

Report No 7 of Project Activity

Project: **“BOCCIA - Enhancing the quality of life of people with disabilities and their environment through Paralympic sport” co-funded by Erasmus + Programme of the European Union**

Task: **The training workshop**

Location: Kyustendil, Bulgaria

Date: 3rd to 10th of August 2016 - **7 days**

Participants: 5 countries, 5 people from each country, 12 volunteers:

- Hosting organization, “Partners Kyustendil Association” - Slokoshtitza, Bulgaria, was responsible for the organization of the workshop (local transportation, accommodation, programme etc).
- Leader of the project – SSR START - was responsible for all payments (incl. accommodation), flight tickets reservation, covering the costs of transport and other regarding to the project budget. Leader also paid subsistence allowances for catering to each participant during the workshop in Bulgaria.
- Accommodation: Guest house/hotel : “Tihy Kyt – Silent Noon” - Slokotshytsa/near by Kyustendil
- All costs were covered within the scope of project budget

Team participants subjects of workshop:

A. General subjects :

1. Instructor of sport for people with disabilities – his role and responsibilities in the sports training system.
2. The organizational basics of sport for the disabled.
3. Physiological problems in the physical activity of people with disabilities.
4. Medical supplies and sports equipment.
5. First Aid.
6. Ethics and doping in the sport
7. Fundamentals of law in sport (safety).
8. Nutrition and Dietetics, etc.
9. The role and scope of medical examinations in sport, prevention.
10. Competition as a factor of progress in the development of sport.
11. The role and scope of control in the process of sports training.
12. Principles of sport group organization.
13. The use of audio-visual aids in the process of sports training.
14. The rules of the game:
(the aim and spirit of the game; definitions; equipment and devices; court – structure; the way of setting the lines; classification of players; coach, role; types of competitions; scoring; tie break; penalties; time; call room; gestures).
15. Didactical basis:
 - a. Methods of assisting people with disabilities:
 - independence in basic life activities,
 - assisting, lifting and caring a wheelchair user,
 - assisting a wheelchair user,
 - assisting a blind person,
 - what to do when the attack of epilepsy occurs.
 - b. Organizing and leading sports and recreational activities:
 - budgeting,
 - organization of work,
 - staff training,



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- recruitment of participants,
 - training methods,
 - means of training,
 - documents.
- c. Sports competition,
- refereeing,
 - organisation,
 - practise as a: player, referee, coach.

B. Detailed subjects adjusted to the workshop:

1. Boccia - rules interpretation - continued. theoretical part.
 2. Practical part - game, scoring, penalties, assisting, call room, etc. - in the sport venue.
 3. "Dealing with disability" care and hygienic methods for wheelchair users; physical and social activation of the disabled people.
 4. Recreation & sport activities for Disabled. Workshops for volunteers - Animators of life activity in people with disabilities
 5. Workshops : technique of transferring disabled person from/to wheelchair, crossing the obstacles etc
How to choose a proper wheelchair- film
 6. Workshops for volunteers - Animators of life activity in people with disabilities
 7. Boccia - practical/theoretical part, how to improve the game, Boccia - training methods - teoretical and practical part (types of throws, boccia training tasks, etc.).
 8. Competition as a factor of progress in the development of sport - Simplified rules of Boccia for integration competitions.
 9. Boccia tournament demonstration in Kyustendil and other places if possible - inviting passers to play.
 10. Presentation of the training methods. Boccia competition between new trainers and volunteers.
- Others :
- Exams - Tests theoretical and practical
 - Recreation & sport activities

Volunteers subjects of workshop:

Package 1

1. Definition of disability, standards, including people with disabilities in the European Union:
 - disability pension,
 - providing with rehabilitation equipment,
 - the Right to Sport,
 - the Right to Learn,
 - the Right to Work,
 - income tax – exemptions and allowances,
 - important resolutions.
2. Physical activity of people with disabilities.
3. Sport of people with disabilities in Poland and Europe: the mission; the tradition; the contemporaneity.
4. Cooperation with public institutions – governmental and local governments.
5. Create and conduct of non-governmental organisations in sports of people with disabilities, acquisition of financial resources, promotion, sponsorship, players, training staff, and insurance.

Package 2 :

6. Specific organizational forms: workouts, games, sports camps, rehabilitation and sports camps, festivals, rallies, integration events.
7. Benchmarking of solutions in sports of disabled and able bodied.

8. Volunteering:
 - the Act on voluntary service,
 - who is a volunteer,
 - the objectives of the voluntary service,
 - benefits and responsibilities,
 - motivation,
 - fundraising.
9. Methods of assisting people with disabilities:
 - independence in basic life activities,
 - assisting, lifting and caring a wheelchair user,
 - assisting a blind person,
 - assisting an epileptic,
 - contact/ communication with a deaf person.

Package 3 :

10. Organising and leading sports and recreational activities:
 - organisation of work,
 - recruitment of participants,
 - methods of work using different tools e.g. sports activities,
 - documents.
11. Organising and conducting Boccia activities on basic level:
 - rules, tactics, techniques,
 - basis of refereeing,

Detailed description of project execution

3.08.2016

Transfer day by cars from Delcevo to Kyustendil. All took part in first meeting of teams and Bulgarian coordinator (discussions on the training, changes in the schedule etc.)

4.08.2016

The first day of workshop.

Morning and midday :

- Opening the workshop - Presentation of the agenda / volunteers.
- Presentation in Kyustendil :
 - “Center of social rehabilitation and integration”
 - “Day care center for children with physical and intellectual disabilities - Viara, Nadiezhda, Lyubov”.
- Workshop addressed to volunteers lead with help of team members: What Boccia is ? Welcome Boccia game - to know each other. Information about Erasmus + sport programme.
- Presentation of Boccia Project: goals, objectives, activities etc. (PowerPoint, Boccia A-Z - Films). Aim and spirit of the game. history, rules - theoretical part

Afternoon:

- Practical workshop /instructors
- Theoretical workshop /volunteers Package 1

Sports activities

5.08.2016

Morning and midday

Short city tour.

Practical workshop for instructors/



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volunteers in the “Center of social rehabilitation and integration” :

Boccia - rules of the game: definitions, equipment and devices, court structure, the way of setting the lines.

Afternoon:

Picnic :

Education trough entertainment
workshop /instructors

- Rio Olympic Opening watching on TV

6.08.2016

Morning and midday

- Presentation of Boccia in Kyustendil/ Hissarlaka hill
- Theoretical workshop /volunteers Package 2

Afternoon:

- Boccia game
- Activities : How to arrange the integration activities and cultural exchange :
5 national folk dances

Evening:

- Social evening with „Partners Assoc.” members

7.08.2016

Morning and midday

Practical workshop / instructors :

- Game scoring, penalties, assisting, call room, etc. - in the sport venue

Theoretical workshop /volunteers Package 3

Afternoon:

Workshops instructors :

Organizing and leading sports and recreational activities:

budgeting, organization of work, staff training, recruitment of participants, training methods,
means of training, documents

Presentation of Boccia in Kyustendil/centre

8.08.2016

Morning and midday

Travel to Rila Mountains

Promotion of the game, on the most attractive locations in Bulgaria

Workshop for Volunteers

- Boccia - rules interpretation – continued, theoretical part.
- Lecture : “Paralympic Sport - definition, organization in the world and in Poland”. Exchange experience with partner organizations. Presentation activities of the START Association.\
- Boccia - practical session.

Afternoon

Last programme topics/instructors : theory/practice :

- Assisting a blind person,
- Assisting people when the attack of epilepsy occurs

9.08.2016

Final matches of the teams and volunteers.

- Exams for volunteers : Tests theoretical and practical

The game with instructors, volunteers and the guests

Farewell Dinner.

- Summary of workshop.
- Certificates awarding - volunteers

10.08.2016

- Departure
-

Outputs :

- 5 representatives from each Partner Organizations (total 20 person), 12 volunteers from Greece attended in the workshop
- Payments were made in accordance with the project budget
- Volunteers received set of the Projects info on memory flesh
- Photo documentation and video clip was made

Overall rating

The workshop was organised well according to programme.

Romuald Schmidt
Project Leader





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