

# SPORT without BOUNDARIES

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This paper aims to showcase the methodology used during the implementation of the Erasmus+ sport action project “Sport Without Boundaries”, in order to share the best practices and knowledge in the field of promotion of social inclusion and equal opportunities through sports and physical activity.

This paper proposes a universal methodology on how to involve disadvantaged groups in societies and local communities through sport and how to further spread this knowledge through the organization of Erasmus+ projects. In order to do that, this paper is divided into the following parts: 1) overview of conducted research; 2) methods on how to adapt and modify sport activities to include all 3) description of the activities organized 4) testimonials of participants for the activities.

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This methodology was prepared within the framework of Erasmus+ Sport ‘Sport Without Boundaries’ (SWB) project. The main objective of the project was to encourage social inclusion and equal opportunities of all through sport.

The project was coordinated by Strategic Partnership Institute (Poland) and implemented together with: Active Youth Association (Lithuania), High on Life (Italy), Czech Youth Association (Czech Republic) and European Integration Group (Turkey).



## RESEARCH

The 'Sports Without Boundaries' project had as its main objective the empowerment of minority groups to improve self-esteem and integrate into local communities through sports. For example, it addressed the discrimination over migrants and refugees and how social inclusion and equal opportunities in sport would be the key to overcome this social exclusion. Additionally, it aimed to highlight the importance of grassroot sport, sport volunteerism and healthy lifestyle amongst the youth in Europe. Moreover, the project pursued to provide young Europeans the opportunity to meet people of different generations, different backgrounds, different cultures and break the negative stereotypes that still exist in our society.

This project was initially inspired by the need of breaking the existing sports stereotypes, combating social exclusion and pursuing a more healthy lifestyle in our societies. More detailed research has been conducted to confirm the need and suitability of such a project and create its thorough plan.

To begin with, due to the fact that the availability of digital entertainment has increased rapidly in today's society, young people frequently underestimate the value of sport and a healthy lifestyle. This naturally leads to less physical activity and, as a result, increased obesity and other health problems (WHO statistics show that prevalence of obesity nearly doubled between 1980 and 2018). In addition to that, youth are less willing to engage in face-to-face contact and active leisure time with their peers.

Another interesting fact that has emerged during this research is that bullying is more common among migrant and refugee children in comparison to most of their peers. To be more specific, migrants and minority groups, particularly in Eastern Europe, confront a number of problems, including local authorities' ignorance and the perception that they are a group of individuals with a lack of education and a poor social background.

That is why encouraging social inclusion and equal chances in sport was the key challenge that had to be addressed during the duration of the project. Through sport, the collaboration of young people who share common interests can break down stereotypes, empower minority groups to improve self-esteem, and integrate into local communities. The main longer term objective that we tried to achieve was to create opportunities through sports for the interaction and integration of marginalized groups and people at risk of discrimination with other social groups.

Gathering up all the information from the aforementioned research we came to the conclusion that sport plays an important cultural role, provides a sense of belonging, and it is one of the most effective ways to promote social inclusion and mingle minority groups in all partner countries, with a special focus on young migrants within local communities. Furthermore, sports and physical activities provide an excellent opportunity to meet people from different backgrounds, and cultures, as well as to break down negative stereotypes that exist in our society.

As mentioned above, one of the main objectives of the project was to promote volunteerism in sport activities. To achieve this goal, a five-day training called "Professional Sport Volunteers" was held in Vilnius, Lithuania, for youth workers (from project partner organizations) who wanted to promote volunteering in international grassroots sports initiatives. The idea was that the youth workers would implement learning outcomes into practice as coordinators of the "Sport Without Boundaries" Sports Camp, later that year. More information about the training will be given in the following parts of the methodology. Another key objective of the project was to use grassroots sports to promote social inclusion, equitable opportunity, and knowledge of the importance of good physical activity. This objective brings us to the organization of the international football tournament "Football Without Boundaries", international Sports Camp "Sport Without Boundaries" and holding the "Encourage Sports" video contest. More details about the Camp and the video contest will be given in the following parts of the methodology.

## **METHODS ON HOW TO ADAPT AND MODIFY SPORT ACTIVITIES TO INCLUDE ALL**

Inclusion is a very important factor in sports projects. In that way, "Sport Without Boundaries" tried to accomplish inclusion and use the full potential of all the participants, regardless of their background and physical condition. In order for that to be achieved there were some recommended methods that make sports accessible to everyone and the project's facilitators managed to include them in the activities, so we can accomplish inclusion of all. Two of the most known ones are the TREE Method and the CHANGE IT Method (source: Inclusive Sport Design: How to adapt and modify your sport activities to include all).

### **TREE METHOD**

The name of this method is an acronym. The letters of TREE represent four aspects of sport activities that can be modified. The TREE method is adapted from the Australian Sports Commission's Disability Education program and is designed by coaches and activity leaders. Its simple approach has made it popular in many sports and coach education systems. It's an excellent way to utilize not just to plan tasks, but also to employ on the move. This is particularly effective in participation sports and events, where you may not know much about your participants until they step onto the field of play.

#### **T - Teaching or Coaching Style**

It is critical to consider how the coach delivers the activity, as well as how one organizes, leads, and communicates. These factors can have a significant impact on trainee inclusion. Here are some helpful tips to keep in mind:

- being mindful of your positioning, are participants within visual and audible range
- keeping instructions short and simple and check for understanding
- being aware of the abilities and needs of all the participants
- using age appropriate language
- using appropriate physical assistance
- using of visual aids and demonstrations, such as white boards or cue cards
- trying a buddy system



## **R - Rules and regulations**

Changing the rules that govern games and activities can help to increase inclusion. To begin, some rules can be avoided or simplified. Later, as trainees' skills and understanding

improve, rules can be reintroduced to them. Here are a few ideas:

- increase the number of players on a team to decrease the amount of activity required by each player
- reduce or remove competitive elements such as scoring
- allow for more bounces in games like tennis, more steps in basketball or more hits in volleyball
- reduce the number of players on a team to increase the chances of getting involved
- more frequent substitutions
- allow rolls, bounces, or underarm in cricket, baseball or softball
- modify the distances for pitching or defending

## **E - Environment**

In the TREE method, making adjustments to the space for the whole group or for individuals inside the group is also critical. There are a few options to consider:

- limiting distractions in the surrounding area such as loud music, unnecessary equipment or other activities
- reducing net, hoop or goal height and width
- implementing zones within the playing area
- reducing or increasing the size of the playing area
- using a smooth surface such as an indoor court

## **E - Equipment**

Changing the equipment used to play the game or complete the activity can be tried out:

- using equipment that contrasts with the area of play
- using balls that bounce less or float more
- changing the way of using it
- changing the size, the weight, the colour, or the length

## **Change It METHOD**

CHANGE IT has also been implemented in a number of programs most notably the Australian Sports Commission's Active After School Program. It's perfect for less structured game-based activities with a wide range of ability levels among participants. One of its main differences in comparison to the TREE method is that it is more specific. As a result, it is highly suited for implementation by coaches and activity leaders, as well as in less formal sport settings such as schools and general active recreation activities. The addition of Inclusion and Time makes a significant difference and adds complexity. CHANGE IT allows you to adjust a wider range of elements in your activity.

### **1. Coaching style**

It's all on how the coach delivers the activity, how they organize, lead, and communicate, just like in TREE.

### **2. How you score**

You can change the way you score. Consider:

- multiple scoring options
- different scores for different players or positions
- remove scoring all together

### **3. Area of play**

You can alter the play area to maximize participation, just like in TREE's environment.

### **4. Number of players:**

You can modify the number of players on each team or the number of people who participate in the activity.

### **5. Game rules**

The rules can be adjusted, just like in TREE, to ensure that everyone can participate.

### **6. Equipment**

You have the option of changing the equipment used in the activity.

### **7. Inclusion**

It's all about ensuring that everyone in your group or team has an equal opportunity to participate. For example:

- ensure everyone has to touch the ball before the team can score
- make sure each player has equal the field of play
- allocate different player roles or match positions to participant abilities

### **8. Time**

Changing time can enable more effective participation. Here are some suggestions:

- change the duration of the game or activity
- complete "this many" repetitions in 30 seconds
- include additional or longer rest periods

## **Methods implemented during the project**

During the project the facilitators gave their best to make sure that all the participants were keeping up with all the activities that were planned. They tried to combine different tactics from the aforementioned methods of inclusion, so that no one would feel left out. For instance, they were always explaining the activities by giving clear instructions and making sure that everyone understood (taking into consideration that there were participants with less understanding of English) . Also, the teams were mixed up, in order to balance the physical advantage that one team could have over another, while considering the abilities and needs of all the participants.

Regarding the spaces where the activities took place, the facilitators, almost always, preferred the use of the grassroot area, since it is more suitable for this kind of physical activities, such as the ones that require running, but also for warming up, playing tag and more. As we are referring to the space, it was always adjusted according to the task. For example, in order to minimize or maximize the difficulty of the activity there was a reduction or an increase in the size of the playing area, which made it more interesting and fun. Last but not least, since the project was mainly aiming to open a discussion about inclusion and equality in sport, there was a constant combination of non-formal education with the previously mentioned methods of inclusion during the sports activities.

## **Activities Organized**

To put knowledge into practice the “Sport Without Boundaries” partnership organized a variety of different activities. Among them: the Football Without Boundaries Tournament, Professional Sport Volunteers Training, Sport Without Boundaries Youth Exchange and Encourage Sports Video Contest, which will be introduced in detail.

All activities were implemented with couple of most important objectives of the Sport Without Boundaries project in mind, which are:

- Promotion of inclusion in sport
- Encouraging volunteering in sports
- Encouraging sport and youth activity
- Promotion of healthy lifestyles

## **FOOTBALL WITHOUT BOUNDARIES**

On June 19th 2021 the partnership of “Sport Without Boundaries” organized ‘Football Without Boundaries’ Championship with an international students’ team in the premises of

College of Europe in Natolin. The championship united migrants from over 20 different nationalities coming from Europe and its neighbourhood. The event strengthened their bonds through a language common to all – football.

Football Without Boundaries promoted social inclusion, equal participation and shattered prejudices. It was ensured that the participants have equal access to the event

regardless of their nationality, gender or physical condition and abilities.

The expected number of participants: 50

The achieved number of participants: 48

Participants underlined the ability of sport – especially football which has millions of fans all around the world – to unite people, regardless of their differences. Participants also highlighted the benefits of learning teamwork through sports and the ability of physical activity to improve one's confidence.

Football Without Boundaries Championship allowed the local population and migrants from different parts of the world to come together, as well as promoting unity and diversity through everyday activities. The partnership of "Sport Without Boundaries" believes that such events are the best way to encourage young people to meet new cultures with open minds and hearts.



### **Professional Sport Volunteers Training**

'Professional Sport Volunteers' was a training held in Vilnius, Lithuania from 21 to 27 of August, 2021. It was organized for youth engaged and interested in sport volunteerism. It encouraged international volunteerism in sport and work in initiatives conducted as part of the European Union Sport Policy.

The training focused on work with disadvantaged youth, developing social sensitivity and improving the knowledge on the topic of discrimination in sports. Thanks to diverse group of participants, the organizers were able to conduct workshops touching on country-specific issues regarding discrimination in sport. Participants also actively contributed to the implementation of the training and organized their own workshops, explaining most pressing issues in the sport industry for them.

Activities organized during the training included:

- Energizers (every morning a different country team was coming up with a game or a dance so the team will warm up and get ready for the day full of the activities)
- Team building activities: mug exchange, gossip box, rules (to get to know each other, come closer and create a bonded group)
- Self-sustainable Volunteering Program - a workshop where participants got to develop their own sustainable volunteering programs and learned how to sustain them in practice.

- Fundraising in Sports - an activity where participants brainstormed the best ways to get funding for their sporting initiatives following the proposed models of fundraising.
- Conducting Online Research - a workshop developing digital skills of participants as well as their ability to conduct research and surveys - skills that are very much needed for a person willing to work or volunteer with people (especially youth) in sports - to learn more about possible ways of reaching their target groups, as well as to learn about their needs.
- Inclusion in Sports – a workshop covering the topics of racism, sexism and homophobia in sports.
- World Café: Gender balance in Sports – a discussion panel on the importance of gender balance and equal opportunities in sports, with the use of World Café Method.
- Take a Step Forward – an activity focused on showcasing the challenges that some communities face in the sporting world and opening participants' eyes to discrimination and prejudices in sports.
- Just a Minute – a workshop developing participants' ability to speak publicly; (In this activity, people have to be quick and inventive to talk for one minute on the relationship between sports and human rights)
- Olympic Issues: A world of Challenges - an activity where participants got to discuss the current issues in the sport industry, brainstorm and propose solutions to them.
- Making Motivational Sport videos - an activity to boost creativity of the participants, encourage them to look for possible ways of motivating people to take up sport.
- Feedback & reflections - at the end of each day of the training the facilitators were asking all the participants to discuss and express the positive and negative parts of the day and what they would prefer perhaps to happen in a different way.

The workshops and activities organized during the training focused on developing the practical skills of the participants:

1. Ability to create and sustain a volunteering program
2. Ability to fund sporting initiatives
3. Developing digital and personal skills of participants (digital literacy, public speaking, group work, methods of constructive discussion and problem solving, conducting research on the needs of the target group).
4. Developing participants' compassion and awareness of the problems facing disadvantaged groups in sports.

Through using different non-formal and informal education methods we combined the effective learning experience with cultural exchange and allowed participants to express their opinion freely in a safe environment. The discussions were moderated by the facilitators of the training, who provided participants with appropriate statistics and facts when needed. Thanks to the interactive nature of the training, participants 'learned through play' and are therefore more likely to be able to apply this knowledge in their personal lives and careers.

The knowledge gained during the training prepared the participants for organizing sporting events as well as volunteering in their own communities and equipped them with necessary skills to work with disadvantaged groups in the sport field. Some of the participants from the training got to use this knowledge further on in the project, when they organized the Sport Without Boundaries Summer Camp using this knowledge in practice.



### **SPORT WITHOUT BOUNDARIES SPORTS CAMP**

As mentioned before, the "Sport Without Boundaries" sports camp had really clear and specific objectives within the context of inclusion, volunteering in sports, and active lifestyle and its benefits. To address the above listed issues, youth-led sport organizations from Poland, Lithuania, Italy, the Czech Republic, and Turkey carried out the "Sport Without Boundaries" Sports Camp, which aimed to promote social inclusion, break stereotypes, and encourage equal opportunities in sport, as well as highlight the importance of grassroots sport and sport volunteerism in Europe. To be more specific, our target group of participants were youth with fewer opportunities (not only young refugees but those from minority backgrounds, with special needs, social-economic difficulties etc) and young people with strong interest in sport volunteerism. The following NGOs helped us create the most suitable team for this project: from Poland (Strategic Partnership Institute), Lithuania (Active Youth Association), Czech Republic (Czech Youth Association), Turkey (European Integration Group) and Italy (High on Life). Last but not least, "Sport Without Boundaries" project team was always keeping in mind the European Policies in the Field of Sports which support youth in the following eight fields of action: a. Education and Training, b. Employment and Entrepreneurship, c. Health and Well-being, d. Participation, e. Voluntary activities, f. Social inclusion, g. Youth and the world, h. Creativity and Culture.

The "Sport Without Boundaries" Sport Camp was implemented in Canakkale, Turkey. It lasted a whole week between 18th and 25th of October, 2021. During the "Sport Without Boundaries" project we tried to cover the areas of social inclusion and volunteerism in sport (Training Course, Summer Camp and Football Championship), encouragement for sport and youth activity and promotion of healthy lifestyles, while implementing non-formal education activities (interactive workshops, reflective activities, lectures by guest speakers and former athletes). The camp was highly focused on equality in sport, and gender balance was strictly taken into consideration. Moreover, as the partnership has predicted, some of the young people faced difficulties while trying to speak in English (e.g. disadvantaged people - ethnic minorities, migrants, people with disabilities). However, one of the main goals was to prove that sport constitutes a "Universal Language" for the integration of young people coming from different cultures, beliefs and backgrounds. In addition, young people had the chance to communicate and improve their social skills by learning from each other, building up tolerance, fighting racism, xenophobia and increasing multilingualism. Additionally, the camp gave them the opportunity of staying fit and healthy, promoting equality, developing their individual sporting talents, bringing them closer to an international community of the European Union and promoting creation of a transnational network.

Activities organized during the "Sport Without Boundaries" Sport Camp included:

- Energizers - every morning a different country team comes up with a game or a dance so the team will warm up and get ready for the rest of the activities.
- Team building activities: Secret friend, gossip box, rules, Scavenger Hunt - to come closer and create a bonded group.
- Songwriting Competition: SportVision - promoting inclusion through a fun activity that brought everyone together while expressing messages about equality and inclusion in sports through amazing performances.
- World Cafe - a discussion around different perspectives of sport; culture, economy, social barriers, inclusion in sport, women in sport.
- Sports Time - spending time out on the field, starting with a warm up and then playing different sports and games. Goal was to promote and inspire a healthy way of living through sports.
- Sport, in the context of the country - a discussion about how different aspects of sport are managed in the participating countries.
- What is Privilege? - a group activity designed to help participants talk about and share their understanding of the impact of systemic privilege.
- Creating Motivational Sport videos - an activity to boost creativity of the participants, encourage them to look for possible ways of motivating people to take up sport.
- Olympics - facilitators divided participants in equal teams to complete 6 fun and creative olympic games like the tag, basketball shoots, running, cheerleading and relay racing, a game where people had to pass the ball with their bellies to their teammates as fast as they could without throwing it down. An activity to engage participants in active sport.
- Public event in Canakkale - a basketball tournament inviting young people of the local community.
- News - simulation of a television programme - making of small creative videos where the participants could talk about their experience in the "Sport Without Boundaries" Sports Camp and what are the things that they learned regarding volunteerism, inclusion and equality in sport and healthy lifestyle.
- Feedback & reflections - at the end of each day of the camp the facilitators were asking all the teams to discuss and express the positive and negative parts of the day and what they would prefer perhaps to happen in a different way.

## The Public Event in Canakkale

This event was the highlight of the "Sport Without Boundaries" Sports Camp. The European Integration Group had planned ahead a really great event in the centre of Cannakale. The day included mainly a basketball tournament. Participants of the project came together with the people of the local community and created teams (9 teams x 3 players). The teams were mixed regardless of the gender, the basketball skills, or the nationality of the ones participating. Moreover, the participants that were just watching the games had already prepared banners to support their favorite team or their country's players. The atmosphere was really beautiful and dynamic. There was music playing from the loudspeakers, people were shouting slogans and while time was passing more than 100 locals were watching the tournament. Worthy to mention that even the mayor of Canakkale joined the event and congratulated the organizers. It was a great experience for everyone that was there and really brought all of us together to celebrate inclusion, equality and having fun through sports.



## ENERGIZERS



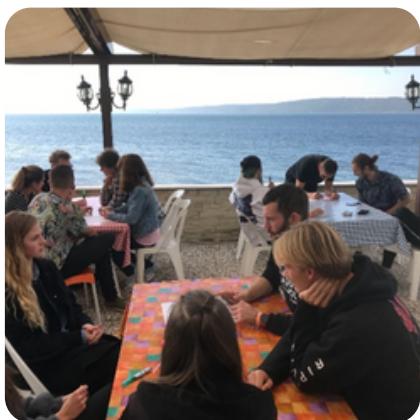
PRESENTING THE PUNISHMENT BOX, THE SECRET FRIEND GAME, THE GOSSIP BOX AND SETTING DOWN THE RULES OF THE SWB YOUTH EXCHANGE.



## SONGWRITING COMPETITION: SPORTVISION



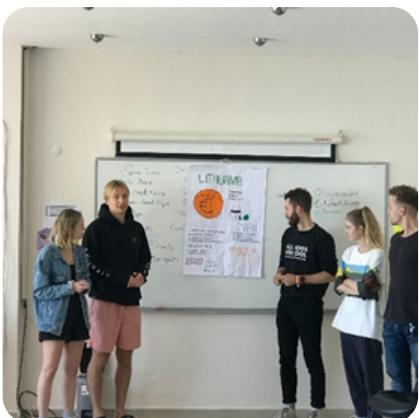
## WORLD CAFÉ



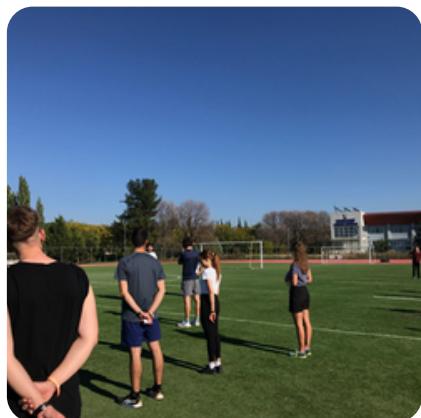
## SPORTS TIME

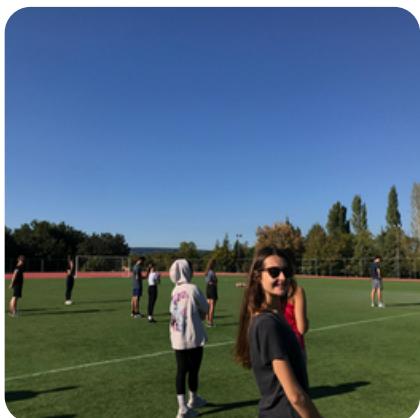


## SPORTS IN THE CONTEXT OF COUNTRY



## WHAT IS PRIVILEGE





## ENCOURAGE SPORTS VIDEO CONTEST

Another activity organized as part of the Sport Without Boundaries project was an 'Encourage Sports' video contest which was open for participation to the participants of other project activities and the general public.

Participants were invited to record a short motivational video, which would ENCOURAGE SPORTS and promote active youth participation in physical activities. Young people were given a platform and a place to express their creativity, develop their digital skills and contribute to the promotion of a healthy lifestyle.

The main objectives of the contest were to:

- Promote active youth participation in sports
- Promote equal opportunities and social inclusion in sport
- Showcase the importance of sports for youth
- Encourage the creativity of young people
- Promote a healthy lifestyle
- Promote EU Sports Policy

The contest was promoted via social media networks of all participating organizations. Appropriate dissemination remains a challenge for small in resources projects with limited reach of participating organizations, which have to rely on the network of followers as well as participants in current and former projects.

Participants of the contest prepared diverse videos varying in themes and topics, as well as using different methods of storytelling. While some contestants chose to focus on motivating youth to participate in sports daily and incorporating physical activity into everyday tasks, others decided to share their personal story and encourage others to change their lives through personal experiences. The results of the contest were decided via public voting organized online and the winners received a voucher for a sports shop.

The expected number of participants: 30

Achieved number of participants: 18

The participants of the contest came from all countries participating in the "Sport Without Boundaries" project, thanks to dissemination by the leading organizations and engagement of participants from other project activities in the contest. The participants of the sport camp and the Erasmus+ training were excited to take part in the contest and expressed satisfaction with the topic as well as the objectives of the contest. Additionally, the contest provided a bonding experience both for established groups of friends as well as for participants of the sport camp and the training.

### **FINAL EVALUATION - Improvement of knowledge and satisfaction from the project**

After the end of the Professional Sport Volunteers Training and the "Sport Without Boundaries" Sports Camp we asked the participants for a final evaluation in order to improve the quality of the future upcoming training, camps and youth exchanges. Starting with the organization of the activities, the majority of people were satisfied, but they also mentioned that there is still room for improvement. Almost everyone reported that they found the content of it satisfactory and that it had met their initial expectations. As for the organizational team of the training and the camp, they claimed that it was really good since they bonded pretty quickly and were excited to participate in most of the activities without getting bored.

One thing that is sure is that participants left the Professional Sport Volunteers Training and the "Sport Without Boundaries" Sports Camp full of good memories and positive feelings. A great number of them reported that they did not expect to gain so much new knowledge and meet such amazing people from all around Europe. Moreover, there were a lot of mentions about how comfortable they automatically felt with the staff and the rest of the team. One of the participants reported that: "Although I belong to a non EU country and got to represent a country that I moved in as a volunteer, the project had open hands to understand everyone at an individual level. I am glad that I had the chance to spend some quality time with those great people". In addition, the participants claimed that the projects had a positive impact on them, that everything was explained in a way that everyone could understand and feel involved and that they look forward to similar experiences in the future where they could so openly exchange their ideas and try to make place for a better future. Also, everyone reported how amazing and bonded the team was, despite any ups and downs that may happened.

Lastly, we got some final comments from the participants regarding the competences that they gained during the SWB Sports Camp. One of the first things mentioned was the practice of the language skills and the ability to be part of group and exercise team work. Also, the fact that they can now raise awareness about inclusion, volunteerism and equality in sport. Moreover, they reminded themselves how important empathy and open mindedness are. Furthermore, they learned more about the struggles of the disadvantaged people in sports, how the political situation can affect sports, gained an international experience and saw how similar issues related to sports can be handled by different EU countries.



## TESTIMONIALS OF PARTICIPANTS

### **Lukaš Mikelevič, Lithuania**

«The balance of activities and leisure time was exactly perfect. We did enough to feel fulfilled, but also were not overwhelmed by too many things. The sport activities were adapted so that people of all physical conditions could take part in them. The organizers and facilitators did their best to make us feel like one big group.»

### **Eliska Pindakova, Czech Republic**

«This "Sport Without Boundaries" project was a completely new experience for me, as I have never been on E+ or Erasmus before, so I didn't know what to expect. As a twenty five year old person, who started working right after my graduation in nineteen, I must say, being on Erasmus was like coming back to my teenage years. I have met a lot of different people, we had to cooperate in groups even though it was sometimes very challenging, due the different personalities, but despite it all, it was a very fun experience. I really enjoy the accommodation right next to the ocean, and the national nights with all the participants. I would probably like to see more sports activities, as we could benefit from the place where we have been. Other than that I really appreciate the human approach of our supervisors and I enjoyed the project.»

### **İlyas Şevket, Turkey**

«In Çanakkale for the project "Sport without Boundaries," activities about the inclusion of every individual regardless of their identity were carried out. I believe that the activities made participants realize the consequences of being excluded from sports due to reasons that we have no control over. Therefore, the project raised awareness about inclusion.»

### **Klara Muka, Italy**

«The Canakkale Project was the first Erasmus+ project I had ever participated in and probably was one of the greatest things I have experienced. The topic was "Sports without Boundaries". The activities were great. Especially the video-making contest where we had to make videos and through them express our thoughts about sports and give the important message of inclusion in them. We also had a day for the Olympics which included a variety of sports activities. Great fun! Winners got prizes, as well! Most importantly, we were given the opportunity to discuss equality between athletes in the world of sports besides their religion, race, gender, etc. Apart from sports, we got to learn more about the different cultures of each country, which was a great part of the project. I hope I will be able to participate in more Erasmus+ projects in the future after this experience.»

### **Robert Gasz, Poland**

«Even though it was my first experience I felt very comfortable from the first moments, I immediately felt part of the group. It is a wonderful experience. At the end of it I had mixed feelings, but generally learned a lot and I had a lot of fun. I made a lot of friends.»

### **Bedrettin Bayaslan, Turkey**

«The "Sport Without Boundaries" project offered us a week full of physical activities, creativity, and multifaceted discussion around the topic of inclusion in sport. Moreover, we had the chance to meet and interact with young people from all over Europe, who brought their own ideas and experiences regarding inclusion and equality in sport. Specifically, we got to share those ideas in two activities: "Word Cafe" and "Sport in the context of the country". Some of the highlights for me were, firstly, the "SportVision" competition, where we had put all of our creativity in our own unique sports song and performed it in front of the other teams and facilitators and, also, the Olympic games, where we all laughed and enjoyed our time while reminding ourselves the importance of physical exercise. Last but not least, a day that's really gonna stay with me was the Public event in the center of Canakkale. We all gathered together with the people of the local community, cheered for the basketball teams, danced, and generally had a really great time.»



