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## Project 101089490 — Cultural Heritage through Sport for Integrity and Inclusion (Heritage and Sport)

### DELIVERABLE 2.3 - Guide of Best Practices to motivate children to be more physically active



Publication prepared by Sport VIV, June 2023.

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## INTRODUCTION

The project “Heritage & Sport” encourage social inclusion and equal opportunities in sport to increase the level of physical activity of children in primary education (6 to 11 years of age) with mental, developmental and physical disabilities. The project is focused on the groups that have most obstacles to overcome, in doing sports activities, sport games and exercising, such as (Autism, Intellectual Disability, Down syndrome, Low Cognitive Ability, vision impairments, hearing loss and different physical disabilities etc.). Professional experts from the project partner countries (Slovenia, Croatia, Italy, Serbia, Greece and Turkey) will develop a handbook of traditional European games and sport from partner countries, which will be adjusted to the needs of children with disabilities. Games adjustments will follow a modular methodology approach, where we will design adjustments to meet the needs of specific disability group. Specialized modular program is needed to include children with disabilities, where innovative approaches will enable to increase motivation of children with special needs for sports to raise their inclusion in sport activities. Partners are going to organize sport events in all partner countries that will be held in public areas as parks, open areas in nature and other free public sport facilities to include all children regardless of their parent’s income. The project promotes popularization of grassroots sports and physical activities for children with mental and developmental disorders, illnesses and disabilities; we will focus on the groups that have to overcome most obstacles in doing sports activities, sport games and exercising offering them equal opportunity in sport. The project encourages social inclusion and equal opportunities in sport, which is the main aim of the project, so that it is available to all children and to emphasize the importance of sports activities. We want to use parks and other free accessible facilities for the project implementation, because they are freely available, so we want to increase inclusion by using free available facilities so that every child has access to a place to do sport, through this we will also promote sustainability and environment friendliness of the project. We will emphasize the use of parks, free open sport facilities, gyms in the parks and public yards in partner countries. It has long been known that sport contributes to the health and quality of life. Movement and participation in sport activities are especially important for young children, because sport activities should be natured when children are young if you want them to grow up into healthy adults who are physically active. From the earliest developmental stages, psychosocial development takes place in close contact with the development of motor skills and movement. High level of sport activities for children with disabilities is crucially to improve their development in healthy





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adults. Physical activities can improve social skills, enhance coordination, increase a child's self-esteem, and influence their inclusion in the society. In addition, these benefits are in addition to the benefits to physical health that all children gain when participating in physical activities. Children with mental and physical disabilities have different needs; they need some adjustments to be more included and to participate in different traditional sports and games. This project tackles this issue by developing special program with adjustments to traditional games/sports so that all children will be involved.

In order to develop a handbook of traditional European games and to have a basis for implementing the new developed methodology, the consortium developed this **Guide of Best Practices** in the field of motivating children with mental, developmental and physical disabilities for increasing motivation for doing sports, sport games and exercising.

The project partners collected good practices and concepts in the field of motivating children for increasing motivation for doing sports. In order to do so, we have identified already existing solutions for easy accessible ways to be more physically active. This collection of best practices from multiple countries presents research and promotes most efficient & practical strategies. All partners used the same template for collection of best practices in their country in order to present unified answers. Each partner presented five best practices. However, since some countries use the same or similar programs, we have combined them under one BP.

Project "Heritage & Sport" has been funded by the European Union in the total amount of 250 000 euro. It will be implemented for 24 months (1 January 2023 – 31 December 2024).

Project coordinator is Institute TREND-PRIMA Maribor (Slovenia) and project partners are SPORT VIV (Croatia), KONYA IL MILLI EGITIM MUDURLUGU (Turkey), AETOI THESSALONIKIS (Greece), MINE VAGANTI NGO (Italy), UNIVERZITET U BEOGRADU - FAKULTET SPORTA I FIZIČKOG VASPITANJA (Serbia), OSNOVNA ŠOLA GUSTAVA SILIHA MARIBOR (Slovenia).





**TEMPLATE USED FOR COLLECTION OF BEST PRACTICES:**

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>Website</b> (Link of the project/programme, if available )
<b>Description</b> (description should be detailed enough so that it can be implemented)
<b>Goal of the Best Practices</b> (if applicable)
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<b>Number of participants &amp; rules</b> (if necessary and relevant)
...
<b>Contacts:</b> (if available)





## COLLECTION OF BEST PRACTICES PER COUNTRY

### CROATIA

1.

Name of Best Practices
INCLUSIVE JUDO
Who is using it
CROATIA, SLOVENIA
Website
CRO: <a href="https://malisportasi.net/judo-inclusion/">https://malisportasi.net/judo-inclusion/</a>  SLO: <a href="https://judo-maribor.si/about/">https://judo-maribor.si/about/</a>
Description
<p><b>CROATIA: JUDO INclusion</b>“ is a project of physical activity which includes children with mental difficulties, social difficulties (autism, ADHD etc.), with sensory disadvantage, children with motor difficulties and with the Down syndrome. One of principal tasks of this EU project is the education of general population of children to learn to accept and support their peers with developmental difficulties to become equal members of the community. The European Social Fund is financing the project “JUDO INclusion” – ACTIVE AND HEALTHY – RIJEKA. The association 'POKRET – AKTIVAN I ZDRAV' (MOVEMENT – ACTIVE AND HEALTHY) is implementing the project in Rijeka in collaboration with judo club “Rijeka,” under the supervision of a professional team of physical education teachers. The Croatian Judo Union (HJS) is a partner of great significance as the top judo organisation in Croatia, which enables the implementation of the project in Rijeka and neighbouring towns. HJS is of exceptional importance in training judo trainers for working with the target groups and enabling inclusion of children with developmental difficulties into regular sport programmes.</p> <p>Judo has been proven as an excellent sport for social inclusion, and is exceptionally useful for children with special needs, because adapted exercises enable them to be physically and socially active.</p>



Through joint trainings in the judo club “Rijeka,” they are implementing the inclusion of children with developmental difficulties into regular sports programmes with the general population of children. Just like any children, children with developmental difficulties also struggle on a daily basis for self-respect and self-confidence, but this struggle is even harder in case of disabled children, unless we encourage them, include and integrate them into the community. If they exercise merely in the clubs for children with developmental difficulties, they are still excluded from the environment they live in. The activities of the “JUDO INclusion” project are reflected in the development of regular sports programmes and recreational activities and joint trainings of children with developmental difficulties and those from regular school programmes. Via active participation in trainings and sport manifestations, where they meet their peers, they are more easily included into the life of the community where they are educated, where they live, and tomorrow perhaps work.

A professional team of physical education teachers, through tailored sports judo activities, successfully re-socialise children with developmental difficulties. Judo exercising improves the muscle tone, strength, ability to move, spatial orientation, coordination, self-confidence, positive perception, sensory abilities, development of independence, thus, inclusion occurs – acceptance in society, by peers and the community.

Wider benefits of the project “JUDO INclusion” is great for every child who feels “different.” Children with developmental difficulties are more limited in participation in sports activities than their peers, while the gap increases with age. This is why “JUDO INclusion” was initiated. A child with developmental difficulties has difficulties in socialisation and finds it hard to keep company with other children, because they feel “different,” and this easily results in isolation and exclusion from the environment. Children with developmental difficulties face each day what they cannot do. They will have an easier time if we encourage them to do what they can do, not what they cannot. “JUDO INclusion” activities, in case of a child with special needs, foster the attitude of “I can do this,” instead of “I cannot do this.” Each day, judo will help them feel safer and more independent. What is most important, they will feel happier. Social inclusion through judo is exceptionally useful for children with special needs, because it enables them to be active, socially and physically.

The impact of sport on health of children with developmental difficulties (TUR) - all children benefit from physical activity, and disabled children are no exception. Participation of children with developmental difficulties improves their physical, emotional and social welfare. Paediatricians and clinical research point to significant health benefits in case of including children with developmental difficulties into physical activities. Consequences of physical inactivity, in case of disabled persons, include lower cardio-vascular condition, osteoporosis and weakened circulation. Moreover, psycho-social consequences of inactivity include lower self-respect, lower social acceptance, and, finally, greater dependence on others for day to day activities. Advantages of physical activities are universal for all children, but children with developmental difficulties are



more limited in their options for participation in sports and recreational activities, and, because of this, have higher obesity rates than their peers without disabilities. Current epidemic of obesity connected to inactivity is a global problem of health care for all children, including those with disabilities. Children with developmental difficulties have lower levels of cardio-respiratory condition, lower levels of muscle endurance and higher rates of obesity than other kids. Alongside, physiological advantages of lower body mass and increased overall condition, it has been proven regular physical activity in case of children with developmental difficulties helps in the control or slowing down the advancement of chronic disease, has impact on overall improvement of health and functioning in the sense of psycho-social impact onto children and their families. Physical activity develops a corresponding level of muscle strength and endurance, which is connected to increased bone mass, decreasing injuries from falls and a greater ability for everyday life. Because of what was stated above, parents of children with special needs often seek information on the options for recreation or inclusion into sport.

**SLOVENIA:** The group is intended for all children with special needs, mental disabilities, other developmental problems/disorders and people with reduced mobility, who due to their special needs are not able to integrate successfully into other social groups.

Inclusion in a broader sense advocates the preservation of the identity of the individual upon his integration into society, while the principle of inclusion is based on the fact that the environment also learns something from minorities.

As sport in general and martial arts in particular are the bearers of the philosophy of mutual respect, they are therefore a suitable environment for the development of inclusion. Inclusion in sport is based on equal opportunities for all athletes. This means that athletes with special needs can choose sports programmes on an equal footing with other athletes who do not have special mental barriers. It is about integrating athletes with diverse abilities into normal sports environments at all levels, both recreational and professional, at all ages and in all sports.

“Judo for all” concept includes judo enthusiasts with diverse abilities and enables training and competition to all judokas who want it; just as the one with certain illnesses as those with certain psychophysical conditions, which make it necessary to adjust judo practice.

The training is individually tailored to each individual according to their abilities and is performed with professionally trained staff.

It begins with a greeting and warm-up. Throughout the training exercises are performed in pairs. At the same time, help is encouraged among the group members themselves (the stronger help the weaker ...). By paying attention to each other, observing, helping and looking after each other, judokas also develop their abilities. During the technical part of the training various throwing techniques, falls, and final techniques are being performed and repeated to gain as much knowledge as possible. By mastering techniques, children increase their physical and mental





endurance. Also, the game is always included in the training, either with or without aids, depending on the game. At the end of each workout, various relaxation techniques such as breathing exercises or meditation are performed.

#### Goal of the Best Practices

THE GOAL of the project is successful integration of children with developmental issues and persons with disabilities into the implementation of "JUDO INclusion" sports activities and their successful re-socialisation into society with the help of professional disability experts and physical education teachers and support coming from the family. Alongside children and youth and their families, the programme stresses the development of the association through the education of association's experts and training the judo trainers for working with children with developmental issues. Furthermore, through the activities of inter-disciplinary cooperation, awareness of the inclusion of children with developmental issues is created.

#### Requirements

Sports hall or outdoor exercise place with tatami mats

#### Number of participants & rules

Number of participants is not limited. Basic judo rules apply.

#### Contacts:

E. [info@malisportasi.net](mailto:info@malisportasi.net)

W. [www.malisportasi.net](http://www.malisportasi.net)

<https://judo-maribor.si/about/>



2.

Name of Best Practices
UNIVERSAL SPORTS FOR CHILDREN WITH DISABILITIES
Who is using it
CROATIA, SERBIA, SLOVENIA, TURKEY
Website
<a href="https://www.ti-si-sunce.hr/aktualno-2/">https://www.ti-si-sunce.hr/aktualno-2/</a> <a href="https://www.centarbgd.edu.rs/news/odrzana-manifestacija-sport-za-sve-2/">https://www.centarbgd.edu.rs/news/odrzana-manifestacija-sport-za-sve-2/</a> <a href="https://www.sportnazvezasg.si/oks_zsz_sg/projekti/mini-olimpijada-za-vse-koroske-otroke-s-posebnimi-potrebami/">https://www.sportnazvezasg.si/oks_zsz_sg/projekti/mini-olimpijada-za-vse-koroske-otroke-s-posebnimi-potrebami/</a> <a href="https://www.corum.bel.tr/haberler/engelsiz-spor-oyunlari-nda-oduller-sahiplerini-buldu">https://www.corum.bel.tr/haberler/engelsiz-spor-oyunlari-nda-oduller-sahiplerini-buldu</a>
Description
<p><b>CROATIA: “Our right to sport”</b> - Since in Croatia there is only a universal sports school for children without disabilities, and not for children with developmental disabilities, an idea was born from volunteers at the Sunce Education and Counseling Center, and at the beginning of 2012, a humanitarian project was launched, i.e. a sports-recreational- educational program for children with developmental disabilities "My right to play and practice sport".</p> <p>The program is intended for children and young people with developmental disabilities from age 5 + and older and their parents. The program includes experts from various professions – kinesiologists, kinesiologists, physical and occupational therapists, B.Sc. social pedagogues, rehabilitators, psychologists, social workers, teachers, educators and others. Children and young people with all disabilities can join the program: autism, ADHD, cerebral palsy, intellectual disabilities, multiple disabilities, rare diseases, etc.</p> <p>ACTIVITIES</p> <ul style="list-style-type: none"> <li>• Training of swimmers and non-swimmers and diving - for children and young people with developmental disabilities</li> <li>• Sports and recreational activities in the hall and in nature - for children and young people with disabilities</li> <li>• Panels, workshops and support groups for parents</li> </ul>



- Education and practice for volunteers - assistants at sports and creative activities, especially for humanities students
- Sports competition for children with disabilities "Our right to sport", for children and young people with disabilities. From 2012-2018 In 2019, the "Our right to play and sport" competition was organized by Centar Sunce, and since 2019, the organization has been handed over to the Zagreb Sports Association of Persons with Disabilities. In addition, children from our program have the opportunity to participate in other competitions
- Team Building and socializing - for parents, children and youth with developmental disabilities and volunteers
- Round tables, expert meetings and educations - for experts dealing with children and young people with developmental disabilities, for parents and families of children and young people with disabilities
- YouTube channel "My right to play and sport" - for experts and parents of children and youth with developmental disabilities

At the age of 5-10 years (Universal Sports School), children improve and correct (if necessary) biotic motor skills (these are the basic skills needed for good functioning in life, walking, running, crawling, climbing, crawling, rolling and rolling, heights and lunges, jumps and jumps, etc.), strengthen basic abilities (strength, speed, endurance, coordination, flexibility, agility, etc.), and learn basic elements from several different sports.

At the age of 10-14 and older (Specialized Sports School), children are more focused on the sport in which they show the most interest, but they still need to strengthen basic motor skills, i.e. strengthen the whole body for future efforts (fitness preparation). Where, after the age of 14, the child is directed to one sport in which a narrow specialization begins (either for the top sport, or for recreational pursuit of the sport in which the child enjoys the most). These settings of the sports school have proven to be the best program and concept in the world for creating top athletes, but also for creating active recreationists for a lifetime, because it is primarily based on building a healthy, versatile organism of an athlete/recreationist ready for specialization after the age of 14 years and a long stay in top sport or continuing training in amateur and recreational form. Premature narrow specialization often results in athletes burning out at the age of 16, 17, leads to a series of injuries and premature ending of their sports career. For this reason, Universal and specialized sports schools are a good answer to this problem.

**SERBIA - Manifestation: "Sport for All"** - For the last 6 years, in the month of December, for the International Day of Persons with Disabilities, an event called "Sports for All" has been held, where numerous types of sports and activities for children and young people are presented. In the company of prominent Paralympians, all the joy and beauty that socializing and togetherness



through sports activities gives is confirmed in the best way. Last year (2022), more than 500 participants took part in the event.

This, in many ways, unique event is organized with the support and help of UNICEF and is gaining more and more popularity gathering school students, members of clubs and associations, users of the Center's services as well as numerous children, social and health care institutions from all parts of Belgrade, but also a number of places from all over Serbia - Šabac, Niš, Velika Plana, Čićevac, Mladenovac, and others.

Several hours of socializing with various activities, such as sports – the training ground, football, wheelchair basketball, sitting volleyball, table tennis, bocce, badminton, equestrian sports, rowing, frisbee, karate, etc. as well as cultural and entertainment program with stage performances, animators, entertainers, etc. leave a strong impression.

The event is organized by the Sports Association of Persons with Disabilities of Belgrade, and numerous guests - representatives of partner organizations and institutions and distinguished individuals from the world of sports, education, and scientific and humanitarian work - add significance with their presence. Maintenance is enabled and supported by the city of Belgrade

**SLOVENIA** - Organization of a **Sports mini Olympics** for children is a popular sport event for Slovenian schools, kindergartens, sport clubs and NGOs all around Slovenia. Usually this sport events are organized on 23. September when we celebrate the Slovenian Sports Day. Basically, this are the projects of the Olympic Committee of Slovenia, which wants to encourage children to participate in regular sports activities and inspire them for sports and an active life. It was designed in such a way that at the beginning of the event, the Olympic protocol is performed with the Olympic flag and the torch, which was brought to the venue by the children, participants of the Mini Olympics, to the sounds of the Olympic anthem. The Mini Olympics is an event where children have the opportunity to learn about different sports disciplines, Olympic values and the Olympic protocol modelled after the real Olympic Games. The events are usually organized with the cooperation from local sport clubs and NGOs. They can include many different sports from the Olympics, based on the capability of the organizing organization, usually they include handball, football, sport climbing, karate, crossminton, dance, athletics.

**TURKEY:** Corum Municipality organizes an **inclusive sports games** event in commemoration of the Disabled Week, held from May 10th to 16th. The competitions take place in the disciplines of Goalball, Sitting Volleyball, and Wheelchair Table Tennis.

#### Goal of the Best Practices



**CROATIA:** The purpose of the project is to provide children with developmental disabilities the same opportunity to develop their own psycho-physical and developmental-creative potential as other children, but which is often denied or unavailable to them. We want to provide them with the opportunity to grow and develop through play, sports and creative development programs that will allow them to express themselves as complete persons, to play, develop and enjoy a carefree childhood. The emphasis in our programs is on playing and socializing with peers and assistant-mentors (volunteers) who are positive, supportive, patient and accepting in order to create a sense of belonging to a group in children, but also to emphasize the value of each child individually. Through play and socializing, we achieve training effects that are foreseen in the plan and program for children with developmental disabilities.

**SERBIA:** This manifestation aims to promote and encourage inclusion and a system of values in which everyone enjoys the same rights and opportunities without distinction. Every year a wonderful message is sent to the participants, justifying and encouraging these types of gatherings as a powerful contribution to the community.

**SLOVENIA:** The goal of Mini Olympics is to present the Olympic protocol and Olympic & Paralympic values of friendship, respect, excellence, equality, determination, inspiration, and courage. The other main goals are to present different sports to children where they have the opportunity to try new sports.

**TURKEY:** The aim of the initiative is to promote the active participation of disabled individuals in societal life and provide them with opportunities to engage in sports. Additionally, the goal is to increase awareness and sensitivity in all areas to ensure that disabled individuals can actively participate as independent individuals in all aspects of social life.

#### Requirements

Depending on the activity/sport i.e. swimming pool, indoors and outdoors sport facilities, balls, hoops, cones, table tennis equipment etc.

#### Number of participants & rules

Number of participants and rules depend on the sport. Basic specific sport rules apply, adapted to the needs and abilities of the children

#### Contacts:





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**CRO:** Centar za edukaciju i savjetovanje Sunce, Albaharijeva 2, 10 000 Zagreb

[www.ti-si-sunce.hr](http://www.ti-si-sunce.hr) ; [info@ti-si-sunce.hr](mailto:info@ti-si-sunce.hr)

[www.facebook.com/CentarSunce](https://www.facebook.com/CentarSunce)

**RS:** [office@sosib.rs](mailto:office@sosib.rs)

<https://www.sosib.rs/>

**SLO:** [info@sportnazvezasg.si](mailto:info@sportnazvezasg.si)

**TR:** <https://www.corum.bel.tr/haberler/engelsiz-spor-oyunlari-nda-oduller-sahiplerini-buldu>





3.

Name of Best Practices
National championship for students with intellectual disabilities.
Who is using it
Hrvatski školski sportski savez (Croatian School Sports Association) and elementary schools
Website
<a href="https://skolski-sport.hr/index.php/novosti/najava-veliki-sportski-susret-za-ucenike-s-intelektualnim-teskocama">https://skolski-sport.hr/index.php/novosti/najava-veliki-sportski-susret-za-ucenike-s-intelektualnim-teskocama</a>
Description
The Croatian School Sports Association is celebrating the 15th anniversary of the first National Championship for students with intellectual disabilities. Since 2008, hundreds of children have gathered in Poreč for competitions in athletics, swimming, table tennis and relay games. Along with this year's darts, this event will bring together over 50 schools and centres with more than 420 competition participants for three days of sports activities and competitions.
Goal of the Best Practices
Inclusive activities for children and young people have been the focus of both sports and education in the last few years, and with regard to the development of inclusive projects and programs in school sports such meetings are extremely important for all participants, who confirm the value and joy that such competitions bring to them.
Requirements
Depending on the sport (indoor or outdoor sport facilities or parks, swimming pool, table tennis equipment, darts equipment).
Number of participants & rules
Number of participants and rules depend on the sport. Basic specific sport rules apply, adapted to the needs and abilities of the children
Contacts:
Hrvatski školski sportski savez , Buzinski prilaz 2, 10010 Zagreb, Croatia  ured@skolski-sport.hr



4.

Name of Best Practices
N/A
Who is using it
Školski sportski klub "Krug" (School sports club "Krug")
Website
<a href="https://centarzaautizam.hr/index.php?option=com_content&amp;view=article&amp;id=44&amp;Itemid=410&amp;lang=hr">https://centarzaautizam.hr/index.php?option=com_content&amp;view=article&amp;id=44&amp;Itemid=410&amp;lang=hr</a>
Description
<p>"Krug" was founded for the purpose of representing the Centre for Autism at school sports competitions of elementary schools in the City of Zagreb, as well as the County and State Championships of school sports associations of elementary and secondary schools of the Republic of Croatia for students with intellectual disabilities. Students continuously gather for training sessions by section: athletics, dodgeball, bowling, small football and swimming.</p> <p>In the training process students train one or more sports, the following are included:</p> <ul style="list-style-type: none"> <li>- pupils from the Program for the Education of Students with Difficulties in Intellectual Development</li> <li>- pupils from the Program for primary education of students with autism.</li> </ul>
Goal of the Best Practices
<p>The goals of the best practice are:</p> <ul style="list-style-type: none"> <li>• enable students to satisfy their special interests and preferences for certain sports activities,</li> <li>• organise practice of sports through trainings and competitions at the city, county and state level,</li> <li>• encourage the development of motor skills (coordination, precision, speed, flexibility, balance, explosive strength and repetitive strength)</li> <li>• promotion of sports and sports activities as an area of positive action in the prevention of undesirable behaviour</li> <li>• encourage the multifaceted psychosomatic development of children, develop a health culture for the purpose of preserving and improving health</li> </ul>



<ul style="list-style-type: none"> <li>• satisfy the need for movement or exercise and create a habit of daily exercise</li> <li>• providing students with the opportunity to acquire knowledge, skills and habits necessary for adaptation to new motor activities</li> </ul>
<b>Requirements</b>
Depending on the activity/sport i.e. swimming pool, indoors and outdoors sport facilities, balls, hoops, cones, table tennis equipment etc.
<b>Number of participants &amp; rules</b>
Number of participants and rules depend on the sport. Basic specific sport rules apply, adapted to the needs and abilities of the children
<b>Contacts:</b>
ured@centar-autizam-zg.skole.hr

5.

<b>Name of Best Practices</b>
ADAPTIVE FOOTBALL
<b>Who is using it</b>
CROATIA, ITALY
<b>Website</b>
<p>CRO: <a href="https://healthlifeacademy.com/special-power-league/">https://healthlifeacademy.com/special-power-league/</a></p> <p>IT: <a href="https://www.researchgate.net/publication/344774453_CALCIO_INSIEME_Un_percorso_di_calcio_integrato_per_bambini_con_disabilita_intellettive?fbclid=IwAR3rCK_5DV2BNUQPyi7H_PebNF_ea2uYPfEf9kXjROeycoGyPNhMe7o359I8">https://www.researchgate.net/publication/344774453_CALCIO_INSIEME_Un_percorso_di_calcio_integrato_per_bambini_con_disabilita_intellettive?fbclid=IwAR3rCK_5DV2BNUQPyi7H_PebNF_ea2uYPfEf9kXjROeycoGyPNhMe7o359I8</a></p> <p><a href="http://www.accademiacalciointegrato.org/calcio-insieme/">http://www.accademiacalciointegrato.org/calcio-insieme/</a></p> <p><a href="https://insuperabili.eu/">https://insuperabili.eu/</a></p>
<b>Description</b>
<p><b>Croatia: SPECIAL POWER LEAGUE</b> is a sports league for children with disabilities, established in 2018, initiated by the Association “Health Life Academy” and joined by Croatian Football Federation (HNS), Mateo Kovacic Foundation, SILab Association, Association “Veliko Srce” from</p>



Koprivnica, Association "Pogled" from Nedelišće, Association Sindrom Down 21 Split, Association Sindrom Down 21 Rijeka, Association Sindrom Down 21 Zagreb, Educational center for children with disabilities "Ivan Štark" Osijek, School for education from Pula, Educational center for children with disabilities Krapinske Toplice as well as football and handball clubs from Croatia and abroad. Special Power League project won the UEFA Silver Award for the best disability initiative in the 2020 UEFA Grassroots Awards. The award recognize leaders, clubs and projects throughout Europe for their outstanding commitment and contribution to grassroots football, celebrating some unsung heroes at the bedrock of the game.

#### ITALY:

**Calcio insieme** - The program is aimed at girls and boys aged 6-17 with intellectual disabilities from schools in Rome, who want to experience the game and football adapted to their abilities; fully affirming the value of sport as a relational, rehabilitative, social tool and increasing the quality level of their motor and sporting activity.

**Insuperabili – Quarta Categoria** - Insuperabili Onlus uses football as a tool for socialisation and integration that with fun and training can bring improvements to the level of psycho-physical health, personal satisfaction and quality of life of the individual athlete. This practice is addressed to children with cognitive, relational, emotional, behavioural, physical, motor and sensory disabilities. In 2016, "Fourth Category" was founded as the first national 7-a-side football tournament promoted by the Italian Football Federation and reserved for footballers with intellectual-relational disabilities and psychiatric pathologies. The Insuperabili make their first appearance in the tournament in the 2018/2019. The First Teams included 50 athletes of the 17 venues, located throughout the country, who are most distinguished by their technical prowess, appropriate behaviour and participation in local activities

#### Goal of the Best Practices

**CROATIA:** The basic idea of the project is to motivate children with disabilities to actively integrate into society through sports activities. The project was designed based on the fact that children with disabilities do not have the opportunity to adequately play sports. The goal is to enable children with disabilities to play football and handball equally for their beloved club together with other children; help children with disabilities improve their energy, psychological well-being and quality of life by enhancing their ability to perform daily activities. Sport brings people with similar disabilities together; enable the individual to share their experience and make friends with people who understands his/her daily struggles. Trainings are held two to four times a week depending on the availability of the trainer.





**ITALY:** Main aim is to divide the teams and the court into 4 different areas (divided by colours based on abilities of the players)

The goal of this BP is to promote the growth and inclusion of people with disabilities within society through the sport of football. The methodology used for this project is made up of rules, tools and principles, including going beyond limits, focusing on the person and their resources, which guide the activity to reach the final goal.

#### Requirements

Outdoor or indoor sport facilities or parks, football and handball balls

#### Number of participants & rules

Number of participants and rules depend on the sport. Basic specific sport rules apply, adapted to the needs and abilities of the children

#### Contacts:

CRO: [info@healthlifeacademy.com](mailto:info@healthlifeacademy.com)

IT: Tel. 347 5413515 , [segreteria@accademiacalciointegrato.org](mailto:segreteria@accademiacalciointegrato.org)

Mail: [info@insuperabili.eu](mailto:info@insuperabili.eu)

FB page: <https://www.facebook.com/Insuperabili.it>





## GREECE

1.

Name of Best Practices
Adaptive Bowling
Who is using it
ELEPAP- Rehabilitation for The Disabled
Website
<a href="https://elepap.gr/i-drasis-mas/drastiriotites/prosarmosmenes-athlitikes-drastiriotites/">https://elepap.gr/i-drasis-mas/drastiriotites/prosarmosmenes-athlitikes-drastiriotites/</a>
Description
Adaptive bowling doesn't need to be in any bowling alley. This activity can be carried out in any place. However, equipment is needed according to the type of disability. When organizing adaptive bowling, it is important to consider the specific equipment needed based on the type of disability being accommodated. Regarding the rules, adaptive bowling follows the same basic principles as traditional bowling. The objective is to knock down as many pins as possible with each roll of the ball.
Goal of the Best Practices
<ul style="list-style-type: none"> <li>• Improves the physical condition</li> <li>• Develops new interests on how to spend free time</li> <li>• Experience positive social and group experiences, resulting in the development of the personality, self-confidence and self-esteem.</li> <li>• Muscle strengthening</li> <li>• Improves concentration</li> <li>• Improves hand-eye coordination</li> </ul>
Requirements
<p>Specific adaptations for associated disabling conditions, however:</p> <ul style="list-style-type: none"> <li>• A ball ramp or bowling ball with handles attached.</li> <li>• Lightweight balls for primary education</li> <li>• Bowling Ball Pushers</li> </ul>
Number of participants & rules



All the rules are the same with bowling.

**Contacts:**

epikoinonia@elepap.gr

2.

Name of Best Practices
Let's choose!
Who is using it
(name of coordinator or organization who is implementing it in your country)
(This game is a suggestion of Mr. Dimitris Fotiou. The link has been retrieved from <a href="https://www.pemptousia.gr/2016/03/amea2/">https://www.pemptousia.gr/2016/03/amea2/</a> )
Website
The best practice was retrieved from <a href="https://www.pemptousia.gr/2016/03/amea2/">https://www.pemptousia.gr/2016/03/amea2/</a> (Greek language)
Description
<p>Three mattresses of different colors (green, red, and blue) are placed on the floor. The goal is to engage children in a series of actions corresponding to the specific color called out by the trainer.</p> <p>To begin, the children form queues, creating a sense of order and anticipation. The trainer then calls out a color, and the child at the front of the queue must perform the corresponding action related to that color. The actions can be tailored and adapted based on the abilities and disabilities of the participants to ensure inclusivity and accessibility.</p> <p>For example, if the trainer calls out "green," the child may be instructed to jump onto the green mattress. If "red" is called, the child may be directed to lie down on the red mattress. The specific actions can be varied and creative, taking into consideration the physical capabilities of each child.</p> <p>To keep the activity engaging and dynamic, multiple queues can be formed, with each queue having its own set of color-action combinations. This ensures that children don't get bored waiting for their turn and introduces an element of friendly competition. Children can take turns calling out colors and leading their respective queues, further enhancing their involvement and leadership skills.</p>





Goal of the Best Practices
<ul style="list-style-type: none"> <li>• Coordination</li> <li>• Physical activity</li> <li>• It is a game that adapts to different types of disabilities</li> <li>• Creativity</li> <li>• Adaptability</li> </ul>
Requirements
<ul style="list-style-type: none"> <li>• Three Different Colored Mattresses: Green, red, and blue mattresses are needed to represent the colors called out by the trainer. The colors should be distinct and easily distinguishable for the participants.</li> <li>• Open Floor Space</li> </ul>
Number of participants & rules
More than 5 participants
Contacts:
n/a





3.

Name of Best Practices
Contemporary Dance Class
Who is using it
Spinal Cord/Xorokinisi
Website
<a href="https://web.facebook.com/Spinal-CORD-319194195214412/?_rdc=1&amp;_rdr">https://web.facebook.com/Spinal-CORD-319194195214412/?_rdc=1&amp;_rdr</a> and <a href="https://web.facebook.com/profile.php?id=100046468304438">https://web.facebook.com/profile.php?id=100046468304438</a>
Description
<p>The contemporary dance class for individuals with diverse abilities is a specialized program designed to provide a safe and inclusive environment for people with disabilities to explore and express themselves through dance. The class aims to foster creativity, self-confidence, and physical well-being.</p> <p>The class begins with a warm-up session that focuses on stretching and strengthening exercises. This helps to prepare the body for dance movements and promotes flexibility and strength. The warm-up is adapted to accommodate the abilities and limitations of each participant, ensuring that everyone can participate comfortably.</p> <p>After the warm-up, the participants engage in a series of dance exercises and improvisation activities. These exercises are designed to explore different movement qualities and dynamics. Participants are encouraged to experiment with their own movement choices, allowing them to develop their artistic expression and explore their physical and emotional boundaries.</p> <p>The class duration can range from 20 to 30 minutes or even more, depending on the needs and capabilities of the participants.</p> <p>Video: <a href="https://www.youtube.com/watch?v=bJl-QYpzIHA">https://www.youtube.com/watch?v=bJl-QYpzIHA</a></p>
Goal of the Best Practices
Dance allows all people with disabilities to harmonize their diversity, express their feelings, externalize their inner energy, facilitate their communication, and develop self-confidence.
Requirements
<ul style="list-style-type: none"> <li>Elastic resistance bands can be used.</li> </ul>





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<ul style="list-style-type: none"><li>• Accessible space</li></ul>
<b>Number of participants &amp; rules</b>
The class can accommodate a range of participants depending on the available space and the individualized attention required. It is recommended to keep the class size small.
<b>Contacts:</b>
+30 694 204 1521  xorokinisi.corfu@gmail.com





4.

Name of Best Practices
Table game (intellectual disability)
Who is using it
It is a suggestion from <a href="https://el.thpanorama.com/articles/desarrollo-personal/14-juegos-para-discapacitados-fsicos-y-mentales.html">https://el.thpanorama.com/articles/desarrollo-personal/14-juegos-para-discapacitados-fsicos-y-mentales.html</a>
Website
<a href="https://el.thpanorama.com/articles/desarrollo-personal/14-juegos-para-discapacitados-fsicos-y-mentales.html">https://el.thpanorama.com/articles/desarrollo-personal/14-juegos-para-discapacitados-fsicos-y-mentales.html</a>
Description
<p>In this variation of the classic game "Musical Chairs," the teacher/trainer sets up a circle using chairs or mattresses. The circular arrangement allows everyone to face inward and creates a sense of unity and engagement among the participants.</p> <p>To begin the game, lively and upbeat music is played, creating an energizing atmosphere. As the music plays, all participants stand up and start moving around the circle in a clockwise direction. This constant movement adds an element of anticipation and keeps everyone actively engaged.</p> <p>When the music suddenly stops, the participants quickly find a chair or a spot on a mattress and sit down as swiftly as possible. The objective is to secure a seat before others do. The person who fails to find a seat in time is eliminated from the game. To ensure safety and prevent accidents, the trainer eliminates the chairs one by one during each round. This eliminates the risk of collision or tripping over the chairs and ensures that the game can be played smoothly without any physical obstacles. Removing the chairs gradually heightens the excitement and challenge as the available seating options become increasingly limited.</p> <p>The selection of songs for the game is crucial to provide adequate time for participants to find a seat without rushing or feeling overly stressed. The chosen songs should have a moderate tempo, allowing ample time for participants to react, move, and secure a seat before the music stops again.</p> <p>This modified version of musical chairs maintains the essence of the classic game while prioritizing safety and accessibility. By replacing the traditional chairs with mattresses or removing them altogether, the risk of accidents is minimized, making the game more inclusive and suitable for participants with diverse abilities.</p>



Goal of the Best Practices
<ul style="list-style-type: none"> <li>• Movement and auditory perception</li> <li>• Perception of space</li> <li>• Decision - making skills</li> <li>• Enhances reaction time</li> </ul>
Requirements
<ul style="list-style-type: none"> <li>• Sufficient space: The size of the circle should accommodate all the participants comfortably</li> <li>• Chair or mattresses</li> <li>• Facilitator/trainer</li> </ul>
Number of participants & rules
<p>Ideally, there should be enough seating options for all participants. 7–10 participants are enough. However, the activity can be adapted to accommodate different group sizes, as long as there are enough chairs or mattresses for most participants.</p>
Contacts:
n/a

5.

Name of Best Practices
Earth, Sea and Wind
Who is using it
This good practice is a recommendation from ThPanorama.com
Website
<a href="https://el.thpanorama.com/articles/desarrollo-personal/14-juegos-para-discapacitados-fsicos-y-mentales.html">https://el.thpanorama.com/articles/desarrollo-personal/14-juegos-para-discapacitados-fsicos-y-mentales.html</a>
Description
<p>As the game begins, the teacher gathers the children in a designated area and explains the rules. They inform the children that when they hear the word "Earth," they are to swiftly make their way</p>



to a designated spot, which could be a nearby mattress or soft surface. This action mimics the grounded and solid nature of the Earth.

When the word "Sea" is called out, the children's task is to dash towards the basketball field, representing the fluidity and movement associated with the sea. This encourages the children to embody the characteristics of the water, embracing its energy and graceful motion.

Lastly, when the word "Air" resonates through the air, the children excitedly head towards the benches. Here, they engage in a playful challenge by attempting to lift their legs, simulating the lightness and buoyancy often associated with the air. This particular action adds an element of physicality and core strength, as they strive to elevate their legs as high as possible.

The trainer possesses the flexibility to modify the game based on the available space and the abilities of the children. They may adapt the locations or actions to ensure the activity is inclusive and suitable for all participants. For example, if there is limited space, the children might touch their toes to signify "Earth," do gentle waves with their arms for "Sea," or simply lift their knees while standing for "Air." The trainer's ability to adjust the game ensures that everyone can participate and enjoy the activity to the fullest.

#### Adjustment:

For participants with a physical disability, actions such as lifting their legs by touching the bench will be substituted

Goal of the Best Practices
<ul style="list-style-type: none"> <li>• Perception of space</li> <li>• Muscle strengthening</li> <li>• Teamwork and social interaction</li> <li>• Body control</li> <li>• Creativity and imagination</li> </ul>
Requirements
Benches and mats
Number of participants & rules
Between 15 and 20 people maximum.
Contacts:
n/a



6.

Name of Best Practices
Hoops
Who is using it
It is a suggestion of Mr. Dimitris Fotiou. The best practice has been retrieved from <a href="https://www.pemptousia.gr/2016/03/amea2/">https://www.pemptousia.gr/2016/03/amea2/</a>
Website
<a href="https://www.pemptousia.gr/2016/03/amea2/">https://www.pemptousia.gr/2016/03/amea2/</a>
Description
<p>To begin, the child stands near the first hoop and starts bouncing the ball while remaining within the hoop's boundaries. They must control the ball's movements, ensuring it stays in their hands while executing rhythmic bounces. The child then progresses by bouncing their way to the next hoop, maintaining control and coordination throughout the sequence.</p> <p>As an alternative variation, the child can be challenged to bounce from one hoop to another while incorporating an additional skill. In this case, after each bounce, the child tosses the ball into the air before catching it again and proceeding to the next hoop. This variation adds an element of timing and hand-eye coordination, requiring the child to synchronize their bounces with the ball tosses</p>
Goal of the Best Practices
<ul style="list-style-type: none"> <li>• Hand-eye coordination</li> <li>• Balance</li> <li>• Focus and concentration</li> <li>• Adaptability</li> <li>• Creativity</li> <li>• Gross Motor Skill</li> </ul>
Requirements
<ul style="list-style-type: none"> <li>• Hula hoops</li> <li>• Ball</li> <li>• Safe playing area</li> </ul>
Number of participants & rules





It can be enjoyed individually or in a group setting. The number of participants depends on the available space and the facilitator's ability to provide individual attention or manage a larger group.

**Contacts:**

n/a





## ITALY

1.

Name of Best Practices
Badminton (Shalom)
Who is using it
Comitato Italiano Paralimpico
Website
<a href="https://www.comitatoparalimpico.it/organizzazione/sport/sport-paralimpici/item/badminton.html">https://www.comitatoparalimpico.it/organizzazione/sport/sport-paralimpici/item/badminton.html</a>
Description
Para-Badminton is a sport for all. Para-badminton is a sport which can be played by both men and women of any age with a physical impairment. It is a growing sport that is attracting more and more participants every year both competitively and socially.
Goal of the Best Practices
The goal is to create an inclusive sport that allows people with and without physical disabilities to participate in the game.
Requirements
Badminton ground, badminton ball
Number of participants & rules
Official rules and regulations were agreed upon in 2013 and in 2014 it was selected to be played in the 2020 Tokyo Summer Paralympics. 2020 was para-badminton's Paralympic debut.
Contacts:
<a href="mailto:segreteria generale@comitatoparalimpico.it">segreteria generale@comitatoparalimpico.it</a>



2.

Name of Best Practices
Dodgeball
Who is using it
Centro Sportivo Italiano
Website
<a href="https://www.csiravenna.it//p/125/dodgeball_adattato_regolamento?fbclid=IwAR0-T5Yfo7n34AfTgWF3CAiS1UTUVoO5whgCNHSSiKbM6pGHTXZEauABDQA">https://www.csiravenna.it//p/125/dodgeball_adattato_regolamento?fbclid=IwAR0-T5Yfo7n34AfTgWF3CAiS1UTUVoO5whgCNHSSiKbM6pGHTXZEauABDQA</a>
Description
DODGEBALL (palla schivata) is a team sport born as an evolution of an agonistic practice of palla prigioniera or palla avvelenata.
Goal of the Best Practices
The goal is to create an inclusive sport that allows children with disabilities to participate in the game.



Requirements
Ground, 3 game balls
Number of participants & rules
<p>6 players per team are played on the field (6 vs 6) of which a maximum of 1 educator plus 2 retriever players (educators) outside their own half (6+2 vs 6+2).</p> <p>The start takes place with the teams distributed behind the end line of their own half.</p> <p>At the start, two players per team run to recover the balls distributed on the halfway line (centre line) being able to recover only the ball in the centre and the one on one's left by doing be careful not to step on the half-field line, under penalty of elimination. The educator, if present in field, can only recover the ball contested by both teams (the central one). The balloons retrieved must then be passed back to their teammates (who are in the meantime have entered the playing field and have spread out at the end of the field) so that they can be activated passing the attack line 3 meters away from the base line (for activation, the passing the ball back to the teammates at the back, behind the attack line). During the game each team must remain in their own half of the pitch without ever going out.</p>
Contacts:
<a href="mailto:info@csiravenna.it">info@csiravenna.it</a>



3.

Name of Best Practices
Mano nella mano
Who is using it
Il Circolo Didattico di Triggiano "Giovanni XXIII, Triggiano, Italy
Website
<a href="https://www.secondocircolotriggiano.edu.it/">https://www.secondocircolotriggiano.edu.it/</a>  PDF: <a href="https://www.secondocircolotriggiano.edu.it/attachments/article/221/progetto%20mano%20nella%20mano.pdf">https://www.secondocircolotriggiano.edu.it/attachments/article/221/progetto%20mano%20nella%20mano.pdf</a>
Description
<p>The project Mano nella Mano, which was implemented in a primary school, aimed at providing opportunities for children with physical and intellectual disabilities to practice sport and to promote a culture of integration based on the values of sport.</p> <p>To this regard, the project Mano nella Mano implemented activities such as: basic motor literacy; individual and group motor games; motor pathways; sports dance; athletics.</p> <p>The implementation of the project was made of two phases:</p> <ol style="list-style-type: none"> <li>1) training of the teachers about children inclusion and how to put it into sportive practice;</li> <li>2) the promotion of sports practices in Classes/sections with pupils with disability.</li> </ol>
Goal of the Best Practices
<ul style="list-style-type: none"> <li>• Fostering the development of relational skills;</li> <li>• Fostering participation and integration in all those activities, of the target group, both in the primary school as well as in the preschool, most suitable and meaningful for the pupil.</li> <li>• Promoting wellbeing at school starting from the needs and individual characteristics;</li> <li>• Promoting the play-motor education of disabled children and the motor, pre-sports and sports education of disabled children of school age, respecting their natural developmental rhythms and personal choices.</li> <li>• Promoting and disseminating a culture of sports education capable to support disabled pupils in building a positive self-image, increase self-esteem and make them behave responsibly and meaningfully with respect to their own life project.</li> </ul>





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Requirements
n/a
Number of participants & rules
<ul style="list-style-type: none"><li>Materials needed: balls of various sizes, hoops clubs, chinooks, mats, mats ropes, chopsticks, tactile and sensory instruments.</li><li>Spaces: primary school gymnasium, Kindergarten hall/salon.</li></ul>
Contacts:
<a href="mailto:baee17800g@istruzione.it">baee17800g@istruzione.it</a>







## SERBIA

1.

Name of Best Practices
Ski training for children with disabilities
Who is using it
Association for physical activities and recreation "Strength of movement" (NGO), Belgrade
Website
<a href="https://www.facebook.com/udruzenje.snagapokreta">https://www.facebook.com/udruzenje.snagapokreta</a>
Description
<p>Physical education professors and licensed ski instructors, with the support of special education teachers, provide ski training for children with disabilities every year. The training takes place within the national park "Kopaonik", which has the largest ski center in Serbia.</p> <p>Ski training takes place on mild and specially adapted terrain, and artificial snow cannons enable activities to be held even in the period of the year without natural snow.</p> <p>The association "Strength of Movement" has great help for the implementation of these activities from donors, who enable children to have extraordinary pleasure and socializing and physical activity in nature. Considering that the Kopaonik mountain is also an "air center" with exceptionally clean air at a high altitude (1500m above sea level), these children's activities benefit motor development and improve their general health status.</p> <p>"Strength of movement" realizes the training with the support of several private companies, the association "Ski resorts of Serbia" and famous athletes of our country.</p>
Goal of the Best Practices
Ski training aims to bring skiing closer to all children, regardless of financial status and other limitations, as well as to influence children with developmental disabilities to be more physically active and stay in society under professional supervision.
Requirements
Equipment for skiing, accommodation and meals outside the house, snow-covered slopes



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Number of participants & rules
The number of participants is not limited.
Contacts:
E. <a href="mailto:radasavic73@yahoo.com">radasavic73@yahoo.com</a>





2.

Name of Best Practices
"Testing/piloting of the innovative social service of Child Personal Companion in the municipality of Surdulica"
Who is using it
Municipality of Surdulica
Website
<a href="https://socijalnoukljucivanje.gov.rs/rs/lip2-surdulica-testiranje-pilotiranje-inovativne-socijalne-usluge-licni-pratilac-deteta/">https://socijalnoukljucivanje.gov.rs/rs/lip2-surdulica-testiranje-pilotiranje-inovativne-socijalne-usluge-licni-pratilac-deteta/</a>
Description
<p>Due to the impossibility of children with disabilities and developmental disabilities to participate equally in social life, as well as due to a series of obstacles in meeting their basic life needs, which especially applies to children from rural areas, by introducing the Child's Personal Companion service and organizing a sports school, children will receive individual support for improving independence, adapted teaching aids, as well as the possibility to be included in the social life of the community.</p> <p>During eight months, nine children received the service of personal companions, persons who have undergone accredited training, especially in the areas of movement, maintenance of personal hygiene, dressing and communication. During the school holidays a sports school was organized, and the personal companions supported the users, so they equally participated in sports activities with their peers. A total of 14 people was trained during the project to provide the service of a child's personal companion, while the Association "Surdulica za sve" has improved its capacity to provide the service, and the local community became more sensitized to the needs of vulnerable groups of children through a series of activities.</p> <p>The introduction of the service was also recognized through changes in the legal framework of local self-government, the Center for Social Work and civil society organizations. In addition to improving the quality of life of children who received the Personal Companion service, the project improved the cooperation of relevant actors from different sectors at the local level, which achieves a comprehensive systemic approach to solving the problem of social exclusion of vulnerable groups in local communities.</p>
Goal of the Best Practices



By improving social protection measures for vulnerable groups of children, social inclusion is contributed to at the local level, which is recognized as one of the key directions in order to reduce poverty (Goal 1) and reduce inequality (Goal 10) within the global United Nations Agenda of Sustainable Development 2030. Also, measures which are aimed at the social inclusion of children contribute in ensuring inclusive and quality education, which is also one of the goals set by the UN Agenda (Goal 4).

Requirements
n/a
Contacts:
n/a

3.

Name of Best Practices
Hippo therapy
Who is using it
Animal Assisted Therapy Serbia
Website
<a href="https://www.facebook.com/people/Animal-Assisted-Therapy-Serbia/100068924145356/?paipv=0&amp;eav=AfaIFOX5xLfAUrYwbuJBfRT-V6EuFwxM1POJaRFnyNbSznMhD5qPSX20eC771Zz6nKk&amp;_rdr">https://www.facebook.com/people/Animal-Assisted-Therapy-Serbia/100068924145356/?paipv=0&amp;eav=AfaIFOX5xLfAUrYwbuJBfRT-V6EuFwxM1POJaRFnyNbSznMhD5qPSX20eC771Zz6nKk&amp;_rdr</a>  <a href="https://medscape.rs/sr/vesti/1/terapija-pomocu-konja">https://medscape.rs/sr/vesti/1/terapija-pomocu-konja</a>  <a href="https://roditelji.edukacija.rs/zanimljivosti/ranc-dobre-nade-i-pozitivnih-vibracija/">https://roditelji.edukacija.rs/zanimljivosti/ranc-dobre-nade-i-pozitivnih-vibracija/</a>
Description
Hippo therapy is a physical, occupational and speech therapy treatment strategy for people with disabilities that uses equine movement to achieve functional goals. Hippo therapy means treatment with the help of horses (Greek hippo = horse; therapeia = treatment) and refers to the use of the three-dimensional way of movement of horses as a means of treating people with functional limitations, neuromotor and sensory dysfunctions. Horse movement offers well-modulated sensory inputs from the vestibular, proprioceptive, tactile and visual systems. With the help of hippo



therapy, the user's health can be improved from a physical, emotional, psychological, social and educational aspect. On the physical level, hippo therapy affects:

Normalization of muscle tone, strengthening of muscle strength, increase in range of motion, reduction of stereotyped movements, control of body posture, improvement of coordination and balance, symmetry of movements. The basis of the therapeutic effect of hippo therapy, but also of all other forms of riding, is the three-dimensional movement of the horse's back, where at a frequency of 50-60 steps per minute, 90 to 110 impulses are transmitted to the rider (which is equal to the rhythm of human walking), which, in the correct position of the rider, are transmitted from the pelvis on the trunk, and indirectly on the whole body and represent the physiological training of the pelvis and trunk.

#### Goal of the Best Practices

Therapy with the help of horses is specially formed for everyone. We focus on specific goals in accordance with an objective therapeutic program and based on pre-designed diagnostic assessments of participants. Goals should be measurable, progress and therapeutic activities are constantly recorded and documented in the form of reports.

For example, the general goals of treatment for people with autism are:

- Encouraging normal development (cognitive, linguistic and social);
- Encouraging the learning process;
- Reduction of rigidity and stereotypes in behavior;
- elimination of undesirable behavior;
- Reducing family stress.

#### Requirements

First of all, in order for horse therapy to work at a satisfactory level, it is necessary to have a trained horse in your team that is satisfied and has optimal living conditions. In working with children with autism, it is very important to have a team of people who are well trained and professional. In addition, some of the conditions are: adequate and safe facilities and environment, individual work and activity plan, confirmation from a general practitioner that the child does not have conditions or diseases that may be contraindicated with riding or close contact with animals, long-term activity plan, with with carefully selected breaks and interruptions, planning of riding appointments continuously and at the same times, equipment for the rider, carefully selected didactic tools...

#### Number of participants & rules





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n/a
<b>Contacts:</b>
office@medscape.rs podrska@medscape.rs







4.

Name of Best Practices
I can, I will, I will succeed
Who is using it
Karate klub Požarevac 012
Website
<a href="https://medscape.rs/sr/vesti/1/terapija-pomocu-konja">https://medscape.rs/sr/vesti/1/terapija-pomocu-konja</a> <a href="https://roditelji.edukacija.rs/zanimljivosti/ranc-dobre-nade-i-pozitivnih-vibracija/">https://roditelji.edukacija.rs/zanimljivosti/ranc-dobre-nade-i-pozitivnih-vibracija/</a>
Description
<p>This club has been working with people who have developmental difficulties, primarily with school-aged children, for many years. These are children who have been integrated into regular groups until now and who could follow regular programs in relation to their condition.</p> <p>Since this year, the support of the city has also been received, so a wider action has been started, which is being organized at the "King Aleksandar I" school. The conditions have been created to deal with children who have slightly more severe forms of disability, which do not allow the inclusion of those children in regular programs. Every Friday, a program will be implemented with children who have slightly more severe forms of disability and they work with the presence of a companion or parent in order to strengthen those relationships. All other children who have milder forms of disability are included in the regular groups of the karate club.</p> <p>He adds that from the point of view of work, children who have difficulties in development have their place, if they should not be trained in the first place, as regards their motor skills, general mobility, but also as regards a richer social life, would they not have the opportunity to be with other children.</p> <p>There is a plan to create a special category for people with developmental disabilities already in the next competition season in order to animate them. The idea is not that they compete with each other to compare who is better and more successful, because as Dmitrović says, everyone who fights is successful, everyone will be awarded a medal or a diploma. The idea is that children at every tournament have the opportunity to perform in front of a large audience, because in this way they gain self-confidence and have a sense of respect for others, they do not feel any difference in relation to other children.</p>
Goal of the Best Practices



"Specifically, our work program is focused on the physical training of children in all segments with an emphasis on educational work and on strengthening the character and spirit of each child", says Bane Dmitrović, coach of the Požarevac 012 karate club and creator of the program "I can, I will, I will succeed".

Requirements
n/a
Number of participants & rules
n/a
Contacts:
n/a

5.

Name of Best Practices
„Svitac“
Who is using it
Association for affirmation of children's creation „Svitac“ from Belgrade
Website
<a href="https://www.udruzenje-svitac.rs/english/">https://www.udruzenje-svitac.rs/english/</a> <a href="https://www.udruzenje-svitac.rs/">https://www.udruzenje-svitac.rs/</a>
Description
<p>Association for affirmation of children's creation „Svitac“ from Belgrade is non-governmental and non-profitable organization formed 2012. The members of the Association are exclusively experts in their field (special teachers, speech therapists, re-educators, psychiatrists, psychologists, and teachers) and artists (music teachers, composers, photographers, actors, writers, dramaturges, producers) which give their services to children and people with disabilities. The total number of children that we are working with at the moment is 120, 2, 5 to 26 years old.</p> <p>More than 400 children and young with disabilities not only from Serbia, but from the Balkan region (BIH, Montenegro, Croatia, Slovenia) passed through our projects from our establishment.</p>



Goal of the Best Practices
We stand for the inclusion that is not only „including in persons with disability “, but also creating and organizing different common shared activities, where they can feel like honoured and useful members of society, and which their peers of typical population can enjoy as well. Therefore, our main cause is to show good practice and to create as many didactic materials that will be used by parents, experts, teachers and everybody else that has someone with developmental disability around him. It is very important to us that, besides ideas, we encourage motivation for working and socialization with people with disabilities.
Requirements
Musical instruments, costumes and wardrobe depending on a theatre performance or other public performance, a room for practicing acting, singing, playing musical instruments and dancing.
Number of participants & rules
n/a
Contacts:
<a href="mailto:udruzenjesvitac@gmail.com">udruzenjesvitac@gmail.com</a>





## SLOVENIA

1.

Name of Best Practices
Budomir Group
Who is using it
Sport Club Dokiai
Website
<a href="https://www.dokiai.com/vadba-za-otroke">https://www.dokiai.com/vadba-za-otroke</a>
Description
<p>Martial arts (MA) significantly improve deficits in the areas of executive functions and other reduced abilities and response in conflict situations. They affect physical skills and psychological factors, and the individual strengthens self-esteem and self-confidence. Karate/aikido helps reduce the risk of accidents, in which children with ADHD often find themselves.</p> <p>Benefits:</p> <ol style="list-style-type: none"> <li>1. In Aikido and traditional karate, advancement is based on one's own abilities and maintaining a positive attitude. Children learn to cooperate with each other.</li> <li>2. MA do not encourage children to behave violently, as this techniques are used only if someone else breaks the rules, ie attacks.</li> <li>3. Children learn to calm down. MA teach them how to consciously calm down, as required in school and when writing homework. It helps them focus on sports training or other activity. The way of calming down is pleasant as it does not force them to hold back their emotions.</li> <li>4. By practicing martial arts, children develop a clear and calm mind, making it easier for them to follow lessons and find themselves better in stressful situations such as tests, questions or exams. Life leads to constant progress in various fields, being successful in school is one of the most important things during growing up.</li> <li>5. A space for socializing and playing with other children. Unlike most sports activities, girls and boys of different ages meet in martial arts training.</li> <li>6. Children learn a positive attitude towards the world. MA teach that if we want to create something important, we always work harmoniously with our surroundings. If we approach things calmly, correctly and with a positive attitude, we will definitely succeed, regardless of the situation.</li> </ol>



7. Karate/aikido is a physical activity. Maybe the kids will hang less on the phone and go to bed a little earlier in the evening.

The group is intended for children aged 5 to 12 years with Asperger's syndrome and / or attention deficit hyperactivity disorder (ADHD).

A small group (up to 4 children) provides practitioners with great support, adjustment and prevention of sensory overload.

All children are brought closer to experience the collective activity, connection, cooperation, and at the same time discipline and order. The emphasis of the exercise is on self-respect and co-workers, an individualized approach within group work and the development of social and communication competencies. The martial arts of the Budomir group are adapted to the needs and abilities of children. The specific needs of each individual are taken into account.

#### Goal of the Best Practices

Improve physical skills and psychological factors, and the individual strengthens self-esteem and self-confidence.

#### Requirements

...

#### Number of participants & rules

n/a

#### Contacts:

info@dokiai.com



2.

Name of Best Practices
Swimming Lessons for People with developmental and mental disabilities
Who is using it
Swimming Association of Slovenia
Website
<a href="https://www.plavalna-zveza.si/vadba-v-vodi-za-opp-in-invalid/">https://www.plavalna-zveza.si/vadba-v-vodi-za-opp-in-invalid/</a>
Description
<p>The knowledge of swimming today is an elementary skill and at the same time a necessity of life, even when talking about children, adolescent, or adults with special needs. It enables safe and independent movement in the water, as well as involvement in sports - reactive activities. By using the appropriate method of learning to swim, we can teach anyone these important skills, regardless of their physical and mental abilities. Active integration into life can also be achieved with the knowledge of swimming. Eliminating swimming ignorance among people with special needs requires appropriate knowledge and experience of those who run activities, as well as broader social support. The power and effects of various activities in water are also reflected in medical rehabilitation.</p> <p>The first goal of learning is safety and complete certainty and confidence of the swimmer in the water, followed by learning to move in the water and then swimming techniques. The time it takes a person to win the first goal is completely irrelevant. We need to allow the individual to inadvertently actively adapt to the dynamic forces of water with the help of teacher control. The swimming learning programme comprises a sequence of 10 activities (adjustment, rotation, simple movement) that the trainee must gradually master before moving on to learning swimming techniques.</p> <p>Work in the pool is carried out according to the adapted Halliwick method. A main feature of the Halliwick method is the individuality of the learning program, where each teacher practices with only one child, even if there is a whole group in the pool. We do not use props that increase buoyancy (such as a swimming ring or swimming board), and swimming goggles are not recommended. Learning takes place in a relaxed and friendly environment. The most important learning method is the game method.</p> <p>Swimming is carried out in pool with the depth between 0'8m and 1'2m. Students gain independence of rudimentary movement in the water and basic swimming techniques. These objectives are indirectly achieved through games. Sport and recreational exercise takes place twice</p>





a week for 60 minutes. The results show that anyone regardless of their physical and mental ability, who regularly attends practice, and through use of the appropriate methods of learning swimming can participate in this important skill.

#### Goal of the Best Practices

The first goal of learning is safety and complete certainty and confidence of the swimmer in the water, followed by learning to move in the water and then swimming techniques.

#### Requirements

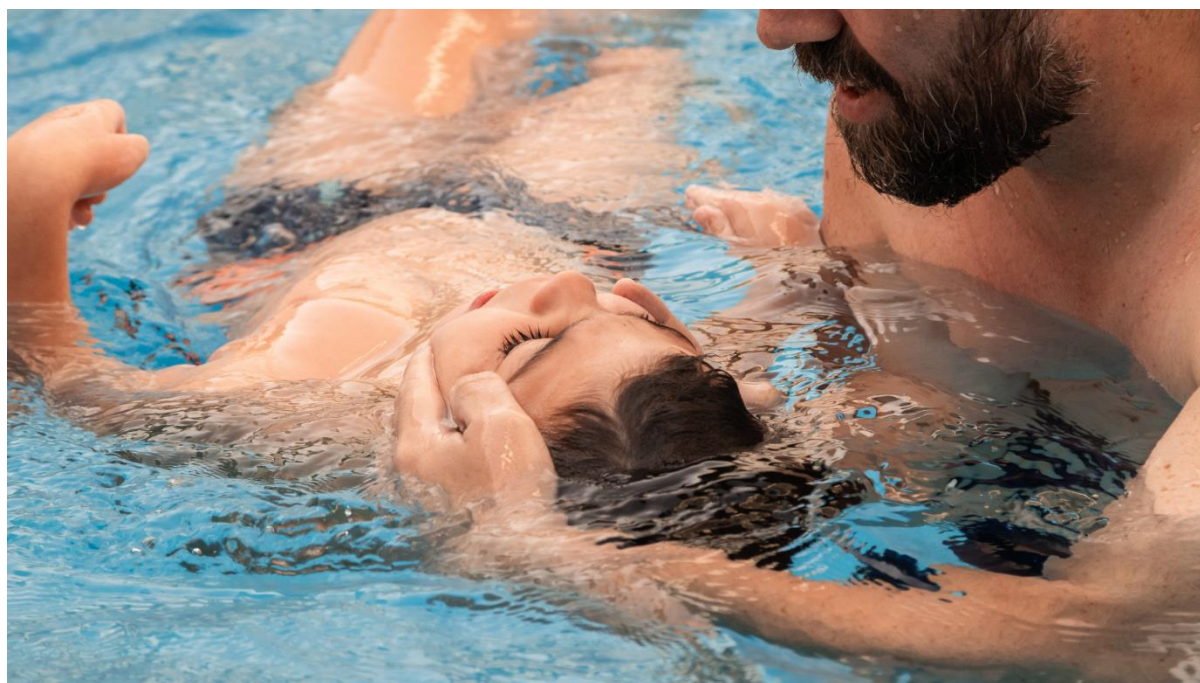
Swimming pool that enables safe participation

#### Number of participants & rules

n/a

#### Contacts:

info@plavalna-zveza.si





3.

Name of Best Practices
Children with special needs at school in nature
Who is using it
SLOVENIA, TURKEY
Website
<a href="https://www.csod.si/uploads/file/PUBLIKACIJE/Revija%20csod_november.pdf">https://www.csod.si/uploads/file/PUBLIKACIJE/Revija%20csod_november.pdf</a> <a href="https://orgm.meb.gov.tr/www/engelsiz-genclik-kampi-basladi/icerik/2036">https://orgm.meb.gov.tr/www/engelsiz-genclik-kampi-basladi/icerik/2036</a>
Description
<p><b>SLOVENIA:</b> One of the most important principles of the education of children with special needs is integrity of their treatment. This means developing the person as a whole, so that the child achieves the maximum he is capable of in all areas of functioning. Here school in nature is an example of a very good way to achieve just that. In a school in nature, with a well-planned program, we can develop all areas of functioning, and at the same time make it possible children with special needs to gain experiences that could not be acquired at home or in the classroom.</p> <p>Our goal is to offer as many opportunities as possible for experiential learning in pleasant, natural environment. School in nature for children with special needs needs, it offers and enables just that: acquiring knowledge and skills from all fields in one place: in nature thousands and one way.</p> <p>School in nature enables children with special needs to they become independent from their parents and guardians for a short time and are alone responsible for their personal belongings, cleanliness, personal hygiene and well-being. Children gain concrete experience based on experiential learning in nature. Work and activities at school in nature are adapted to the individual the student, his abilities, personality traits and disorders, because every child with special needs is unique, unique and specific in its functioning, behaviour and thinking. Their emotional and social development is encouraged. Interrelationships play a special role and communication. At CŠOD, they are aware that we can only do this together with professional workers in the area of children with special needs, we offer the possibility, to experience school in nature, learn a lot from it, accept nature as their own, take care of it, feel good about it and enjoy it, and they like to return to nature.</p>



**TURKEY: Camping for Special Youth** are implemented in various locations throughout Turkey. These camps can take place in natural and scenic campgrounds, special education and rehabilitation centres, or social facilities.

Implementation: Inclusive Youth Camps are typically organized as week-long or longer programs. The camps are specially designed and adapted to encourage the participation of young people with disabilities and cater to their specific needs. They are usually managed by a team of special education experts, psychologists, sports coaches, and volunteers.

Activities and Events: Inclusive Youth Camps encompass a range of activities and events, including:

**Sports and Recreation:** Specialized sports activities are offered for young people with disabilities. Training sessions and competitions can be organized in sports such as athletics, swimming, basketball, football, volleyball, and handball. These activities help improve the participants' physical skills, promote teamwork, and provide a sense of competition.

**Arts and Crafts:** Artistic activities such as painting, music, dance, theater, and ceramics can be included in the camp program. These activities allow young people to express their creativity, build self-confidence, and enhance their social skills.

**Nature and Adventure Activities:** Outdoor adventure activities can be provided for young people with disabilities. These may include nature hikes, rock climbing, canoeing, camping, and orienteering. Such activities enable participants to connect with nature, develop their courage, and push their personal limits.

**Teamwork and Leadership:** Camps may include activities that promote teamwork and leadership skills among participants. Group games, team projects, and leadership workshops can help young people develop their collaborative abilities and leadership potential.

#### Goal of the Best Practices

**SLOVENIA:** Increase the level of sport activity of children and educate them about nature and sport .

**TURKEY:** The goal of camping is to create a supportive and inclusive environment where young people with disabilities can engage in a variety of activities, develop their skills, and foster social interactions. These camps aim to promote inclusivity, self-confidence, and personal growth among participants, while providing enjoyable and meaningful experiences in a safe and supportive setting.

#### Requirements

Locations and equipment's can be varied by the organizations' needs and availability



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Number of participants & rules
Basic camping rules can be applied
Contacts:
SLO: <a href="mailto:info@csod.si">info@csod.si</a>  TR: 0090 444 0 472 Altındağ / Ankara







4.

Name of Best Practices
Special Olympics
Who is using it
Special Olympics Slovenia
Website
<a href="https://www.specialna-olimpiada.si/">https://www.specialna-olimpiada.si/</a>
Description
<p>Special Olympics is a global organization that serves athletes with intellectual disabilities working with hundreds of thousands of volunteers and coaches each year. Since the establishment of Special Olympics in 1968, the number of people with and without intellectual disabilities who are involved with the organization has been growing, but the unmet need to reach more people with intellectual disabilities is staggering.</p> <p>Special Olympics sports children and adults can participate in are:</p> <ul style="list-style-type: none"> <li>• alpine skiing</li> <li>• aquatics</li> <li>• athletics</li> <li>• basketball</li> <li>• bocce</li> <li>• cross country skiing</li> <li>• cycling</li> <li>• football</li> <li>• judo</li> <li>• swimming</li> <li>• snowshoeing</li> </ul>





<ul style="list-style-type: none"> <li>table tennis</li> </ul>
<b>Goal of the Best Practices</b>
Mission of Special Olympics Slovenia is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.
<b>Requirements</b>
n/a
<b>Number of participants &amp; rules</b>
Each sport has different rules and how participants compete.  The rules for each sport are available here: <a href="https://www.specialolympics.org/what-we-do/sports/sports-offered?locale=en">https://www.specialolympics.org/what-we-do/sports/sports-offered?locale=en</a>
<b>Contacts:</b>
SPECIAL OLYMPICS SLOVENIA , Samova 9/2 , 1000 Ljubljana,  so.slovenija@gmail.com

5.

<b>Name of Best Practices</b>
Dan slovenskega športa (Slovene sports day)
<b>Who is using it</b>
Center Gustava Šiliha Maribor
<b>Website</b>
<a href="https://www.osgusi.si/23-september-dan-slovenskega-sporta-2/">https://www.osgusi.si/23-september-dan-slovenskega-sporta-2/</a>
<b>Description</b>



Slovenian Sports Day is a national holiday celebrated in the Republic of Slovenia on September 23. A holiday was introduced in 2020 at the initiative of the Olympic Committee of Slovenia. In Center Gustava Šiliha Maribor, second largest specialized organisation for children with special needs in Slovenia, we celebrate it with sports day. All students of the Center, employees and external guests are included. We are joined by pensioners from a nearby retirement home, students from neighbouring schools, soldiers, firefighters, members of the rescue service and others.

The event takes place on the outdoor areas of the Center. Warming up before the sports day last year was provided by Natka Geržina, famous dancer. After the principal's opening speech and the warm-up, the students were offered seven different sports activities:

- outdoor neurofitness
- a game between two fires ("med dvema ognjema")
- elements of football
- elements of basketball
- polygon of basic motor activities
- games without borders and
- hike

Sports activities were complemented by an accompanying program:

- fire engine demonstration
- demonstration of work with rescue dogs
- demonstration of the work of mounted policemen
- promotion of the activities of the association "School of Health"
- blood pressure measurement,
- karate activity demonstration
- healthy drinks and snacks
- offer of products from the school bazaar

Great encouragement and joy was brought by a special guest, Cene Prevc, Slovene ski jumper.

#### Goal of the Best Practices



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Sports boosts health, encourages positive values and connects us. We celebrate it with our own physical activity and care for well-being.

#### Requirements

Larger outdoor areas or a gym, accessories for various sports and sports activities that we choose.

#### Number of participants & rules

250

#### Contacts:

Milojka Sevšek, Helena Gril (osgusi@guest.arnes.si)





6.

Name of Best Practices
Zlati sonček
Who is using it
Zavod za šport RS Planica
Website
<a href="https://www.sportmladih.net/interesni-programi-som/zlati-soncek/">https://www.sportmladih.net/interesni-programi-som/zlati-soncek/</a>
Description
<p>The Zlati sonček sports program is intended for 6 to 8 years old children. It is carried out by primary schools in the afternoon, as well as by associations or private individuals.</p> <p>Each year, approximately 78 percent of the children for whom the program is intended join the program. Its implementation is co-financed by the Sports Institute of the Republic of Planica according to the approved Annual Sports Program by the Ministry of Education, Science and Sport. In order for the program to run smoothly, part of the funds for its implementation are also allocated by local communities. Various courses have become a permanent fixture at schools precisely because of the Zlati sonček program.</p> <p>Children have to complete several tasks to receive an award or medal at the end of the year. The tasks are different in every year of the program:</p> <ul style="list-style-type: none"> <li>• trips</li> <li>• swimming</li> <li>• skill tasks with the ball</li> <li>• equilibrium tasks</li> <li>• roller skating</li> <li>• rolling</li> <li>• skiing</li> <li>• riding a bike</li> <li>• ball throw</li> <li>• jumps</li> <li>• overcame</li> <li>• crawling</li> <li>• run</li> </ul>



In 2016, they renovated the program and introduced adaptations for people with special needs, so that they can also participate in the program. Handbook for the implementation of interesting children's sports programs, youth and adults with special needs was introduced.

Schools that include students with special needs can smoothly implement the program for all their students and thus promote the motor development of children.

#### Goal of the Best Practices

1. Enrich the program of regular exercise or sports education with modern sports content.
2. With attractive content, an attractive artistic image and an attractive method of implementation, to motivate as many children, parents and professionals as possible for such a modern design of physical education.
3. To implant in the child's consciousness the desire, the habit and the need for similar action in the following age periods."

#### Requirements

Gym, outdoor area, basic sports equipment and accessories.

#### Number of participants & rules

Every teacher can register his class.

#### Contacts:

Mateja Reberšak Cizelj, T: 01 43 42 391

E: [mateja.rebersak@sport.si](mailto:mateja.rebersak@sport.si)





7.

Name of Best Practices
Kolesarski izpit (cycling licence)
Who is using it
Every primary school
Website
<a href="https://www.avp-rs.si/preventiva/prometna-vzgoja/programi/kolesarski-izpiti/">https://www.avp-rs.si/preventiva/prometna-vzgoja/programi/kolesarski-izpiti/</a>
Description
<p>Primary schools, with the help of parents and municipal councils for prevention and education in road traffic, and the police organize the preparation of students for independent cycling in traffic and the testing of knowledge and ability to drive. Accordingly, the Concept of training for riding a bicycle and bicycle test in elementary school is published on the website of the Ministry of Education, Science and Sport, which defines the purpose and general goals, contents, methods and forms of work in elementary schools in training students to ride a bicycle.</p> <p>The training program for students to ride a bicycle is carried out only by teachers who have successfully completed a seminar for training program implementers within the framework of continuous professional development of the Institute of Education of the Republic of Slovenia. The training program for children to ride a bicycle envisages 3 parts: acquisition of theoretical knowledge and knowledge test, skilled bicycle riding on a training ground (skill and traffic), practical riding in real traffic with the practical part of the bicycle test. After successfully completing the entire program, the child obtains a cycling card as a special prescribed form, which is signed both at the school and by the parents. With a bicycle card, children can participate in traffic independently.</p>
Goal of the Best Practices
Acquiring traffic skills, riding a bicycle independently in traffic.
Requirements
Computer, skill range, traffic range, bicycle, bicycle helmet.
Number of participants & rules
Children between 9 and 12 years of age in each primary school.



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**Contacts:**

Nuša Korošec (korosec.nusa95@gmail.com)





## TURKEY

1.

Name of Best Practices
Mutlu Çarşambalar
Who is using it
Republic of Turkey Ministry of Youth and Sports
Website
<a href="https://www.gsb.gov.tr">https://www.gsb.gov.tr</a>
Description
<p>The purpose of the "Mutlu Çarşambalar" activity is to increase the happiness and social interactions of children with intellectual disabilities and create a joyful and enjoyable environment. Children and youth with intellectual disability, down syndrome and autism can join this activity. A regular activity organized every week especially on Wednesdays.</p> <p>The activity seeks to create a joyful and inclusive environment where children can engage in various games, performances, and workshops tailored to their interests and abilities. By promoting happiness and providing opportunities for social interaction, the activity aims to enhance the overall well-being and quality of life of children with disabilities. It also aims to foster self-expression, boost self-confidence, and encourage the development of social skills in a supportive and inclusive setting.</p>
Goal of the Best Practices
<p>Specific goals of the activity are</p> <p>Increasing happiness: The activity aims to bring joy, laughter, and positive emotions to the participants. It provides an opportunity for children to engage in fun activities and experience moments of happiness while doing sport activities.</p> <p>Encouraging social interaction: The activity seeks to facilitate social connections and interactions among children with disabilities. It promotes friendship, cooperation, and a sense of belonging by providing opportunities for children to engage with their peers, families, and the community.</p>





**Fostering self-expression:** The activity aims to encourage children to express themselves creatively and authentically during sport activities. Through performances, arts and crafts, or other expressive activities, children can showcase their talents, thoughts, and emotions.

**Enhancing self-confidence:** The activity aims to boost the self-esteem and self-confidence of children with disabilities while doing sports. By providing a supportive and inclusive environment, children are encouraged to try new things, showcase their abilities, and celebrate their achievements.

#### Requirements

- Larger outdoor areas or a gym, based on the sports or weather conditions
- Different types of sport equipment if necessary

#### Number of participants & rules

Adapted sports are generally used. No specific rule required

#### Contacts:

<https://www.gsb.gov.tr>

0090 444 0 472 Altındağ / Ankara





2.

Name of Best Practices
Engelsizciler (Accessible Scouts)
Who is using it
Muğla Büyükşehir Belediyesi
Website
<a href="https://www.mugla.bel.tr/haber/buyuksehir-belediyesi-engelsiz-izciler-projesini-baslatti">https://www.mugla.bel.tr/haber/buyuksehir-belediyesi-engelsiz-izciler-projesini-baslatti</a>
Description
<p>Muğla Metropolitan Municipality is bringing smiles to the faces of individuals with disabilities through its Short Break Centers, which provide a peaceful, safe, and enjoyable environment for families to leave their disabled children. The Short Break Centers, initially established in the Menteşe district in 2016 and later expanded to Milas and Fethiye districts, have implemented the "Accessible Scouts" Project for individuals with disabilities.</p> <p>The project provides scouting training one day a week to 20 individuals with disabilities.</p> <p>Under the "Accessible Scouts" project, the expert staff who received a 3-day Basic Leadership Training at Muğla Metropolitan Municipality's Menteşe, Fethiye, and Milas Short Break Centers provide scouting training one day a week to 20 individuals benefiting from the Short Break services.</p> <p>The "Accessible Scouts" project also plans to organize summer and winter camps, inclusive and environmental awareness trips, various creative activities to raise awareness, as well as inter-city and international scout camps for aspiring scouts with disabilities.</p>
Goal of the Best Practices
<p>The aim of the "Accessible Scouts" project by Muğla Metropolitan Municipality is to promote the social inclusion of individuals with disabilities and their families, as well as enhance their personal development and skills through scouting activities. The project, which is planned to be sustained for at least one year, benefits individuals aged 10 and above who can perform their self-care, adapt to camping conditions, and do not have severe disabilities.</p> <p>Overall, the "Accessible Scouts" project of Muğla Metropolitan Municipality strives to empower individuals with disabilities, promote their social integration, and enhance their personal growth through scouting activities and inclusive opportunities.</p>





Requirements
Outdoor area, basic sports equipment and accessories.
Number of participants & rules
No specific rules required
Contacts:
<a href="https://www.mugla.bel.tr/">https://www.mugla.bel.tr/</a>

3.

Name of Best Practices
GSB Engelsiz Spor Okulları
Who is using it
Gençlik ve Spor Bakanlığı Spor Hizmetleri Genel Müdürlüğü Spor Etkinlikleri Daire Başkanlığı
Website
<a href="https://gsb.gov.tr/dosyalar/GSB%20Engelsiz%20Spor%20Okullari%20_09-09-2021%2015-43-48%20(1).pdf">https://gsb.gov.tr/dosyalar/GSB%20Engelsiz%20Spor%20Okullari%20_09-09-2021%2015-43-48%20(1).pdf</a>
Description
The project, which started with the first group training of our full-time coaches at the Youth and Sports Provincial Directorates between March 5-16, 2014, aims to train disabled individuals in collaboration with the "Physical Disabilities Federation, Visual Impairments Federation, Hearing Impairments Federation, and Special Athletes Federation". 1800 coaches completed their courses, enabling them to train disabled individuals. The goal of the project is to facilitate disabled individuals' access to sports, accelerate their integration into society through the unifying power of sports, and enable highly capable disabled individuals to become club athletes.
Goal of the Best Practices



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The goal of the project is to facilitate disabled individuals' access to sports, accelerate their integration into society through the unifying power of sports, and enable highly capable disabled individuals to become club athletes

#### Requirements

Sports equipment and accessories are provided by Youth and Sports Provincial Directorates

#### Number of participants & rules

Sports can be chosen according to the availability of the venues

#### Contacts:

T.C. GENÇLİK VE SPOR BAKANLIĞI SPOR HİZMETLERİ GENEL MÜDÜRLÜĞÜ

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