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Erasmus+ Programme  
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**BOCCIA** – Enhancing the quality of  
life of people with disabilities and  
their environment through Para-  
lympic sport Boccia

## **Raport No 2 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: Poland, Wagrowiec**

**Date: 23<sup>th</sup> to 30<sup>th</sup> of August 2015 - 7 days**

**Participants: 6 countries, 5 persons from each country:**

- Leader of the project - SSR START - was responsible for the organization of the workshop
- ( flight tickets, local transportation, accommodation, programme etc.
- All costs were covered within the scope of project budget
- Leader paid subsistence allowances for catering to each participant during the workshop.

Accommodation: Wągrowiec, POLSKA

WIELSPIN Rehabilitation- Leisure Centre

ul. Jeziora 16, 62-100 Wągrowiec

### **Team participants subjects of workshop:**

1. Boccia – sport for people with disabilities: history of discipline.
2. Instructor of sport for people with disabilities – his role and responsibilities in the sports training system.
3. The organizational basics of sport for the disabled.
4. Physiological problems in the physical activity of people with disabilities.
5. Medical supplies and sports equipment.
6. First Aid.
7. Ethics and doping in the sport
8. Fundamentals of law in sport (safety).
9. Nutrition and Dietetics, etc.
10. The role and scope of medical examinations in sport, prevention.
11. Competition as a factor of progress in the development of sport.
12. The role and scope of control in the process of sports training.
13. Principles of sport group organization.
14. The use of audio-visual aids in the process of sports training.
15. 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).
16. 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,
    - recruitment of participants,
    - training methods,
    - means of training,
    - documents.



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- c. Sports competition,
- refereeing,
  - organisation,
  - practise as a: player, referee, coach.

### **Volunteers subjects of workshop:**

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.
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.
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**

**23.08.2015**

Arrival of participants to Wągrowiec.

**24.08.2015**

The first day of workshop.

- Organizational meeting with the participants. Presentation of the profile of the Association of START, the program Erasmus +. Information about the program training workshop.
- Presentation of the staff and participants of each country.
- Preliminary document preparation, collect: invoices, boarding cards, etc.
- “The first meeting with BOCCIA” - short promotional video, basic information about Boccia. Participation in professional BOCCIA training together with professional players.
- Presentation of basic rules of the game, regulations, goal, other.
- Sport and recreation activities. Participate in activities related to water sports adapted for people with disabilities. Help participant in the entrance / exit of the water, assurance during sports in the water. Showing techniques, how to transfer people with different type of disability – exchange experience with participants.
- Social evening with integrating and educational program leading by Bulgaria and FYR of Macedonia  
*The social evening aim: The project is not only learning and practicing but also strengthening the links between different nations.*

**Volunteers programme:**

- o Rehabilitation activities for participants, training Boccia together with a group of partner organizations. Sport classes about adapted water sports for the disabled people.
- o Classes at the swimming pool, gym, leisure activities - table tennis.
- o Social Evening: Bulgaria – FYR of Macedonia ; knowledge of the history, customs and culture of these countries. Volunteers help countries organize their evening.

**25.08.2015**

Participants divided into two trainings groups.

Two blocks of workshop:

- Boccia - a description of the equipment used in BOCCIA and its presentation as; easily start the first training in BOCCIA, what you need, what to look for.
- How taping correctly BOCCIA courts.
- “Let’s play” BOCCIA with an explanation of the basic rules.

Workshop how disabled people could functioning in the urban space (city) ( especially wheelchairs users). How to transfer disable person in different city situation, and how to assist them in city area. Each participant had the opportunity to sit in a wheelchair and face the obstacles prepared for them, such as: the exit stairs, avoiding obstacles/barriers, slalom, driveway over curbs. Each participant also had to dance in a wheelchair with a walking person / able bodied.

Transfers from different positions: sitting, lying down, with chairs on the wheelchair, various techniques that can be used by two people or alone.

- Social evening: Greece

**Volunteers programme:**

- o Rehabilitation activities for participants, classes for pneumatic equipment on the water.
- o Training Boccia.
- o Classes at the swimming pool, gym, leisure activities - bowling, table tennis. How adapt different sports for people with disabilities.
- o National Evening: Greece - knowledge of the history, customs and culture of this country. Volunteers help organize this evening..

**26.08.2015**

## Sport and recreation workshop:

- “Games and fun with BOCCIA”. Presentation of examples of useful training games for the beginners of boccia training. Participants learned how additional small sports equipment can creatively use in boccia training.
- Dance classes with a qualified group of choreographers from the Polish Association of Choreotherapy, Postgraduate Studies Dance Therapy. Participants had a chance to take an active part in therapeutic activities with people with disabilities.
- Lecture: “Paralympic Sport - definition, organization in the world and in Poland”. Exchange experience with partner organizations. Presentation activities of the START Association.
- Social evening: Georgia

**Volunteers programme:**

- Rehabilitation activities for participants, classes on water- water skiing, pneumatic equipment - couch.
- Dance classes with a qualified group of choreographers from the Polish Association of Choreotherapy.
- Classes driving techniques in wheelchairs.
- National Evening: Georgia - knowledge of the history, customs and culture of this country. Volunteers help organize this evening..

**27.08.2015**

- Recreational activities on the water, water sports which possible for people with disabilities.

Participants have the opportunity to use the acquired knowledge regarding before.. Participants were assisted by an experienced instructors and helped carry, transfer disable people during the activities.

- Lecture on BOCCIA, a brief instructional video on the basic and main Boccia rules.
- Presentation of the history of the discipline in the world and in Poland.
- Exchange experience with other partner organization about their knowledge about Boccia in their country.
- Boccia - practical session.

Visit of Mr. Tadeusz Wojciechowski (Warsaw) representative of the Erasmus+Program in Poland.

- Social evening: Turkey

**Volunteers programme:**

- Rehabilitation activities for participants; water activities.
- Cooper test. Classes at the bowling – leisure activities.
- Training Boccia.
- Activities in the nearest area – forest, how to adapt area and make it accessible for everyone include improving driving technique on the wheelchair in different area.
- Leisure activities - swimming pool, gym, bowling.
- National Evening: Turkey - knowledge of the history, customs and culture of this country. Volunteers help organize this evening..



## 28.08.2015

### Excursion to Poznan.

During the trip, group had special task: organize in several locations in the center of Poznan “flash mob” associated with BOCCIA. Flash mob is a term, which to be known as artificial crowd of people gathering suddenly in a public place for the purpose of short-term events, usually surprising for bystanders.

The action involved a unknown people who know only the date and the planned action.

Participants with great success organized two flash mob: one in the Old Market at the Town Hall, the second in park next to Opera. They managed to interest a group of people who joined the game.

Participants had the opportunity to know and taste the local cuisine and see tourism attractions.

## 29.08.2015

- Boccia tournament involving all project participants and players from the national Polish Boccia Team. Mixed teams.
- An exam of Boccia skills and knowledge was organized. All had to play the role both athlete and referee. Finally all were assessed.
- Farewell Dinner:
  - Summary of workshop.
  - Certificates awarding - volunteers
  - Preliminary plans for the next trip.
- Social Evening: Poland - Polish wedding

### Volunteers programme:

- Mini Boccia tournament involving all project participants and players from the national Polish Boccia Team. Mixed teams.
- Volunteers helped with packaging disabled participants.
- Classes and leisure activities: bowling, table tennis,
- National Evening: Poland - knowledge of the history, customs and culture of this country. Volunteers help organize this evening, Polish wedding.

## 30.08.2015

- Departure from Wagrowiec

### Outputs:

- 5 representatives from each Partner Organizations ( total 25 person), 5 experts from Poland and 12 volunteers from Poland attended in the workshop in Poland, Wagrowiec
- All teams has received
  - 2 sets of training Boccia balls and instruments sets ( necessary to carry Boccia game - calipers, racket, measure tape, courts tape etc.)
  - T- shirts with project logo

### Overall rating

The workshop was organised parallel with sport rehabilitation summer camp with over 80 perons with disabilities from all over the Poland. It gave the project participant the opportunity to confront the knowledge with practice in many dimensions.

*Romuald Schmidt*

**Project leader**





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**Erasmus + sport Boccia** dodał(a) nowe zdjęcia (50) z  
dnia 30 sierpień 2015 do albumu: Time finally stopped.  
30 sierpień 2015 · 0 · 0

The Polish chapter of the Erasmus + Sport "Boccia" project become to the end. The Rehabilitation Centre in Wągrowiec, Sunday August 30th, 22PM. There is absolute silence here..

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**Erasmus + sport Boccia** dodał(a) nowe zdjęcia (29) z  
dnia 24 sierpień 2015 do albumu: Erasmus + sport Boccia -  
let's START !  
24 sierpień 2015 · 0 · 0

First Training Activity: Training workshop in Poland for future Boccia instructors and volunteers / Animators of life activity in people with disabilities just start on Monday 24th of August.

All teams arrived safely and on time.

Our first training session take place in Poland Wągrowiec, during the date: 23-30 August 2015... Zobacz więcej



**Erasmus + sport Boccia** dodał(a) nowe zdjęcia (20) z  
dnia 28 sierpień 2015 do albumu: Boccia Flash Mob at Old  
Market Square in Poznań.  
28 sierpień 2015 · 0 · 0

Another task of the BOCCIA ERASMUS + SPORT project - to make a flash mob with Boccia in Poznan city centre, exactly at noon on always crowded Old Market Square. Task was performed very well and with great commitment of all (A flash mob or flashmob[1] is a group of people who assemble suddenly in a public place and perform an unusual and seemingly pointless act for a brief time before quickly dispersing).

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