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Erasmus+ Programme  
of the European Union



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

## Raport No 3 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 : Soma, Manisa - Turkey**

**Date : 8 - 15 October 2015- 7 days**

**Participants : 5 countries, 5 persons from each country and 12 volunteers :**

START Assoc. – Project Leader was responsible for the organization and conducting training workshops for future instructors and volunteers with group of 5 specialists from Poland and in cooperation with Turkey Partner.

For arranging: local transport, accommodation, lecture room was responsible Turkish partner : Foundation of Health Social and Education in Soma in consultation with the Project Leader.

Accommodation in SOMA TEACHERS HOUSE.

Due to the high cost of flights to Turkey, the Leader has decided to hold a joint partial road transport for all participants. The Bulgarian bus was organized on both roads. For the organization and contact with the transport company was responsible Bulgarian Partner in consultation with the Leader of the Project.

- All costs were covered within the scope of project budget
- Project Leader paid subsistence allowances for catering to each participant during the workshops in Turkey.

### **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,
  - 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 Kilis - 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 :**

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

### A.

#### Workshop for instructors

**06.10.2015**

Departure specialists from Poland.

**07.10.2015**

Bus trip from Bulgaria - the town of Kyustendil with 5 participants, stop at the border of Bulgarian / Macedonian to pick up another 5 participants. Then drive to Thessaloniki - the last bus stop and take 5 participants from Greece and 5 specialists from Polish. Transfer to Turkey.

**08.10.2015**

Arrival to Soma

The official meeting of all the participants and representatives of partner organizations from Turkey.

First classes:

A detailed discussion of the training workshops program, topics and tasks during the workshops. The division of participants into mixed workshop groups.

About our program and organized training workshops in Soma found out one of the main boccia trainers in Turkey - Mr. Nihad Hoca.. He made contact with the partner organization and through their support have the opportunity to participate in the whole training workshops. Mr. Nihad Hoca actively participated in workshops both as a trainee and trainer, which expanded and enriched the curriculum.

Workshop: "Social perception of disability". INDIVIDUAL - social - functional models of disability.

## 09.10.2015

### Workshop:

- Boccia in sport and rehabilitation ; Targets, advantages and conclusions
- Boccia sport for all - boccia support equipment. Types of equipment and instruction how to use it. Theoretical and practical classes in groups.
- Presentation of professional supporting equipment in boccia - ramps, pointers, used by the most disabled players, unable to throw or kick the ball.

Each participant had the opportunity to play with supporting equipment – ramp and pointer..

The meeting with the president of partner organizations from Turkey, exchange of experience, presentation of the Turkish organization's activities

## 10.10.2015

### Workshop :

- Are we really disabled ? Sports activities for person with disabilities (Video)
- Presentation of short films showing each of the disciplines
- “Improving quality of life in people with disabilities” - theoretical part
- Rio 2016 Paralympic Boccia in games - the history of the development of boccia.

### Workshop:

- The detailed interpretation of the rules, part. 1.

### Afternoon :

A visit to a village nearby Soma. Getting to know regional culture, art and clothing. Participants had the opportunity to listen to the original Turkish music and taste the local cuisine.

They held a brief boccia demonstration for the villagers.

## 11.10.2015

### Workshop : Systems of sports games.

- The sports competitions system: the general presentation and discussion of the competition system used in BOCCIA.

**TASK:** the participants in the groups were given a description of the BOCCIA event specifying e.g. the number of people participating, the number of players of each category, the maximum possible number of courts, the number of referees, etc. Their task was to select and apply the appropriate game system, and justifying this choice. Each group received a different description and had used a different type of competition system. Exchange of experience between the groups.

### Workshop:

- " Improving quality of life in people with disabilities” - practical part.

Participants in groups were given the task. Each group received a different description of the situation and the type of disability of the person. Our specialists played the role of the poor, victims of disabled people is absolutely discouraged about life and people. The participants in the groups were asked to play a scene, how they can improve the quality of life of a person.

## 12.10.2015

A trip to Izmir/Efes and the surrounding villages where participants were asked to promote BOCCIA in the region. Organization of two flash mob in the most interesting and crowded places. The participants had a chance to prove their knowledge as instructors. They encouraged passers-by to participate in the game, and explained the basic rules of the game.



### 13.10.2015

#### Workshop:

- The detailed interpretation of the rules, part. 2.

#### Workshop: "coping with the disability after injury"

Boccia demonstration - a flash mob in the center of the town of Soma in the main square where the Turkish partner regularly organizes trainings and demonstration of Boccia..

### 14.10.2015

#### Workshop:

- The detailed interpretation of the rules, part. 3.
- Games and fun in the Boccia workshops and presentation of examples of games and events as well as the so-called energizer. Presentation of the different area of Boccia.

Participants in the group had the task to organize the sample of 3 games, taking into account the possibility of participation of people with different disabilities, as well as the use of the ball. They have at their disposal different sports, Boccia balls and other team sports equipment.

- Summary of the project
- The initial presentation of the plan and program for the next project activities..

### 15.10.2015

Departure of all teams from Soma to individual countries.

## B.

### Workshop for volunteers - Animators of life activity in people with disabilities:

### 08.10.2015

#### Workshops :

- Presentation of activities of the Association START and short characteristics of adapted sports. Presentation of short films showing each of the disciplines.
- Presentation of the Erasmus + project - the opportunities offered by participation in programs Erasmus.
- Getting Started with Boccia.
  - Practical classes, a brief presentation of the basic rules of the game.

### 09.10.2015

#### Workshop: "Are we really disabled?"

- Methods “ improving quality of life in people with disabilities” - theoretical part
- Rio 2016 Paralympic Boccia in games - the history of the development of boccia
- Training Boccia - with basic rules

## 10.10.2015

### Workshop

- “Improving quality of life in people with disabilities” - practical part

The participants were divided into two groups and given the task. Group received a different description of the situation and the type of disability of a person. Our specialists played the role of the poor, victims of disabled people is absolutely discouraged about life and people. The participants in the groups were asked to play a scene, how they can improve the quality of life of a person.

- Training Boccia - with basic rules

## 11.10.2015

Games and fun in the Boccia: workshops and presentation of games and events examples as well as the so-called energizer. Presentation of the different games with Boccia balls.

Participants in the two groups had the task to organize the 2 sample games, taking into account the possibility of participation of people with different disabilities, as well as the use of the ball. They have at their disposal different sports, Boccia balls and other team sports equipment.

## 12.10.2015

- Mini boccia tournament between the volunteers.

Based game systems was prepared the day before by future boccia instructors, the volunteers played boccia-tournament during day.

## 13.10.2015

- Training Boccia - with basic rules
- The volunteers participated in the flash mob, organized in the center of Soma.

## 14.10.2015

- ABC of being a volunteer.  
Who is a volunteer, what is the motivation, goals. What are the benefits voluntary work? Exchange of experience between the participants.
- The exam for volunteers- practical on Boccia court and theoretical
- A brief workshop summary and certificates awarding ceremony.

### Outputs :

- 5 representatives from each Partner Organizations (total 25 person), 12 volunteers from Turkey attended in the workshop
- 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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Erasmus + sport Boccia dodał(a) nowe zdjęcia (42) do  
albumu: Training in TURKEY - first days in Soma.

Opublikowane przez: Romuald Schmidt [?] · 9 października 2015 ·

Next training workshop for future Boccia instructors and volunteer/Animators of life activity in people with disabilities has just started in Soma, Turkey (8 – 15 October 2015). Each Project Countries provided 5 persons to be trained in Boccia coaching. Moreover the workshops for 12 volunteers/Animators from Turkey is organized. Turkish Partner - Foundation of Health and Education in Soma is responsible for hosting the project participants.

Due to unique region... [Zobacz więcej](#)

[Zobacz tłumaczenie](#)



Erasmus + sport Boccia dodał(a) nowe zdjęcia (2).

Opublikowane przez: Romuald Schmidt [?] · 11 października 2015 ·

SOSEV President Başkanı: Mustafa visiting project Boccia participants

[Zobacz tłumaczenie](#)



Erasmus + sport Boccia dodał(a) nowe zdjęcia (49) do  
albumu: Various dimensions of workshops in Turkey.

Opublikowane przez: Romuald Schmidt [?] · 11 października 2015 ·

Boccia Project workshop in Soma, Turkey is in progress . The meeting has few dimensions .

On the one hand, we participate in workshops centered around Boccia, paralympic sports and various aspects of life of people with disabilities. On the other hand, we get to know each other closer discussing the differences and similarities of our cultures, customs, history.

Visiting in the evenings some attractive places near by Soma is an excellent lesson of Turkish history and gea... [Zobacz więcej](#)

[Zobacz tłumaczenie](#)



Erasmus + sport Boccia udostępnił(a) swój film.

Opublikowane przez: Aleksandar Nikolov [?] · 10 maja ·



1033 wyświetlenia

Erasmus + sport Boccia

Opublikowane przez: Romuald Schmidt [?] · 21 grudzień 2015 ·

We proudly present both inspiring and cheerful video about "Boccia" Erasmus + Sport workshop organized this autumn in Soma / Turkey.





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