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SPORTILY TOGHER INTEGRATED SPORT FOR A SOCIAL FUTURE

MAGAZINE N° 0



project and partners

SPOT PROJECT

The SPOT project focuses on merging two areas of knowledge together: Sport and Social Inclusion.

The aim of the project is to create networks that can raise a profitable debate on the themes of inclusive and integrated sport, tackled from different perspectives. Involving ecosystems from four European countries, SPOT builds a connection among international and local actors, carriers of complementary experiences in the social and sports spheres, in order to create a model for territorial-to-international cooperation aimed at the definition of a non-formal training offer addressed to coaches, educators, managers, and athletes willing to work for a deeper inclusion and integration in and through sport. The project stems out from the demand of having these actors communicating with each other – i.e. sports organizations, NGOs, public administrations, schools, etc. – so that any difference relating to social disability is attenuated, or possibly overcomed.

The objectives of the project are:

- > Networking of stakeholders to enhance and strengthen the dialogue and cooperation between adjoining subjects of the Third Sector
- > Identificate the best practices and proven methodologies from the trans-national activities and the local networks
- > Outline a non-formal educational offer on inclusive and integrated sports
- > Diffuse a greater knowledge of sports and social inclusion, with consequent hoped-for widening of offer in services provided by stakeholders and project partners.

The results of the project will lay the foundations for a more cohesive and structured dialogue within the reference areas, furthermore intensified by the international experience, driven and ensured by the project's architecture. This will set the first step in building virtuous relationships that can persist and continue beyond the limits of the duration of the project and the territories involved, aiming at providing an experience that is scalable for the benefit of other communities of the European Union.



Coop La Macina/ITA

The activity of the Cooperative has always been expressed in the sector of environmental education, social inclusion and sustainable outdoor tourism with various outdoor sports such as trekking, rafting and kayaking.

We are looking for economically viable activities, to be activated in marginal territories such as the internal areas of the Umbrian-Marche and Tuscan-Romagna Apennines, where we live and work.

We plan and manage initiatives with a low environmental impact and a high cultural content thanks to our Environmental Education Centres, multi-service territorial agencies which, connected via a network, pursue the objective of sustainable, supportive and participatory development of the mountain area.

We offer our collaboration to schools, scout groups, families, public bodies, etc.

Our staff includes outdoor tour guides and coaches of many outdoor sports with many years of experience in the sector. Over time, some services have been transformed and evolved, from projects related to animal biodiversity and the safeguarding of species at risk of extinction to the breeding of a native trout, into an ichthyogenic plant for the repopulation of the waterways of the Marche Region; from the management experience of our guesthouses linked to the Environmental Education Centers to green maintenance services, favoring the employment of disadvantaged people; from the design and management of footpath networks for outdoor tourism to the evolution of environmental, sporting, historical and social projects such as the Montefeltro Landscape Ecomuseum; from the elaboration of tourism projects for social users (social tourism), to experimental interventions with welcoming models for people with special needs (tourism for all).

We believe in and look for innovative business models, capable of overcoming a traditional economic conception to instead be based on social value and solidarity.

We are a non-profit company, with a systemic approach to interacting with local institutions, social services, the community of residents, mutually linking the local level with the European one.

We believe that all of this is the key to revitalizing the Terre Alte in Italy.



Akademija Rudi Hiti/SLO



Association Academy Rudi Hiti was founded in 2013 and it is a sports and educational organisation. It is named after the legendary Slovenian and Yugoslavian hockey player and coach, Rudi Hiti. As an ambassador of hockey in Slovenia and a member of the Hall of Fame at the International Ice Hockey Federation (IIHF) seeks to popularize ice hockey and mass sport among children and young people.

The basic motto of the Association is the healthy development of children and adolescents in the personalities who will through sport build its image and quality of life.

The mission of the Academy Rudi Hiti is to enable all children, regardless of social or economic status, to participate in sport, particularly in sports on ice. For this goal, the Academy Rudi Hiti bought for each participant hockey equipment and with the help of sponsors and donors also free participation in training was possible.

Academy Rudi Hiti participates in various projects of Slovenian Hockey Federation and in the local sports, infrastructure and educational institutions, which enable

Training process in the association runs from May to April and we have more than 150 children of different ages. Among the most important activities of the association is also organising international summer camps in ice hockey, where players and coaches coming from Sweden, Finland, Norway, Slovakia, Canada, USA, Balkan republics and Turkey. The number of participants at the camp is more than 200 kids and youngsters.

At the association we consider as very important the training of trainers and coaches, lecturing at various sport seminars and mainly the help to build up the development program for Slovenian hockey federation.

Being active since its establishment in social activities and in sport promotion, Akademija Rudi Hiti has already participated in different projects, especially co-financed by European Union: in 2 of them as coordinator (Project Ice rinks for all 2018-2019, Project Play to Train 2019-2020), and 2 times as partner (Project V as Value 2020-2022, Project Spot 2021-2022. A new project just started in Jan 2023, BESST- Building European Safe Sport Together - (Collaborative Partnership, 2023-2024).

Komet Finswimming/CRO

Finswimming team Komet was established in 2011 and it is based in Zagreb (Croatia). Its main activity is finswimming, especially competitions and sport training. In 2016 Komet won 1st place in the Croatian national championship for Clubs. Its members Adrijan Omićević and Kristijan Tomić qualified for finals in three disciplines in the World Finswimming Championship 2016 and Tomić won a silver medal: these were at that time the best results ever for Croatian finswimming. Their coach is Rubes Levada, who is also among the founders and is currently the president of the club. Komet currently totals 20 members.

Being active since its establishment in social activities and in sport promotion, Komet has already participated in different projects, especially co-financed by European Union: in 2 of them as coordinator (Project Aurora 2018-2019, Project Aurora Adriatic 2021-2022), and 3 times as partner (Project EHPARP 2020-2022, Project Spot 2021-2022, Project Inclusion through sport 2021-2022). A new project is to start in Jan 2023, Mermaids for Inclusion (Capacity Building on Western Balkans, 2023-2024) Autonomously, FT Komet used to host sport events, which included: a) seminars with world champions in finswimming or coaches of world champions; b) Croatian finswimming championship for clubs; c) 1-week international (Croatian, Serbian, Slovenian finswimmers) training camp with the aim of implement hints from seminar in training system. In recent years, this range of activities has gained a worldwide dimension, with bootcamps being organized in Spain (2019), Tunisia (2020), Tanzania (2021), Algeria and Kenya (2022). A first online course for finswimming coaches was launched in autumn 2022, creating the bases for a platform for all the finswimming-related topics and a common point for the worldwide network.



UBR Bilbao / SPA



UNIVERSITARIO BILBAO RUGBY (UBR) is the only rugby club in Bilbao and the oldest club in Bizkaia-Spain. Deeply rooted in the Villa and committed to promoting fundamental social values such as equal opportunities and the inclusion of the most disadvantaged sectors of our society. Thus, UBR is recognized in the Bilbao City Council's Registry of Citizen Participation Entities and has signed the Charter of Values promoted by said municipal corporation.

UBR's vocation is both sports and social development, and we intend to extend the values of our sport to our society. Values such as RESPECT, COMMITMENT, INTEGRATION, TEAMWORK, are the guides of our activity both on and off the field. Respect for these values as one of our strategic axes means that effective equality between men and women is taken into account in all our actions, the inclusion of people with functional diversity is encouraged, as well as people at risk of social exclusion. Likewise, the fight against racism and homophobia is a firm commitment of our Club. We believe that rugby is an ideal sport to promote social integration, due to the values that are inherent to its very nature.

UBR has a sports project based on the quarry, as a base and guarantee of the diffusion of rugby and the continuity of its teams. It has a rugby school, Bilbao Errugbi Eskola, which began operating in 2003 and which today manages the school sports categories in the town of Bilbao. The Club currently has about 400 federation and school sports files that are distributed as follows:

- > 3 mixed teams per category in school sports from under-8, under-10, under-12 and two mixed teams in the under-14 category.
- > A veteran team, Unigans
- > A senior women's team, through which some 35 young people between the ages of 16 and 22 develop our sport with enthusiasm and determination. Our women's team currently plays in the Basque League.
- > An inclusive team in which young people with different intellectual disabilities play side by side with other Club players.

The Club also has a team made up of mothers of players and players, who train weekly and thus have the opportunity to learn and enjoy first-hand the sport practiced by their sons and daughters.

A senior women's team, through which some 35 young people between the ages of 16 and 22. The team currently plays in the Basque League.



AIAS/ ITA

Accessibility experiences. New paths for new horizons

The need to explore the local area, see new things, meet different people, taste unknown and typical flavours, even work hard, just to get out of a daily life which, due to disability and the restrictions imposed by Covid 19, risks becoming routine.

22 people from the day care center left from the familiar Pesaro, a city at sea level

Anna Giardini and the residential Casa Leonardo, with courage, curiosity, trust and serious motor, sensory and cognitive-relational disabilities, pushed themselves, accompanied by volunteer educators and drivers, towards the mountains of the hinterland of the Province of Pesaro Urbino.

Here, waiting for them, the guides and educators of the Macina Terre Alte, to tackle together paths, dirt roads, paving stones of ancient villages, with the aim of testing the accessibility and inclusiveness of the area.

The prams danced, the joints screeched and the wheels jammed on the bumps of the terrain, a good sweat both for those who were on it and for those who pushed them, but how much beauty! Alternating in the various outings, in groups of 8 people, they enjoyed unknown places: "who has ever taken us to a wood?"... who has ever hugged a tree or tasted a freshly picked mushroom to discover its edibility, who had he ever engaged in a splash battle playing with stream stones or eaten wild grapes straight from the vine?

With this project, the way is also being paved for other people with special needs

but above all a cultural process is being built where social operators and outdoor sports operators work together to respond to people's needs and desires, not only in terms of offering a service but also in mutual knowledge, acquisition of personal skills and relational that can be spent with anyone to feel everyone is included. The response of the territory was also important in the figures of residents and restaurateurs, the activity always ended up at the table in a convivial way, putting structures and people to the test in terms of hospitality. all the actors involved perceived the prospect of a change where physical and relational boundaries can expand.





SPORT THERAPY, OUTDOOR TRAINING/ ITA

Accessibility experiences. New paths for new horizons



From 2015 to today we have grown to offer young people, the elderly and people at risk with different abilities and autonomy a professional service in the field of Sport Therapy, through consultancy, projects and training.

We organize outdoor activities, weekends and nature camps mainly in the Emilia Romagna Region but also in other parts of Italy. We wanted to respond to the need for integration of people with different needs and requirements, also trying to fill the lack of adequately trained professionals. The difficulties encountered concern the lack of professionals with specific training and adequately paid, on the other hand volunteers without skills in the sector are often encountered. It is therefore a question of investing in figures with training related to social issues, the world of sport and outdoor activities capable of increasing one's emotional intelligence and integrating different skills to give the most personalized educational responses possible according to the person with special needs that one has ahead and of the situation. All in search of an integrated development model that can permeate the actions of our operators and be recognizable as a "trademark" by those who interface with us. In our reality, psychologists, psychotherapists, educators, environmental guides, sports instructors, sports operators for the disabled work in synergy and we manage to involve, depending on the user we address, from 50 to 100 people or about 30 for people with disabilities. We interface with other realities, with the Macina Terre Alte for example we entrust ourselves with the organization of a week of Camp Natura in their territory with various outdoor activities such as trekking, kayaking and an adventure park, mutually sharing professional knowledge to grow together.



INCLUSIVE JUDO/ SLO

In the Judo Federation of Slovenia, they have been developing an inclusive sport project for more than 25 years. The project is a sporting, social and, in its effects, also health innovation in the Slovenian area. It is based on modern, generally accepted principles of the social profession, which is the primary profession dealing with vulnerable groups. The project achieves the comprehensive expected effects in close cooperation with the sports profession in judo training programs, which take place in a normalized manner, in a normal judo club.

In general, the inclusion of vulnerable groups of the population in a regular sports organization, or sports in general, is an ethical nonsense if they are not accepted in it or if sports activity does not reduce their initial personal deficit due to disability in the social, sports, health and spiritual fields.

All vulnerable persons involved in judo practice are full members of Slovenian judo clubs with all duties and obligations arising from membership. In the general understanding, they are part of the training corps of athletes and in this context we do not call them differently than we call other judokas/athletes. In the Judo Federation of Slovenia, we avoid terms such as para-sport, para-judo, para-athlete, para-student, disabled sport, disabled sport, specialists, amputee sport, adapted sport, etc. Vulnerable people are initially disadvantaged in many areas of their lives due to their disability. Through inclusion in inclusive sports and acceptance in the community, vulnerable people can compensate this deficit most comprehensively. Their effort for personal self-realization is no different, but even more complex than the effort of a top athlete. We are convinced that inappropriate terms unnecessarily characterize a vulnerable person or that their sports activities give an air of inferiority.

In general, they have preserved the entire framework and ritual of judo training. This means, on the one hand, that the training group calms down before the start and at the end, shows respect by kneeling and bowing, and on the other hand, vulnerable people put on a kimono and in a way change their identity, they are no longer "in-valid" but judoists , athletes, part of the sports community. An inclusive coach works with the group and adds assistants as needed when they have a very heterogeneous group. For judokas with a spectrum of autistic disorders, e.g. we provide one assistant per trainee. For intellectually disabled judokas, let's use Japanese terms and change them into friendly Slovenian synonyms. We adjust the learning of judo techniques according to the physical abilities of the trainees and pursue the fundamental principles of execution that are behind the techniques. When the judoka advances and we create a suitable inclusive club environment, he can also participate in training in the usual club judo sections together with the coach. The type of exercise always results from the individualized treatment of the exerciser.

The project with the concept of networking and promotion in judo clubs and in local communities grows naturally (in a bottom-up direction) due to the participation of local communities, professional institutions/professions, politics, disability associations, volunteers, parents and supporters. It uses existing resources that the state has already invested or is investing in the area of caring for the vulnerable and in sports in a logical, rational and efficient way.

The project, with its internal development logic, goes beyond many unsuccessful attempts, when decision-makers and their advisers judged that it is possible to promote inclusion in sports in a top-down direction through national promotional events, artificially establishing organizational structures or even by establishing new specialized (disabled) sports organizations, while forgetting the inclusive culture of existing sports organizations where the process should take place.



GOGO 2021/ SLO

Gibalno ovirani gore osvajajo 2021 (The disabled conquer the mountains in 2021)



"GOGO 2021 is a campaign that urges all physically challenged people to physical activity, to leave the comfort of the sofa and the monotonous everyday life and go out into nature, society and new adventures," Jurček Nowakk, certainly one of the driving forces behind the project, knows how to describe the campaign picturesquely and pragmatically. The physically challenged conquer the mountains. The purpose of the campaign is to introduce accessible paths and huts to the physically challenged and to attract them to nature, to enable them to enjoy recreation, activities in nature with society, and to learn about feelings and seek challenges.

The purpose of the campaign is inclusion through the strengthening of the active role of disabled people and persons with special needs (PWD) to prevent loneliness, exclusion, apathy and physical inactivity. Until now, physically challenged people have gone to the hills in different ways and mainly in their own organization, now we want to do this and make it possible in an organized manner for all types of physically challenged - paraplegics, dystrophies, people with multiple sclerosis, the absence of a limb, people after a stroke, head injury... .For everyone who uses different types of wheelchairs, crutches, stilts, braces. We also do this with the aim of creating conditions for the development of mountaineering for all disabled people/OPP.

The campaign takes place under the honorary patronage of the President of the Republic of Slovenia, Borut Pahor, which is a demonstration of his support for our work and efforts and gives the event a very special meaning. He appreciates our ideas, advocates for inclusion and supports our efforts

This year they are planning 10 inclusion hikes. They will start on May 29 in the mountain lodge on Mirna gora, and then continue in the Mountain lodge in Ušta during the all-Slovenian inclusion hike (June 3), the hut on Planina Razor (June 13), the lodge on Planina nad Vrhniko (June 16.), Anton Bavčer's cabins in Čavno (26/6), Ruški koči (27/6), Lavričeva's cabins (17/7), Pokljuki (4/9), Šmarni gora (16/9) and Tonček's home in Lisca (October 23).

"Last year, they started the campaign The disabled conquer the mountains. According to the belief of the working group, all participants and according to the reactions of the public, it was successful. This assessment, the interest shown and our desire to open up this world for the physically challenged drove us forward, and this year's campaign is thus boldly designed. We are extremely happy that members of the Society of Dystrophy of Slovenia joined the working group. Various associations and companies come forward to help as companions and volunteers on the hike. We set ourselves the bold goal of carrying out 10 hikes to destinations throughout Slovenia and within a period of seven months. Together with ambassadors and para-athletes, we will motivate and inform interested parties. We still have a lot of logistical issues ahead of us, which we are successfully solving and we are all working hard to make the campaign a success again. The smile of the participants at the finish line is our reward and confirmation. I don't know what the head of Slovenian mountaineering, Janko Mlakar, would call us, but I know that he would "crucify" us if we didn't do it and looked up from the valley and snorted," says Stojan Rozman, head of the working group, on the way to the new season of action GOGO 2021

The other proud partners of the campaign were the Mountaineering Association of Slovenia, Sonček - the Association of Cerebral Palsy Societies of Slovenia. p. and the Association of Paraplegics of Slovenia. We are happy that the Society of Dystrophy of Slovenia has joined us, becoming the fourth partner of the campaign. Along with other actions of the Committee for Mountaineering for the Disabled/OPP of the Mountaineering Association of Slovenia, we also cooperate with Slovensko Karitas, the Association of Slovenian Catholic Girl Scouts and the Scout Association of Slovenia, as well as other smaller humanitarian organizations and individuals.



Values of the sport promotion at social risk areas/ SPA



Phase 1. Promotion of rugby in schools and its integrating values in areas at risk of social inclusion

Phase 2. Social implantation of rugby in District 8, as a sports alternative and as an actor of social participation.

During this first phase, rugby and its values were promoted in the District's schools. Sports and educational activities were developed mainly for primary school students, boys and girls between 6 and 12 y.o.

The fundamental reason for having targeted primary school students is the product of our previous experiences in promoting rugby and values in other educational centers in recent years. Boys and girls of that age are more permeable to participate in new alternative sports. In addition, the approach to sport, and rugby in particular, especially in the case of girls, is extraordinarily greater in primary school than in secondary school. The latter is decisive in our approach, to the extent that gender equality is one of the transversal objectives in our organization. Likewise, the response and proactivity of the families of the boys and girls is ostensibly greater at this age, the latter being very important for the general spirit of this project.

The main objective for this first phase was for all primary school students in the district to have a first contact with rugby and its values. For this, at least two sessions of school hours were allocated for all primary school boys and girls from the two teaching centers.

In addition to the sports aspect, the knowledge and promotion of rugby values were reinforced through classroom activities promoting knowledge of them. To this end, appropriate materials were designed with the aim of identifying rugby values such as RESPECT, TEAMWORK, FELLOWSHIP and their application in the daily life of boys and girls.

Likewise, our rugby implementation project for the District was presented to the parents associations and other relevant social actors. In these meetings, a dialogue was established with the social and educational agents and the objectives for phase 2 of the project were qualified, which are none other than the implementation of rugby as a sports alternative and as an actor of social participation in District 8 and in the town society in general.



Migrants integration through the practice of sport/ SPA



During the project lifetime we have carried out a pilot project in collaboration with ZUBIETXE ELKARTEA and the ELLACURÍA FOUNDATION. Through this project it was intended to carry out a social prevention initiative based on rugby, through the integration of young foreigners in a situation of vulnerability with their incorporation into our federated teams.

This project responded to the social commitment of our Club and was an initiative carried out exclusively with the Club's own resources and our social mass.

From our relationship with the entities mentioned above, we managed to get a group of young people of different nationalities and residents of Bilbao to become interested in practicing our sport. Thus, between 6 and 9 young Moroccans and Senegalese participated regularly in our training sessions.

UBR assumed the formal sports and training expenses, framing them as its own social work, while our social mass provided the appropriate training clothing, necessary for people without investment capacity.

The main objective of the project was for the vast majority of the young people involved to join the Club for all purposes, with equality and full integration. However, although some of the young people maintain contact with our Club, we have not achieved the initially planned objectives.

Some of the reasons for this have to do with economic means (in addition to the necessary training and material and personal means that we already assumed as a Club, there was also the need to pay for the senior category federation tabs in a sustainable and lasting way over time. and their insurance, which amounts to between €450-500 each season), or the age of the youngsters (a little advanced for the beginning of a demanding sport without previous sporting experience, between 20 and 22 years).



EAISSU – FX Kenya/ CRO (Tanzania-Kenya)

The 1st East African International Sport Summit (EAISSU) took place in Dar Es Salaam (Tanzania), 29th-30th October 2022. It has been a chance to present SPoT project aims and results to a completely new audience, which was eager to get knowledge and inspiration from this kind of experience. Local audience counted sport staff, mostly teachers of physical education in primary and secondary schools, local officials of a local NGO CSPD (Community Sports Promotion and Development) and representatives of Sport Federations from Tanzania itself and Sudan. The lack of sports venues and staff requires a joint effort in order to overcome the difficulties: an integrated network of stakeholders may better tackle these kinds of issues.

In the very following days, the same staff of FT Komet, composed by its president and coach Rubes Levada, and 2 sport managers from Italy both former finswimmers (Mauro Tinti and Monica Crovetti, the latter was World Champion in 1986), held a Bootcamp called “Finswimming Xperience Kenya” in Nairobi (1st-3rd November), in order to present this sport and to enhance the values of inclusion and networking especially at the beginning stage. The bootcamp was attended by 25 local swimmers or lifesaving staff.

The whole activity was later the topic of an interview made by Antonio Saccone for Radio Capodistria, the 12th November 2022, with Rubes Levada. This was chance to recap the results of this project, which was then near its natural end, and see which kind of outcome could produce even in so far away countries.



Scuba diving for people in wheelchairs Geronimo / CRO

17th February 2022 – During the Transnational Project Meeting held in Zagreb (Croatia), our project partner Komet organized a study visit in the Svetice swimming pool in order to show how the local Diving Club Geronimo works and delivers scuba diving courses to people in wheelchairs.

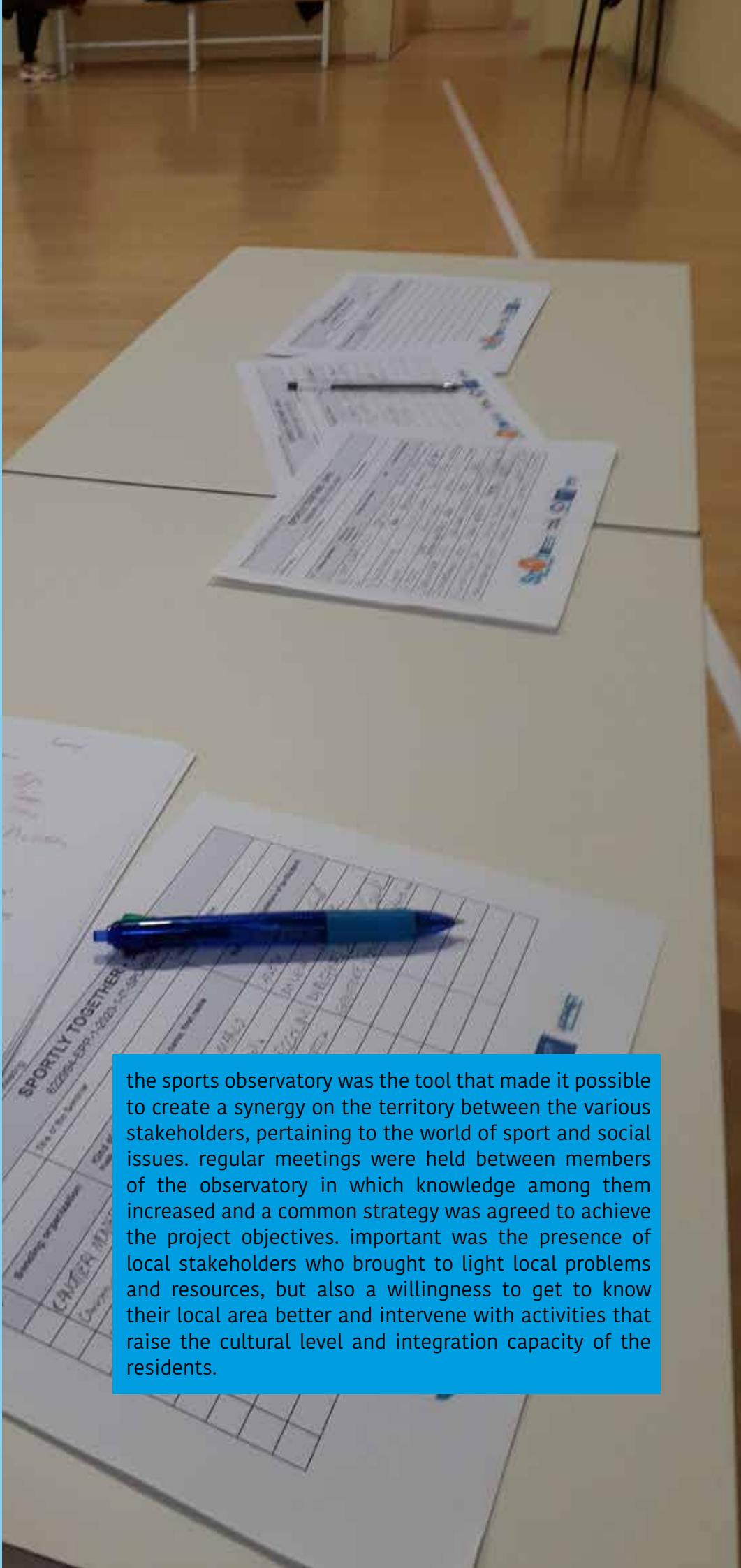
A first successful attempt in South-Eastern Europe was developed in Slovenia (IAHD organization) in the beginning of this century, with the collaboration of Geronimo. The methodology was tested on first participants, and lately improved until it became standardized and eligible to be taught elsewhere. Scuba diving is a highly technically demanding activity that usually prevents people that are not used to or keen on the program from such skillful moves, steps, and preparation. The challenge and the innovation is to involve in these activities those populations that are usually perceived as less skillful or able to take on such activities.

The learning process of attempt-mistake-new attempt created a unique methodology, indeed of high quality and easily replicable.

Dating back to 2011, the World Underwater Activities Federation (CMAS) already awarded IAHD and Geronimo for this pioneeristic approach: at the General Assembly, a Slovenian man was the first ever person in a wheelchair to be given the Instructor license. Since then, Geronimo built up on this expertise and, thanks to volunteers and capacity built by its instructors, could deliver dedicated hours of practice and lessons to this part of population.



Observatory of sport



the sports observatory was the tool that made it possible to create a synergy on the territory between the various stakeholders, pertaining to the world of sport and social issues. regular meetings were held between members of the observatory in which knowledge among them increased and a common strategy was agreed to achieve the project objectives. important was the presence of local stakeholders who brought to light local problems and resources, but also a willingness to get to know their local area better and intervene with activities that raise the cultural level and integration capacity of the residents.







Premio Rotondi
ai salvatori dell'Arte



