation and effective support,
- socio-cultural integration among Project Partners,
- international exchanging of good practises and experiences in the field of TSG, physical culture and working with people with disabilities,
- making new friends and establish a good atmosphere for future projects.



## Report No 1 of project activity

Task: **Kick off meeting with workshop for project animators in Bulgaria**

Location: Bulgaria, Kyustendil

Date: 24-31 July 2017 - 7 days

Participants: 4 persons from each country:

The meeting schedule included general topics :

- The detailed explanations about the program
- Traditional Sport and Games Presentation
- Team building activity

### **Kick off meeting with workshop for project animators in Bulgaria**

4 persons from Poland, 4 persons from Bulgaria, 4 persons from FYR of Macedonia, 4 persons from Turkey; 10 volunteers from Bulgaria, Total 26 persons, 7 days stay.

#### **Topics:**

- presenting good practices for integrating people with disabilities from each country,
- discussing relevant opportunities for improvement of the quality of life of disabled people in each country,
- distributing of responsibilities and tasks among the Partner Organizations,
- discussing and developing the detailed work plan for the project implementation,
- initiate the development of adaptation of at least four traditional sports to the needs of people with disabilities - descriptions of games, ways to adapt for different disabilities, rules, methodology, equipment, training videos,
- theoretical and practical sections.

### **Description of adapted traditional sports Animators training:**

#### *Goals of the training:*

- a) Educating the group of adapted traditional sports animators. The applicant has several years' experience in training specialist ( sports instructors) based on the methodology of the University of Physical Education (in Poznan).
- b) Learning the methods of working with disabled people.
- c) Development of organizational and interpersonal competences necessary for an effective impact on the able bodied and people with disabilities.
- d) Learning to organize leisure time for people with disabilities on the basis of adapted traditional sports and leisure activities.

#### *Topics :*

1. physical activity of people with disabilities,
2. sport in the context of people with disabilities in Europe: mission; tradition; contemporary,
3. adapted traditional sports for people with disabilities – possibilities, perspectives of development,
4. adapted traditional sports animators – their role and responsibilities,
5. physiological problems with physical activity of people with disabilities,
6. presentation of current trends of leading active lives among the disabled,
7. development of interpersonal and organisational competences necessary to have an effective impact on people with disabilities and society,
8. learning to organize leisure time of the disabled based on traditional sports,
9. transfer of knowledge and skills to the local community,
10. didactic basis:

#### Methods of assisting people with disabilities:

- independence in basic life activities,
- lifting and carrying for wheelchair user,
- assisting a wheelchair user,
- assisting a visually impaired person,
- what to do when the attack of epilepsy occurs.

#### Organizing and leading recreational activities:

- budgeting,
- organization of work,
- recruitment of participants,
- learning methods.

#### **Outputs:**

- 4 representatives from each Partner Organizations attended the initial project meeting in Kyustendil.

#### Each delegation received:

- Set of the Projects info on memory flesh

- Banner, roll up with logo and the name of the project to exploit the further implementation in each country
- Photo documentation



## Report No 2 of project activity

### Task: Summary meeting in Poland

Location: Poland - Rehabilitation Leisure Centre WIELSPIN Jeziorna street 16, 62-100 Wągrowiec

Date: 23-29 July 2018 - 7 days

Participants: 5 persons from Poland, 2 persons from Bulgaria, 2 persons from FYR of Macedonia, 2 persons from Turkey; 10 volunteers from Poland, Total 21 persons - 7 days stay at

### Goals:

- a) Verification of practical skills (participation of people with disabilities with volunteer's help).
- b) What is common and what is different in the project in each country - study of project solutions, exchange of experiences and good practices.
- c) Integration and strengthening international cooperation outcomes.
- d) How to effectively promote the project in the future - discussion on the possibility of continuing the project solutions after finalization, dissemination.
- e) Evaluation and summary of the project

### Activities:

- a) Presenting the games :
  - BULGARIA: Holes – Yamichki;
  - MACEDONIA : Dzhamlija;
  - POLAND : Ringnetball;
  - TURKEY : Bilye/misket oyunu (eng. Marble game)
- b) Discussion on the rules of games and adaptation to the needs of people with disabilities, preparation the final game rules
- c) Testing the games involving people with disabilities
- d) Photo and training videos,
- e) Final editing of “Guide of adapted traditional sports for persons with disabilities”
- f) Event for persons with disabilities with TSG games







**START**

START - activating and integrating people with disabilities through adapted traditional sports and games

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