



EUROPEAN
EVERYDAY of SPORT

INTERNATIONAL CONFERENCE “EUROPEAN EVERYDAY OF SPORT”

GOOD PRACTICES IN SPORT AND PHYSICAL ACTIVITY

Book of abstracts



Co-funded by the
Erasmus+ Programme
of the European Union

#BEACTIVE

*Project European everyday of sport
/572647-EPP-1-2016-1-BG-SP0-SCP/*

WWW.EUSPORT.ORG





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1 Introduction



European everyday of sport project is designed to improve sharing of good practices, priority of Erasmus+ programme, to find and promote good practices from first and second edition of European Week of Sport and to encourage participation in sport and physical activity. The most specific topic this strategic partnership has been focused is the development, identification, promotion and sharing of good practices.

The present Manual is part of the products, elaborated during the project activities, implemented by an international consortium from seven countries and including the following **open educational resources**:

- ★ How to be active every day for kids;
- ★ How to be active every day for youth;
- ★ How to be active every day in school;
- ★ How to be active every day for working people;
- ★ How to be active every day for active aging people;
- ★ How to be active every day in the city;



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- ★ How to be active every day in small village;
- ★ Good practice manual of EWoS 2015 and 2016.

The mentioned good practices are also available in the **communication channels** of the project that you can find easily in the way that is most convenient for you:



Web
eusport.org



FB group
Everydaysport



Twitter
#EUEverydaySport



Iphone
app



Android
app

Project “European everyday of sport” is co-funded by the European Commission Erasmus+ — Sports — Collaborative partnerships in the sport field and Not-for-profit European sport events. **The partnership between Bulgaria, Italy, Croatia, Hungary, Lithuania, Poland, Slovakia** is a combination of sports and youth organizations youth and educational institutions.



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Final project event: International conference “European everyday of sport”. Abstracts from the conference

On 29th and 30th September 2017, an international conference titled “European Everyday of Sport” had been held at the premises of House of Europe in Sofia, Bulgaria. The event was a final phase of the Erasmus+ project (572647-EPP-1-2016-1-BG-SP0-SCP) of the same name which has an aim to promote the European Week of Sports among European citizens with a special focus on young people. More than 120 experts in the field of sports, education, health, and youth from 11 different countries took part in the two-day conference together with representatives of media.

The first day had a number of distinguished speakers with Mr Ognyan Zlatev, Head of the Representation of the European Commission in Bulgaria opening the conference. The event had a truly international outlook with project partners from Bulgaria, Croatia, Hungary, Italy, Lithuania, Poland and Slovakia taking part in the discussions. Other distinguished guests included Mrs Vania Koleva, Bulgarian Deputy Minister of Youth and Sport, Mrs Monika Panayotova, Bulgarian Deputy Minister for the Bulgarian Presidency of the Council of the EU, Mrs Yordanka Petrova, Parliamentary Secretary of the Bulgarian Ministry of Education and Science and Mrs Yoanna Dochevska, Chairwoman of the Bulgarian Sports Development Association which had organised the event. The participants were welcomed to the conference by a video-message from H.E. Tibor Navascics, the European Commissioner for Education, Culture, Youth and Sport. Other conference panelists were also Mrs Antoaneta Angelova – Krasteva, Director for Innovation, International



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cooperation & Sport of European Commission's DGEAC and Prof. Dr. Tatyana Yancheva, Deputy Rector of the National Sports Academy "Vassil Levski". The conference guests united around the message of cross-sector approach as key to raising healthy lifestyles of the European citizens.

Mrs Viera Kerpanova from the Education, Audiovisual and Culture Executive Agency (EACEA) introduced the participants to the opportunities provided by the Erasmus+ Sport Program and the participants found out more about the best practices implemented in Bulgaria from Mr Yassen Spasov, Head of Youth Activities at the Human Resources Development Centre which is an Erasmus+ national agency in Bulgaria.

Mrs Victoria Slavkova from the Directorate for the European programmes, projects and international cooperation of the Bulgarian Ministry of Youth and Sport presented the activities implemented by the Ministry in relation to the European Week of Sport 2015 and 2016. This panel had been concluded by a presentation from Mr Tarik Ajanović, volunteer at the Bulgarian Sports Development Association from the European Voluntary Service programme who presented some good practices from the European Everyday of Sport project as well as guidelines on how to use the newly-created project platform.

The final panel of the first day of the conference had consisted of presentations from Mr Roberto Salinas from Italy and Lilla Nedeczky from Hungary who are also partners in the European Everyday of Sport project. They presented their findings and experiences in the field of integration through sport and the development of voluntary activities in the education system. Policymakers and experts from Bulgaria and abroad had the opportunity to exchange views on how to raise participation in sport and physical activity of European citizens.

Good practices and campaigns which had been realised in the field of sport were presented on the second day of the event including projects such as the European anti-doping initiative "Just Sport". Talking about this project, Mrs Verica Mance from Croatia shared interesting information on the use of prohibited substances and how that affects human health and sports in general. Dr. Stefka Djobova from the National Sports Academy "Vassil Levski" presented the results of the "Get Wet" project which focuses on activating citizens to take up water sports as a form of physical activity. The participants of the conference also had an opportunity to discuss the poster session where five studies by sports specialists from Bulgaria



and abroad were presented as well as to learn more about the physical activity of paneurythmy by Lyudmila Chervencova from the National Sports Academy. The final presenter was Mr Ott Pärna, the chairman of SCULT – World Sport Volunteers Movement, who presented ideas and opportunities to improve sport through higher participation in volunteering activities in sport.

With the conclusion of panels session at the second day of the conference on 30th of September, the participants had an opportunity to take part in a mini athletics event for children that welcomed 140 young athletes aged 5 to 12 and showed them the magic of sport. The young athletes were awarded medals at the end by Prof. Dr. Pencho Geshev, the rector of the National Sports Academy “Vassil Levski” which was the institution that hosted the event. Other medals were also awarded by Prof. Dr. Apostol Slavchev, Deputy Rector, Prof. Dr. Stefan Stoykov, Head of the Athletics Department and Theresa Marinova, the Olympic champion and teacher at the Academy. The whole sports event had been organised by Ivailo Lazarov, a lecturer at the Athletics Department of the National Sports Academy and a coach at Athletics Club of the Academy (CLASS). Young participants also had a chance to meet Mirela Demireva, silver medalist at the Olympic Games 2016 in Rio de Janeiro.

The whole conference had been broadcast live on Facebook and the recorded sessions can be accessed on the website of the Bulgarian Sports Development Association.

Bulgarian partners of this event are The Representation of the European Commission in Bulgaria, the Ministry of Youth and Sports, the Ministry of Education and Science and the Bulgarian National Television as its main media partner. All the participants received project materials and presents from Refan Bulgaria.

Full information available on the following link: www.eusport.org/everyday_sport_conference

Full information for the EU Everyday of Sport Project: www.eusport.org



International conference “European everyday of sport”

29 – 30 September 2017

Location: House of Europe – 124, Rakovski str., Sofia, Bulgaria

Agenda

29/09/2017 – ERASMUS+ PROGRAMME, EU POLICIES IN THE FIELD OF EDUCATION, YOUTH AND SPORT

Official opening

Moderator: Grigor Gutev - National sports academy “Vassil Levski”

09:30 – 09:45 **Registration of participants**

09:45 – 10:30

Ognian Zlatev, Head of the European Commission's Representation in Bulgaria

Vania Koleva, Deputy Minister of Youth and sport

Petar Nikolov, Deputy Minister of Education and science

Monika Panayotova, Deputy Minister for the Bulgarian Presidency of the Council of the EU 2018

Yoanna Dochevska, Chairwoman of Bulgarian sports development association

Welcoming message from H.E. Tibor Navracsics - EU Commissioner for Education, Culture, Youth and Sport (video streaming)

10:30 – 11:00

Antoaneta Angelova – Krasteva, Director for Innovation, International cooperation & Sport, DG EAC, European Commission

Prof. Pencho Geshev, Rector, National sports academy “Vassil Levski”

11:00 – 11:30

Coffee break

Promoting European values through sport, Opportunities for citizens – #BeActive possibilities

Moderator: Grigor Gutev - National sports academy “Vassil Levski”

11:30 – 13:00

“Erasmus+ Sport” – Opportunities for sport sector and citizens - Viera Kerpanova – Education, Audiovisual and Culture Executive Agency /EACEA/

Good practices of Erasmus+ in Bulgaria - Tatyana Kalkanova, Director, Human resources development centre (Erasmus National Agency in Bulgaria)

13:00 – 15:00

Lunch break & Networking spot

Sport volunteering – empowering your sport event, power of integration

EWoS – from an idea to a great inspirational campaign in whole Europe

Moderator: Lenka Curillova – Chairwoman, A.D.E.L., Slovakia

15:00 – 16:00

EWoS campaign in Bulgaria – Viktoria Slavkova, Ministry of youth and sport.

Good practices, EWoS analysis (“European everyday of sport” project) – Tarik Ajanovic, #EUEverydaySport Project team

16:00 – 16:30

Coffee break

16:30 – 17:30

Integration through sport – Roberto Solinas, Mine Vaganti NGO Italy

Volunteering in School Sport project – Lilla Nedeczky, Hope for children Hungary

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30/09/2017 – EUROPEAN EVERYDAY OF SPORT – PLENARY SESSIONS, RESEARCHES, REPORTS ON THE TOPIC. THE VOICE OF EXPERTS, YOUTH AND NGO SECTOR.

10:30 – 11:30

Plenary session, researches, reports.

Moderator: Maria Grazia Pirina – Vice chair, Mine Vaganti NGO, Italy

Just sport – EU antidoping initiative – Verica Mance /HR/, Rijeka sport association;

The role of water sports for enhancing physical activity – Stefka Djobova, phd /BG/, National sports academy "Vassil Levski"

11:30 – 11:45

Coffee break

11:45 – 12:00

Poster sessions (foyer)

Adapted swimming for children with visual impairment – Velichka Aleksandrova /BG/, National sports academy "Vassil Levski"

Basic drills necessary in swimming and for surviving in water – Natalia Stoyanova, PhD /BG/, National sports academy "Vassil Levski"

Methodological ways of classification of female athletes' sports results in age aspect (400 m) – Iva Dimova /BG/, Hristiyana Guteva /BG/, Grigor Gutev, PhD /BG/, Zlatka Dimova /BG/, National sports academy "Vassil Levski"

Research of basics physical qualities with children – Ivaylo Lazarov, PhD /BG/, National sports academy "Vassil Levski"

12:00 – 13:00

Plenary session, researches, reports.

Moderator: Maria Grazia Pirina – Vice chair, Mine Vaganti NGO, Italy

Effect of playing Bulgarian body-mind practice paneurhythm on perceived stress, anxiety and resilience – Prof. Ludmila Chervencova /BG/, National sports academy "Vassil Levski"

Holistic idea of working with young people – Mike Soeranza /UK/

Sport volunteering – the golden gate to grassroots sport? – Ott Pärna /EE/, World Sport Volunteers Movement – Scult.com

13:00 – 14:00

Lunch break

14:00 – 18:30

Practical visit – "European everyday of sport" sport event for kids, National sports academy "Vassil Levski"



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Erasmus+ Sport Programme of the European Union

Local partners:



Representation of the European Commission in Bulgaria



Ministry of youth and sport



Ministry of science and education

Main media partner:



Bulgarian national television

International Partners:



Institut Nowych Technologii





/Arranged in alphabetical order by the official name of the presented topics.
Full text of presented papers will be uploaded on www.eusport.org when presented by the authors./

Presenter's full name:	IVA DIMOVA, HRISTYANA GUTEVA, GRIGOR GUTEV, PHD, ZLATKA DIMOVA
Institutional affiliation:	National Sports Academy "Vassil Levski", Department "Track & Field"
E-mail address:	ivi4et_@abv.bg
Title of the presentation:	Methodological ways of classification of female athletes' sports results in age aspect (400m)
An abstract of 300-500 words, summarizing the paper's scope and conclusions:	Investigating female sports results in the discipline 400 m in age aspect is of great interest of us. Estimating a type of classification of sport results can lead to deeper and further information about similarities and differences in athletes' preparation, according to their result. But to do this in first place we need to explore their results. In the current article we investigate sports results from the time period between 2002 to 2015. We use all results accomplished in the Bulgarian indoor and outdoor National championships only, because we deem that this is the most important competition in the season, and that athletes use their full motor potential and registered their best results. We manage to classify athletes in different age in 3 groups, using statistical methods. We established that some athletes can be at a small age group but their result can be classified as higher rang from the upper age group. We deem that passing through different phases of multiannual preparation will lead not only in reaching higher result but also changing the rang of results.

Brief bio of the author(s)
of maximum 400 words:

The first three authors are part of "Track & Field" Department (National Sports Academy). Working in the field of sprint and hurdle running, throwing events and physical condition of athletes.





Presenter's full name:	IVAYLO LAZAROV
Institutional affiliation:	National sports academy "Vassil Levski", Bulgaria
Email address:	Ivolazarov81@gmail.com
Title of the poster:	Research of basic physical qualities with children
Which (letter) of the above topic are you to address in particular?	Current trends in sport and physical activity
An abstract of 200-300 words, summarizing the poster's scope:	<p>The current issues of kids sport are constantly growing. Many scientific publications have recently explored the need to trace the morpho-functional features of children for proper consistency in developing their physical qualities. Differences in youth are not only in growth and weight, but also in the development of the motory system, energy system, psychological features, etc. At athletic exercises with children we use different sets of exercises that help developing basic physical qualities.</p> <p>The aim of the study is to determine the development of basic physical qualities in 8-11-year-old boys, training track and field.</p> <p>We have got the following tasks:</p> <ol style="list-style-type: none">1. Research of basic physical qualities in 8-9 and 10-11-year-old boys;2. Preparation of normative tables for assessment and control of physical qualities in 8-11-year-olds. <p>We formed 4 groups of kids - two with 15 children aged 8-9 years and 2 groups with 15 children aged 10-11 years. The training activities continued for 8 months, 3 times a week with a duration of 60-75 minutes. We used the following tests: growth (cm), weight (kg), vital capacity (cm 3), 30m high start,</p>



standing jump, ball throwing (1 kg), 600 m, depth of gradient (cm). Data was processed using the variance analysis method.

The results shows that high is increasing gradually and the dynamics of weight change is identical to that of high. This is also due to the known high correlation between these two indicators. With the vital capacity indicator and 600 m, older children have a higher growth, which dues to the higher endurance work at this stage. The same regularity is observed in the 30 meters. In standing jump the growth is the same for both groups, indicating the complex impact of athletics exercises on speed-strenght qualities. Quality flexibility is at a higher level in smaller athletes. This phenomenon could be explained by the use of special complex exercises for children that have a better impact on flexibility.

Conclusions:

1. The development and use of control marks makes it possible to assess the development of the basic physical qualities of children.
2. During the first stage (8-9 years), endurance quality develops slower. Including more endurance would increase the functional capability of children, which predisposes to the possibility of more training work in the future.
3. During the second stage (10-11 years), it is necessary to include more flexibility exercises that have a positive influence on the other physical qualities.



References

1. Gutev, G., Dissertation, NSA, Sofia 2015;
2. Yonov, Y, A. Slavchev, I. Svalchev, Bulgarian added value in the training and sport events in track and field for kids. Athletics and science. S. 2011;
3. Karapetrova R., Dissertation, NSA, Sofia 2011;
4. Pisarski, K. Fast, brave, skillfull. DI State education, Sofia. 1989;
5. P. Nyagin, I. Dimova, P. Petkova, K. Gutev(2014) SWOT ANALYSIS OF BULGARIAN YOUTH ATHLETICS, International Congress of Physical Education & Sport;
6. <http://www.iaaf.org/development/school-youth>

Brief bio of the author(s) of maximum 400 words:

I'm teaching for six years in department "Track and field" in National Sports Academy "Vasil Levski" in Sofia, Bulgaria. I work with students from three faculties in the university – coaches, teachers and kinesitherapy. I'm a vice president of the university club "KLASA" and working as an editor-in- chief in scientific journal "Track and field & science". As a part of my work I'm volunteering in many athletics competitions (Head volunteer in IAAF World half marathon championships Kavarna 2012), managing seminars on the program IAAF Kids Athletics and organizing kids competitions – one of them is "Klasaniada". Also I'm a coach of kids and athletes of all ages, including paralympic athletes.



Presenter's full name:**LUDMILA KIRILOVA CHERVENCOVA**

Institutional affiliation: National Sports Academy

Email address: l.chervenкова@gmail.com

Title of the presentation:

Effect of the Bulgarian Body-Mind Practice of Paneurhythmy on Perceived Stress, Anxiety and Resilience

An abstract of 300-500 words, summarizing the poster's scope:

Paneurhythmy was created in Bulgaria between 1922 and 1944. It is a system of musical physical exercises performed in the morning in the open. The exercises are done in pairs who move in a circle, integrating music and poetry, movement and thought in a harmonious unity. Paneurhythmy is executed for 70 - 80 min every day in the period between March, 22nd - September, 22nd. It is extremely accessible regardless of the age, financial condition or physical characteristics of the practitioners.

The aim of this study was to investigate the effect of playing Paneurhythmy for 6 months on perceived Stress, Anxiety and Resilience. The subjects in the experimental group (EG) and control group (CG) are healthy adults aged 22 - 70. The EG contained 57 adults - 14 males and 43 females, who have been practised Paneurhythmy for 1 - 35 years and in the period of the survey lived in 3 locations: Sofia, Plovdiv and Pernik. The EG subjects had 25 - 160 (mean 76) practices of Paneurhythmy in the 6-months period of study. The CG contained 54 people similar in socio-demographic characteristics to the EG - 13 males and 41 females. The following psychological scales were used in the study: STAI-Y - test for measuring state and trait anxiety by Spielberger; PSS - test for measuring perceived stress by Cohen, Kamarck & Mermelstein; ER-89 - Ego-Resiliency Scale by Block & Kremen. The EG and CG subjects were tested twice:



in the beginning of Paneurhythmy season and six month later. There were no statistically significant differences for any of the variables before and after the Paneurhythmy season in the control group (95% CI; $P > 0.05$). Statistically significant differences were observed in trait anxiety (95% CI, 8.21% below baseline; $P = 0.001$), perceived stress (95% CI, 8.41% below baseline; $P = 0.007$) and resilience (95% CI, 1.82% above baseline; $P = 0.022$) in the experimental group. Results show that practicing Paneurhythmy for 6-month significantly decreases the level of trait anxiety and perceived stress; while at the same time increasing resilience.

Brief bio of the
author(s) of maximum
400 words:

Assoc. prof. Ludmila Chervencova works at the Department of Physical Therapy and Rehabilitation of the National Sports Academy. She has been a Paneurhythmy instructor and researcher for more than 15 years. In 2013 she published the monograph „Paneurhythmy, Health and Wellness: A Bulgarian Model of Physical Activity“. Her professional interests are in the area of physical therapy, adapted physical activity, sport psychology and Paneurhythmy.

Presenter's full name:**NATALIA STOYANOVA, PhD**

Institutional affiliation: Assistant Professor in NSA "Vassil Levski"

Email address: nat_stoyanova@abv.bg

Title of the poster: **Basic drills necessary in swimming and for surviving in water**

An abstract of 200-300 words, summarizing the poster's scope:

The drownings are the leading reasons for the sudden occurrence of death worldwide. Every year, water traumatism gets between 350,000 and 500,000 lives. For our country, this figure is an average of 130-150 people, nearly 18 % (percent) of them are children under 17 years of age.

Due to the busy and dynamic lifestyle many Bulgarian parents are unable to provide opportunities for their children to learn to swim, which is essential for the prevention of drowning. Very often, besides the financial argument, the parents say that learning to swim requires a lot of time and persistence. Undoubtedly, if you seek perfection of movements.

No matter whether the purpose of the training is acquiring basic swimming skills for sport or for health, the first hours of training begin with, etc. „Exercises precede the study of swimming styles“. Through these exercises, learners learn how to stay on the surface of the water using the human body's fluidity and the lifting power of the water. These are 4 groups of exercises through which, within 1-2 hours, can gain knowledge and skills about survival in sudden falls into the water and continuing in-depth training in techniques of swimming styles.

By carrying out such one-time or short demonstrations and practical activities, a large number of people can be reached for a short time.



A good practice was the initiative of the Club „Water Sports – NSA“, „Day of the open doors ... In the training facilities – pool „Madara“, provided by the National Sports Academy, within one day, coaches from the club were available to those who wish to engage in this type of training for acquiring additional knowledge and skills related to the dangers during bathing and swimming, basic swimming skills and survival skills in water.

This type of initiatives can be carry out in pools and during holidays on the sea. It's a very affordable, relatively inexpensive way to train a large number of people and save many lives.

Brief bio of the author(s) of maximum 400 words:

Natalia Stoyanova – CV

EDUCATION:

- ★ PhD – in the field of sport
- ★ Master degree – High achievement in sport – National sport academy “Vasil Levski”
- ★ Bachelor degree – Swimming coach and Physical education – “Vasil Levski”
- ★ National and International lifesaving instructor

WORK EXPERIENCES:

- ★ 2010 – present work – Assistant professor at «Water sport» department – NSA “Vasil Levski”.
- ★ 2000 – 2012 – Chief Expert in Bulgarian Red Cross, “Water lifesaving” department.
- ★ 1997 – 2000 – Lifeguard and swimming coach

ADDITIONAL INFORMATION:

- ★ Former swimming competitors. More than 10 years member of the Bulgarian national swimming team. Record holder.
 - ★ Many times winner at the national and international lifesaving competitions. Second place in European lifesaving championships
 - ★ Second mandates member of the Sport commission – International lifesaving federation – Europe (ILSE)
 - ★ 2012 – Awarded with a medal for „Honored Person“ of the Bulgarian Red Cross
 - ★ 2015 – Awarded “Merit of Honor” – (ILSE)
-



**Presenter's full
name:**

STEFKA DJOBOVA

Institutional affiliation:

National Sports Academy "Vassil Levski"

Email address:

Stefka.djobova@abv.bg

Title of the
presentation:

**The role of water sports for enhancing physical
activity**

An abstract of
300-500 words,
summarizing the
paper's scope and
conclusions:

Man has a strong affinity with water as it is the very basis of life on this planet. Recreational use of water has a long history across the Europe. There are numerous studies presenting evidences on the many health benefits and there is now evidence as to the mental well-being effects of activity adjacent to and in water environments. Within Europe, we have extensive lakes, coast lines and rivers many of which make excellent sports arenas to get people active and can therefore help to meet EU targets for Health Enhancing Physical Activity. Also the EU Physical Activity Guidelines (2008) emphasise the importance of outdoor sports, as non-organised sport activities such as swimming, canoeing, rowing or sailing are becoming increasingly prevalent in many countries.

However, to engage in water recreation activities often requires special equipment, knowledge for personal safety, access to water environments, sufficient knowledge and skill for the activity itself and information on opportunities. The GET WET project which has being done under the banner of the European Network of Outdoor Sports was seeking to join up the approach from a range of sports and activities to provide clearer information and enhanced opportunities in the lead up to and throughout the European Week of Sport. This project also aimed at increasing health enhancing physical activity especially for those at risk of social and economic isolation through the use of water based sports and activities.



It involved collaborative work to promote opportunities for long term sustainable engagement in sport and physical activities in, on or adjacent to water but through a major promotion of water based sports during the European Week of Sport. Six partners engaged in the project: Sport Northern Ireland (UK) as coordinator; Suomen Latu (Finland), Waterways Ireland (Ireland), INEFC (Spain), Surf Club of Viana (Portugal) and the National Sports Academy, (Bulgaria). A series of taster and try it events have been carried out in the 6 countries, throughout the summer season in 2016 to engage new participants with a range of water based sports including: angling, canoe and kayaking, hydro-speed, kite surfing, open water swimming, rowing (including traditional rowing), sailing, stand up paddle boarding, surfing and sub aqua. A total of 5468 people participated. A series of major follow up flotilla events were organized during the EWOS in conjunction with local clubs, national federations, international events and water management organizations.

These flotilla events with total number of 2160 participants took place in high profile areas of coastline or river adjacent to urban populations to maximize the media attention being given to them.

Through the GET WET project we proved that Watersports could be a mean for physical activity for those who are currently inactive; available for all ages and done both recreationally and competitively. Watersports can encourage equal participation from both males and females and through minor adaptations can be an excellent mechanism to provide physical activity opportunities for persons with disability.

GET WET project is co-funded by the Erasmus +Program of the European Union.



Brief bio of the
author(s) of
maximum 400 words:

Stefka Djobova is working as assistant professor in the sector of Adapted Physical Activity, Water sports Department at the National Sport Academy "Vasil Levski" in Bulgaria.

Extensive experience and specialist knowledge and skills in the application of adaptive water sports for people with disabilities. Educational background – Advanced academic degree in Coaching with professional qualification as sailing coach and physical education teacher acquired in the National Sports Academy "Vassil Levski" (NSA, Sofia); European Master Degree in Adapted Physical Activity from the Catholic University of Leuven (KUL, Leuven); Postgraduate Specialization in Psychomotor Therapy (KUL, Leuven); PhD in the professional field "Sport" directory – Adapted Physical Activity (NSA, Sofia).

Qualified sports scientist and lecturer with specialization in disability sports, inclusion and integration through sport, outdoor recreation for persons with disabilities, management of disability sports, psychomotor therapy, European projects management. Extensive projects experience (THENAPA; THENAPA II; Joint actions; EMDAPA; LdV – Eurosport; T4V; VSPORT+; DAPAW; DSH-GAM, EDIS, EMIS, #BEINCLUSIVE, GET WET). Member of the Expert group on HRD in sport of the European Commission, unit Sport for the new European work plan for sport (2014–2017). Board member of Special Olympics Bulgaria and national coordinator for SO university project; Member of ECSS and IFAPA. Guest lecturer in EUDAPA program in Haga-Helia University, Vierumaki, Finland and APA master program at Beijing Sport University, China. More than 35 scientific publications and presentations in the field of APA, sport management, sport policy; two multimedia tools in APA, manual for organization of inclusive summer sport camps.



Presenter's full name: **VELICHKA ALEKSANDROVA**

Institutional affiliation: National Sports Academy "Vassil Levski"

Email address: vili_polito@abv.bg

Title of the poster: **Adapted swimming for children with visual impairment**

An abstract of 200-300 words, summarizing the poster's scope:

According to the data of the World Health organization 285 million people are estimated to be visually impaired worldwide: 39 million are blind and 246 have low vision. Nevertheless 80% of all visual impairment can be prevented or cured, the rate of impairment remains high.

Visual impairment is a prerequisite for reduce physical activity, serious difficulty in orientation and space movement, self-service and communications.

The importance of swimming practices to society can be considered in the following aspects: social, health, educational and sport skills improvement. Particular features are related to the motor activity in the aquatic environment and are determined by its physical properties - hydrostatic pressure, resistance, lifting force, temperature and chemical composition. They can both make it easier or more difficult to perform a movement or exercise.

Our adapted aquatic course was implemented with group of children from the specialized school for visually impaired children in Sofia. The course has duration of one term, but some children continued their practice in inclusive settings. The methodology we used was based on the basic swimming methods for beginners; pair support method for assisted movement was applied as well as some individual adaptations according to the personal needs.



Adapted swimming allows the application of a great variety of adaptations in the water. As a result the children with visual impairment improved their special orientation, specific sport skills, but the greatest difference was observed in the improvement of the psychosocial skills of the children. Important result is that two kids overcame their open space fear and continued with open water swimming. Adapted swimming could be used as attractive form for increasing the level of physical activity for children with visual impairment.

Brief bio of the author(s)
of maximum 400 words:

Velichka Aleksandrova is working as assistant professor in the sector of Adapted Physical Activity, Water sports Department at the National Sport Academy "Vassil Levski" in Bulgaria.

Extensive experience and specialist knowledge and skills in the application of adapted swimming for people with disabilities. Educational background – Advanced academic degree in Coaching with professional qualification as swimming coach and physical education teacher acquired in the National Sports Academy "Vassil Levski" (NSA, Sofia); Postgraduate specialization for acquiring professional qualification as kinesiologist; Master Degree in Adapted Physical Activity from the NSA; PhD in the professional field "Health" with research focus on the effect of swimming on spinal deformations for children.

Qualified sports lecturer with specialization in disability sports, health aspects of sport for disabled persons, adapted swimming and aqua practices, inclusion and integration through sport- organizer of sport days to promote inclusive sport practices.



Presenter's full name:**VILIJÀ GERASIMOVICIENE**

Institutional affiliation: University of Applied sciences

Email address: v.gerasimoviciene@viko.lt

Title of the poster: Sports event "Freedom of movement" intended for "European Everyday of Sport" project and dedicated for Lithuania's independence day

An abstract of 200-300 words, summarizing the poster's scope:

Vilnius kolegija/University of Applied sciences Physical Education's and Sports Center community is participating in "Erasmus+" sports program "European everyday of sport" project which is co-ordinated by Bulgarian sports development association and reaching for good experience scatter strengthening youth physical activity and health.

Celebrating February 16th – Lithuania's Independence day, on 2017 February 14th at University of Applied Sciences VK was organized a sport event "Freedom of movement". Students and teachers from 3 gymnasiums and 2 universities, about 100 participants in total, joined this event.

The implementation of "Freedom of movement" sports event invoked the team of 6 coaches who worked in two sports halls in which were held different activities and sport matches.

We represented wellness workout method, a volleyball match between students of University of Applied Sciences VK and The branch of the University of Bialystok in Vilnius. Also basketball and indoor football matches where met participants from Vilnius Salomėja Nėris, Senvagė, Žemyna gymnasiums and University of Applied Sciences VK. All matches were held in accordance with the Olympic values.



Our community is working together and focusing on physical activity and healthy living initiatives to inspire others to be more active on a regular basis and create opportunities in students' everyday lives to exercise more!

Brief bio of the author(s) of maximum 400 words:

I have finished Lithuanian University of Education Sciences master's degree, health and physical Education/Fitness, Early childhood Education and Teaching specialties.

I am a lecturer of Physical activity didactics in University of Applied sciences and responsible for preparation and organization a variety of children and students physical education models. Also my responsibilities are in implementation of differentiated and personalized physical activities, aerobics and fitness trainings. It includes determination of physical development and physical fitness furthermore for development of critical thinking and creativity skills. I am a member of Lithuanian Olympic academy since 2010 years, also a member of Association of Republic preschool education of sports since 2014 years. I organized education events, physical activities and projects dealing with educational organization on projects issues. Also I was giving presentations in the Lithuanian conferences, seminars.

My accomplishments:

Prepared presentation about „EXPRESSION OF THE OLYMPIC EDUCATION PROGRAMME IMPLEMENTATION IN SCHOOLS OF GENERAL EDUCATION OF LITHUANIA: TEACHERS' POINT OF VIEW“



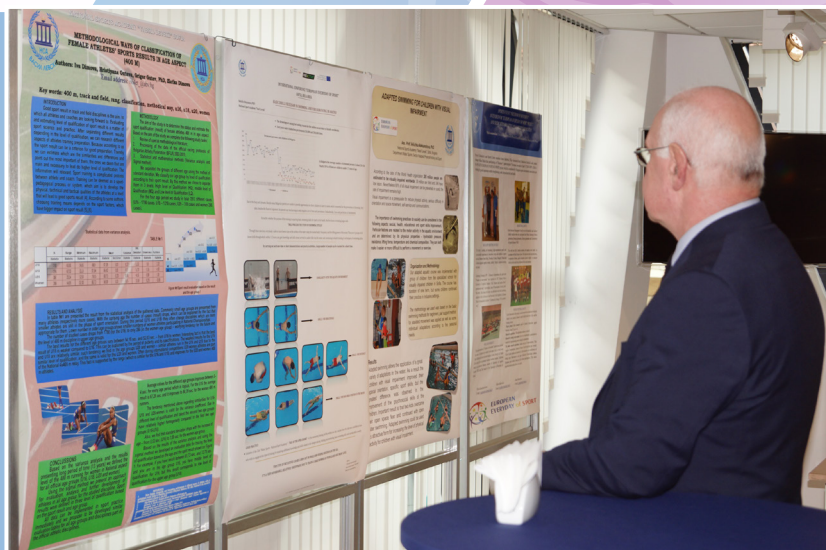
















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About European everyday of sport project

www.eusport.org

European everyday of sport project is designed to improve sharing of good practices, priority of Erasmus+ programme, to find and promote good practices from first and second edition of European Week of Sport and to encourage participation in sport and physical activity. The most specific topic this strategic partnership has been focused is the development, identification, promotion and sharing of good practices.

In 2007, the White Paper on Sport was issued by the European Commission as the first policy document addressing sport on behalf of the European Union. The Lisbon Treaty (2009) introduced a specific article which gave the EU a new supporting competence for sport. In 2011, the Commission adopted a Communication entitled „Developing the European Dimension in Sport“ providing for specific actions regarding the societal role of sport, sport’s economic dimension and the organisation of sport. Based on this Communication, the Council adopted a Resolution on an EU Work Plan for Sport 2011 — 2014, which further strengthened European cooperation on sport by setting priorities for EU level work engaging the EU Member States and the Commission. In 2012, the Council adopted conclusions on promoting health-enhancing physical activity and on strengthening the evidence-base for sport policy making. Following a proposal from the Commission, for the first time, financial support for sport is now included in form of a specific chapter in Erasmus for the period 2014 — 2020, which decision is warmly welcomed by all partner organisations of this current project.

Despite the growing importance attached to the promotion of physical activity in EU Member States, the “Eurobarometer” survey in 2009 identified “alarmingly high” rates of physical inactivity in the EU and found that the vast majority of Europeans (60%) never exercise or play sport. The last published “Eurobarometer” survey in 2014 stated very similar data, as in 41% of Europeans exercise or play sport at least once a week, while 59% of EU citizens never or seldom do so.

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Based on the gap, stated in the aforementioned analysis, it is more than visible that the importance of highlighting and promoting sport and physical activity is a priority of all European organizations, working on local, national or European level. This is why the current project is aiming to find the way of analyzing, collecting and promoting the good practices in the different target groups — kids, youth, in school, working people, active aging people, in the city, in small village. We believe that the added value from the opportunity to create awareness of the importance of physical activities though increased participation in and equal access to sport for all, will contribute to the increasing the number of people who exercise or play sport at regular basis and all project products are resourceful to support this aim for the specialists in sport, health, youth policy, educational institutions, local authorities, NGO's, national authorities in their daily work.

The current collaborative partnership has implemented various activities on local, national and international level; focused in collecting, development, identification, analyzing, promotion and sharing good practices from Europe and the World that can be easily implemented in the work of the experts in the mentioned fields. Project also has focused in the activities, held by the first and second edition of “European week of sport” and will collect all good practices, realized in 2015 and 2016 in the Member countries. These tools will be very useful in the planning of next editions of the EWoS and other events to promote sport and physical activity through increased participation in, and equal access to, sport for all.

All activities, implemented by this project has been devoted supplying the need of open recourses with detailed focus on specific target groups and opportunities to make the movement part of the daily schedule of more and more people in Europe. As we have mentioned afore, the tools and instruments to make Europe a moving nation are still not the most effective as we are observing the results in the data from both “Eurobarometer” 2009 and 2014. This is the obvious need this consortium has tried to deal with and create a short cut between the target groups (direct — sport, health and youth specialists, educational institutions, local authorities, NGO's, national authorities and indirect — kids, youth, working people, active aging people, people living in cities and small villages) and physical activity as a “positive medicine” for personal, professional and social development of individuals.

Main objectives, we have focused in the project are:

- ★ Improved sharing and promotion of good practices in the field of sport and physical activity.
- ★ Collection of good practices of the previous editions of European week of sport.
- ★ Strengthen the evidence base for policy making (studies, data gathering, surveys) at local, national and European level.
- ★ Increased knowledge and awareness regarding sport and physical activity, as in the same moment strengthened cooperation between institutions and organizations active in the field of sport and physical activity, not only inside the consortium, but also at local level in the partner organizations countries.
- ★ Promotion of tools for different professional groups to work for motivating more people to do sports in every day life — 8 good practise manuals elaborated (How to be active every day for kids; How to be active every day for youth; How to be active every day in school; How to be active every day for working people; How to be active every day for active aging people; How to be active every day in the city; How to be active every day in small village; Good practice manual of EWoS 2015 and 2016. Each of the manuals has collected the best possible practices from Europe and the world with tips for implementation of each of the topics.) — published as Open Educational Resources, available for NGO's, sport organizations, local/regional/national institutions and other interested.
- ★ Improve good governance in sport with shortcut to resources — Educational platform and Android/iPhone application — innovative database of "sport ideas" — a search engine. In this search engine, you can put your living place (city or village), your occupation (working, student), your age group (kid, youth, adult) and the engine will give you ideas how you can be active every day.
- ★ Create an innovative network of professionals, devoted to active living from different parts of Europe, who will be committed to the project not



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only during project life, but also after the project end with development and growing good practice database.

- ★ Collection of ideas for the development of the idea of “Everyday of sport” in the daily life of the European citizens.
- ★ Raise awareness on the added value of sport and physical activities in relation to the personal, professional and social development of individuals through all planned project activities.
- ★ Raise awareness on the importance of health-enhancing effects of physical through all planned project activities.
- ★ Increase participation in physical activities and sport by increased number of local actions and events, awareness-raising activities and providing opportunity to individuals to personally experience the benefits of physical activities.
- ★ Disseminate the accumulated knowledge and expertise of the partnership, its newly developed tools and best practices to inspire and promote further collaborations and synergies on the related topics.
- ★ Empower specialists from different fields with the tools and instruments to act freely in their daily work, with the ideas that they can implement directly.







Project “European everyday of sport” is co-funded by the European Commission Erasmus+ — Sports — Collaborative partnerships in the sport field and Not-for-profit European sport events. The partnership between Bulgaria, Italy, Croatia, Hungary, Lithuania, Poland, Slovakia is a combination of sports and youth organizations youth and educational institutions:

Bulgaria: **Bulgarian sports development association**

www.bulsport.bg



Bulgarian Sports Development Association was founded in 2010 and is a nonprofit public organization devoted to the development of Bulgarian sport and improving sporting culture in Bulgaria.

Association team is young, creative and full of innovative spirit that works for development of Bulgarian sport and enhance the sport culture in Bulgaria with a desire and motivation. BSDA membership is voluntary and the association involve both physical and legal persons who are willing to help sport development with time, ideas, effort or financial support. Together with sport focused activities, association also organizes different events in the areas of: entrepreneurship, citizenship and active society. The team of the organization consists of professionals from different fields as: sport experts, media specialists, tourism and hospitality, education, marketing and others.

Association believes that sport should be part of a modern life of children and young people and should create in them values such as fair play, team-work, discipline, equal start and non-discrimination. Sport is also be a excellent way to prevent many of the problems of young people such as social exclusion, violence, crime and addictions.

www.eusport.org



Main goals of the organization are:

1. Sustainable development of physical education and sport in Bulgaria;
2. Develop different strategies and programs for sport tourism;
3. Development, application, implementation and coordination of national, municipal, government, European, international and other projects and programs for development of sport, sports facilities and physical education;
4. Improving the health, physical condition and sports culture of the nation, concerning youth problems as a priority;
5. Optimization and mobilizing human and material potential in sport and personal development;
6. Creating an enabling environment for sustainable and efficient management and entrepreneurship in sport and tourism;
7. Development of education in physical culture and sport and through sport, and informal continuing education in the field of sport, professional development, business and entrepreneurship;
8. Protection of children, youth, professional athletes, coaches, sports figures and sports organizations;
9. Develop and Stimulate entrepreneurship in sports.

Specific fields, connected to the project:

- ★ More than 20 years of sport field knowledge of the applicant's project team members;
- ★ Coordination for Sofia of Move week 2013 and 2014 with excellent results — campaign, similar to EWoS, that has gave us easier overview of the EWoS campaign and way to analyse comparing both;
- ★ Capacity to lead the collaborative partnership, to find the best possible good practices, to collect them in one single place as open educational resource for all interested players;

- ★ Possibility to sustain the project after the funding, because we believe that the project will have long life and added value to sport for all sector.

Full member of ISCA — International sport and culture association and National Patient Organization Confederation “Health Protection” — Bulgaria. Represented at:

- ★ National Parliament of the Republic of Bulgaria - Commission on cooperation with NGOs and citizens' complaints (April 2015 — January 2017) — Representative in Public Council — sector “Physical Education and sports”.
- ★ Founder of representative body the NGO Forum for support of Bulgarian presidency 2018 (March 2017 — present);
- ★ BSDA has been between first 32 organizations in Europe, that signed the launched from Commissioner Tibor Navracsics pledge of good governance in sport during Sport Forum 2017 in Malta. (March 2017)



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Italy **Mine Vaganti NGO**

www.minevaganti.org



Mine Vaganti NGO (MVNGO) was born in Sardinia (Italy) in 2009. MVNGO has 4 offices in Olbia, Sassari, Uri and Tempio Pausania and manages the operation of one youth center (Centro Santa Caterina, Sassari), thus represented in all the North of Sardinia. Mission: MVNGO promotes Intercultural Dialogue, Social Inclusion through Sport and environmental protection using Non Formal Education. MVNGO is part of 3 international networks such as YEE, ISCA and MV International. Services: MVNGO is an educational training provider at local and European level and has a consultant role for public and private bodies in order to promote and develop European and trans-continental projects. Programmes: MVNGO works on Erasmus+, Horizon 2020, Europe for Citizens, Creative Europe, EuropeAid, EaSi, Life+, IEE, the United Nations programmes (UNDEF) and with foundations such as EYF, Anna Lindh and Open Society. Hosting: MVNGO is accredited as hosting institutions in EVS (CODE: 2015-1-IT03-KA110-005863), Erasmus for Entrepreneurs, Erasmus Placement (through University of Sassari), Anna Lindh, National Funds, Azerbaijani Foundation.

General objectives:

- ★ Promote young mobility, intercultural exchange, volunteer and social cooperation among youngsters;
- ★ Stimulate the exchange of ideas and experience, mutual understanding, and equal rights and opportunities among young people in Europe and in the Euromed countries;



- ★ Promote intercultural understanding, equal opportunities, respect, active citizenship and solidarity;
- ★ Fight discrimination, xenophobia and intolerance;
- ★ Promote respect for the nature (ecofriendly attitude) and develop new job opportunities;
- ★ Involve young people with fewer opportunities.

Activities:

- ★ In the field of non-formal and in-formal education, informing and communication (youth exchanges, training course, study sessions);
- ★ Activities for youth: voluntaries projects in local communities, sportive activities as an healthy lifestyle, sport as a tool for inclusion, eco projects of free expression for young people.

Mine Vaganti NGO has successfully implemented numerous projects related to:

- ★ Sport values, health — Youth Exchange “ExSport ME Import Us”;
- ★ Sport as an educational tool — Youth in Action TC “Inclusive Sport for All”;
- ★ Youth Exchange “Two Islands One Move” related to The European Move Week 2013;
- ★ Sport as a tool for inclusion — European Youth Foundation Pilot Activity “Inclusive Sport in Sardinia”;
- ★ Sport as an educational tool for inclusion using non-formal education — Grundtvig InTraining Service “Education and Sport for All”.

Mine Vaganti NGO established its Sport Branch in 2011, and the current project is largely based on their accumulated experience in the field of Non-formal Education, Sport, Social Inclusion, as well as it builds on the project management skills and experience gained through these years through more than 30 implemented project by the NGO.



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Croatia RIJEKA'S SPORTS ASSOCIATION

www.rss.hr



Rijeka's Sports Association /acronym RSS/, is non government and non profit organisation, allying all sporting clubs within the City of Rijeka and is the promoter of the Programme of public sports programme co-funding in the City of Rijeka which is presented through the City administration department for sports and technical culture to the government of the City of Rijeka.

Operation of Rijeka's Sports Association and its technical services is governed by Sports Act. The Association is in charge of the promotion and stimulation of sports as a whole within the territory of its competence, of coordination among its members' activities, of bringing together and coordinating sports programmes, proposing the programme of public sports programme co-funding and taking care of its development.

PROGRAMME FIELDS

1. Fostering and promotion of sports;
2. Carrying out sports activities for children, youth and students;
3. Operation of sporting societies, sporting communities and city associations;
4. Sports preparations, national and international championships and general and special health protection for athletes;
5. Employment of professional sporting staff;



6. Sporting and recreational public activities;
7. Utilization of sporting facilities of significance for the local self-governing unit;
8. Development and funding of research and development projects, feasibility studies and surveys in the function of sports development;
9. Planning, construction, maintenance and utilization of sporting facilities and structures of significance for the local/regional self-governing unit.

Programme fields of public sports programme co-funding within the City of Rijeka comprise all the above mentioned activities, with differences concerning certain programmes timing. Its activities — programme planning, analytics, informatics, legal and human resources related, accounting-financial, programme development surveillance and others — are performed by technical staff within the Association.

These activities are allocated regular and occasional financial support for 182 sports clubs with approx. 18,000 active athletes of different age, out of which 9,500 either registered or unregistered sports club members and over 5,000 students and procreative users.

Since 29th of March 2010 Rijeka's Sports Association has received the certification audit by the Bureau Veritas in all the processes in accordance with the requirements of ISO 9001:2008 procedures and BV.

RSS cooperate with Croatian Olympic Committee, Croatian Paralympic Committee and Croatian Deaf People's Sporting Society.



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Hungary

Reményt a Gyermeknek Közhasznú Egyesület / Hope for Children Hungary

www.remenytagyermekeknek.hu



The main goal of the Association is to advocate and protect children's rights in compliance with the standards and principles of the UN Convention for the Rights of the Child. The Association serves as an intermediary organization between the society (including several actors such as businesses, universities and other non-for-profit organizations) and the children, youngsters and families in need with the aim to facilitate and coordinate the flow of the donations and the human resources (professional and volunteer) between them. The promotion of the human rights education in Hungary is part of this mission in the frames of which workshops and trainings are organized for children and young people. The aims of the awareness raising and informative campaigns are to prevent the violation of rights and to realize and acknowledge the current problems which is essential for an extensive social consultation and action.

Right to health is one of our main topics, which includes education about healthy lifestyles, sports and awareness rising on doping. We recently run "Right to health" programme in 2 institutions we work with and still continuing in during the summer time in the summer camps. The program includes workshops 3 times a week, where our experienced volunteers are using non-formal education elements mixing with sport. Programme had a big success as all the children are enjoying it and they have learned a lot so far.



Lithuania **Vilniaus kolegija / University of Applied Sciences**

<https://en.viko.lt/>



VK is the biggest University of Applied Sciences in Lithuania with more than 7000 learners and 1000 staff. We have hundreds of stakeholders, social partners within private sector, governmental organizations so dissemination and valorisation of results are widely supported within.

VK is higher educational institution, which gives more practical training to the students. Sports facilities serve as an extra curriculum's factor motivating students to be healthy and active during their studies. Sport serves as an educational factor for building positive, healthy attitude, teamwork, good physical condition and motivation.

We have very good competence and infrastructure to organize different kind of sports activities in Lithuania in the sphere of the following sports brunches:

- ★ Bodybuilding;
- ★ Basketball;
- ★ Athletics;
- ★ Football;
- ★ Individual trainings;
- ★ Volleyball;
- ★ Table tennis.

We have excellent relations and agreements with Lithuanian Olympic committee (<http://www.ltok.lt/#>) as well as Lithuanians sports federations (<http://www.lsf.lt/>). We are happy to have full governmental support to disseminate and valorise our project's sports activities.

www.eusport.org



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Poland

**Słownik Instytut Nowych Technologii /
Association Institute of Innovative Technologies**

www.newtechlodz.com/



**Instytut
Nowych Technologii**

INT has many years of experience in the organization of training courses, conferences, promotion and use of new technologies in education and entrepreneurship. Our activities are aimed at promoting new technologies, innovation and increasing opportunities for participants in the labour market education and equal opportunities. Among the key actions INT there are: researches for authorities and private entities, the organization of the Regional Competition Leader of New Technologies (innovative technologies) in the region of Lodz, numerous conferences, over 350 trainings, workshops, etc. INT leads "NGO Support Centre" in the region and works with more than 100 NGOs. Currently, the INT was established Regional Centre for International Debates (project of the Ministry of Foreign Affairs).

The recipients of our projects are: youth, disadvantaged groups, NGOs, volunteers, employees of companies, entrepreneurs as well as those who are just starting their career path, also elderly people. The organization's activities are adapted to the current needs of the market, hence the continuing need to acquire new knowledge, exchange experiences and increasing competence.

Before the current project, we have realized another sport project which has been coordinated by people who are actively involved in physical activity. Other projects coordinated by our organization has been also connected with sport activities. From many years we have established close cooperation with many NGOs, local authority and many schools — that have impact on our society. Some of our employees are really active in their private life; some even document it by blogs, organizing events, participating in sport events. INT employee's about 10 people with master degree in the field of sociology, pedagogy, management, international relations, law.



Slovakia**A.D.E.L. – Association for Development, Education and Labour**

www.adelslovakia.org/en/



A.D.E.L. is an organization, which creates opportunities for young people who would like to be an active, try and learn something new, gain new experience and knowledge for personal and professional development. We want to enrich the educational, social and cultural life of young people living in our country, mainly young people with fewer opportunities and coming from Eastern Slovakia. We believe that young people must become a driving force in building the society in which they live and therefore we create various opportunities in order to help shape a generation that is determined to change our country/and world for the better.

Our main goals that we promote with a variety of projects and activities are:

- ★ to increase employment of young people and to support their personal and professional development;
- ★ to organize and mediate trainings, youth exchanges, work camps, seminars, study mobilities, internships and volunteering programs abroad;
- ★ to encourage active citizenship, civic participation, voluntary and civic initiatives and to emphasize their importance in the society;
- ★ to stimulate the creation of new and innovative ideas as the basis for entrepreneurial initiatives of young people, to motivate them and support towards his own business;



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- ★ to encourage the responsible attitude to the nature and animals, promote a healthy lifestyle and protect the environment;
- ★ to promote constructive debate on the EU, to raise legal awareness of citizens, protect human rights and to watch the transparency in the allocation of public resources;
- ★ to endorse the elimination of gender stereotypes and promote equality of opportunity for all...

Our motto is: *„Youth is not just a temporary state on the way to adulthood, but the space for our own journey, opinions and solutions — and we want to fill in this lack of space!“*



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More info on the European Week of Sport (<http://ec.europa.eu/sport/week>)



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