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Dear Partners,

We are thrilled to extend an invitation for you to join us at the forthcoming Erasmus+ meeting "**WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET.**" This engaging event is scheduled to take place from **21st to 27th February 2024**, in the city of Knin, Croatia.

TIME, DATE & LOCATION

21.2.-27.2.2024. in Knin, Croatia

ACCOMMODATION

We suggest Hotel Mihovil, a well-regarded establishment known for its hospitality and comfort. Located conveniently close to the meeting venue, Hotel Mihovil offers easy access to our event location and the heart of Knin.

WEATHER

The weather in Knin during late February can be quite variable, typically ranging from cool to moderately cold. We advise you to bring warm clothing and prepare for the possibility of rain. Despite the chill, the city's charm is undeniable, with its beautiful landscapes and inviting atmosphere.

ADDITIONAL INFORMATION

Knin, a picturesque town in Croatia, is renowned for its rich history and cultural heritage. Dominating the landscape is the formidable Knin Fortress, a medieval stronghold perched atop a hill, offering panoramic views of the surrounding area, including the Krka River. The town is also home to several historical churches and buildings, showcasing a blend of architectural styles that tell the story of its past. Moreover, Knin serves as a gateway to the Krka National Park, a natural paradise of waterfalls, gorges, and lush vegetation, attracting nature lovers and outdoor enthusiasts alike.

We are looking forward to a productive and enjoyable meeting in Knin. Further details regarding the agenda, specific sessions, and other logistical information you can find under.

If you have any inquiries or require assistance with your travel and accommodation arrangements, feel free to contact us.

Warm regards,

GK KNIN



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Project WB4Y - "Well-being4you: Sport & Mediterranean Diet" Sports Workshop Report

Host Organizations: Association of Paraplegics, Tetraplegics, and Physically Disabled of Kavala (Greece) and GK-KNIN (Croatia).

Event Duration: 7 Days.

Event Date: February 2024.

Location: Croatia.

The sports workshops, integral to the "Well-being4you: Sport & Mediterranean Diet" project, unfolded over seven days in Croatia, in May 2024. Orchestrated by the Association of Paraplegics, Tetraplegics, and Physically Disabled of Kavala, alongside GK-KNIN as host, the program featured an array of sports and nutrition-focused activities aimed at endorsing a comprehensive approach towards health and well-being.

The workshops saw participation from a diverse group of individuals from Turkey and Greece and Croatia, through a series of theoretical workshops delved into the importance of sports and nutrition in maintaining health. These sessions discussed the negative impacts of poor nutrition, the diseases it can precipitate, and the numerous advantages of the Mediterranean diet in staving off chronic diseases and enhancing overall health. The role of sports in promoting both physical and mental well-being was also a focal point.

The program also included seven dynamic sports workshops that were inclusive and tailored to meet the needs of both able-bodied and disabled participants. These sessions covered fitness activities, gymnastics, volleyball, table tennis, ballet and dance, adapted sport games, basketball, and swimming. Beyond fostering physical health, the workshops aimed to cultivate team spirit, resilience, and camaraderie among the participants.

Logistical support, including venue and equipment provision, was managed by GK-KNIN, ensuring the workshops' seamless execution. The expert management by the staff from the Greek Association guaranteed that each session was not only educational but also engaging and accessible to all attendees.



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AGENDA, Knin, Croatia (21st - 27th February)

Date	Morning	Afternoon	Evening
21st February (Arrival)	Travel Day for Partners	Travel Day for Partners	Travel Day for Partners
22nd February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no1 - Gymnastics	12:30 - 14:00 Lunch	14:00 - 16:00 Theoretical Workshop no1 - Introduction to Healthy Nutrition and the Nutrition Pyramid
23rd February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no2 - Ballet and Dance	12:30 - 14:00 Lunch	14:00 - 16:00 Sport Workshop no3 - Adapted Sport Games
24th February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no4 - Table Tennis	12:30 - 14:00 Lunch	14:00 - 16:00 Theoretical Workshop no2 - Understanding Macronutrients and Balanced Diets
25th February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no5 - Swimming	12:30 - 14:00 Lunch	14:00 - 16:00 Sport Workshop no6 – Basketball and Football
26th February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no7 - Volleyball	12:30 - 14:00 Lunch	14:00 - 16:00 Theoretical Workshop no3 - The Role of Micronutrients and Dietary Supplements
27th February (Departure)	Travel Day for Partners	Travel Day for Partners	Travel Day for Partners



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Project WB4Y Workshops Report - Knin, Croatia (21st - 27th February)

21st February (Arrival Day)

- Travel Day for Partners from Turkey and Greece: The day was reserved for the arrival of participants, ensuring a warm welcome and comfortable accommodations to foster an inclusive and friendly atmosphere.





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22nd February

- **Morning Coffee (09:30 - 10:00):** An informal gathering to kickstart the day with energy, offering an opportunity for participants to mingle and discuss the day ahead.





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- **Sport Workshop no1 - Gymnastics (10:00 – 12:00):** Focused on introducing basic gymnastic movements, this workshop aimed to emphasize agility and fitness as fun and engaging ways to combat youth obesity

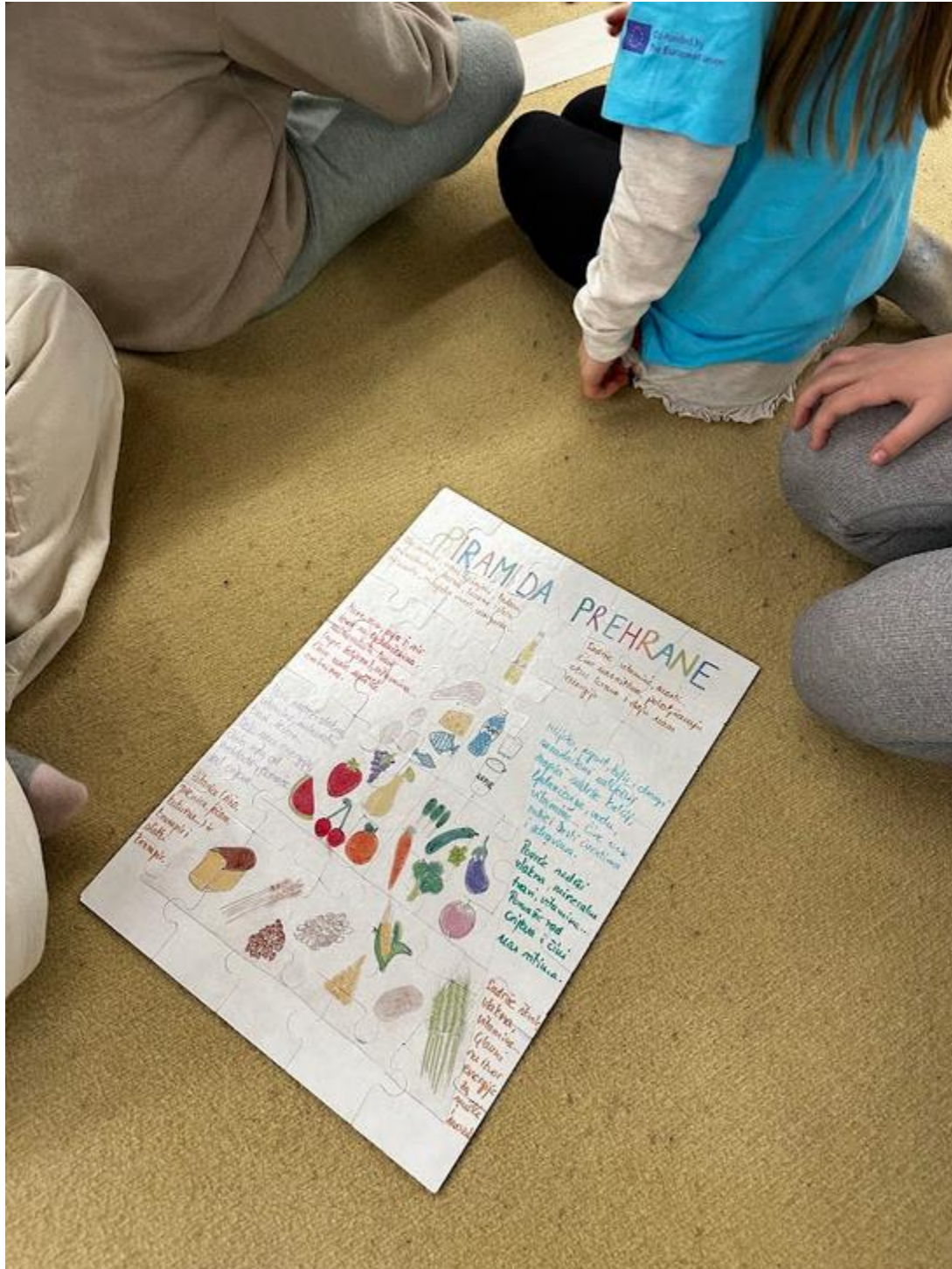


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- **Lunch (12:30 - 14:00):** A communal meal featuring a healthy Mediterranean diet, demonstrating balanced eating practices.
- **Theoretical Workshop no1 - Introduction to Healthy Nutrition and the Nutrition Pyramid (14:00 - 16:00):** Educated participants about the basics of nutritional science, healthy eating habits, and the benefits of the Mediterranean diet.



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23rd February

- **Morning Coffee (09:30 - 10:00):** Provided a comfortable environment for participants to prepare for the day's activities.
- **Sport Workshop no2 - Ballet and Dance (10:00 – 12:00):** Encouraged creative expression and physical fitness through the discipline of dance, highlighting its role in maintaining an active lifestyle.



- **Lunch (12:30 - 14:00):** Participants enjoyed another nutritious meal, reinforcing the practices preached during the theoretical sessions.



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- **Sport Workshop no3 - Adapted Sport Games (14:00 - 16:00):** Offered a variety of sports adapted for all levels of ability, promoting inclusivity and the idea that sports can be modified to suit everyone's needs.



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24th February

- **Morning Coffee (09:30 - 10:00):** A daily ritual to energize and encourage discussions on sports and nutrition among participants.
- **Sport Workshop no4 - Table Tennis (10:00 – 12:00):** Participants engaged in a sport that enhances hand-eye coordination and agility, while fostering a spirit of friendly competition.



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- **Lunch (12:30 - 14:00):** A time for rest and refueling with healthy, diet-friendly cuisine.
- **Theoretical Workshop no2 - Understanding Macronutrients and Balanced Diets (14:00 - 16:00):** Delved into the details of macronutrients and their role in a balanced diet, tailored to a youthful audience for maximum engagement and understanding.





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25th February

- **Sport Workshop no5 - Swimming (9:00 – 12:00):** This session highlighted swimming as a life-saving skill and an effective means of exercise, suitable for all ages and abilities.



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- **Lunch (12:30 - 14:00):** A hearty and healthy lunch that exemplified the principles of the Mediterranean diet.



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- **Sport Workshop no6 - Basketball and Football(14:00 - 16:00):** Focused on team sports, this workshop promoted cooperation, strategic thinking, and physical endurance.



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26th February

- **Morning Coffee (09:30 - 10:00):** A gentle start to the day with coffee and conversation.
- **Sport Workshop no7 - Volleyball (10:00 – 12:00):** Taught the basics of volleyball, stressing the importance of teamwork and physical fitness.



- **Lunch (12:30 - 14:00):** Continued to provide a showcase of Mediterranean dietary options.



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- **Theoretical Workshop no3 - The Role of Micronutrients and Dietary Supplements (14:00 - 16:00):** This session aimed to educate on the smaller, yet vital, components of nutrition and the judicious use of supplements.



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27th February (Departure Day)

- Travel Day for Partners to Turkey and Greece: The camp concluded with farewells, with participants departing with new knowledge, skills, and memories.



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