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Partner 1:

**GIMNASTICKI KLUB KNIN**



Partner 2:

**AKADEMİ KÜLTÜR VE EĞİTİM  
DERNEĞİ**

Project: 101089938 – SMD –  
ERASMUS-SPORT-2022-SSCP



### SPORT & MEDITERRANEAN DIET

The project "Well-being4you: Sport & Mediterranean Diet", acronym "WB4: SMD", has the main objective of promoting a procedure that increases the awareness of young Europeans on the importance of sport and proper nutrition, as tools that help prevent major health problems of the European youth population, specifically, by decreasing the prevalent obesity rate among young people, which is too high in the countries involved in the project and also in other European countries. The partnership of this project is composed by "Association of paraplegics, tetraplegics and physically disabled of Kavala (Greece) as applicant, by Sport Club GK KNIN (Croatia) and by Academy culture and education association (Turkey) as partner. The project has a duration of 12 months and it includes international staff meetings at the beginning and at the end of the project period; in addition, workshops will be held involving all the participants selected by the 3 organizations: the first are held in Croatia in May 2023 and the topic of the importance of sport for health will be dealt with; the second takes place in Greece in September of the same year and represents an interesting laboratory to discover the benefits of the Mediterranean diet and a holistic approach to food. The project carries out the activities, favoring the participation of disadvantaged people and at risk of social exclusion. The international laboratories find continuity in the creation of online laboratories, which involve all the participants in the project and which will be created to link the two international activities. The project involves young people between the ages of 6 and 15, but even older adults can benefit from the results.

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## Project Objectives

The project "Well-being4you: Sport & Mediterranean Diet" aims to promote the implementation of the three pillars of the "Healthy lifestyle 4all" initiative. The Project, in fact, intends to carry out activities that favor the growth of awareness levels of a healthy lifestyle, which promote access to sport, physical activity and a healthy diet, favoring the participation of disabled and economically disadvantaged people and moreover, it promotes a holistic approach to food, health, well-being and sport, making young people aware of the importance of two protagonists in everyone's life: Sport and the Mediterranean Diet.

## Project Objectives

The specific objectives of this project are therefore:

- **Raising Awareness of Healthy Living:** Aim to increase the awareness levels of young Europeans regarding the importance of sports and healthy nutrition.
- **Reducing Obesity:** Promote sports and proper nutrition habits to reduce the prevalent obesity rate among the young population in Europe.
- **Encouraging Participation of Disadvantaged Individuals:** Increase the participation of disabled and economically disadvantaged young people in sports and healthy living activities, thereby reducing the risk of social exclusion.
- **Promoting the Mediterranean Diet and Holistic Approach:** Educate young people about the importance of the Mediterranean diet and holistic nutritional approaches, highlighting their positive effects on physical and mental health.
- **Disseminating Sports and Healthy Living:** Spread sports participation and healthy eating habits among participants to help prevent health issues such as cardiovascular diseases, diabetes, and obesity.
- **Measuring and Enhancing Awareness Levels:** Monitor and evaluate the development of participants' awareness throughout the project by administering tests at the beginning, middle, and end of the project.

These objectives are supported by various activities and workshops within the project, aiming to foster healthy living awareness, particularly among the younger population.



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## Activities

### Theoretical and Practical Workshops on the Mediterranean Diet in Greece

Number of Workshops: 8 (4 theoretical and 4 practical)

Theoretical Topics Covered:

- ◆ What is the Mediterranean Diet?
- ◆ Relationship between the Mediterranean diet and sport.
- ◆ Mediterranean foods and their health impacts.
- ◆ Sport, the Mediterranean diet, and disease prevention.

Practical Topics Covered:

- ◆ Introduction to Mediterranean foods.
- ◆ Preparing a simple dish using Mediterranean diet foods.
- ◆ Holistic diet and food awareness.
- ◆ Meditation and holistic

## Workshops

Theoretical Workshops in Croatia

Number of Workshops: 3

Topics Covered:

- ◆ Importance of sport and nutrition for young people.
- ◆ Diseases caused by poor nutrition.
- ◆ Benefits of the Mediterranean diet and sports activities.

Sports Workshops in Croatia

Number of Workshops: 7

**Activities:** Fitness, gymnastics, volleyball, tennis, basketball (also for wheelchair users), swimming.



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<https://unsplash.com/photos/obDd5rZlZmk>

## ERASMUS+

- Erasmus+ is the EU's flagship programme supporting education, training, youth, and sport across Europe, with a budget of approximately €28.4 billion for the 2021-2027 period.
- This significant increase in funding underscores the programme's commitment to enhancing social inclusion, advancing green and digital transitions, and empowering young people to participate actively in democratic processes.
- Erasmus+ aligns with the priorities of the European Education Area, the Digital Education Action Plan, and the European Skills Agenda. Additionally, it contributes to the implementation of the European Pillar of Social Rights, the EU Youth Strategy 2019-2027, and the development of a European dimension in sport.

### Sport Actions: Small-scale Partnerships

Erasmus+ actions in the field of sport focus on enhancing participation in sports, physical activities, and voluntary engagements, particularly within local communities. Small-scale Partnerships are designed to engage grassroots organizations or those with limited experience in Erasmus+, ensuring broader access to the programme. These partnerships are tailored to support small-scale actors and individuals who are often hard to reach within the domains of school education, adult education, vocational training, youth, and sport.

In the context of the "Well-being4you: Sport & Mediterranean Diet" project, Small-scale Partnerships play a crucial role in fostering transnational collaboration among organizations from Greece, Croatia, and Turkey. These partnerships not only promote a healthy lifestyle through sports and nutrition but also aim to integrate disadvantaged groups, such as disabled individuals and those from economically challenged backgrounds. By facilitating the creation and development of transnational networks, Small-scale Partnerships help link local, regional, national, and international policies, thus bringing the European dimension to the grassroots level. This initiative also supports active European citizenship, encouraging inclusivity and the sharing of best practices across borders, ultimately contributing to a healthier and more integrated Europe.



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## PARTNERS

### SYLLOGOS PARAPLIGIKON TETRAPLIGIKO NKAI ATOMON ME KINITIKES ANAPIRIES NOMOY KAVALAS

“SYLLOGOS PARAPLIGIKON TETRAPLIGIKONKAI ATOMON ME KINITIKES ANAPIRIES NOMOY KAVALAS” (Greece) is the coordinator of the project. The association wants to give the possibility to its members to be involved in many sectors; it organizes courses in collaboration with other institutions, such as courses of computers, accountancy, language etc. From the other side, the objective of the association through its activities is to provide the possibility to its educational personnel (sociologists, professors etc.) to acquire experience and knowledge for the right pedagogic practice concerning the people with

### GIMNASTICKI KLUB KNIN

The Knin Gymnastics Club is non-profit local sport club and it is located and operates in the town of Knin (Croatia), a small town in the Šibenik-Knin County, which is still an area of special state concern due to its poor development after the Homeland War. Children enroll in the club from the age of three. This creates a good basis for further sports and so children implement a healthy way of life from early childhood. Its services are free for children from socially disadvantaged families. Key activities are: sports preparation and training of children and adults in area of sports gymnastic; promoting healthy-enhanced physical activity; cooperation and exchange with the same or similar domestic or foreign associations and institutions; preparation, organization and realization of sports activities for preschool children and adults; organizing and conducting regular member training systems; encouraging and developing civil society, connecting and cooperating the economic, governmental and non-governmental sectors in the country, regionally and locally; maintenance and management of sports facilities owned or operated by the company; care for the health and health care of the members of the organization; encourage the overall activity of the organization to understand and adopt ethical values through sports. This club also has partnership agreements with Health center Knin, City Red Cross and “St. Bartolomej” – institution for children with disabilities.

### AKADEMİ KÜLTÜR ve EĞİTİM DERNEĞİ

Akademi Kültür ve Eğitim Derneği from Kastamonu - Academy culture and education association (Turkey) was founded in 2013. The overall objective of this association is to make local and international projects, studies and activities related with education, culture and sport. Its goal is to create quality environment, mutual understanding and friendship by making educational, cultural and sport activities at the level of regional, national and European level. AKED is bringing together years of experience in the field of education and culture at local level as well as Erasmus+ program and international work. The association organizes studies, projects and activities in the field of culture, education and sport. It holds these activities at the level of national and international level and it has great network either at national and international arena.



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## Project Results

The results of this project are therefore:

- ◆ Participating in inclusive settings notably impacted the social skills, communication, and confidence of all participants.
- ◆ For youth without disabilities, their awareness of youth with disabilities increased. They gained a better understanding of expectations and capabilities. It removed uncertainty and fear and helped participants become more accepting.
- ◆ For disabled participants, participating in sports and physical activity gave them a sense of freedom and inclusion that they do not regularly experience in everyday life.
- ◆ Non-disabled youth had the opportunity to advance in knowledge and develop a greater understanding and acceptance of young people with disabilities and diversity as a whole.
- ◆ Disabled youth learn to be more Independent, gain skills, form friendships, and gain a positive self-image as they did what other children did.

In general, the project successfully highlighted the importance of sports in promoting inclusion and provided a valuable platform for networking, fostering new relationships, and strengthening the community of individuals dedicated to the integration of disabled individuals through sports.



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