

# ERASMUS+ small scale partnerships

2022-1-HR01-KA210-YOU-000081830

February 24th 2024, Final conference

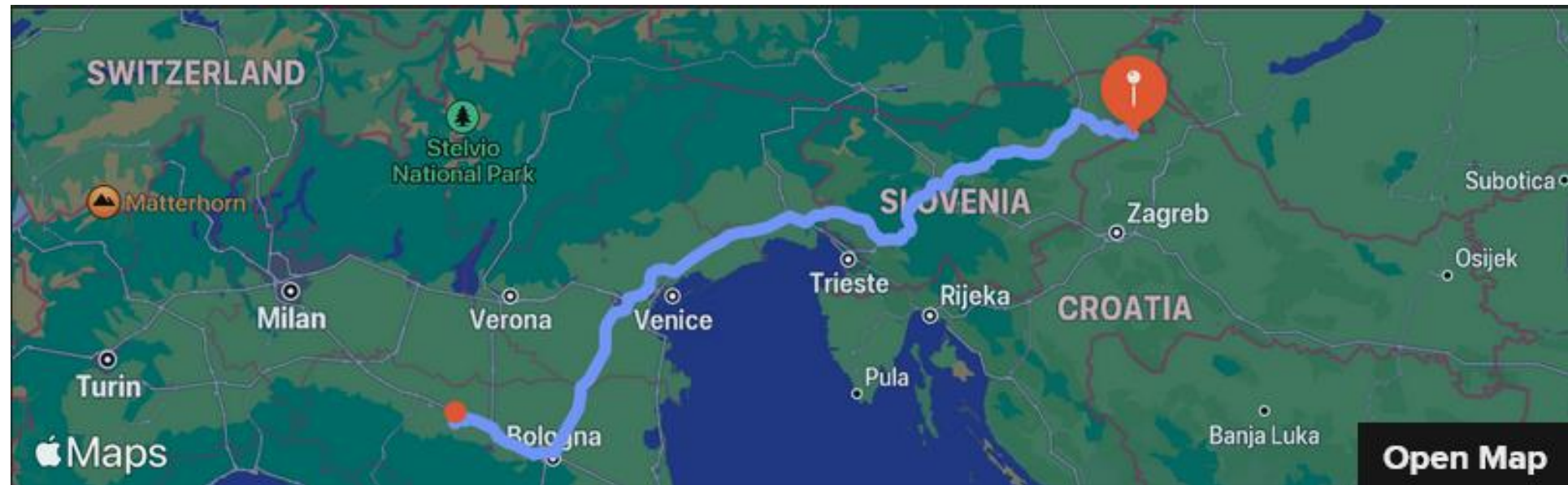
**Including all persons for a Greener Future  
“Green-IN”**





## About the partnership

- Association “Life & Joy”/ Udruga život i radost
- Comune di Cavriago





## Basics about the project

- **Organizations:** Association «Life & Joy»/Udruga život i radost (Lead partner); Municipality of Cavriago/Comune di Cavriago
- **Duration:** 17 mths (03.10.2022 – 03.03.2024.)
- **Total grant:** €60.000,00
- **Who is the project for? Target groups?**
  - 10 young volunteers (5 from HR, 5 from IT);
  - 30 young persons w/disabilities (and parents);
  - Professionals that work w/persons w/disabilities
  - Citizens





# Priorities and themes

YOUTH: Promoting active citizenship, young people's sense of initiative and youth entrepreneurship including social entrepreneurship

HORIZONTAL: Environment and fight against climate change

HORIZONTAL: Inclusion and diversity in all fields of education, training, youth and sport

Keywords: Disabilities, Environment and climate change, Inclusion of marginalised young people

**Social inclusion of persons with disabilities is central!**



# Objectives & Results

## The overall aim:

- to enhance the inclusion of persons with disabilities in the community by including youth in the actions of non-profits.

## The specific aim:

- to enhance the capacity of young persons as active citizens to support persons with disabilities in their efforts to be socially included in the wider community.

## Results:

- 1 training methodology
- 10 young volunteers trained
- 1 innovative concept re: environmental protection
- 1 long-term cooperation agreement



# Activities

## 1. Preparation and Selection of candidates

## 2. Setting up the training programme for young volunteers

- a. Create a draft training programme and guidebook for candidates
- b. Focus group meetings (three different groups) \* 1 joint meeting per group.
- c. Adjusting content based on feedback from participants in focus groups.



# Activities

## **3. Workshops and training for young volunteers**

a. In-situ workshops bringing together participants from both countries (1 in Cestica, 1 in Cavriago); 30 hrs of training per country

## **4. Organization of nature based actions**

1 in Cestica and 1 in Cavriago (serves as a way to test the volunteers' knowledge)

## **5. Evaluation activities and monitoring**

## **6. Final conference and project sustainability**

a. In Cestica, 1-2 days, presenting the project results and cooperation agreement

# Thank you!

Contacts:

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Patrick Galeski, Galeski Management Services ([patrickgaleski@gmail.com](mailto:patrickgaleski@gmail.com) )



Sufinancira  
Europska unija



AGENCIJA ZA  
MOBILNOST I  
PROGRAME EU



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## VOLUNTEERS TRAINING ACTIVITIES

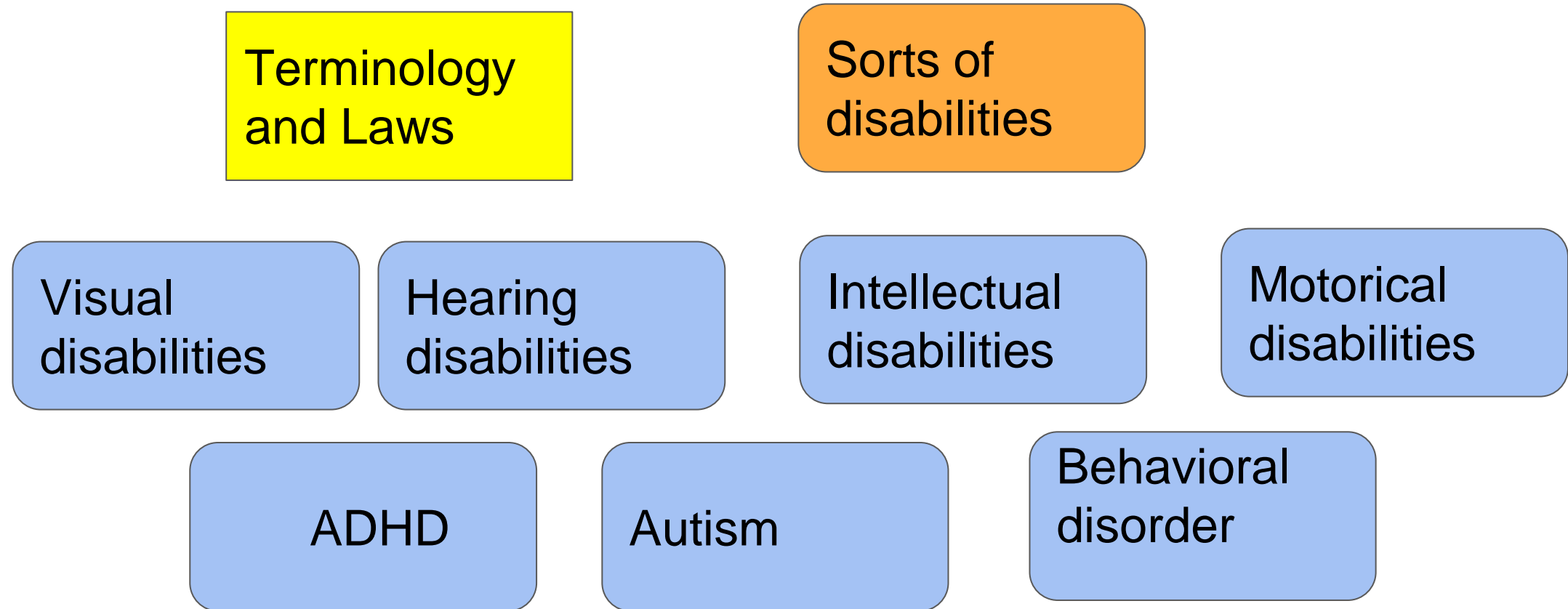
24.2.2024

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“Green-IN”



# 1. DEVELOPMENT OF TRAINING METHODOLOGY

May - June, 50+ pages



# MORE ON PEOPLE WITH DISABILITIES

Family of  
people with  
disabilities

Support

Prejudice

# OTHER THEMES

Active citizenship  
among youth

Organising an  
action with people  
with disabilities

How to  
strengthen a civil  
society  
organisation

## 2. FOCUS GROUPS



- PRESENTATION OF THE METHODOLOGY TO THE FOCUS GROUPS

- PARENTS, PROFESSIONALS, VOLUNTEERS



- QUESTIONNAIRE ON CHANGES TO ME MADE



### 3. TRAINING OF VOLUNTEERS 5 WORKSHOPS x 6 HOURS

1. GET TO  
KNOW  
PEOPLE  
WITH  
DISABILITIES

2. ACTIVE  
CITIZENSHIP  
AMONG  
YOUTH

3. ORGANISING  
AN ACTION  
WITH PEOPLE  
WITH  
DISABILITIES

4. HOW TO  
STRENGTHEN A  
CIVIL SOCIETY  
ORGANISATION

# METHODOLOGY - GET TO KNOW PEOPLE WITH DISABILITIES

definition

sorts

characteristics,  
influence on  
everyday life

how to interact  
(DO's and  
DON'Ts)

in their shoes  
(simulating  
disabilities)

equipment and  
techniques

A questionnaire on gained knowledge and skills

Civil  
society

Active  
citizenship  
among youth

Volunterism

-characteristics  
-functions in the society  
-values

- benefits  
- rights and obligations of  
volunteers and of  
organisations



Organising an  
action with  
people with  
disabilities

Planning

Motivation

Delegating

Integration  
and  
inclusion

Evaluation

# How to strengthen a civil society organisation

Strategical  
planning

Operative  
planning

Project cycle  
management

## Results:

A training  
programme  
document  
(50+ pages)

30 hrs of  
training

A volunteer  
guidebook  
(20 pages)



# Thank you! Ines van Hoek

dipl. special educator

trainer, instructor, non-profit manager

20+ years experience with people with disabilities and civil society organisations



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Including all persons for a Greener Future  
“Green-IN”

**Final conference - 24.02.2024**



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# Organization of the Training Activity in Cavriago

- First steps and criticalities

- 1) Local call by Municipality for volunteers
- 2) Focus groups





# The training activity in Cavriago with



## Context and training idea

Disability is a topic that helps us reflect on the value of inclusion both specifically but also in everyone's daily life. The ability to value differences to overcome the limitations of cultural stereotypes is like a muscle that needs to be trained every day. Therefore, we designed a training course capable of addressing professionals, as well as volunteers and families by providing for the involvement of different actors who face the issue of inclusion. Emphasizing the importance of sports, which today represents the third educational agency in our society after the family and the school, we talked about how to include children and young people in sports teams and peer groups in motor activities, both during school hours and in the afternoon, thus counteracting sports dropout among the young and very young.



# The training activity in Cavriago

## Context and training idea

In particular, emphasis has been placed on strategies to accommodate the diversity and uniqueness of all young athletes, whether they are people with certified disabilities or frailties of any kind, giving each child or youth a role and values: these strategies involve building an educational triangle that has the sports association, parents, and the peer team group at the top.

Chosen strategies involve building an educational triangle that has the sports association, parents, and the peer team group at the top.

## **30 hours of training -> small-group training alternated with large-participation meetings**

4 workshop meetings open to the territory stakeholders, so parents/sport trainers/teachers with the aim of making the word inclusion concrete.





# The training activity in Cavriago



## Small-group training contents:

***Gioco e mi diverto quando... Come cambiare le regole dei giochi perché tutti abbiano un ruolo.***

*I play and have fun when... How to change the rules of games so that everyone has a role.*

***Il sistema dei servizi e dei sostegni che ruotano intorno ad un minore con disabilità.***

***Caratteristiche delle principali disabilità e strategie per la gestione dei relativi comportamenti problema.***

*The system of services and supports that revolve around a child with disabilities.*

*Characteristics of major disabilities and strategies for managing related problem behaviors.*

***Autismo: come prevenire e conoscere le situazioni problematiche promuovendo il benessere della persona. Analisi di casi concreti.***

*Autism: how to prevent and learn about problem situations by promoting the person's well-being.*

*Analysis of concrete cases.*

***Analisi di strumenti didattici per l'apprendimento di nuove abilità nel soggetto con disabilità.***



# The training activity in Cavriago w



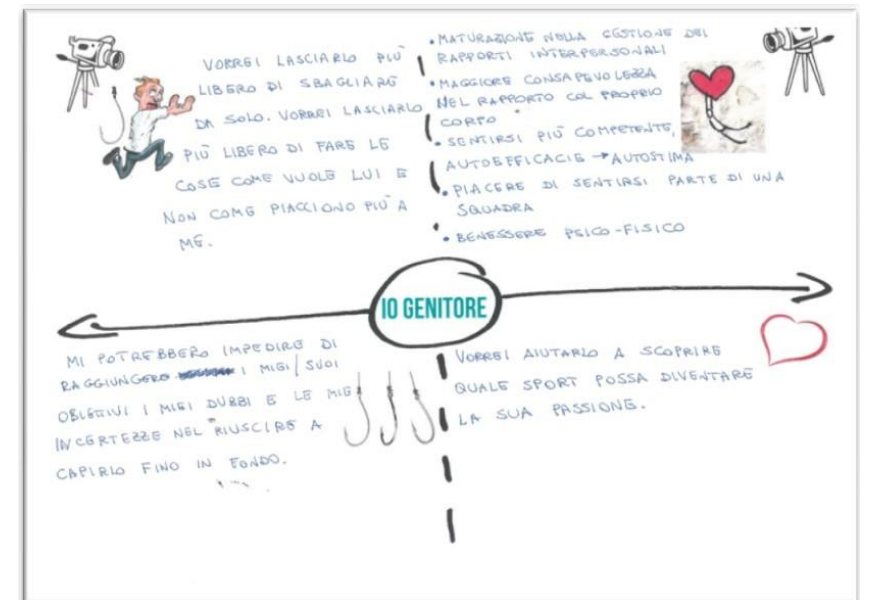
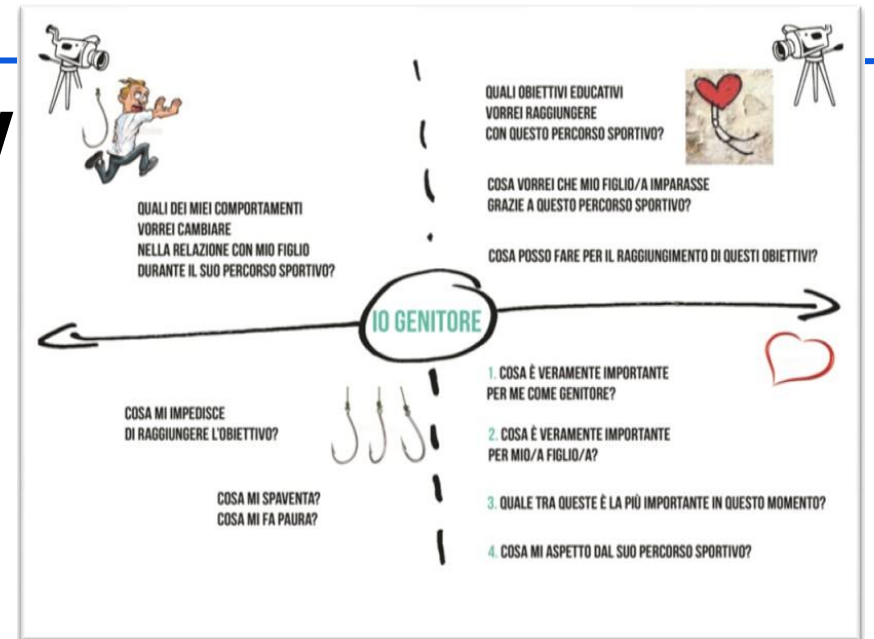
## Workshop meetings :

### Meeting with the families

- Participants: all inclusive sport tutors, parents of children and youth with disabilities

### Contents

- Sports as a source of children's well-being and quality of life
- The relationship between sporting expectations and satisfaction for both children and parents
- The importance of context in reinforcing or stopping certain behaviors
- The importance of a shared educational sports project, synchronizing with mentors and coaches
- Completion of the matrix by the parent:
  - "My goals regarding my child's sports journey."
  - "What is really important to my child"
  - "What behaviors of mine hinder him or her"
  - "What scares me"





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# The training activity in Cavriago **all inclusive**<sup>®</sup> sport

ALLENIAMO ALL'INCLUSIONE

Workshop meetings :

**Meetings with the families** The training included a lecture part and a game and interaction part with participants.







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# The training activity in Cavriago

Workshop meetings : Enhance the differences

## Meeting with experts/trainer

- Participants: all inclusive sport tutors, sport trainers, teachers

## Contents

- Enhancing sports as the third educational agency of society, after family and school
- How to create an inclusive environment, for the athlete with disabilities and all his or her teammates, both in school motor hours and in afternoon sports
- How to promote peer to peer relationships
- How to bring out the qualities of each child and accommodate the certified disabilities or frailties of each athlete
- How to involve parents, educators, teachers, and coaches in a shared educational sports project

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FONDAZIONE PER LO SPORT DEL COMUNE DI REGGIO EMILIA

all inclusive sport ALLENIAMO ALL'INCLUSIONE

CONI

UISP sportper tutti

SPALTA E ITALIA

CITTA' SENZA BARRIERE

FARMACIE COMUNALI RIUNITE

FONDAZIONE MILAN

# Sport.

## VALORIZZARE LE DIFFERENZE

Incontro con **ANDREA CECILIANI**

CIRCOLO ARCI PIGAL | 17 GENNAIO | ORE 20.00

PER DIRIGENTI SPORTIVI, ALLENATORI E TECNICI, INSEGNANTI DI MOTORIA, GENITORI

VIA ERRICO PETRELLA, 2 - REGGIO EMILIA

ISCRIZIONI APERTE SU [WWW.ALLINCLUSIVESPORT.IT](http://WWW.ALLINCLUSIVESPORT.IT)

CSV Emilia

Including all persons for a Green Future "Green EN"

Erasmus+

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# The training activity in Cavriago **all inclusive<sup>®</sup> sport**

**Workshop meetings : Enhance the differences**

**ALLENIAMO ALL'INCLUSIONE**

The audience stayed for over an hour after the seminar ended to ask questions, speak and share experiences.







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# The training activity in Cavriago

**Workshop meetings : Strategies for the inclusion of athletes with disabilities**

## Meeting with expert/trainer

- Participants: all inclusive sport tutors, sport trainers

## Contents

- The relationship between coach, tutor and family: the construction of a shared sports education project
- Responsibility: in a team problems and solutions are the responsibility of the group and not of the individual in difficulty
- The relational skills necessary to always foster listening and collaboration in a team
- How to foster the development of autonomy, sense of self-efficacy and self-esteem in the child with disabilities
- How to set individualized goals to foster learning processes in the child with disabilities
- Practical cases: questions and answers

**all inclusive**  
ALLENIAMO ALL'INCLUSIONE

**SPORT**

**CENTRO SPORTIVO ITALIANO**  
Associazione di Rugby Italia

**UISP**  
sport per tutti

**CONI**

**LSDi**

**IT TA SENZA BARRIERE**

# STRATEGIE PER L'INCLUSIONE DEGLI ATLETI CON DISABILITÀ

*Andrea Farnese*

FORMATORE NAZIONALE, ALLENATORE, CULTORE DELLA MATERIA A UNIPR  
AUTORE DI PUBBLICAZIONI A TEMA SPORT E DISABILITÀ IN AMBITO DIDATTICO E SCIENTIFICO

PER OPERATORI SPORTIVI DELLA DISABILITÀ, ALLENATORI E TECNICI SPORTIVI  
17 FEBBRAIO | ORE 9/13 | PALESTRA A-GYM  
VIA DELLA CANALINA, 38 REGGIO EMILIA

SU [WWW.ALLINCLUSIVESPORT.IT](http://WWW.ALLINCLUSIVESPORT.IT)  
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POSTI LIMITATI

**CSV Emilia**

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Fondazione Europea

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# The training activity in Cavriago



**Workshop meetings** The training included a frontal lecture part and a part of play and interaction with







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# The training activity in Cavriago wall





# Grazie! Hvala!

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