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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

Report No 6 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: Delcevo FYR Macedonia

Date: 27th of July to 3rd of August 2016 - 7 days

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

- Hosting organization, Non Profit Company "Bravura Cooperativa,, Delcevo FYR Macedonia, 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 Macedonia. Accommodation: Hotel: “Hotel Makedonija”, Delcevo,
- 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,
 - recruitment of participants,
 - training methods,



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- 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 Workshops for volunteers - Animators of life activity in people with disabilities
 6. Boccia - practical/theoretical part, how to improve the game, Boccia - training methods - teoretical and practical part (types of throws, boccia training tasks, etc.).
 7. Competition as a factor of progress in the development of sport -. Simplified rules of Boccia for integration competitions.
 8. Boccia tournament demonstration in Delcevo, Skopje, Stip, and other place if possible - inviting passers to play.
 9. 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.



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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

27.07.2016

- Arrival

28.07.2016

The first day of workshop.

Morning and midday:

- Opening the workshop - Presentation of the agenda / volunteers.
- Presentation of Daily Care Center for people with special needs - Delcevo – Direktor Aleksander Nikolov
- 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
- Presentation of new edit two video clips: Boccia Erasmus in Greece
- Short sightseeing of Delcevo.
- Presentation of Boccia in the city Delcevo

Afternoon:

- Practical workshop /instructors
 1. How to train athletes-new: solutions results of BISFed conference in Povoja (Portugal)
 2. Techniques, skills, strategies?

The best way of acquisition of knowledge

- Theoretical workshop /volunteers Package 1



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29.07.2016

Practical workshop for volunteers:

- Boccia - rules of the game: definitions, equipment and devices, court structure, the way of setting the lines.
- Theoretical workshop /volunteers Package 2

Trip to Delcevo nearest cities:

- Presentation of Boccia in the cities Stip and Vinica:
- Visit the Day Care Centre for people with special needs in Stip.

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

30.07.2016

Travel to Skopje /Country capital

- Short city tour.
- Presentation of Boccia game in Skopje
- Meetings and visits with local authorities and to institutions

31.07.2016

Practical workshop for volunteers:

- The game –
- Theoretical workshop /volunteers Package 3

Workshops instructors

- "Dealing with disability"care and hygienic methods for wheelchair users; physical and social activation of the disabled people.
- Boccia - practical/theoretical part, how to improve the game,
- Boccia - training methods –
- Practical part - game, scoring

Late evening:

- Discussion on old traditional games adaptable for people with disabilities/new idea of common project Erasmus +Sport Small grants

1.08.2016

Travel to Ohrid /most of instructors

- Promotion of the game, on the most attractive locations in Macedonia

In Delcevo:

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.

2.08.2016

Final matches of the teams and volunteers.

- Exams for volunteers: Tests theoretical and practical
- Celebration of Macedonian National Republic Day Aug 2. Introduction to the tradition and culture in Macedonia.
- Meeting with the Mayor of Delcevo and, PM - Parliament Member of Delcevo region and local authorities:
- Presentation of programme Erasmus Boccia

The game with instructors, volunteers and the guests



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Farewell Dinner.

- Summary of workshop.
- Certificates awarding - volunteers

Macedonia night.

3.08.2016

- Departure from Delcevo to Bulgaria

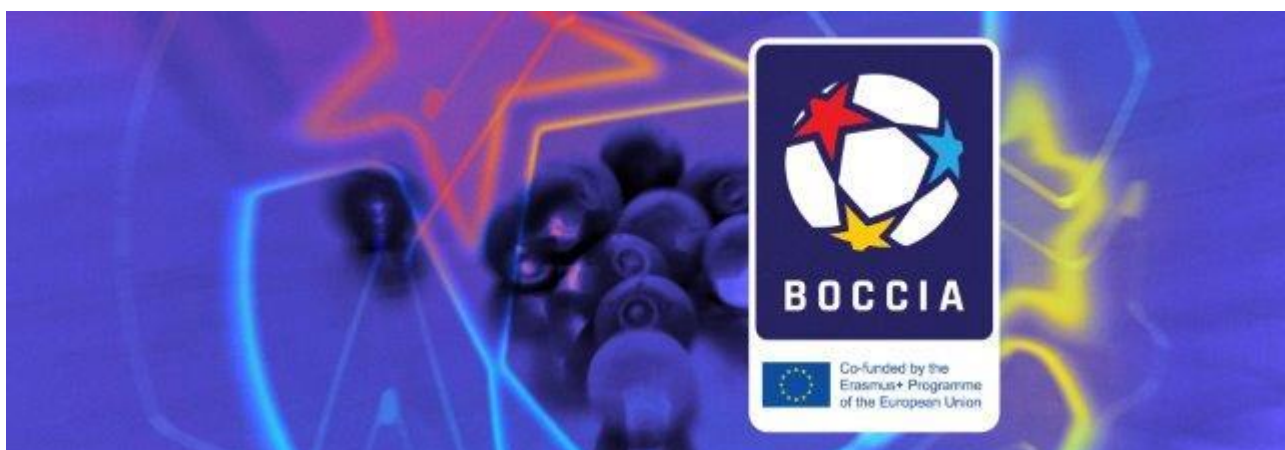
Outputs:

- 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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ПОЧЕТНА ШТИП РЕГИОН МАКЕДОНИЈА СВЕТ СПОРТ ЗАНИМАЛИВОСТИ ЗДРАВЈЕ

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Паралимписката игра бочија се игра и во Делчево

By Телевизија Стар · August 4, 2016

531 0



Се ферли првата топка од играта Бочија со што и официјално од Делчево тргна оваа паралимписка игра популарна во 50 земји во светот. Та ја освојува и Македонија.

Следете ни на Facebook



На презентацијата на играта Бочија во Делчево беа присутни претставници од Бугарија, Грција и носителот на проектот „Старт“ од Полска, како и групата од Македонија. Следниот чекор е учеството на македонските претставници на меѓународниот натпревар на Бочија во Полска.

