

Akademia Zarządzania Sportem

European Leadership for Sport Club funded
Asd MSV Basket : the Italian Sample

Warszawa - 15/04/2019

Ministerstwo Sportu i Turystyki | INSTYTUT SPORTU

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Who is MSV Basket
Description of the First Italian Sport
Club specialized in EU Funds

Warsaw - 15/04/2019

Ministerstwo Sportu i Turystyki | INSTYTUT SPORTU

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ASD Margherita Sport e Vita

EUROPEAN COMMISSION EACEA ERASMUS+

FEDERAZIONE ITALIANA PALLACANESTRO

MSV Profile
ASD MARGHERITA SPORT E VITA
MARGHERITA DI SAVOIA(BT)
ITALY

Objectives MSV

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The contribution to the regional development and the widening of opportunities for the local community. In this frame, our sectors of activity include all aspects that are related with the viable growth, the trans-regional collaboration, the professional training and the social cohesion. The planning, the preparation and the realization of actions that aim to the reduction of social inequalities

Introduction, planning and management of new proposals that are subsidized by the European Union or by other European and international organisms. Realization of programs of prevention and information that aim to the achievement of the welfare state, for the support and reconstruction of basic social institutions as the family, the educational community

Development of studies, provision of educational support to vulnerable social groups, enterprises, educational and administrative staff, aiming at the promotion of scientific Sports knowledge, pedagogic and social research, improving best practice between Sport, Nutrition and Healthy Life Style.

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MSV Organization Team

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    graph TD
      A[Management/President /Council Border] --> B[Technical Basketball Staff]
      A --> C[EU International Project]
      B --> D[Coach/Resp.Youth Team]
      B --> E[Area Administrative / Financial / Marketing]
      C --> F[Project Management/Project Staff]
  
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Roles and responsibilities

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    graph TD
      A[Mr. Spartaco Grieco President] --> B[Spartaco Grieco Head Youth Basketball - EU Project Sport Manager]
      B --> C[Felice Carano Project Sport Coordinator]
      B --> D[Antonio Amatulli/Vanni Peluso Casese Expert Staff/Evaluator]
      B --> E[Roberto Amoruso Financial/ Quality Control Manager]
      C --> F[Antonio DiPace Basket Coach]
      D --> G[Debora DiNautta Team Youth Member]
  
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MSV Staff EU Projects



Spartaco
Ginepro –
President/
Project
Manager



Daniilo
Lamacchia –
PhD
Sport
Instructor



Umberto
Gramazio –
PhD
Sport
Instructor



Mattia Di
Paola –
Sport
Instructor



Giuseppe
Casamassa
ma – PhD
Sport
Instructor



Felice
Carano –
PhD
Expert
Sport
Instructor



ITALI CARANO



Antonio
Amatulli –
Senior
Teacher of
Sport



Elisa
Matera –
PhD Sport
Instructor



Michele De
Gennaro –
PhD Sport
Instructor



Davide De
Leo – PhD
Sport
Instructor



Armando
Radeaglia –
PhD Sport
Instructor



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Margherita Sport e Vita between
Actions, Partnerships and Innovative Practices

Warsaw - 15/04/2019



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MSV Basket support the implementation of following EU policy:

- Combat Doping
- Tackle Violence
- Racism
- Intolerance in Sport
- Sport Management
- EU Physical Activity Guidelines
- EU Guidelines on Dual Careers of Athletes
- Good Governance
- Grassroots Sports
- Social Inclusion
- Gender Equality
- Equal Opportunities
- Health-Enhancing Physical Activity(HEPA)
- Education In/through Sport on Skills Development
- Promote Voluntary Activity in Sport

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MSV Basket is involved in different networking :

Partnership networks: around 800

- Research Centre
- Sport Clubs
- Sport Organization
- Organization Representing Pro Athletes
- Sport Federations
- National Olympic Committee
- NGOs
- Chamber of Commerce
- Municipality
- ICT
- Universities
- Tourism Agency
- Seniors nonprofit

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Presence of MSV in completed and funded projects from 2016 to 2019:

Projects realized/Co-participated: 90
Projects awarded: 18

n. 1 Project funded like Coordinator
n.17 Project funded like Full Partner(SCP and CP)

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MSV & EU project experience
Horizon/Erasmus+ 2014-2019

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TOPIC
DUAL CAREER

Reference number	567188-EPP-1-2018-2-06-SPO-SCP
Title of the project	PROJECT DECA - Dual European Careers of Athletes – Professional Basketball and Vocational Training
Project dates (from/to)	01/01/2016 – 31/12/2018
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	304.617,09 €

Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.

The Ministry of the Interior and Sport Bremen has, in cooperation with the Health Center Harlekin, developed a strategy for athletic training, youth employment and mobility training in theory and practice. The goal is to have an educational partnership with sport clubs from five to six EU-member countries, in which highly talented basketball players, who have the prospect of becoming professionals, will stay in Bremen for three years. During this time, the athletes will be integrated into the German Premiere Basketball League, the 'Bundesliga', while at the same time, they are given a vocational education or training preferably in the field of health prevention.

The project addresses the European policy objectives for the dual career of athletes in several ways. It gives promising athletes prospects to pursue their athletic careers, while simultaneously providing them with an education and vocational training to prepare them for employment after their athletic careers. In addition, the project has the potential to alleviate unemployment of youths in Southern European countries by serving as a best practice example for youth mobility and life-long learning.



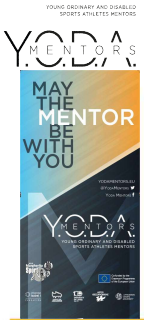
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Reference number	603092-EPP-1-2018-1-IT-SPO-SCP
Title of the project	Young Ordinary and Disabled Sports Athletes Mentors - YODA
Project dates (From/To)	01/01/2019 – 31/12/2020
Role of organisation	Project Manager – Project Coordinator
Eligible Grant Awarded	312.822,00 €

Summary of the project outcomes

Young Ordinary and Disabled Sports Athletes MENTORS (YODA) will be a pilot programme to contribute towards the establishment of a dual-career framework in participants' organisations and countries, which could ultimately be scaled-up across the EU. The project opens the way for a new dialogue among mentors and student-athletes from different countries (Italy, Spain, Portugal, Greece, Latvia, and Lithuania) allowing for cross-border matching and thus expanding the range of experts available as mentors for athletes to find the perfect match, regardless of their country of residence. The strong relationship between mentors and athletes forged through the programme fosters networking in a way that would not be possible without such initiative.

The concept of dual-career means balancing sport and studies, so that athletes can succeed in both areas. Many dual-career programmes mainly focus on (re)entering the labour market once the sport career is over, instead of helping athletes throughout. YODA is about developing a training programme for dual-career's mentors, in order to qualify them to provide informed advice and support to athletes throughout their sport career, right from the start (from secondary education through to higher education). Our programme will offer comprehensive training, valid both for mentors-to-be (and student-athletes) with and without disabilities. Training will be done mainly online, in a user-friendly and accessible virtual environment, thus bringing down time and space barriers to make mentor training opportunities available anytime, anywhere, in all participants' countries. Our mentor's figure is not linked to a particular educational institution or level of education. We aim at defining the skill-set, knowledge and attitudes necessary for a new professional figure of mentor, who could provide guiding services at different educational or sport centres, public institutions, or as freelance, and who will be linked primarily to the student-athlete.



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Reference number	603302-EPP-1-2018-1-86-SPO-SSCP
Title of the project	Dual Career Young Promoter - DCYP
Project dates (from/to)	01/01/2019 – 30/06/2020
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	59.960,00 €

Summary of the project outcomes


One of the ways to prevent exclusion of retired sportmen is timely receipt of a dual education by young athletes. The problem is if the youths understand this and who will talk them about it. According to a developmental model of transitions faced by athletes at athletic, individual, psychosocial, and academic/vocational level (Wyleman & Lavalley, 2004) mentioned in EU Guidelines of Dual Career the role of peers in psychosocial aspect of athletes' life assumes a leading meaning for age 15-20 years. It is to mean that advice and samples made by peers will be heard better and affect more. This is the main idea of the project: to use peer learning advantages to bring the idea of the necessity of dual education to young athletes. Promotion of education in and through sport may be implemented directly for the final beneficiaries or by creation of the tools for this promotion. Dual Career Young Promoter (DCYP) is such 'tool', person who will promote dual career among its peers - young successful athletes. Creation DCYP Network will give an international dimension for the initiative. Also DCYP can be considering as specific skill for young athletes. Activity of DCYP will be kind of volunteering.

Project main goal is promotion dual education among young athletes through peer advising.

Project objectives:

- Creation the image/figure of Dual Career Young Promoter (DCYP).
- Initial establishment of DCYPs Network.
- Promotion volunteering in sport.

The Consortium of 5 Partners from 5 different EU countries makes every effort and use its experience to implement the project.




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SOCIAL INCLUSION

Reference number	603478-EPP-1-2018-1-EL-SPO-SSCP
Title of the project	SAND GAMES for Social Inclusion
Project dates (from/to)	01/01/2019 – 30/06/2020
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	58.110,00 €

Summary of the project outcomes

This sport project is about building a good practice on replicable sports events, using Sand games, in order to advance the inclusion and strengthen the employability of young refugees in Europe and the World. As well as being a great benefit to participants' physical and mental health, sport and physical activity can be extremely valuable in the context of social inclusion and integration. Such activities provide opportunities for marginalized and underprivileged groups, such as migrants and people at risk of discrimination, to interact and integrate with other social groups. Sport enables immigrants and the host society to interact in a positive way, thus furthering integration and inter-cultural dialogue. Sport also serves as a tool for local and regional development, urban regeneration, rural development, employability, job creation and labor market integration. Sport represents a large and fast-growing sector of the economy and makes an important contribution to growth and jobs, with value added and employment effects exceeding average growth rates. Around 2% of global GDP is generated by the sport sector. Major sport events and competitions provide strong potential for increased development of tourism in Europe. Sport used as a tool for social inclusion and employability is thus a contributor to the Europe 2020 strategy.

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Reference number	590686-EPP-1-2017-1-RO-SPO-SSCP
Title of the project	Build Opportunities for Nourishments by Doing Sports
Project dates (from/to)	01/01/2018 – 31/12/2018
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	29.736,00 €

Summary of the project outcomes

The project entitled Building Nourishments of Doing Sports aims to foster active citizenship together with social inclusion and equality through sport and physical activities for creating a healthy lifestyle in according to European Strategic document. To achieve these general objectives of the project the created partnership between ROMANIA, ITALY, SLOVENIA AND LITHUANIA will generate several sport and physical activity events along with sport coaching during the 12 months of the implementation of the project. The target group considered as directly beneficiary of the project represent the persons interested in daily physical activity also improving their knowledge on health and culture. A part of them will be vulnerable or unprivileged group of young people. The improvement registered by each participant in the project will be emphatic in a final report based on the two questionnaires created for accessing the knowledge and behavior towards sports and physical activity. Moreover, our project will generate a European online tool regarding the promotion of active citizenship, social inclusion end equality through sport and physical activity: an e-learning platform.

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Reference number	590648-EPP-1-2017-1-PT-SPO-SSCP
Title of the project	Inclusion & Adapted Sport – Boccia for All
Project dates (from/to)	01/01/2018 – 31/12/2018
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	26.470,00 €

Summary of the project outcomes

Portugal has relevant experience in adapted sports such as basketball, handball, swimming, sailing, gothicball, canoe (more recently), archery and boccia. The same applies to the experience of Portuguese athletes in the Paralympics in general, and in the case of boccia in particular. Having become official sport of the Paralympic Games in 1984, boccia gave pride to Portugal through many medals until 2008. In the 1970s, boccia was brought to Portugal, that was pioneer in the development of the sport. This caused a very positive impact in what the increasing social participation and inclusion of people with disabilities are concerned. After 2008, the podiums of boccia at the international level began to be dominated by the Asians, who were stronger, not only in terms of material and financial resources (from high state aid), as human resources (there were many young people who practiced it). However, Portugal is still recognized as a European reference. In fact, these are the two greatest needs in Portugal: material/financial support to the sport and human resources, namely young athletes. In terms of competition, athletes achieve the peak aged between 25 and 35 years. However, there's a lack of youngsters who start early practicing the sport. Moreover, the goal of equality and accessibility set by the EU Disability Strategy (2010-2020) is still far from being a reality. Boccia is itself a highly inclusive sport, since persons with any disability and high degree of incapacity can practice it. It is known that boccia is already included as one of the modalities/options for school sport in some places. However, there is no concrete information of where and how the actions take place. It is our goal to take the modality to the youngsters at school and do it in a regular and systematic way. At the same time, this would be the motto to raise awareness in the youngsters about human rights of the people with disabilities and demystify prejudices and stereotypes about this citizen, that are still very buried deep.

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Reference number	579874-EPP-1-LT-SPO-SSCP
Title of the project	Train of Brain
Project dates (from/to)	01/01/2017 – 30/06/2018
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	59.642,40 €

Summary of the project outcomes

Nowadays, teenagers often overlook the importance of grassroots sports and physical activity, which leads to various health and social problems. At the same time, sports volunteering is still an undervalued concept, especially in post soviet countries. To jointly tackle these problems, 6 sport-oriented organisations from Lithuania, Latvia, Poland, Slovenia, Greece and Italy are willing to carry out a project - "Train with Brain" (TwB) that would take the opportunity to reaffirm the importance of grassroots sports & sports volunteering in an international environment. The main objective of the project is to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity through grassroots sports. TwB will have a total duration of 12 months (from Jan 2017) with its main activities hosted in Lithuania, as well as online in all the project countries. The main target groups of the project are: 1) teenagers with fewer opportunities; 2) young sports volunteers; and 3) sports organizations and NGOs within the project countries (later - across whole EU).




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Promote Voluntary Activity in Sport

Reference number	579821-EPP-1-SLO-S-SP-SOCP
Title of the project	P.L.A.Y – Peer Education, Leadership, Action, Youth - promoting grassroots sport for educational success and social inclusion
Project dates (from/to)	01/01/2017 – 31/12/2019
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	315.951,20 €

Summary of the project outcomes

The project wants to tackle a relevant European problem: youth school dropout and social disadvantage. As stated in the 2007 White Paper, sport plays an important role in formal and non-formal education, and volunteering particularly in grassroots sport provides many opportunities for non-formal education and social engagement that need to be valued and enhanced. 2015 Council conclusions on early school leaving state "an urgent need for inclusive and coordinated responses from both educational and non-educational stakeholders". Grassroots sport is a relevant stakeholder: improving volunteer's skills could considerably contribute to enrich young athletes personal and social growth, as well as reducing school dropout.

The project is thus focused on an innovative aspect: while the link between grassroots sport and social skills is often explored, synergies with the educational dimension and transferability of competences gained through volunteering in sport into formal education is rarely evaluated at European level. Partner organizations want to boost practices of local grassroots sport on education to promote a European impact.

PLAY project objective is enhancing positive synergies between volunteering, grassroots sport and education to promote quality educational volunteering to support youngsters at risk of school dropout.

The project plans 3 main steps: a first phase of analysis and mapping, a pilot action where partners will develop concrete actions (e-learning through a European platform, educational and mentoring volunteering support in grassroots sport organizations, group activities with parents and trainers), evaluation and assessment of main impact and outputs (handbook, online platform, video) that will be hugely spread through a relevant dissemination.

Activities will be developed by 6 partner organizations in 36 months (Jan 2017-Dec 2019) in several European countries (Italy, Finland, Spain, Slovenia, England and Fare Network members countries).





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SPORT MANAGEMENT


Reference number	603044-EPP-1-2018-1-HR-SPO-SSCP
Title of the project	Educational Laboratory – EL
Project dates (from/to)	01/01/2019 – 31/12/2019
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	39.325,00 €

Summary of the project outcomes

This project targets volunteers, managers and staff of non-profit sports organizations and supports the mobility of these target groups, therefore addressing the topic itself.

The aim of this project is to increase partner organizations' capacity in managing sport associations and clubs by encouraging the cooperation and development of network between partner organizations; organizing non-formal education for target groups on how to operate at transnational level, to exchange their good practices on sport organization management; how to use free online tools (i.e. Google for non-profits – Google Ads, low budget media campaigns, etc.) in order to ensure the visibility of their organization and its activities, to gain more new members and how to connect their organization activities with other industries (e.g. tourism) which may bring added value to sports and organizations at whole; how to develop marketing activities, what opportunities are provided by the EU through co-financing of various programmes (especially related to the Erasmus + Sport Programme).

2
1



HEPA

Reference number	603394-EPP-1-2018-1-HR-SPO-SSCP
Title of the project	HEPA2RKids
Project dates (from/to)	01/01/2019- 31/12/2019
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	60.000,00 €


Summary of the project outcomes

"SuperKid" - School of Sport (Croatia) is a non-profit local sport organisation based on implementing organised physical activities for children from 3-10 years. The program is organised as a universal sport school, where children learn basics of most important sport activities for motor development: gymnastics, athletics, martial arts, basketball, football, handball, volleyball, tennis, etc. The program of the school of sport is under the guidance of kinesiologists. The focus is on the development of coordination and acquisition of basics of different sport activities, so that little students learn a large number of elements and make a quality foundation for lifelong sport recreation. The program is a year-round, and children learn every training a different sport activity. Trainings are twice a week for 60 minutes and the program is carried out from September to June next year (10 months), and entries throughout the year.

Currently, our program is carried out in three cities in Croatia at twenty different locations. SuperKid has 2 full-time employed highly educated trainers and 10 part-time trainers – subcontractors.

Throughout the year, about 2.000 children are taking part in SuperKid's programme. Besides a year-round program, we teach seasonal sport as well – swimming, ice skating, skiing and rollerblading. During summer and winter seasons, we organise sport camps.

2
2



RACISM & DISCRIMINATION


Reference number	603262-EPP-1-2018-1-RO-SPO-SSCP
Title of the project	Sport and Dialogue against Violence and Discrimination
Project dates (from/to)	01/01/2019- 30/06/2020
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	54.956,00 €

Summary of the project outcomes

For the 2018 deadline, we seek to submit a new small collaborative partnership for the Erasmus+ program, that is focused on the diplomatic field of sport and the impact that sport activities can have in the process of tackling violence or bullying at youth level. Our project aims to tackle the problem of violence, discrimination, bullying in and around sporting events, among athletes, sport teams and their supporters. We aim to counter violent behavior through open dialogue, inclusion, tolerance and fair play in sport.

The project title starts from "Sport & Diplomacy" concept, but we are still open to proposals for the final title of the project! The concept of "diplomacy" must be understood as alternatives for dialogue or other type of actions in order to tackle violence at youth level related to sport activities (especially at amateur level).

2
3



Education In/through Sport on Skills Development

Reference number	579910-EPP-1-2016-1-EL-SPO-SSCP
Title of the project	C4BIIPS - Massive Open Online Course for Basketball Injury Prevention Strategies
Project dates (from/to)	01/01/2017-30/06/2018
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	59.620,32 €

Summary of the project outcomes

C4BIIPS is a Small Collaborative Partnership project focuses on the area of "protecting athletes, especially the youngest, from health and safety hazards by improving training and competition conditions". The main goal of C4BIIPS project is to create a Massive Open Online Course for Basketball Injury Prevention Strategies (BIIPS). In particular, C4BIIPS will identify and collect BIIPS. It will also create multimedia material to present these strategies to support athletes and coaches as well as to guide them how to integrate these strategies in their everyday training processes. The presentation of the multimedia material will be available through a web based online platform. C4BIIPS, in order to support and scaffold athletes' and coaches' knowledge and understanding about Basketball Injury Prevention Strategies applications, will create a community based architecture that introduces an educational programme accessed through a European Massive Open Online Course (MOOC) embracing a de-centralised model of diversity, open access, equity and quality. The MOOC will become a collaborative community of practice aiming to contribute to the perceived difficulty of creating and testing Basketball Injury Prevention Strategies. C4BIIPS innovates by introducing multimedia based training content created by an interdisciplinary team of experts and applying in the Sports field for developing of personal knowledge and understanding related with BIIPS.

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Reference number	590554-EPP-1-2017-1-IT-SPO-SSCP
Title of the project	ATHLETICS FOR YOUNG AND TEACHERS ALL OVER EUROPE - AYTOE
Project dates (from/to)	01/01/2018 – 30/06/2019
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	59.530,00 €

AYTOE
ATHLETICS FOR YOUNG AND TEACHERS ALL OVER EUROPE

Summary of the project outcomes
Athletics is one of the most complete physical sport, but not only, it was shown that it is also an important tool to fight children learning deficiencies.

In this context, the main purpose of the 34-month project is to stimulate children's participation in physical activity improves health and sense of belonging through volunteer activities through increasing attractiveness and quality of athletics.

Powered by two important basketball sports clubs and two European universities with the support of a school (three), the proposal provides for three target groups: 300/400 children and young people aged 8-14 years; 9/12 coach's beginner level; families of children (and their schools).

The specific objective of this proposal is to explore the potential contribution Athletics welfare children (both individuals and / cognitive level of the team), giving proof of its impact. The project aims to:

1. Analysis of local needs
2. Collect and share best experiences (through the establishment of working groups)
3. Identify a group of control and monitoring of activities
4. Design of a manual text of athletics training version (based on common results)
5. Verify that through the implementation of training modules
6. Evaluate the results with common indicators and supervised by university researchers
7. Collect data on progress achieved
8. Draft a final version of the Athletics Teaching Manual
8. Final event in the European Capital of Culture 2018 (Matera).



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Equal Opportunities

Reference number	590751-EPP-1-2017-1-RO-SPO-SSCP
Title of the project	Equity through sport for youth development
Project dates (from/to)	01/01/2018 – 30/06/2019
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	43.374,00 €

Summary of the project outcomes
The project aims to improve social inclusion, equality, tolerance, fair-play, the reduction of educational difficulties and the lifestyles related to health through promoting and enhancing voluntary activities in sport for the young people aging 7-19 years old from 6 the most underprivileged schools from Bucharest, sector 3, Romania. The project will be implemented for 18 months and its title is: Equity through sport for youth development (ETSYD). The European and the national strategic documents on the issues presented previously in the objective of the project indicate the utility of sport and physical activities as well as their urgent need in tackling socio-economic problems for a sustainable development of EU. The target group are both the sport teachers from 6 Romanian underprivileged schools from Bucharest, sector 3, and the youngsters studying in these education institutions, as several are vulnerable persons or/and register educational difficulties. Our main expected result is a study on the evaluation of the sport techniques for establishing the one which generates the best outcomes. By creating the opportunities of good practice exchanges for Romanian sport teachers, the sustainability of the project is achieved, as these will act as ambassadors for promoting social inclusion, equality and educational difficulties reduction through traditional European sport and games.





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Reference number	603149-EPP-1-2018-1-ES-SPO-SSCP
Title of the project	Equal opportunities through inclusive cooperation in basketball – EPIC Basketball
Project dates (from/to)	01/01/2019 – 30/06/2020
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	59.880,00 €

Summary of the project outcomes
The EPIC-basketball (Equal opportunities through Inclusive Cooperation in Basketball) has as its main goal to contribute to the promotion of equal opportunities in sport. To achieve it, it seeks to promote the participation of women and to raise awareness about gender equality in grassroots basketball. It focuses on four female basketball teams with players aged 17 and 18, as well as in the student community up to that age in Spain, Portugal, Turkey and Italy. These are countries where basketball is an extended sport with a capacity for social impact and countries in which there are currently incipient citizen debates and social movements related to gender equality.

The project combines sports activities (competitions and exhibitions) and sensitization activities given by players, coaches and future coaches and promoted by a city council (Pedreguer, ES), two sports associations (Associação Desportiva Cultural e Social de Carvalhais, PT, and Associazione Sportiva Dilettantistica Margherita Sport e Vita, IT) and a Basketball Club (Pedreguer, ES). Players and coaches will previously receive specific training in equal opportunities in sports and how basketball can be a tool for achieving gender balance in the societies of the countries where the project is implemented. The University of Inonu (Turkey) and European experts will be in charge of strengthening their capacities. The City Council of Pedreguer and the local basketball Club show a successful partnership experience which replicability inside and outside the Project will be promoted through different meetings and actions. The transfer of project results is also a priority for which a network is set and contacts are established with provincial and national agencies.





2
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EU Physical Activity Guidelines

Reference number	579638-EPP-1-2016-1-SI-SPO-SSCP
Title of the project	Never Too Late to Get Fit!
Project dates (from/to)	01/01/2017 – 30/06/2018
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	47,924,00 €

Summary of the project outcomes

The project idea is to increase the level of physical activity of people 50+ and promote popularization of grassroots sport and physical activity of all citizens offering them equal opportunities. In recent years has increased interest of older people for fitness and aerobics or other group exercises. Most of group exercises are design primarily for young people. Therefore, older participants feel uncomfortable and unable to carry out them. We will develop and pilot test special group of exercises WOMEN FIT! for persons 50+, who have limitations according to age and physical ability (illness, health problems, disability etc.). Training programme of group exercises will be client oriented respecting their individual needs and abilities. We will promote healthy lifestyle at the same time. They will be design for indoor and outdoor execution, two difficulty levels, without any sport accessories. The final users of project results will be 50+ users of the training WOMEN FIT! and trainers, coaches, advisers and mentors in sport organisations/associations/fitness clubs/aerobics clubs which will complete their programs with exercises program WOMEN FIT!, get new skills and competences on this topic. Instructions for exercises will be available on project web site - Guideline (written and on-line application) with pictures and video, and possibility to upload application on Mobil phone. For outdoor execution, we would use already existing learning pathways or exercise trails in our environment in parks, forests, fields etc. and mark them with additional informative boards describing exercises for seniors. Our goal is to foster synergy between local, regional, national and international policies and sport organisations/associations, sport related organisations to promote sport and physical activity for all EU citizens and to address sport-related challenges. Sport and healthy lifestyle means to improve well-being and stay healthy. This is the best recipe for life.



2
8

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My Best Sports Day

Reference number	590320-EPP-1-2017-1-SI-SPO-SSCP
Title of the project	More than Sport - My Best Sports Day
Project dates (from/to)	01/01/2018 – 30/06/2019
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	53,274,00 €

Summary of the project outcomes

The project idea is increase the level of physical activities of children with special needs in primary schools and inspire them with traditional European sports & games. The proportion of pupils with special needs in special elementary schools in relation to a whole generation of school pupils in European countries varies between 2,7-11,9% (www.Eurydice.si, 2012). Children with special needs often could not engage in many sports due to physical limitations. Professional experts in project partner's countries (Slovenia, Portugal, Italy, Sweden and Turkey) will identify and collect existing good practices and concepts on the field of innovative approaches at motivation children with special needs in sport and raise their inclusion in sport activities. The project ensures the promotion and exchange of European traditional national sports & games between the project partners and enable them to be able to engage children with special needs. Existing facilities in local environments will be used for implementation of traditional sports & games (playgrounds, sports halls, etc.). We will intensively promote Sport event "My Best Sports Day", organized in each partner's countries, on the project website, leaflets, and social media. Children with special needs from primary schools participated on that event which will become traditional. For this purpose, we will establish national Committees, which will incorporate by representatives of sports and educational organizations as well as local, regional, and community representatives at the national level.

Thus, children with special needs, as well as all other citizens, will attend and try out the national sports & games from their own and other EU countries and become their ambassadors. Moreover, we will promote our traditional national sports & games, take care to preserve them, and spread them to other EU countries. That is how we will increase interest in sports activities of children with special needs in Europe.



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Akademia Zarządzania Sportem

Populating Short Worked Breaks for Employees – Active Break

Reference number	602964-EPP-1-2018-1-SI-SPO-SSCP
Title of the project	Populating Short Worked Breaks for Employees – Active Break
Project dates (from/to)	01/01/2019 – 30/06/2020
Role of organisation	Project Manager – Full Partner
Eligible Grant Awarded	47,660,00 €

Summary of the project outcomes

Working with a computer is almost inevitable in modern times. The computer often makes our work easier, but with frequent and improper use, some negative consequences and health problems can occur. Many employees suffer from a variety of pain due to prolonged sitting for a computer or other active work. Damage and problems arising from computer use we can divide into three groups: damage due to repeated overwork, back problems and eye problems. Damage due to repeated overloading occurs with the regular use of the keyboard and computer mouse. These are initially seen as tiredness, abdominal pain, general pain of the affected site, tingling, tension, discomfort, some joint movements than usual, inflammation or swelling. These feelings appear in the wrist, fingers, hands, forearms or elbows, and also higher (up to neck) to work with a computer. 7/2004. <https://doi.org/10.1080/00140139.2004.10555644>

The science that deals with this is ergonomics, because it examines the human physical and mental abilities in relationship with work, working environment and workload (Branavak, 2005). Thus, we can avoid problems with the ergonomic arrangement of space and individual parts of the computer. It is also advisable to get up several times during work to speed up the circulation of blood through the muscles, and it is even better that we are moving.

In the project, we want to develop and promote short 18-minute set of workout exercises for employees. Exercises would be simple, especially for stretching the neck, arms, legs and back. The day-to-day exercise of workout for employees brings the following benefits for employees and employers:

- Reduction of work-related illness, the cause of which is repeatedly sitting;
- Reduce the risk of illness;
- Improving the working atmosphere;
- Connection and good relations between colleagues;
- Increase work productivity;
- General improvement of employees' health.

A short set of creative exercises called "ACTIVE BREAK" will be developed within the project partnership by sports professionals. The exercises will test and pilot in companies in all partner countries. We will evaluate the effects of exercises for better well-being and increase productivity of employees. Exercises will be posted on the project's website and accessible for the wide public. Developed "ACTIVE BREAK" exercises will be promote through employers' and trade union associations to the widest possible range of employees. Ten minutes of movement per day is a small input for great results.

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Dziękuję za uwagę

Ciao!

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