

Newsletter from third meeting of the project.

30.09.2013-03.10.2013

That took place in Dąbrowa Białostocka – Białystok – POLAND

“HEALTHY LIFE WITHOUT OBESITY VIA SPORTS – HELWOS”

Host country:

Poland, Association for the Disabled „Joy of life”, Dąbrowa Białostocka

Participants’ organisations:

KUTAHYA SEMPATI SPOR KULUBU DERNEGI – TURKEY

KAIRÓS SOCIEDAD COOPERATIVA DE INICIATIVA SOCIAL - SPAIN

TRAINERS ASSOCIATION ONLUS - ITALY

There were about 45 people (staff and learners) of the 4 partner countries.

Arrival of participants, accommodation in the hotel. The participants were welcomed by the host country and then were acquainted with the programme of meeting for each day. In a cooperation with the coordinator there was reviewed the second meeting in Spain. The partners were also given the promotional materials about the region of Sokółski District, Podlaskie Province and Poland. In the morning the participants took part in sports competitions organized for the disabled and show match with participation project partner (mix students and staff). It was also part of the project promotion and dissemination of the results because the audience sat representatives of local authorities, and high school students.



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After lunch they visited The Occupational Therapy Workshops in Dąbrowa Białostocka at the Association for the Disabled "Joy of life". The association for the Disabled "Joy of life" was established in 1999 of the initiative of a group of disabled people, institutions and people whose occupation is social assistance, with the support of Dąbrowa Białostocka municipal and Sokolski administrative district governments. Participants of the workshop are intellectually and in respect of movement disabled people aged 16 and above. The activities occupations subsist for 7 hour 5 days a week. Presently there are 35 participants. They are from Dąbrowa Białostocka and locally towns and villages. The participants are divided into 7 groups for 5 people. The programme of the next few hours was focused on presentations of participants. Presentations comprised following topics: The Local Nutrition Programmes and Sportive Exercises Programme to inform disabled adults about the importance of sports in people's life and to give them a healthy life without obesity by doing sports. One day of the meeting we also visited Rehabilitation Center at AC Foundation in Białystok.

As the cultural part of the meeting our guests can visit the Białystok and made a trip to Tykocin - a small town with many sights: The Baroque Synagogue, The Talmudic House, The Bernardine Monastery complex, An iron truss bridge on the Narew River, The Castle.

Next project meeting will be held in Turkey (26th - 30th May); We also discussed the main objectives of the project according to the application form about next meeting, completion of the documents necessary to conduct the second year of the project: the activities plan, monitoring and evaluation plan, dissemination plan, communication plan; updating the website.



The third international meeting was very fruitful and now look forward to the next meeting in Turkey.

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