



WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET
101089938 - ERASMUS-SPORT-2022-SSCP



FINAL EVENT
KAVALA 6/7/2024

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.”



FORMAL INVITATION

FOR THE FINAL EVENT "WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET"

Dear partners:

It is our great pleasure to formally invite your institution to participate at the Final Event "Well Being 4 You: Sport & Mediterranean Diet" of Erasmus+ sport project: 101089938 which will be held in KAVALA, GREECE at 6th of July 2024.

Details of the Agenda of this event are listed in the pages which follow.

We are looking forward to hearing from you soon, and sincerely hope to see you in our event.

Sincerely yours



Contents

FORMAL INVITATION	2
Final event “Well Being 4 You: Sport & Mediterranean Diet”	4
Report of the Final Event.....	5
Pictures of the Event.....	8



Final event “Well Being 4 You: Sport & Mediterranean Diet”

“Well Being 4 You: Sport & Mediterranean Diet”

Project: 101089938

Date: 6th July 2024

Venue: Kavala, Greece

Participating partners:

- SYLLOGOS PARAPLIGIKON TETRAPLIGIKONKAI ATOMON ME KINITIKES ANAPIRIES NOMOY KAVALAS, Kavala/ Greece
- GIMNASTICKI KLUB KNIN, Knin/ Croatia
- AKADEMI KULTUR VE EGITIM DERNEGI, Kastamonu/ Turkey

Head of event: GIMNASTICKI KLUB KNIN

Report of the Final Event

The final event of our project, "Well Being 4 You: Sport & Mediterranean Diet" was held in Kavala, Greece during 3rd partners meeting. Event was opportunity to celebrate the culmination of our efforts to promote the integration of disabled individuals through sports. The event brought together participants, stakeholders, and the general public to share the achievements, experiences, and impact of our project.

Event "Well Being 4 You: Sport & Mediterranean Diet" at 6th May started with a welcome speech, highlighting the journey and objectives of the project. The opening remarks set the starting point for a day filled with inspiring sports and engaging activities aimed at fostering inclusion and diversity.

Interactive workshops focused on inclusive practices and accessible sports activities was organized. Attendees participated actively, learning practical ways to implement inclusive sports programs in their communities. The workshops were well-received and provided hands-on experience in fostering a more inclusive environment.

A series of concrete sports activities were organized to demonstrate the inclusive practices promoted by the project. Activities was organized at different spots in Kavala.

Importantly, all the activities conducted during these days inspired our partners to adapt and incorporate them into their daily work with disabled people. The practical experiences and innovative approaches demonstrated how sports, activities and Mediterranean diet can be effectively used to promote inclusion and improve the quality of life for disabled individuals.

Throughout the event, opportunities for networking were provided. Participants had the chance to connect with each other, share insights and discuss the various aspects of sports and inclusion. Special networking sessions were organized, where participants could engage in meaningful conversations, exchange contact information and explore potential collaborations for future projects.

The event 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.

Together with stakeholder “Sports Association of Kavala“, during 3rd Partners meeting we organized different sport and recreation activities. It was also competition between 3 teams. Competition started 6th meeting day early at afternoon. 95% of activities was adapted that also people with disability can participate in competition.

Important is to say that Sports Association of Kavala performs a wide range of recreational-adventure sport activities. They are experts in the field of sports and physical education and their team consists of people specially trained for recreation and activities for events (professors of sports and physical education).

- We started inform final event with presentation of project to Sports Association of Kavala and their members.
- Next step was to divide participants to teams. In each team we had also people with disability.

To foster a sense of continuous collaboration and competition, participants remained in the same teams throughout the event. This structure helped to build strong connections and foster teamwork as they engaged in various activities together.

As part of the planned activities, we organized an exciting orienteering game that was both fun and educational. Each team received a list of about 20 tasks, along with brief instructions from the organizer.

In all activities we included also local young people.

Competition was organized in several recreation activities:

- The magic funnel - One team member gives instructions to the rest of the team, who use small boards to create a funnel through which a ball moves. The winning team is the one that gets the ball into the cone at the finish line the fastest. If the ball falls out of the funnel during the game, the team member giving instructions returns the ball to the place where it fell, and the game continues.

- Magic square - Using a rope, team members hold several square boards with holes in various places. The goal is to release a ball at the start of the first board and get it to the end of the last board as quickly as possible, making it fall into a designated hole. If the ball falls into any hole before the designated one, it is returned to the start. The time limit is 3 minutes.
- Hula-hop challenge - All team members hold hands while standing in a line. The goal is to pass the hula hoop from the first team member to the last as quickly as possible without letting go of each other's hands.
- Standing on the balance bar - This activity required participants to balance on a narrow bar, encouraging focus, balance, and mutual support among team members. The seconds each team member spends balancing on the bar are added together. Participants who was not able to balance on a balance bar was in charge to organize their team and to count time.
- Pictograms
- Game "Guess who I am"
- Pulling the rope
- Football
- Basketball

All chosen activities showcased the inclusive nature of our project by demonstrating how sports can be accessible and enjoyable for everyone. They provided a perfect blend of competition, learning, and fun, highlighting the diverse ways in which sports can foster inclusion and community spirit. By remaining in the same teams throughout the event, participants were able to deepen their connections and fully experience the benefits of working together toward common goals.

At the end of the day, the scores from all activities were tallied, and the winning team was announced. The team that demonstrated the highest level of collaboration, skill, and enthusiasm throughout the various challenges was celebrated and awarded a special prize, marking a fitting conclusion to a day filled with joy, achievement and unity.

Pictures of the Event











Co-funded by
the European Union

