



Raport No 5 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: Greece, Kilkis, Pikrolimni

Date: 24th June to 1st of July 2016 - 7 days

Participants: 5 countries, 5 people from each country:

- Hosting organization - Non Profit Company “Center for Social support”, Kilkis, Greece- 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 Greece.
Accommodation: Hotel Spa Pikrolimni (around 25 km from Kilkis - all hotels in Kilkis were booked due to the immigration crisis in the region).
- 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,

- 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 Kilis - 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:

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

24.06.2016

Arrival day (Poles by plane to Thessaloniki, Turkey by bus from Izmir, Istanbul) FYR of Macedonia and Bulgaria by private cars). All teams were accommodated in Hotel Spa Pikrolimnis (around 25 km from Kilis –the seat of hosting organization - Non Profit Company “Center for Social support”) - all hotels in Kilis were booked due to the immigration crisis in the region. All took part in first meeting of teams and Greece coordinator (discussions on the training, changes in the schedule etc.)

25.06.2016

The first day of workshop.

- Presentation of Center for Social Support - meeting with the staff and President of CSS.
- Short sightseeing of Kilis.
- 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 Turkey, Boccia Erasmus in Georgia

26.06.2016

- Visit to the Thessaloniki and Chalkidiki – by bus.
- Participants organized two demonstrations in the destination - inviting passers to play. 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.
- Sport activity – boccia and waterpolo games between the teams.

27.06.2016

Workshop addressed to volunteers lead with help of team members:

- Boccia - rules of the game: definitions, equipment and devices, court structure, the way of setting the lines - practical part in the sport venue.
- Workshops for teams:
 - Boccia - rules interpretation – continued, theoretical part.
 - Practical part - game, scoring, penalties, assisting, call room, etc. - in the sport venue.

28.06.2016

- Workshop for volunteers and team members:



- "Dealing with disability" care and hygienic methods for wheelchair users; physical and social activation of the disabled people.
- Recreation & sport activities for disabled.
- How to choose a proper wheelchair
- How disabled people could functioning in the urban space (city) - especially wheelchairs users). How to transfer disable person in different situation in home or public space, 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. Transfers from different positions: sitting, lying down, with chairs on the wheelchair, various techniques that can be used by two people or alone.

29.06.2016

- Boccia presentation at the Kilkis school with participation of CSS staff and disabled persons

Workshop:

- Boccia - practical/theoretical part, how to improve the game, Boccia - training methods - theoretical and practical part (types of throws, boccia training tasks, etc.).
- Competition as a factor of progress in the development of sport –
- Simplified rules of Boccia for integration competitions.

For volunteers:

- 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.

Both teams and volunteers:

- Boccia tournament demonstration in Kilkis - inviting passers to play.

30.06.2016

- Presentation of the training methods.
- Boccia competition between new trainers and volunteers.
- Exams for volunteers: Tests theoretical and practical
- Farewell Dinner:
 - Summary of workshop.
 - Certificates awarding - volunteers
 - Preliminary plans for the next trip
- Social meeting.

1.07.2016

- Departure from Kilkis/Pikrolimni

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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of the European Union



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





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Erasmus + sport Boccia dodał(a) nowe zdjęcia (4) do
albumu: **Boccia for everyone.**

Opublikowane przez: Romuald Schmidt · 28 czerwca o 22:25 ·

female Boccia & male Boccia - Boccia for everyone

"Boccia - Erasmus+Sport" workshop in Greece

Program "BOCCIA - Enhancing the quality of life of people with disabilities
and their environment through Paralympic sport Boccia" co-funded by
Erasmus+Programme of the European Union

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Erasmus + sport Boccia udostępnił(a) swój album **The
next day in Kilis.**

Opublikowane przez: Veska Milanova · 27 czerwca o 21:15 ·



Erasmus + sport Boccia dodał(a) nowe zdjęcia (41) do albumu: **The next day in Kilis**
— z: Şeyda Diker i 4 innymi użytkownikami.

Opublikowane przez: Romuald Schmidt · 27 czerwca o 17:50 ·

The next day of workshop in Kilis, Greece and as usually happens a lot

The workshop program contains numerous topics : "Dealing with disability" care and
hygien...

[Zobacz więcej](#)



Erasmus + sport Boccia dodał(a) nowe zdjęcia (16) do
albumu: **Probably the most important event in Europe this
week** — z użytkownikiem Beata Urbańska.

Opublikowane przez: Romuald Schmidt · 25 czerwca o 22:42 ·

Probably the most important event in Europe this week

Program : "BOCCIA - Enhancing the quality of life of people with disabilities
and their environment through Paralympic sport Boccia" co-funded by
Erasmus+Programme of the European Union

Location: Greece, Kilis

Date : 24.06 – 1.07. 2016... [Zobacz więcej](#)

[Zobacz tłumaczenie](#)



Erasmus + sport Boccia

Opublikowane przez: Romuald Schmidt · 18 lipiec o 14:19 ·

We proudly present the third inspiring and cheerful video of Boccia Erasmus
+ Sport workshops this time organized in Kilis, Greece 24.06 – 1.07.2016
<https://www.facebook.com/erasmusBoccia/?fref=ts>

[Zobacz tłumaczenie](#)





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