

**AVRUPA DAYANIŞMA PROGRAMI** 

ilham al katıl uygula parçası ol

BIR DERLEME: SPOR

konusundaki Erasmus+ projeleri





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  - 2. Development of Preschool Physical Activity Program For Strengthening of Grassroots Sports in EU
  - 3. Sport has Power to Change Europe! (European Sport Volunteers as a Social Leader and Social Innovator)
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  - 22. GB (Greenbike)
  - 23. BasketforAll (Basketball as a Tool For Social Empowerment)
  - 24. Cneering (Citizens Reaching The Nature Through Orienteering)





# İÇİNDEKİLER

- 25. CcPL (Cross-Cultural Physical Literacy)
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- 34. Master Team (Healthy Lifestyle For All Ages with the Master Team)
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- 36. ReMentoring in Sport (Reverse Mentoring in Sports For Next Generation Sporting Success)
- 37. SENS (For Sustainable Environment, Nature Sports)
- 38. T20 (Time 2 Outdoor)

Bu broşür, ilgili konu üzerinde derleme olup Erasmus+ Programı kapsamında hibe alan tüm örnek projelere erişmek için <u>Erasmus+ Project Results Platform</u> (https://erasmus-plus.ec.europa.eu/projects) sayfasını ve Avrupa Dayanışma Programı projeleri için de <u>ESC Project Platform</u> (https://youth.europa.eu/solidarity/projects/) sayfasını inceleyebilirsiniz.





## Erasmus+ Proje Örnekleri



## TÜRKİYE ULUSAL AJANSI

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# Spor Alanında İş Birliği Ortaklıkları 2014 - 2022

### "FAV" Fans Against Violence

TOPLAM PROJE BÜTÇESİ:

393.280 €

TEKLİF ÇAĞRISI YILI:

2014

PROJE DÖNEMİ:

2015-2016

KOORDİNATÖR KURUM:

Türkiye Basketbol Federasyonu

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

5 ülkeden 5 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Bulgarska Federacia Po Basketbol (Bulgaristan)
- Federacion Espanola De Baloncesto Asociación (İspanya)
- Hrvatski Kosarkaski Savez (Hirvatistan)
- Lietuvos Krepsinio Federacija (Litvanya)

#### PROJE ÖZETİ

Fans Against Violence is an international project, which aims to reduce fan violence in basketball. Fan violence in sport is a serious issue that has various negative effects on clubs, athletes, spectators and even the image of the game itself. This project aims to decrease the violence by increasing the communication between fans of different teams, raise empathy and ultimately create a value of being a fan of basketball instead of being only the fan of a team. The project is unique because of three aspects. Firstly, it is a project managed by Basketball federations, as the main policy makers in basketball from Bulgaria, Croatia, Lithuania, Spain and Turkey and it increase the corporate and sustainable partnership in European Level. Second aspect is the methodology of the projects, as its' main idea is to involve Fan groups as an active part of problem solving. Since fan leaders are the only people who can control fan groups' behaviors, we plan to reach them at first place and appoint them as an active part of the project. And third, we aim to build a Structural Dialogue between all stakeholders to make efficient policies against violence and fan incidents. Even tough Basketball federations are in charge of the project, the great value could only be revealed by the active participation of clubs, fans and other stakeholders such as players, academicians, law enforcement agencies, and media. By the strategic implementation of the project, the positive values are going to be spread to basketball games in selected leagues with a campaign designed and lead by Fans. The outcomes, the positive results and the intellectual outputs of this project could later be implemented by other European basketball federations and other sport branches as a constitute good example.

# Development of Preschool Physical Activity Program for Strengthening of Grassroots Sports in EU

TOPLAM PROJE BÜTÇESİ:

263.175 €

TEKLİF ÇAĞRISI YILI:

2017

PROJE DÖNEMİ:

2018-2019

KOORDİNATÖR KURUM:

Spor Gönüllüleri Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

5 ülkeden 6 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Detska Gradina Mecho Puh (Bulgaristan)
- Hacettepe Üniversitesi (Türkiye)
- Kolymvitikos Athlitikos Omilos Asterias (Yunanistan)
- Libera Universita Di Bolzano (İtalya)
- Univerzita Komenskeho V Bratislave (Slovakya)

#### PROJE ÖZETİ

The titles and dates of the work packages realized within the scope of the project are as follows. WP-1: Current Situation And Needs Analysis Study (Feb.18- Nov.18) • WP-2: Development of the Preschool Physical Activity Program (Nov.18- Apr.19) • WP-3: Pilot Scheme of the Preschool Physical Activity Program (Apr.19-.Oct19). WP-4: Project Management Activities (Jan.18-Dec.19) Transnational meetings with the scope, locations and dates below were held for the implementation and follow-up of the current work packages. Kick-off Meeting (Istanbul, Turkey) 1. Workshop (Padova, Italy) 2. Workshop (Bratislava, Slovakia) Evaluation Meeting (Kazanlak, Bulgaria) Final Meeting (Istanbul, Turkey). Multiplier Event (Istanbul, Turkey) The applied work packages are detailed as follows and realized accordingly.WP-1: Current Situation And Needs Analysis Study (Feb.18- Nov.18)1.1. Preliminary Studies for Needs Analysis (Desk work)1.2. Literature Research (Desk work)1.3. Conducting the surveys and interviews with target groups (Field Work)1.4. Taking the opinions of relevant stakeholders and evaluating the findings (Focus Group Meetings) 1.5. Preparing the Needs Assessment Report (IO-1)WP-2: Development of Fun-Based Preschool Physical Activity Program (Nov.18- Apr.19)2.1. Activities for Development of Preschool Physical Activity Program 2.1.1. Defining the scope of the Program 2.1.2. Development of the Syllabus 2.2. Development of training modules, tools, materials and resources for volunteers and trainers 2.3. Development of practice resources for family members and other related people2.4. Creating of digital contents2.5. Development of interactive web platform and mobile applicationWP-3: Pilot Scheme of the Preschool Physical Activity Program (Jun.19-Oct.19)A pilot scheme was implemented to test the Preschool Physical Activity Program. Each project partner planned and coordinated an online pilot learning activity by using an interactive web platform in its own country. SVA implemented the pilot scheme with both online and traditional learning methods. Before implementing the pilot, each project partner organized local awareness seminars for target groups. Also, each project partner supported the digital campaign launched by SVA through social and digital media tools. Each project partner accepted applications via the web platform and selected 30 participants. Participants registered via web platform and completed the online training course. Each project partner organised a face-to-face interview (or video conference) with 6 participants who completed the online training. Feedback was received about the online training program from these participants. Feedback results were sent from project partners to SVA. SVA prepared a "Pilot Scheme Report" using the results. This Report was the third and final intellectual output (IO-3) of the project.WP-4: Project Management Activities (Jan.18-Dec.19)4.1. Activities for communication with partners4.2. Activities related to the financial and administrative management4.3. Activities for transnational project meetings4.4. Multiplier events in Turkey4.5. Traditional and digital dissemination activities 4.6. Preparing of "Project Final Report" With the implementation of the project work packages stated above, the following intellectual outputs were developed.Intellectual OutputsIO-1: Needs Analysis ReportIO-2: Preschool Physical Activity Program (Main Intellectual Output) • Syllabus • Guidelines • Lesson Plans • Activity Plans • Reading Resources • Presentations • Instructional and Training Videos • Interactive Web and Mobile-Based Training Modules • Interactive Training Materials • Interactive Assessment Tools IO-3: Pilot Scheme Report

# "Sport Has Power to Change Europe!" European Sport Volunteers as a Social Leader and Social Innovator

TOPLAM PROJE BÜTÇESİ:

266.260 €

TEKLİF ÇAĞRISI YILI:

2018

PROJE DÖNEMİ:

2019-2021

KOORDİNATÖR KURUM:

Spor Gönüllüleri Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

5 ülkeden 5 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Asociacia Za Razvitie Na Bulgarskiasport (Bulgaristan)
- Cesie (İtalya)
- Eyropaiko Institoyto Topikhs Anaptykshs (Yunanistan)
- Fundacion Universitaria San Antonio (Ispanya)

#### PROJE ÖZETİ

#### Background

European citizens are facing various social problems. Issues such as growing inequality and youth unemployment are social issues that need to address by all related stakeholders including sport stakeholders. Sport can be used as a tool to promote integral health, equality, social inclusion and improve employability among European. In order for sports volunteers to act as a player/pioneer of social change, their profiles need to be re-addressed in terms of social leadership and innovation.

#### Objectives

The special objectives of ESVOL project are to; To promote social leadership and social innovation education for sports volunteers which will lead to new business/idea creation in the sport-related social field, To facilitate innovative learning practices in social leadership and social innovation in sport by developing the gamified platform and open online course (MOOC) and implementing training for sports volunteers.

#### Implementation

The following activities were carried out: Literature review Reviewing the Best Practices in the EU and the World Determining the New Profile of Sports Volunteers (survey study and interview) Gathering Expert Opinions and Examining the Findings (Focus Group Meetings) Development of Web-based Massive Online Open Course (MOOC) Development of Gamified Online (Mobile) Platform Pilot Scheme of the Program Reporting and Dissemination

#### Results

It was reached the following outputs planned in the project form. Massive Online Open Course (MOOC) on Social Leadership and Social Innovation for Sport Volunteers (esvolacademy) Gamified Online (Mobile) Platform (esvolon /ios, android) Impact Assessment Report

#### "ECOCOM"

### Encouraging Students to Pursue Grassroot Sports Activities Outdoor in an Eco-friendly Manner

TOPLAM PROJE BÜTÇESİ:

388.853 €

TEKLİF ÇAĞRISI YILI:

2019

PROJE DÖNEMİ:

2020-2022

KOORDİNATÖR KURUM:

Gazi Üniversitesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

5 ülkeden 6 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Milli Eğitim Bakanlığı (Türkiye)
- Oesterreichische Jungarbeiterbewegung (Avusturya)
- Perifereiaki Diefthynsi Protovathmias & Defterovathmias Ekpaidefsis Thessalias (Yunanistan)
- Sdrujenie Maria Kiúri (Bulgaristan)
- Vzgojno-Izobrazevalni Zavod Antonamartina Slomska Maribor (Slovenya)

#### PROJE ÖZETİ

The project aims to provide a framework and training materials for sport teachers and trainers that will be able to conduct several trainings to youngsters (at school aged 7-16 years old) and youth at sport clubs on implementing sports activities that embrace nature as an entity to be respected from an ecological point of view, reducing and avoiding any impact on the nature from exercising sports activities (destroying forest grounds, damaging plants and wildlife, etc.). By undertaking such awareness training among youngsters, sustainable and ecology friendly sports and health enhancing physical activities will be propagated. Students and youth will be stimulated to learn more about ecology education as well as to play grassroot sports including possibilities to find solutions, working together in realising them and strengthening their social skills in propagating the social inclusion impact to other peers and stakeholders, thus creating an "awareness ecosystem via sports" with direct results. Our target group are:• sport youth leaders and workers that are organising sports activities • current active sports / physical education teachers/trainers• students/youngsters (aged between 7 and 16) • all citizens in the societyWhat is the solution that this consortium suggests?• IO1: A "Train the trainer" guidebook for sports teachers and trainers that focus on how to organise and conduct an environmental grassroot sport activities in schools and at non-formal actions by sports & youth organisations (train the trainer approach)• IO2: A handbook "How to pursue sports activities outdoor in an Eco-friendly manner" for conducting a sport activity by child / youngsters himself/herself considering tips and tricks that they could follow-up while preparing or implementing relevant sports activities in Eco-friendly manner.• IO3: A multilingual mobile app integrated via online informative community portal with instructive educational training videos

## "SiNAFE" Social Inclusion of African Athletes in Europe

TOPLAM PROJE BÜTÇESİ:

313.545 €

TEKLİF ÇAĞRISI YILI:

2020

PROJE DÖNEMİ:

2021-2023

KOORDİNATÖR KURUM:

İstanbul Bilgi Üniversitesi

KOORDİNATÖR ÜLKE: Türkiye

ORTAKLIK YAPISI:

7 ülkeden 8 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Association Kampos Saint Denis Academie Football (Fransa)
- Esprit De Sport International (İsveç)
- Iscte Instituto Universitário De Lisboa (Portekiz)
- Loughborough University (Birleşik Krallık)
- Mission 89 (İsviçre)
- Ngo Atına Citizens Association For Combat Against Traffincking In Human Beings And All Forms Of Gender-Based Violence (Sirbistan)
- Univerzitet U Beogradu (Sirbistan)

#### PROJE ÖZETİ

The acronym of the project is "SINAFE" means simplicity in Hauna language, which is one of the most widespread languages of west Africa. In this project, we try to preserve a simple but crucial idea; having equal conditions in sport is a human right. That's why, with the principle of simplicity, we aim to create an understandable and reachable support mechanism for African migrant athletes. With the perspective of "sport as a human right", it targets to encourage social inclusion and support providing equal opportunities in sport for all people, including the ones from a disadvantageous background. In spite sport is seen as a perfect tool for social mobility and the stories from sport, particularly football, presents a dream for many young athletes, many athletes are coming from poor countries suffer from social exclusion in the country they migrated. The migration of an increasing number of athletes to Europe in recent years makes this issue important in the European context. That is why the direct target group of the SINAFE is migrant African athletes in participant countries. Consecutively, the final beneficiaries of the project are migrant athletes in various sports and from different countries as well as various sport organisations, migration institutions, NGOs working on migration or sport, universities, policy actors and/or legislators. The overall objectives of SINAFE are: To develop a support mechanism for social inclusion of migrant African athletes in Europe; Contribute to innovative approaches to training for migrant athletes by developing a curriculum including rights, legal procedures and occupational information using inclusive and empowering techniques.

# Spor Alanında Küçük Ölçekli Ortaklıklar 2014 - 2022

### Strong Kids

TOPLAM PROJE BÜTÇESİ:

40.795 €

TEKLİF ÇAĞRISI YILI:

2016

PROJE DÖNEMİ:

2017-2018

KOORDİNATÖR KURUM:

Çanakkale Onsekiz Mart Üniversitesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

5 ülkeden 5 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Katholieke Hogeschool Vives Zuid (Belcika)
- Latvijas Universitate (Letonya)
- Turn U Sportverein Falkensee Ev (Almanya)
- Universita Degli Studi Roma Tre (İtalya)

#### PROJE ÖZETİ

According to the main goals of the project, implementation was as follows: Main goal 1: To develop a program for pre-school and primary school children for early childhood movement in Turkish- through 2 pilot implementation projects in a kindergarten (ÇABAÇAM) and a primary school in Canakkale Main goal 2. To create an international platform to work, exchange tools and approaches and review best practices of all partner organisations who are professionals in the relevant field Main goal 3. To develop (with partner countries) tools for teacher education to integrate early childhood movement education in the syllabus of teacher candidates and with this strategy: make the results of the work, in terms of the scope of the project, more sustainable Phase 1: Planning, best practices researched, preparation for action, resourcebuilding, partner communication carried out. Phase 2: Partner network meeting Germany: partner roles, curriculum framework design outlined, good practices, program resources shared, work plan detailed. Program design and adaptation completed. Main topics for our two pilot applications selected as: gymnastics and basic motoric development, outdoor pedagogy, music and dance and social games for groups aged 4-6/6-8 years. Partners contributed best practice programs and methodology examples in sport education from their national context, together with universal curriculum design and pedagogical guidelines. Phase 3: Pilot 1: Activity program developed for the pre-school age group with partner and local advisory team expertise contribution. Implementation in nonformal early learning centre serving less privileged children, including refugees (ÇABAÇAM) planned by local project team. Preschool teacher trainee volunteers trained to deliver activities. Sports materials and resources acquired and accessible on site. Eight weeks of sports activities carried out in Turkish Preschool with children aged 4-6 supervised and mentored by local team. Pre and post assessments (motoric tests) completed to measure effect of activities on children's motor skills, observations, interviews and logged progress reports applied with volunteers to assess program effect both on children and on young adult participants. Phase 4: Pilot I/II: Program modified for second term of eight week sports activities with preschool children aged 4-6, (this section additional to the original program), activities carried out with a new group of children and additional trained trainee teachers at this preschool location. Pilot II: Eight weeks of sports activities carried out in Turkish Primary school with children aged 6-8, assessments carried out with volunteers and children (multiple tools). Classroom observations and guided discussions with teacher trainees implementing this program, providing children of diverse backgrounds regular opportunity for corporal expression and the possibility to use motor skills, employed to assess its positive, accumulative effects on multiple aspects of children's development, including attitudes, behaviours, skills and motivation. Phase 5: Strong kids Congress held in Çanakkale, Turkey attended by local stakeholders, participants and international partners. Mutual benefits of project shared, international good practice training demonstrations given by partner experts, attended by participant and non-participant volunteers, Strong Kids program presentations carried out by practising teachers, participating trainees and children; Teacher trainee participant assessment carried out (focus group). Phase 6: Partner review of project completed; partner assessment tools completed; participant assessments reviewed; Project evaluation discussed; Planned material outputs delivered and disseminated (brochure, on-line teaching material, teacher training file). Sustainable features of project identified.

# Sport and Physical Activity Against Children's Technology Addiction

TOPLAM PROJE BÜTÇESİ:

41.830 €

TEKLİF ÇAĞRISI YILI:

2017

PROJE DÖNEMİ:

2018-2019

KOORDİNATÖR KURUM:

Türkiye Herkes İçin Spor Federasyonu

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Antalva Genclik ve Spor Kulübü Derneği (Türkiye)
- Fundacion Deportiva Municipal De Valencia (Ispanya)
- Institutul National De Cercetare Pentru Sport (Romanya)

#### PROJE ÖZETİ

To promote awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all, The project Sport and Physical Activity against Children's Technology Addiction has been implemented by an international consorsium which lead of HİS. The consorsium is consist with HİS, FDM Valencia, INCS Romania and AGSK Turkey. The main objective of the project is that, as a result of the developing technology, the sociological, psychological and physiological negative effects of the society, especially the children, after they move to a still life style rather than a moving lifestyle than the past, have been removed from the society, with the computer, tablets, internet and smart phone taking an important place in our lives. The project was started on 1st of January, 2018 and completed on 30th of June, 2019 in totaly for 18 monhts. Project implementation process consists of 5 basic parts:1st PART: 1st meeting in Spain, Preparation of the coordinator for the pilot implementatios as a result of the first meeting of the partners and evaluation of the project process (Januray - June 2018. In this part, the Kick-off meeting was held on 2nd and 3rd of March, 2018 in Spain. After this meeting, partner FDM Valencia prepared a basic sport and pyhsical activities programme for children target group age between from 6 to 13. The coordinator HİS brought a survey to the meeting about technology addiction for children and their family. And evaluted the survey with the all partners.2nd PART: 1st Pilot project implementation at provincial sport center in Antalya (July - August 2018. In this part,the 1st pilot project sport implementation was implemented on july and august in 2018 in Antalya/Turkey by partner AGSK. And also, techonology addiction seminar was held for childrens's and their families by youth worker who works in Youth center. After that the 1st sport festival was organized on 12th of september 2018 in Antalya by the Coordinator HİS hosting in partner AGSK. 3rd PART: 2nd pilot project implementation at Primarly and Secondary School in Ankara (September 2018-January 2019). Because of the weather condition in Ankara and some challenges about the bureaucratic procedures After that, the school's managements suggested to delay the programme to March and April 2019. We accepted this suggestion because, delay it according to suggestion was the best choice. So, The pilot project implementations in two schools were held between march and April 2019 in Ankara in the same time. The seminar about techonology addiction implemented for the students and their families by the guidance teachers. After the end of the program, a sports festival was organized in the garden of each school.4th PART: 2nd meeting in Romania, evaluation of the questionnaires (February 2019). This meeting was held on 7th and 8th of February 2019 in Romania. All partners evaluted the survey result and also discussed the project life until this meeting and planned the next life of project from this meeting to finish of the project.5th PART: Final seminer in Antalya organized by the Coordinator. The final meeting and seminar organized by Coordinator HİS with the help of all partners. On the first day of the meeting, an evalutaion and quality control meeting was held by all partners attending and beside a public seminar on technology addiction was held with the participation of local institutions, academicians, athletes, coaches, teachers and parents. After this seminar, some sport activities and some pyhsical educative games were performed by coaches and childrens. On the second day of final meeting, the partners discussed about the overall evaluation of the project and what to do in the next project consorsium and final report process. For more and detail information, please have a look at www.sportchildren.net offcial web site of Project.

# "Hydrotherapy Method" Integrating Disabled People Into Social Life with The Hypotherapy

TOPLAM PROJE BÜTÇESİ:

49.140 €

TEKLİF ÇAĞRISI YILI:

2018

PROJE DÖNEMİ:

2019-2020

KOORDİNATÖR KURUM:

İnönü Üniversitesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Municipio De Lousada (Portekiz)
- Rijeka Sports Association For Persons With Disabilities (Hirvatistan)
- Szczecinska Szkola Wyzsza Collegium Balticum (Polonya)

#### PROJE ÖZETİ

While many countries have started taking action to improve the lives of people with disability, much remains to be done. The evidence in the World report on disability suggests that many of the barriers people with disability face are avoidable and that disadvantages associated with disability can be overcome. Therefore, the purpose of this project was to explore experiences of children with disability on therapeutic recreation, namely Hydrotherapy and Hyppotherapy methods. It was also aimed to train the trainers who train people with disability. Technologically facilitated and environmentally positioned, hydrotherapy and hyppotherapy implementations bring together the distal and the proximate to produce a particular experience of space, a particular mobilisation of emotion, and a particular physical and mental enhancement. We drawn upon project within the social sciences that has acknowledged the importance of an embodied engagement with environments and the activities that are seen as therapeutic or restorative for their ability to instil a sense of well-being and calm through a re-centering of the self. To promote awareness of the importance of health-enhancing therapeutic recreation activities (i.e., Hydrotherapy and Hyppotherapy implementations), the project Integrating Disabled People into Social Life with the Hyppotherapy-Hydrotherapy Methods has been implemented by an international consortium which lead of Department of Exercises and Sports in people with disability, University of Inonu. The consortium was consisted with Rijeka Disability Sports Association, Szczecinska Szkola Wyzsla Collegium Balticum, and Municipality Lousada. The project was started on 1st of January, 2019 and completed on 31th of December, 2020 in totaly for 24 monhts. The first kick of meeting of our project, in coordination of Inonu University Faculty of Sports Sciences, was held between 17-18 March 2019 in Malatya which city of the Turkey. The second interim meeting of our project was held on 16-17 July in Lousada by Municipality of Portugal. The third meeting of our project was held on 20-21 November in the city of szczecin, Poland, which is a partner country. The final meeting of our project was held online on 10.11.2020 due to the COVID-19 pandemic. Croatia partner attended all meetings with 1 missing person. Portugal partner attended the third interim meeting 1 missing person. Implemented activities consisted of four basic stages: Stage 1: Project Meetings, Stage 2: Trainer Training and HHTP, Stage 3: Seminars and Conferences, Stage 4: Measurements. In order to perform quality control efficiently, we assigned tasks, prioritized what's most important to our paerners, and set project timeline, milestones and dependencies, and manage our paerners' entire projectloads. Our collaborative partnership offered an opportunity to develop, transfer and implement outputs, and engage into intensive dissemination and exploitation activities of our innovative ideas about hydrotherapy and hydrotherapy methods for children with disability. We involve various organisations and actors in and outside sport, including in particular public authorities at local, regional, national and European levels, sport organisations, sport-related organisations and educational bodies. Our project management and implementation phases of hydrothrapy and hyppotherapy address the impact of a health condition on a person's everyday life, by optimizing their functioning and reducing their experience of disability. It expands the focus of health beyond preventative and curative care, to ensure people with a health condition can remain as independent as possible and participate in education, work and meaningful life roles.

## "IRTS" Integration of Refugees Through Sport

TOPLAM PROJE BÜTÇESİ:

50.880 €

TEKLİF ÇAĞRISI YILI:

2019

PROJE DÖNEMİ:

2020-2020

KOORDİNATÖR KURUM:

Sorgun Gençlik Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Centro Internazionale Per La Promozione Dell'educazione E Lo Sviluppo Associazione (İtalya)
- Fundacion Universitaria San Antonio (İspanya)
- Karasu Gençlik, Sanat Ve Spor Kulübü Derneği (Türkiye)

#### PROJE ÖZETİ

The project aimsto promote through sport, social inclusion and equal opportunities for all besides raising awareness of the importance of health-enhancing physical activity. These objectives will be reached through transfer of innovative practices at European, national, but also at regional and local levels and so to contribute to the development of a European dimension of sport. In fact by bringing people together, sport has the potential to make an important contribution to the integration of socially marginalized people, above all when migrants, thus contributing to building communities while fighting attitudes of xenophobia and racism, especially for young that are more responsive to bad influences. Project focuses on employing the methodology of Education Through Sport (ETS) as a vehicle of upskilling and curricular enhancement of Sport Coaches and Trainers working in the field with disadvantaged target groups with migrant background in the perspective of fostering inclusion and equal opportunities in as well as through Sport for migrants. The project pursues the specific Erasmus+ Small Collaborative Partnership priorities related to encouraging social inclusion and equal opportunities in Sport. Our Project aims at answering the challenge of social exclusion of migrants in Europe, with a particular focus on addressing the compelling issue of systematic under representation of migrants in non-playing roles within Sport clubs and organizations.

## "Sport for ALL for Sport" Gathering Popularity For Disabled Sport

TOPLAM PROJE BÜTÇESİ:

53.430 €

TEKLİF ÇAĞRISI YILI:

2019

PROJE DÖNEMİ:

2020-2021

KOORDİNATÖR KURUM:

Pendik Belediyesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Asociatia Clubul Sportiv Experientamultisport (Romanya)
- İstanbul Kent Üniversitesi (Türkiye)
- Municipio De Lousada(Portekiz)

#### PROJE ÖZETİ

#### Background

Our project is an Erasmus+ Small Collaborative Partnership project called "Sport for ALL for Sport: Gathering Popularity for Disabled Sport". Under the coordination of Pendik Municipality (Turkey), the Project was implemented wth Lousada Municipality (Portugal), Asociatia Club Sportiv Experienta Multisport (Romania) and İstanbul Kent University (Turkey) partners between 01.01.2020 and 31.12.2021. Normally our project duration was 18 months but we have taken extension because of Covid-19 pandemic

#### Objectives

The aims of the project are gaining supporters to disabled sports, raising awareness on disability in schools, motivating disabled people, their families, and supporters of disabled sports, protecting disabled people's health via sport, to supporting cognitive, sensory, and motor development through physical activity of disabled people for children, young people, adults between 8 and 30 years old.

#### Implementation

Two stages have been executed by each partner in the implementation process: surveys and sports events/awareness activities. The partner, Kent University, created the questionnaires in English to be applied by each of the partners. Each partner has translated them to local languages and applied them to select participants of project activities. During the applying activities phase, each partner organized sports events, training, and dissemination activities for the target group.

#### Results

81 questionnaires were implemented by the 4 partners in 3 different countries. A total of 24 sporting events were held divided by the 3 participating countries. Important days were also celebrated, namely 1 activity for Autism Day, 3 for World Down Syndrome Day and 4 for World Disability Day. The European Week of Sport was also celebrated with 5 events. 11 awareness-raising activities were also organized that contributed to the population's awareness of adapted sports.

## Social Inclusion of Hearing Impaired Youth Through Sport

TOPLAM PROJE BÜTÇESİ:

54.070 €

TEKLİF ÇAĞRISI YILI:

2019

PROJE DÖNEMİ:

2020-2022

KOORDİNATÖR KURUM:

Esenler Gençlik ve Spor Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Budapesti Egyesület A Nemzetközi Sportert (Macaristan)
- Champions Factory (Bulgaristan)
- Youth Innovation Ltd (Birleşik Krallık)

#### PROJE ÖZETİ

Young people with disabilities face greater barriers and challenges in every aspect of their lives. With this project we are aiming for social inclusion of young people with hearing impairments young people with fewer opportunities using sport as a tool. Turkey as the applicant and coordinator, Hungary, UK and Bulgaria are the partner countries of the project. Each participating organisation has a significant role in preparation, implementation and dissemination phases of the project that will last eighteen months. There will be local and transnational events during this project. Turkey, Bulgaria and Hungary will hold a transnational meeting and number of local meetings and workshops in various phases of this project. Our key innovative activity is to set up Orienteering Sporting Event for Hearing Impaired Youth to ensure their full inclusion in sport activities and in societies Bringing youth with disability, fewer opportunity and their peers together to increase cohesion and inclusion. The European Union added value of the project is addressing the current discrimination issues disabled youth face (in order to provide more equal opportunity), addressing health issues due to lack of physical activity as well as promoting intercultural dialogue in EU and its neighbouring countries using sport as a tool to achieve these. The local and regional benefits of their activities are mutual knowledge-transfer between them and locals, and also their organisational practical actions, which develop the local community, encourage them do more physical activities among the young people with disabilities. With the disseminated results of the projects in Youth Platforms, the project results will be more visible and also will create an impact in the EU level for the beneficiaries of the European Programme and other institutions. With that, we believe, we'll create an impact in European and international levels.

## Combating with Hazards Through Olympic Values

TOPLAM PROJE BÜTÇESİ:

57.775€

TEKLİF ÇAĞRISI YILI:

2019

PROJE DÖNEMİ:

2020-2021

KOORDİNATÖR KURUM:

Türk Spor Vakfı

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 5 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Bayrampaşa Gençlik Spor Kulübü Derneği (Türkiye)
- Bk Klatovy Z.S. (Çekya)
- Fundacja Europejski Instytut Outsourcingu (Polonya)
- Siauliu Juliaus Janonio Gimnazija (Litvanya)

#### PROJE ÖZETİ

#### Background

There are health & safety hazards involved in Youth Sports. Youth Sports paticipation is very big and dropout rates too. Youth operations of team sports are organised by clubs and priority is sportive success at all ages. Everything else is secondary, even various internal & external hazards which by enforcing droputs, increase inactive & unhealthy lifestyles. Specificly focusing on basketball, we aimed at finding a way to fight abundant health & safety hazards with values-education methodology.

#### Objectives

Our overall aim was to educate young athletes to protect themselves from health and safety hazards by providing open space for them to internalize Olympic Values & Sport Ethics through Basketball. With the help of values-education, our specific objective was a contribution to a healthy future of young generations by informing them about dangerous products, showing them harmful external & internal actors and their consequences which directly effect their health and safety.

#### Implementation

In order to protect young athletes from numerous health & safety hazards with a special focus on Values-Education through Basketball; we organized 3 Transnational Project Meetings in Czechia, Turkey & Lithuania and a range of complementary Local Activities in 4 partner countries with sport coaches, young athletes, varying stakeholders from public – civil – sport sectors. Due to the limitations of the pandemic, our project term was revised as 01.01.2020 – 31.12.2021.

#### Results

As the results of the project, 3 outputs -Values-Based Training Module for Sport Coaches, Project Website and Project Movie- and various outcomes were produced:i. 20 Sport Coaches clearly increased their methodological capacities ii. 191 young athletes benefited from values-based sport activities and 42 of them participated in international mobility with peers from 4 countries for the first time.iii. Exchange of know-how for protection of young athletes was achieved among the partners.

## "Darts4Blind" Darts For Blinds

TOPLAM PROJE BÜTÇESİ:

58.775 €

TEKLİF ÇAĞRISI YILI:

2019

PROJE DÖNEMİ:

2020-2022

KOORDİNATÖR KURUM:

Kahramanmaraş Sütçü İmam Üniversitesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

5 ülkeden 5 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Budapesti Egyesület A Nemzetközi Sportert (Macaristan)
- Cooperhabile-Cooperativa Sociale Onlus (İtalya)
- Municipio De Lousada (Portekiz)
- Rijeka Sports Association For Persons With Disabilities (Hirvatistan)

#### PROJE ÖZETİ

#### Background

"Darts4Blind" is an Erasmus+ sports project coordinated by Kahramanmaras Sutcu Imam University from Turkey. Partners Cooperativa Cooperhabile Onlus from Italy, Rijeka Sport Association For Persons With Disabilities from Croatia, Municipality of Lousada from Portugal, Budapest Association for International Sports from Hungary. With the partnership of five countries, visually impaired people were brought together with Dart and socialized.

#### Objectives

The general aim of our project is to ensure the implementation and dissemination of darts modified by KSU for the visually impaired in other European countries. Its other purpose is to encourage and promote the participation of persons with visually impaired at sporting activities; to be physically active and happy European citizens. To make visually impaired individuals and their families feel that they are valuable members of society.

#### Implementation

Implementation During the project, 5 transnational meetings were held. Darts4Blind was taught by the coordinator KSU to the coaches of the partner countries at the webinar kickoff meeting. Local coaches applied planned Darts4Blind workouts to the visually impaired. A website was created within the scope of dissemination activities. In addition, Facebook, Instagram were used effectively. The project was shared with external stakeholders through press conferences.

#### Results

With our project, we have ensured that the DART sport is practiced by the visually impaired in 5 European countries and recognized in their communities. The visually impaired and their families both became physically active and felt socially happier by playing Darts. With the project, a sense of European citizenship, inclusivity, environmental awareness, physical activity and fighting obesity was created. Our project was carried out in parallel with the objectives of the Erasmus+ Sports Program.

### Sitting Darts

TOPLAM PROJE BÜTÇESİ:

47.425 €

TEKLİF ÇAĞRISI YILI:

2020

PROJE DÖNEMİ:

2021-2021

KOORDİNATÖR KURUM:

Türkiye Bocce Bowling ve Dart Federasyonu

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 5 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

Asocijacija Sport Za Sve Srbije (Sirbistan)

#### PROJE ÖZETİ

#### Background

For disabled people to participate in social life; It is necessary to create environments where communication, self-confidence and skills can be discovered. Support organizations and rehabilitation programs that include various sports and recreational activities increase the quality of life by minimizing the negativities of the orthopedically handicapped. These can help the individual to get rid of the feeling of being excluded from social life.

#### Objectives

We prepared our project for two main purposes. Primary purpose; We want to reach disabled people who are excluded from social life, have limited opportunities compared to their peers, and lack the healing power of sports and sports. Secondary purpose; to reinforce the solidarity and friendship between children by increasing their empathy for their disabled peers. Just like their disabled friends, healthy children will experience playing darts in a wheelchair to develop a sense of empathy.

#### Implementation

Within the scope of the project, a training and tournament module was developed for the disabled. Every organization; He provided darts training to all participants for 8 weeks. During the training, the disabled and their healthy peers spent time together. At the end of the training, local tournaments and then international tournaments were held. 2 teams from each organization participated in the final tournament and the champion was determined.

#### Results

As a result, the Sitting Darts project, It improves the quality of life of the disabled; We have seen that he socializes with the help of sports and spends more time with his peers. We have redesigned the sport of darts so that disabled and healthy peers can play together. They trained, played, competed and had fun together. They have accumulated good memories of darts for their next life. We think that they approach sports and social life more positively now.

#### Silent Rackets For Better Inclusion

TOPLAM PROJE BÜTÇESİ:

54.434 €

TEKLİF ÇAĞRISI YILI:

2.02.0

PROJE DÖNEMİ:

2021-2022

KOORDİNATÖR KURUM: Ego Spor Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Cooperhabile-Cooperativa Sociale Onlus (İtalya)
- Municipio De Lousada (Portekiz)
- Nacionalno Dvizhenie Obedinenie Zarazvitie Na Sporta I Sportna Kultura Fuutura (Bulgaristan)

#### PROJE ÖZETİ

What makes visible the disability? Loss of a limb? Limited physical capacity? But some disabilities are invisible until we discovered. Such as; hearing impaired. They're the silent members of the disabled community. Many of them don't experience physical restrictions but they living in silent isolation in our loud community. Especially, the hearing impaired children heavily experience isolation from their peer groups. They're losing their self-esteem, communication skills, and social abilities. Many of them gradually isolated from society and lost in their silence. In that situation, we can, unfortunately, mention the social exclusion of hearing-impaired children because of inadequate inclusive attitudes toward those children. The researches and studies of WHO show that hearing-impaired children mostly face social isolation. Actually, the solution to this situation is simple; providing socially inclusive approaches toward to hearing impaired children like mentioned in European 2020 Strategy. The EU 2020 Strategy gives importance to issues of the disabled population. As EGO Sports Club is aimed to create inclusive sports activity for hearing impaired children. Hearing-impaired children are not different in physical fitness than children with normal hearing. On the other hand, hearing-impaired individuals don't have the same level of social and cultural opportunities with other individuals because of their sensory deficiencies. The main reason for this situation is their preferences for communicating frequently with each other and avoiding communicating with other individuals in society. Another issue is that the physical fitness levels of impaired children are lower than healthy children of similar age. The retardation in motor development, postural failures, balance failures, weakness in muscle strength and problems in social adaptation in these children can affect their physical fitness level in a negative way.

# "SupSport" Supporting Pre-schoolers' Psychomotor Skills For Encouraging Them to Do Sport

TOPLAM PROJE BÜTÇESİ:

58.730 €

TEKLİF ÇAĞRISI YILI:

2020

PROJE DÖNEMİ:

2021-2022

KOORDİNATÖR KURUM:

Pendik Belediyesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 5 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Asociacion Espanola De Fisioterapeutas (İspanya)
- Asociatia Clubul Sportiv Experientamultisport (Romanya)
- Gazi Üniversitesi (Türkiye)
- Municipio De Lousada (Pórtekiz)

#### PROJE ÖZETİ

#### Background

Our project, 'Supporting Pre-schoolers' Psychomotor Skills for Encouraging Them to do Sport', is an Erasmus+ Small Cooperation Partnership project. The project was carried out between 01.01.2021 and 30.06.2022 under the coordination of Pendik Municipality. The partners of the project are Gazi University (TR), Asociatia Club Sportiv Experienta Multisport (RO), Municipio de Lousada (PT) and Asociación Española de Fisioterapeutas (ES).

#### Objectives

The main goal of "Supporting Pre-schoolers' Psychomotor Skills for Encouraging Them to do Sport / supSport" project is to develop the psycho-motor skills of preschool children to meet sports at an early age, and to raise awareness of the families with 3-6 years old children about their contribution to the psycho-motor skill in order to reach the level appropriate for sports as soon as possible.

#### Implementation

During the implementation of the project, three stages were carried out by each partner. These are the application of surveys, the organization of sports events and the realisation of seminars. Questionnaires were created in English by Gazi and all partners implemented. Each partner carried out sports activities in their own country. Seminars were held to improve the psychomotor skills of children aged 3-6, to increase the knowledge level of families and encourage children to do sports.

#### Results

By 5 project partners in total: •343 questionnaires were conducted,•30 sports activities were carried out, •4 TPMs were organized,•10 seminars for families were organized, •European Week of Sports (23-30 September) was celebrated, •Activities were organized within the scope of Erasmus Days and,•Social media accounts and a web page were created for the project.Instagram: supsportprojectFacebook: supsportprojectWeb page: supsport.org

### Sport without Border

TOPLAM PROJE BÜTÇESİ:

59.600 €

TEKLİF ÇAĞRISI YILI:

2020

PROJE DÖNEMİ:

2021-2022

KOORDİNATÖR KURUM:

Esenler Gençlik ve Spor Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Aktif Genclik ve Spor Kulübü Derneği (Türkiye)
- E.O. Sharp Minds (Yunanistan)
- Youth Innovation Ltd (Birleşik Krallık)

#### PROJE ÖZETİ

Sport is never just sport. We aim to increase the social cohesion and inclusion of refugee and asylum seekers children. We will contribute to seek solutions to these multidimensional problems through sport activities. We can achieve this goal only by bringing organizations together from countries where immigration is continuous and intense and where immigrants live in short and long periods. We can find collective solutions with the European cooperation. Our project "Sport Without Border" (SWB) has been prepared with the partnership of four organisations from three countries, Turkey, Greece and the United Kingdom. Refugee and asylum seekers students are very eager to attend PE classes. They play games and do sports with their local peers in the breaks and outside of school. The school administrators, teachers and even the students all agree that the most effective field in integration of pilot practice is 'physical education and sports exercises'. Project target groups: Children of refugee and asylum seeker family Aged: (11-14), (14-16) and 18-25 years old. Project aims and objectives: 1. Social cohesion and inclusion of refugee and asylum seeker children and young people with through sports;2. Increasing the capacities, expertise and capabilities of local non-governmental organizations and these civil society actors working to promote social inclusion and social cohesion of these children and young people;3. Reduce the prejudices and racist behaviour of local communities towards asylum seekers and refugees, and encourage acceptance, tolerance and solidarity; 4. Raise awareness among decision makers to ensure social inclusion and equal opportunities for disadvantaged children and youth, primarily refugees and asylum seekers.

## Enable the Cooperation For Inclusive Sport Actions For All

TOPLAM PROJE BÜTÇESİ:

59.980 €

TEKLİF ÇAĞRISI YILI:

2020

PROJE DÖNEMİ:

2021-2022

KOORDİNATÖR KURUM:

Engeli Olan Bireyler ve Aileleri Gelişim Merkezi

Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI: 4 ülkeden 5 ortak

.

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Aetor Thessalonikis (Yunanistan)
- Asociatia Pentru Promovarea Egalitatii Intre Tineri Adapto (Romanya)
- Mersin İl Milli Eğitim Müdürlüğü (Türkiye)
- Zavod Za Izobrazevanje In Inkluzijoodtiz (Slovenya)

#### PROJE ÖZETİ

#### Background

The people with disabilities and their families were being isolated from society, and they didn't know their rights. Also, the health&wellbeing conditions of PwDs, such as diabetes and obesity have been proven to be up to 66% more likely in disabled people than their non-disabled peers. There was a relation between the isolation of PwDs and their health conditions and we strongly believed that sport is a remarkable tool that can help to change the mentioned exclusion associated with disability.

#### Objectives

Organizational growth; we aimed to ensure sustainable collaboration among civil&public organizations working in the field of disability and sportMethodological development; we aimed to conduct local & international sport activities which gives more chances to PwDs to be involved into society by increasing methodological capasities of sport expertsSport for All context, we aimed to reduce the isolation of PwDs and raise awareness on the rights to actively participate in local sport actions.

#### Implementation

8 Admins meeting was held virtually including KoM.3 administrative meetings held physically during the TPMs.12 Local sport activities were held in 4 partner counties. Study Visit in Slovenia was held in the 8th month Study Visit in GR was implemented in the 10th month International Sport Event and Final Conference in Mersin implemented in the 12th month. Dissemination seminars were implemented in the 12th month in 4 partner countries.

#### Results

5 Sport Clubs, 6 NGO, 7 Public institutions were involved in our project for sustainable cooperation among Public&Civic organizationsA Structured Dialogue Module was createdThrough local sport activities, we've reached 1344 people (323 PwDs) from 103 sport clubs/organizations85 people (24 PwDs)have participated in TPMs38 sport professionals were involved and raised their capacities14812 ppl were reached through social media, a positive perception on sportive participation of PwD has created

### "Hockey 4All" Hockey For All

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2021

PROJE DÖNEMİ:

2022-2024

KOORDİNATÖR KURUM:

Kahramanmaraş Sütçü İmam Üniversitesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 5 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- European Hockey Federation (Belcika)
- Municipio De Lousada(Portekiz)
- Atletic Terrassa Hockey Club (İspanya)
- Associacao De Hoquei De Lousada (Portekiz)

#### PROJE ÖZETİ

Hky4All project is a small collaborative partnership with the specific purpose to use the sport, in particular by the practice of Hockey, encourage children of young age to be more respectful to each other and to difference. At the same time the goal is also to increase the number of young children with or without mental disabilities to have access to the practice of regular physical activity integration program. The way to achieve the main objective is to develop a Hockey 4All Program to be applied in 10 Inclusive Hockey sport encounters + 2 Open Inclusive Sport Events + 2 Seminars - Transnational Coaches Training Camp (organised in Brussels by EHF) + 5 Hky4All webinars for hockey coaches, this activities will be organised with the collaboration of local partners in the area (Sport Clubs) from the sports offer in each partner city. -Raise awareness of the importance of the sport practice in early ages; -Make children more tolerant and cooperative with each other; -Be a link between the sport clubs, associations and schools to overcome the barriers that still already exist towards difference in our European society

# "STRENGTHEN" Stronger Women By Yoga And Pilates As A Health Recovery Tool Against Covid-19 Pandemic

TOPLAM PROJE BÜTÇESİ:

60.000€

TEKLİF ÇAĞRISI YILI:

2021

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Unique Tasarım Mimarlık Ticaret Limited Şirketi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Asd Cvb Sport Yoga Danza E Benessere (İtalya)
- Mındspın Ltd (GKRY)

#### PROJE ÖZETİ

Main challenges to be addressed by this action are: 1-Gender inequality in sport By promoting sports among female role-models we also aim to inspire younger generations on the benefits of active lifestyle. 2- Physical and psychological distress suffered by women due to pandemic Another priority of EU's Sport and Society Policy is to encourage physical and mental fitness and to fight obesity through participation in regular physical activity. The reasons for women's participation in physical activity are listed as follows: -To create a self space and time -To maintain psychological health -To gain a social environment -To value free time -To live a more planned, more programmed life -To stay in shape -To lose weight -To maintain physical health So in order to facilitate inclusion of women, it is necessary to raise awareness against positive effect of sport and physical activity on health, well-being and psychology of the aforementioned target group and encourage them. In this way, we intend to tackle obesity, internal lipoidosis, cardiovascular diseases, stress-related diseases and immune system weakness through participation in regular physical activity as well as facilitating social inclusion and integration through sport. Thus the action targets to bring the European active lifestyle to the local level. For the latter, we will be training the target group of 40 women in 2 parts with consecutive 3-month-long programmes in two countries each, preparing a series of take-home exercise videos and providing them with basic yet effective, low-cost fitness equipment.

### "SPOrTLIGHT" Light From Sport

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2021

PROJE DÖNEMİ:

2022-2024

KOORDİNATÖR KURUM:

Esenler Gençlik ve Spor Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

2 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Asociatia Culturala Branart (Romanya)
- Aktif Gençlik ve Spor Kulübü Derneği (Türkiye)

#### PROJE ÖZETİ

Our project named Light from Sport (SPOrTLIGHT) includes a sports club and NGO partnership. The objectives of the 24-month Project; developing the communication and work skills of coaches and sports trainers with young former drug addicts and youth struggling with substance addiction, and strengthening the quality of their work with these young people; to support the processes of getting rid of addiction of old substance addicts through exercise and sports, to contribute to the rehabilitation processes of young people who are trying to get rid of substance addiction, to increase the sustainability of their success in getting rid of substance addiction by improving their social participation through sports; to contribute to the fight against substance addiction by providing a local and international cooperation environment between youth organizations through sports; to contribute to a more conscious and effective fight against drug use in local communities and European society. The main target groups of the project are sports trainers and coaches and nongovernmental organizations active in the fight against addiction. The final beneficiaries are young former drug addicts and young people struggling with substance addiction. The project will provide sustainable mechanisms and synergies for these groups through complementary activity groups. Project activities and results with local and international dimensions will also open the door to original and creative applications.

### "HERSA" Hemsball, Rising Sun For Autism

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2021

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Aydın Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Denizli Otizm Derneği (Türkiye)
- Centro Universitario Sportivo Palermo (İtalya)
- Sport Evolution Alliance Crl (Portekiz)

#### PROJE ÖZETİ

Our project is an" Erasmus Plus Small Scale Sports Project "under the coordination of Aydin Youth and Sports Provincial Directory with the participants from Cus Palermo, Italy; Vso De Hoge Burg, Netherlands; DAA, Denizli-Turkey. The main idea of this project is to introduce a brand new sport Hemsball which isn't known in Europe and share our pre-study results showing the beneficial effects of Hemsball on children with ASD (autism spectrum disorder). Hemsball will enhance an innovative approach in our study as being a brand new sport branch which can be played everywhere, at every age by everyone. In this project all partners will be working equally by carrying out training for our target group autistic children. Each partner will work with 4 volunteer trainers and each trainer will work with two autistic children individually two hours a week for 4 months. All the trainers will have the knowledge required for those training activities in the first mobility trip to Turkey from the experts of Hemsball and Autism. In order to evaluate the process benefits there will be a measurement section before and after the training section. The measurements of the children's abilities will be taken with a certified technique Bruininsky-Oseretsky by our measurement experts. Pre-training, during-training and post training reports will show the beneficial result of Hemsball to help development of their inefficient abilities. More over there will be activities which will be implemented in cooperation with all the project partners to support the project objectives. As the project coordinator we guarantee to work with our partners for the significant aspects due to the" Inclusion and Diversity" part of the Erasmus Plus guide book. By showing the positive results of our project with our dissemination activities in all partner countries within our international network we aim at suggesting an innovative approach to help the children with autism.

### "EXERCISE WITH TALES"

## Providing Disadvantaged Children Between Ages 3 to 6 Years with Basic Movement Education Through Yoga and Tales

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2021

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Çanakkale Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 5 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Turn U Sportverein Falkensee Ev (Almanya)
- Çanakkale Onsekiz Mart Üniversitesi (Türkiye)
- Türkiye Herkes İçin Spor Federasyonu (Türkiyé)
- Associazione Sportiva Dilettantistica Dojo Karate Pyros (İtalya)

#### PROJE ÖZETİ

The Project aims to provide socio-economically disadvantaged and refugee children between ages 3 to 6 years with basic movement education through yoga and tales in the city of Canakkale and in partner countries. A model will be developed with the idea that every child could engage in sport at an early age regardless of her/his family's socio-economic condition. This model is believed to foster social inclusion and integration of those children into society through sport. Activities are planned to overcome social inequalities, which children have to face in the field of sport, for helping their emotional, cognitive, social and physical development by a method with which they can also have fun at the same time. Workshops and seminars will be organised for families, teachers, staff of participating organisations for raising awareness on the importance of basic movement education. The project meetings will be announced in different social media channels for increasing the visibility. A pre-test and post-test design will be used to measure the development in children's motor skills. For the sustainability of the Project, Child yoga trainings will be provided to public kindergartens' teachers and an "early childhood basic movement education unit" will be established under the Applicant Organisartion, Canakkale Provincial Directorate of Youth and Sports. This unit will offer counselling and training to organisations, kindergarten teachers, parents etc. after the project implementation is finished. The available football stadium within the applicant organisation will be used as a public "YOGA FOR ALL STADIUM" as long as there are no soccer matches. Main activities of the Project: 1. Networking with local and international partners 2. Local and international meetings and seminars 3. Developing a model (a yoga with tales module) for the target population 4. Implementation of the same model in all the participating countries and sharing good practices 5. Raising awareness.

## "S4SC" Sports+ For Social Change

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2.02.1

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Sorgun Gençlik Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Fundacion Universitaria San Antonio (İspanya)
- Ginasio Clube Portugues (Portekiz)
- Universitatea Alexandru Ioan Cuza Din Iasi (Romanya)

#### PROJE ÖZETİ

Today, sport has gone further than just being a set of activities carried out to strengthen people physically and psychologically. In addition to this, sports emerge as an important institution that helps people socialize by revealing their ability to maintain order with their tendency to responsibility and cooperation. Covid-19, it is expected that children will encounter very serious health problems in the future, especially when young people spend long hours at home. In many ways, biological, psychological, social, cultural and economic, covid-19 affects the whole world. In this sense, many activities such as education and games affect our young people negatively. However, inability to use free time, inactivity, weight gain, and some psychological problems are among the most distressing situations encountered during the Pandemic period. In the days of the pandemic, most children and young people now spend their time either playing virtual games at the computer or playing with toys that do not develop creativity or even contain violence. Our project's relevance to the Erasmus+ Sports program is demonstrated by the priorities of helping young people gain the habit of doing sports and contributing to the determination of elite athletes from rural areas through the activities to be organized. Equality of physical and recreational opportunities and Social Inclusion for young people living in rural areas of all ages and background regardless of their place of residence or socio-economic and geographical background constitutes the impulse for this project. Our project has 4 main goals:

1- Making sports accessible to everyone, regardless of their background; 2- To equip the participants with sound practical knowledge and skills to do sports; 3- Demonstrating the social values of Europe through the participation of sport. 5- Creating a guide for the best inclusion and education of socially, economically and geographically disadvantaged people.

## "GB" Greenbike

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2021

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Denizli Gençlik Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Stichting European Network For Innovation And Knowledge (Hollanda)
- Associacao Desportiva Cultural E Social De Carvalhais (Portekiz)
- Denizli Tutku Gençlik ve Spor Kulübü Derneği (Türkiye)

#### PROJE ÖZETİ

The main aim of the GREENBIKE project was between 01.01.2022 and 01.01.2023 for 1 year, with the help of partner institutions from Turkey, the Netherlands and Portugal, 280 (160 Turkish, 60 Dutch, 60 Portuguese) young people between the ages of 18-30 related to bicycles. the provision of training. In this direction, it is aimed to include activities that will help to eliminate the lack of knowledge about bicycle use, bicycle mechanics and safety concerns. Young people will gain awareness about how they can contribute to the environment, economy and health by cycling. Learning how to reduce global warming by cycling will help the younger generations who will build the future be healthier. As a result of the main activities to be implemented, 5 main outputs will be obtained. These are: Online Cycling (hardware, equipment, clothing selection, mechanics) Training Module; Bicycle Driving Training (Basic, Safe Driving Training, Urban Driving Training); Exercise, Physical Activity and Health Education Module; Carbon Emission and Global Warming Module; Savings Workshop Reports. After the GREENBIKE project, evaluation and measurement of impacts will be included with the contributions of all partners. Evaluation and measurement of impact will be done together with our partners, local stakeholders and participants. The active participation of our partners, stakeholders and participants will ensure a healthy evaluation of the project. In addition, by uploading the educational outputs to various social platforms, they will remain open for life and sustainability will be ensured.

## "BasketforAll" Basketball as a Tool For Social Empowerment

TOPLAM PROJE BÜTÇESİ:

30.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM:

Basketbol İçin Destek ve Eğitim Vakfı

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Bk Klatovy Z.S. (Cekva)
- Sporten Klub Usmıvka (Bulgaristan)

#### PROJE ÖZETİ

In the light of our project's overall aim "Increasing the intersectoral cooperation among active sport actors across Europe to draw attention to the inclusion and empowerment of youngsters with fewer opportunities into basketball field", 12 months action plan under 2 WPs has been designed. With the consortium consisting of 1 (non-profit) Foundation, BIDEV from Turkey and 2 Sport Clubs BK Klatovy from Czechia and SCS from Bulgaria; we are aiming to raise the capacities of the organizations by exchanging know-how and underlining how basketball can be used to support the social empowerment of young people from upbringing backgrounds. The applicant organization BIDEV is one of the new non-profit institution founded by nationally and internationally well-known prominent persons with goal of creating social value and good will through and around basketball. With the involvement and contribution of our distinguished partners from BG & CZ, the first step in the field of small-scale partnership which is highly valued. The specific objectives of the project are: SO1- Bringing EU-labelled cooperation to local dimension to emphasize the importance of sport as a tool for social empowerment among NGOs, schools and sport clubs, SO2- Increasing the methodological capacities of youth coaches to improve the social empowerment of disadvantaged groups due to the youngsters' upbringing backgrounds, SO3- Creating meetings, campaigns making them lead by youth in order to bring the role models together with youngsters to avoid their lack of motivation and give them inspiration to make the sport important place of their lives - and encourage them to be active To reach these objectives, 3 International Meetings and Local activities will be organised. Local intersectoral Meetings - to create further collaboration strategies in basketball-, Local Trainings by coaches – targeting 120 young people with fewer opportunities- Awareness raising campaigns and 3x3 Basketball Tournaments will be held.

# "CNeering" Citizens Reaching The Nature Through Orienteering

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2022-2024

KOORDİNATÖR KURUM:

Pendik Belediyesi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Universitatea Aurel Vlaicu Din Arad (Romanya)
- Municipio De Lousada (Portekiz)

#### PROJE ÖZETİ

Citizens reaching the Nature through Orienteering (CNeering)" aims to promote the Orienteering sport to facilitate Citizens, who are stuck in city life, to get into Nature. The sport will gather three organisations from three different Erasmus+ programme countries. These are namely Pendik Municipality (Coordinator – Turkey), Lousada Municipality (Partner – Portugal), and Aurel Vlaicu University (Partner – Romania). Through the project, young people aged 14-18 and mother and children (children aged 5-9) will be encouraged to participate in the physical activities and it will get the target groups closer to the sport. The 18-month-long project will be carried out between 01.01.2023 – 30.06.2024. Sport is the way of fun, active life, health, togetherness and learning. 'Citizens reaching the Nature through Orienteering (CNeering)' project, young people and families will discover sports by having fun, actively participating, and learning to act together. Thanks to the sports they will do, they will discover what they are inclined to, their attention and concentration will develop, and they will see the benefits of following the rules. Thus, relationships will be established among people. Young people and families will learn to work in groups, to help each other, to ensure their coordination, not to be ashamed, and they will become aware of their abilities. With the new sports branch they will meet, they will add awareness to their lives and their self-confidence will increase.

## "CcPL" Cross-Cultural Physical Literacy

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM:

Şanlıurfa Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Endas Ente Nazionale Democratico Di Azione Sociale (Fransa)
- Ethniko Kai Kapodistriako Panepistimio Athinon (Yunanistan)

#### PROJE ÖZETİ

"In the concept of the project proposal, increasing participation in sports and physical activities aims at Syrian, Turkish, and European children. Physical Literacy refers to the foundation of both lifelong participation and performance excellence in human movement and physical activity. Physical Literacy is one of the fashion ways to educate children in terms of sport. Recently, many developed countries (Australia, Canada, United Kingdom, United States of America, and Switzerland) have allocated a significant budget to educate their children in terms of sport. Recently, European Union also has funded many Physical Literacy projects year after year. In The Project, we would like to promote Syrian, Turkish, and European children with sports. In The Project, academicians, sports coaches, sports psychologists, sports physiotherapists, and nutritionists will work to develop the physical literacy toolkit. In the academic stage, the Pedagogical Scholar and practitioners will have a seat to prepare a physical literacy toolkit. Psycho-social development stages (Erikson) in Psychology claims that early ages' importance is due to gaining competence. In the physiotherapy sub-division, the project will support motor development and preventing sports injuries, support motor development, and increase muscle flexibility. Participants will receive balanced nutrition education and healthy nutrition. There is an application field for children and sports coaches through the project.

# "ECTAP" European Cooperation in Traditional Archery Project

TOPLAM PROJE BÜTÇESİ:

30.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2023

KOORDİNATÖR KURUM:

Bartın Kemankeşler Geleneksel Okçuluk ve Spor

Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

2 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Akıncılar Geleneksel Okculuk Spor Kulübü Derneği (Türkiye)
  - Bulcuk Spor Kulübü Derneği (Türkiye)
- Hajdunanası Hodos Imre Ütanpotlas Es Dıak Sportegyesulet (Macaristan)

#### PROJE ÖZETİ

The project aims at strengthening cooperation between traditional archery organizations at European level, to better safeguard and promote traditional archery as both sports practice and intangible cultural heritage, as well as achieving following specific objectives: Building Capacity to Engage in Transnational Cooperation and Networking Supporting Professional Development of Traditional Archery Sport Staff Enhancing Attractiveness of Traditional Archery Enhancing Inclusion and Diversity in Traditional Archery Raising Intercultural Awareness To this end, the project envisages the organization of a workshop in each participating country including transnational learning activities (TLAs) to support professional development of sport staff through peer-learning, experience, expertise and good practice sharing and a series of participatory discussions on how to make traditional archery more attractive and inclusive based on non-formal education methods. These activities will be blended with activities at national level such as study visits and visibility events to enhance visibility, awareness and attractiveness of traditional archery. Thus, the project is to produce following outputs: 2 country workshops including TLAs, participatory discussions and study visits, 2 country visibility events and a digital Final Project Results Brochure. Expected results: Short-term results Enhanced skills and knowledge of staff Increased self-confidence Increased staff motivation Increased intercultural awareness Medium and Long-term Effects Strengthened Transnational Cooperation and Networking between Traditional Archery Organizations Improved Organizational Quality Enhanced Attractiveness and Inclusiveness in Traditional Archery Enhanced Social Cohesion Increased Participation in Sport and Physical Activity Supporting Active European Citizenship 15 traditional archery sport staff, young people, people with fewer opportunities and general public will benefit from project.

## "ETAP" Explore The Talent In Act With Play

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2022-2024

KOORDİNATÖR KURUM:

Balıkesir Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Associação Desportiva Cultural E Social De Carvalhais (Portekiz)
- Universitatea Din Craiova (Romanya)

#### PROJE ÖZETİ

EXPLORE THE TALENT IN ACT WİTH PLAY Inactivity in the globalizing world order has become one of the most important problems of the modern age. Especially with the Covid-19 pandemic, which affects our world, it has brought with it a sedentary lifestyle in children and young people and subsequently many psychological problems. Our general goal in our Project; By encouraging the children of families with socio-economic difficulties aged 9-11 living in rural areas to physical activity and exercise with educational games, we contribute to the development of their physical, social and cognitive abilities, to understand their mental state and to the positive development of their personalities, while playing games in EU countries together with our project partners. and to contribute to the development of sports in our country and EU countries by examining how sports are handled and transferring sports culture. The specific purpose of our project is; By creating the "Educational Game and Movement" training module, which will contribute to the development of sports-specific skills, coordination and basic strength skills, with educational game activities for the children of families with socio-economic difficulties living in rural areas between the ages of 9-11, this module is created with the participation of sports scientists, trainers and relevant stakeholders to disseminate it at the European level by applying it as a pilot application in our country and partner countries. Our project, which has the priorities of social inclusion, common values, civic participation, encouraging participation in sports and physical activity and promoting education through sports, lasts for 24 months. In addition, with our project "EXPLORE THE TALENT IN ACT WİTH PLAY", 8 key competences such as personal, social and learning to learn competence, cultural awareness and expression competence, and multilingual competence will be achieved.

## "Equability In and Through Handball" Leveraging Women's Inclusion Towards Better Sports For Everyone

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM:

Türkiye Hentbol Federasyonu

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

2 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Sosval Güclendirme icin Spor ve Beden Hareketi Derneği (Türkive)
- Univerza V Ljubljani (Slovenya)

#### PROJE ÖZETİ

The objective of this project is to promote women's active participation in handball management roles, which will not only open up career paths for the individuals that are involved, but also significantly increase the quality of sports governance in general which would benefit all the stakeholders from both genders and all age groups. In a sense this project aims to initiate a virtuous cycle wherein a number of female handball managers will be trained through internationally accepted best practices, and their post-project involvement in handball will help to significantly increase the quality of governance in handball, which will in turn help to attract even more women to get actively involved in sports. The project will be undertaken under the coordination of the Turkish Handball Federation, as a partnership between Turkish and Slovene institutions. The project aims to train 15 women from different parts of Turkey as handball managers with skills in strategic management; handball economics, marketing and sponsorships; handball governance at national and international levels; media relations and social media; interpersonal communication; prevention of illegal activities and violence; gender equality; child protection; sustainability in handball; self confidence; first aid and basic health related issues. Eventual inclusion of the participants in the system as skilled managers will help to improve the entire handball realm, hence "better sports for everyone". The project will include a scientific fact-finding conference, digitally held training modules, in-person workshops, internships, and a hands-on practice session where the participants will assume the responsibility of organizing a high level match. The long term effect of this project will materialize through the roles the participants will assume after the completion project. In this sense, possible career paths in handball will be actively encouraged and incentivized by sports authorities.

# "IGAMES4SPORT" Increasing the Physical Activity Level of Kids and Youngs with Child-Focused Sport and Games

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2023

KOORDİNATÖR KURUM:

Proje Vadisi Organizasyon Turizm ve Danışmanlık Hizmetleri Tic. Ltd. Şti.

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI: 3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Furim Institutt (Norvec)
- Vidisport Ou (Estonya)

#### PROJE ÖZETİ

For children and adolescent health, being physically active is good, necessary and creates opportunities for making new friends and developing physical and social skills. A child's job is to play. Naturally, they love to be active. Making physical activity a part of their daily routine is not only fun, but also healthy. Encouraging kids to be active when they are young establishes a routine that could stay with them throughout their life. To motivate children to play sports, role model parents are very important. If we want to have an active boy/girl, we should make this a part of our whole life. The general aim of the "GAMES4SPORT" project is encouraging children and families to participate in sport and physical activity and promote these as a tool for healthy life. It is aimed with the use of games or any a form of physical activity, to provide both children and adults with the opportunity to achieve their full potential through initiatives that promote physical, personal and social development. The project will be implemented in 3 WPs with the partnership consists of 3 different countries (Estonia, Norway and Turkey). Our target group includes • Children (5-13 ages) and their families • Instructors, coaches, teachers • Sport clubs, camp organizations, federations, and scouting and guiding associations active in physical activities, wellbeing and sport activities • Local authorities • Schools and educational institutions • Wider sport community including sector stakeholders • Local community The project with 2 PRs, a digital guide and game finder tool, will likely to have a positive impact on the persons. The general knowledge gained from the project will provide an improvement in the opportunities for developing skills of people in the field of sports education and physical activity in the participating countries. The project will also have a positive impact on the environmental policies by raising awareness on healthy and active lifestyle and sustainability.

## "JEP" Judo For Peace

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Kilis Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 5 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Sportno Drustvo Gib Liubliana Siska (Slovenya)
- Amal For Education (İtalya)
- Amal İnsani Yardım Derneği Kilis Şubesi (Türkiye)
- Zajednica Sportskih Udruga Grada Rijeke Rijecki Sportski Savez (Hirvatistan)

#### PROJE ÖZETİ

The province of Kilis, whose geographical location is on the Syrian border; With the ongoing civil war in Syria, it is a city of strategic importance in the field of migration. Since it is a border city, it also hosts 73% more Syrian refugees than its own population. Due to this sociological structure, Kilis is a unique and special city in Turkey and in the world. The density of the Syrian population living in the city has brought some socio-cultural conflicts. In order to find solutions to these conflicts, starting with children and young people, and to help them live together, sports activities, psychological support sessions and social activities will be organized for local and refugee children in the city to participate together. In this way, preventing discrimination, supporting social cohesion and preventing irregular migration movements are among the aims of the project. By using the unifying power of sports, European athletes and judo coaches will come together. On the other hand, it is our goal that partners and beneficiaries focus on common problems related to immigrants in each country, have the opportunity to act together, produce solutions and see the results. While doing this, the process will be supported with judo training, psychological support, personal development, digital distance education and social-cultural activities. European culture will be disseminated under the umbrella of sports by establishing a network with mutual visits of the partners.

## "LETS" Learning and Engagement Through Skiing

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2.02.2

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM: Gençlik ve Spor Bakanlığı

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- L Orma Ssd Arl (İtalya)
- Champions Factor (Bulgaristan)

#### PROJE ÖZETİ

Learning and Engagement Through Skiing (LETS) is a 12-month Smal Scale Cooperation Partnership Project in the field of sports, that aims to develop, test, and implement a set of innovative training modules for the inclusion of 18-25 years old physically disabled skiers and 12-15 years old advanced skiers. We will have three mobilities. In the first one, three trainers from all partners will come together to create two training models and in the later mobilities, these models will impact two different groups of participants. The project is born after the numerous challenges current in the involved countries and organizations: lack of Adapted Physical Education VET Courses; lack of motivation of 12-18 years old young people to continue practicing sports in the long run; lack of opportunities to explore good practices from other clubs from other countries. The project involves a complimentary to each other organizations with relevant experience and capacity: Kayseri Provincial Directorate of Youth and Sports (Turkey), L'Orma (Italy), and Champions Factory (Bulgaria), as collaboratively we would like to reach the following objectives: to build up our capacity to work with two crucial target groups (12-18yo advances skiers and 18-25yo disabled skiers) through international staff and athletes mobilities; to promote inclusion in sports; to develop innovative educational modules, test and implement them in our work; to develop long term cooperation between the newcomer and experienced organizations. We foresee developing all outcomes (training models) in digital format, so they would be available for download by anyone working in the field. Thus, we believe through this project we will reach a long-term impact on multiple levels: participants, participating organizations, the skiing development in Europe, as well as local and national governing bodies and their decision-making considered in the needs of regular athletes and disabled athletes.

# "MIMOSA" Empowering Women For Social Inclusion Through Football

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM:

Ömerli Belediye Spor Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Fs Ethnikos Kozanis (Yunanistan)
- Eu&Pro Centrum Vzdelavanı A Praxe, Sro (Çekya)

#### PROJE ÖZETİ

MIMOSA project aims to motivate female individuals who are in disadvantaged groups aged between 14-18 and to create social cohesion between refugees and the local population by using sports as a tool a universal language, to bring people together no matter what their origin, background, religion, or economic status. Main objectives of the project are: 1. Promoting equal opportunities to girls, aged between 14-18 in disadvantaged groups (refugees, lower-income families, early school leavers, remote or rural areas, underdeveloped areas, etc.) 2. Enabling behavioral changes for individual preferences, healthy habits, and lifestyle 3. Teaching responsibility and making the girls aspire for having more active lifestyles 4. Contributing to the development of a bond between refugees and local population with the help of physical activities 5. Using sport as a tool, a universal language, to bring people together no matter what their origin, background, religion, or economic status It serves great importance to contribute the social cohesion and aspire young girls to have healthy and active lifestyles by including them in sports (physical) activities. This will not only improve their health physcially, it will also have positive impact on their well-being and psychology. Therefore, it is necessary to raise awareness at an early age. A female football team, with a self-sustaining governance structure, will be established in Ömerli Sport Club (ÖFC) Mardin which is an socially and economically disadvantaged area in Turkey. A twininning will be formed between ÖFC and F.C. Ethnikos Kozanis which will enable knowledge transfer between the two organisations.

#### "MOBISTECH"

## Sports Technology Mobility as a Tool For Increasing the Qualifications and Employability of Sports Professionals

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2023

KOORDİNATÖR KURUM:

Sports Tech Danışmanlık Eğitim Turizm Organizasyon Ticaret Limited Şirketi

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI: 3 ülkeden 3 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Norwegian Sport Tech (Norveç)
- Mobile Adventure Spolka Z Ograniczona Odpowiedzialnościa (Polonya)

#### PROJE ÖZETİ

In line with the overall goals of the Erasmus + program, our project, MOBISTECH, promotes the educational, professional, and personal development of sports professionals through mobility in sports innovation and technology, thereby contributing to the promotion of quality and new jobs and driving innovation. According to the sectoral agenda document (The European Dimension in Sport), sport has a high potential to contribute to smart, sustainable, and inclusive growth, as well as the creation of new jobs. Using sport's potential, our project will contribute to smart growth and employment by providing mobility and reusable results to sports professionals (training content and a career map on sports tech-related professions). Furthermore, our project aims to create a network of sports professionals gathered in the domain of sports innovation at the Norwegian, Polish, and Turkish levels. The community of sports professionals, united by shared values, has the potential to foster greater collaboration, quality, creativity, and innovation at the level of sports organizations, in line with the specific objectives of the Erasmus + program. The project's specific goals are as follows: • to implement specific training to impact both the careers and perspectives of sports professionals by demonstrating sports-oriented technology, innovation, and entrepreneurship; and • to implement "Sports Tech Mobility," in which sports professionals will gain skills and competencies that will increase their employability in the sports industry. Main Result: O1: Sports technology-related training content and a career map that describes professions and displays the locations of sports technology industry representatives with digital business cards that provide contact information, a brief description, and fields of expertise for each company or institution in partner countries.

# "Master Team" Healthy Lifestyle For All Ages with The Master Team

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2025

KOORDİNATÖR KURUM: İzmir İl Mili Eğitim Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Oltre Gli Ostacoli (İtalya)
- Aktif Gençlik ve Spor Kulübü Derneği (Türkiye)
- Universidad De Murcia (İspanya)

#### PROJE ÖZETİ

The Healthy Lifestyle for All Ages with the Master Team (Master Team) project was created by the combination of sports clubs, sports education institutions, NGOs, local management organizations and social service institutions from Italy, Turkey and Spain. The project focuses on the active and quality aging field, aims to improve training programs on exercise with the elderly and to participate in exercise for the elderly. The final beneficiaries of the project are the elderly aged 65 and over and young students receiving sports training. In the project, together with the people included in these final beneficiaries, institutions and organizations that have the potential to provide an active life and exercise service to elderly individuals, and organizations that provide sports training are also among the target groups. Former athletes have a special place in the organization of the project and will take active roles in the project with special practices. The project will improve the competencies and capabilities of people and organizations related to active aging and exercise areas with the elderly, and will enable elderly people to have a more active and quality old age by participating in exercise-based programs including social activities. The project, which will enable the development of local and international ties and collaborations between organizations active in these fields, includes original applications in a 24-month period. Activities will be carried out within the scope of exercise activities with the elderly, a specialized training program study and pilot implementation, local and international networking and synergy activities, institutional transformation and development studies, The HealthyLifestyle4All initiative and special European events.

## "OLD-G FOR NEW-G" Old Games For New Generations

TOPLAM PROJE BÜTÇESİ:

30.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM:

İzmir Performans Gençlik ve Spor Kulübü Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

2 ülkeden 2 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

• Associacao Check-In - Cooperacao E Desenvolvimento (Almanya)

#### PROJE ÖZETİ

The project; It is a 15-month project on traditional games and sports. The aim is to recognize the traditional games and sports that are being forgotten or not preferred by the youth, and to ensure that these games and sports become widespread. Participants aged 15-20 will research traditional games and sports of their culture from local sources and collect data. These data will be compiled and used during the mobility. Participants will work with 20 people in at least 3 schools in the mobility. In the project, e-books and game cards will be designed as a result of research. The visual and video recording links of the works carried out will also be included in the e-book, and the game cards will be prepared ready for distribution and transportation. The project will be implemented face-to-face with a total of 140 people, including 20 people for research at the local level, 8 people from these groups who will participate in the mobilities, and 120 people who will work one-on-one in dissemination activities.

# "ReMentoring in Sport" Reverse Mentoring in Sports For Next Generation Sporting Success

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2024

KOORDİNATÖR KURUM:

Uşak Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 5 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Sdruzhenie Levski Sport Za Vsichki (Bulgaristan)
- Sport Evolution Alliance Crl (Portekiz)
- Ellınıko Somateio Dynamikoù Triathlou (Yunanistan)
- Sporting Clube Das Caldas (Portekiz)

#### PROJE ÖZETİ

The main problem we tackled in this project, which we designed as Uşak Provincial Directorate of Youth and Sports, was directed towards the trainers, who have a large share in the development of our athletes. According to studies, coaches are mostly in the X generation, regardless of their branch. Because the coaches in the X generation are more experienced. Experience also plays an important role in coaching. However, these trainers, who train Y and Z generation athletes, cannot keep up with the new generation approaches. Within the framework of the problem and target analyzes we have planned effective objectives: - It is aimed to increase the new generation skills of coaches from 4 different countries, in at least 4 different branches, in communication and motivation by 60%. - It is aimed to increase the basic skills of trainers from 4 different countries, in at least 4 different branches, in the use of technological tools and digital applications in sports by 40%. - It is aimed to enable trainers and sports managers from 4 different countries to develop innovative applications that will increase the quality of sports. - It is aimed to increase the transnational cooperation capacity of our institution by 400% in the next two years compared to previous years. - It is aimed to increase the project preparation and execution skills of our project personnel in our institution at least 2 times. - It is aimed to implement the "Reverse Mentoring" approaches in the sports activities of our institution and our partner organizations. The most important activities we have developed to achieve these goals are as follows: - Reverse Mentoring Trainer Training - 7 days - Turkey - 5 trainers from each country - Next Generation Coaching Skills Training - 5 days - Portugal - 5 trainers from each country - Job Shadowing of Good Practices in Coaching - 5 days - Bulgaria - 5 coaches from each country - European Week of Sport Events - One week per country

## "SENS" For Sustainable Environment, Nature Sports

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2022-2023

KOORDİNATÖR KURUM:

Sorgun Gençlik Derneği

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

4 ülkeden 4 ortak

ORTAK KURUMLAR ve ÜLKELERİ:

- Ellınıko Somateio Dynamikou Triathlou (Yunanistan)
- Asociatia Scout Society (Romanya)
- Udruga Vere Montis (Hirvatistan)

#### PROJE ÖZETİ

The idea of our project is to raise awareness of the benefits of practicing ecological behavior in sport for everyone. Its purpose is to promote sports-related environmental education and sports in a safe and clean environment. Its main task is informing that physical activity keeps humanity well and healthy and prolongs the life of individuals. On the other hand, it is very important to protect natural resources for a clean environment and good conditions for future generations. This parallelism is being at the center of our project and to improve the capacity of organizations by cooperating at the international level. It is to promote sports and physical activities that not only contribute to better health but also have a positive impact on the environment. In addition to environmental and sports education and activities, another goal is to create strong cooperation and synergy between partners. The project includes the exchange of experiences and the development of joint guidelines for ecologically sustainable sporting events. Events will be organized in an environmentally sustainable manner, including the collection and recycling of empty soda and water cans and lids that are thrown into the environment. Another component of our project is the collection of best practices from sporting events, which will be published in a booklet. Best practices to promote an active lifestyle will be developed, as well as in accordance with ecological recommendations for the organizers of sporting events and sports clubs. It will include 3 (cycling, trekking and orienteering) selected sporting events as we want to show possible actions not only in the recycling area but also to reduce the negative environmental impact of organized sporting events.

### "T20" Time 2 Outdoor

TOPLAM PROJE BÜTÇESİ:

60.000 €

TEKLİF ÇAĞRISI YILI:

2022

PROJE DÖNEMİ:

2023-2023

KOORDİNATÖR KURUM:

Şanlıurfa Gençlik ve Spor İl Müdürlüğü

KOORDİNATÖR ÜLKE:

Türkiye

ORTAKLIK YAPISI:

3 ülkeden 3 ortak

#### ORTAK KURUMLAR ve ÜLKELERİ:

- Asociatia Romana De Psihopedagogie Aplicata (Romanya)
- European Platform For Rehabilitation (Belçika)

#### PROJE ÖZETİ

In the project proposal, we aim to increasing participation in sports and physical activities children with fewer opportunities. In the project proposal, "children with fewer opportunities" refers children with autism spectrum disorder (ASD) (i.e., a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication). Children with fewer opportunities have noticeable differences from others in how they talk, behave, and learn. These situations cause barriers to social interactions. Likely, children with fewer opportunities cannot reach outdoor physical activity opportunities because of limits and Covid-19. On the other hand, physical activities are necessary for them. During pandemic, children with fewer opportunities stay inactive at home and they didn't reach their specialized education, physical activities, and educators due to lockdown. Inactive life conditions and low levels of physical activities might have negative effects on the quality of life, health, and well-being of the children with fewer opportunities. In the project, scholars and specialists will work to develop a toolkit. In the academic stage, scholars who works about children with autism and sport psychology and other practitioners will have a seat to prepare an educational curriculum. In educational curriculum, there will be outdoor activities compatible with children with fewer opportunities. Healthy nutritional strategies and in the physiotherapy sub-division, the project will support motor development and preventing sports injuries, support motor development, and increase muscle flexibility (in a framework with gymnastic). Participants and their psycho-social environment will receive balanced nutrition education and healthy nutrition. Sport coaches also will be trained for children with fewer opportunities. The project'll be disseminated with events.