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SPORT TOGETHER, ACTIVE FOREVER

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TOPIC

- **promotion of education in and through sport with special focus on skills development**

OBJECTIVE

- **to develop new skills and competences about a sport discipline both disabled persons and non-disabled persons;**
- **to determine the mental disabled persons to attend physical exercises and sport activities because they have a positive impact on their health condition and lives and promote beneficial effects of the physical exercises and sport activity for the disadvantage category of the persons at the local, national and international level.**

ACTIVITIES - meetings, a work-shop, a seminar, trainings for the challenged persons, evaluations, local and international competitions.

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PARTNERS



The National University of Physical Education and Sports of Bucharest (UNEFS) from Bucharest was founded by the Law for Physical Education issued on June 15th, 1923. The first higher education institution for the training of physical education teachers in Romania began its courses in 1922, in Bucharest. It was the 10th institution of the kind in the world and 5th in Europe.

Since its foundation, the classes of graduates have uninterruptedly succeeded throughout the years. Thus, great athletes, Honored masters of Sports, managers and top businessmen in different areas, persons with responsible positions, institution executives in our domain and not only, authentic ambassadors of contemporary Romania, studies or improved their training in our institution.

The university training centers are situated in Bucharest, but also at Eforie Nord (at the Black Sea Coast) and in the Parang Mountains.

Since its first years of experience, UNEFS has enjoyed an elite teaching staff. Some remarkable personalities of the Romanian science and culture taught in this institution.

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Facebook: [UNEFS Universitatea Nationala de Educatie Fizica si Sport Bucuresti](https://www.facebook.com/UNEFS-Universitatea-Nationala-de-Educatie-Fizica-si-Sport-Bucuresti)



associació **alba**

Alba Club belongs to Associació Alba which was founded in 1976. It is a nonprofit organization located in Tàrrrega (Lleida) that works to attend the necessities of children, teenagers and adults with disabilities, mental health problems and/or at risk of social exclusion.

LOCATION OF THE PEOPLE ACROSS THE TERRITORY - The association's main goal is to help people reaching their desires and dreams by offering quality tools and services and facilitating their inclusion in our local community. We attend the necessities of people from 43 different locations in both counties of *Urgell* and *Segarra*. In total, it means a territory of 1300 km² in a rural area. We drive 308 km daily. The high amount of people spread throughout the territory is a big challenge for Alba in terms of providing efficient transportation and accessible services.

SPORTS – football, basketball, swimming, cycling, badminton, table tennis, athletics, handball, petanque and bocce. **PHYSICAL ACTIVITIES** – walking, physical activity such as (physical games, rock climbing), aquagym, dance activities / rhythmic. **PHYSICAL THERAPIES** - canine therapy, equinotherapy, multisensory stimulation and aquatherapy.

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PARTNERS



Special Sports Center (Kuldīga, Latvia) is a not-for-profit organization founded in 2011 by Nadija Strazdina. It obtained a special status of social benefit organization in Latvia in 2015. The organization aids special needs people, in particular youth and children with mental and physical disabilities, disregarding age, background, fitness level and overall state of health. We promote volunteering and provide workshops to physical education and sports coaches on specifics of work with special needs people.

Activities of the organization: arranging sports competitions and camps for special needs people, participating in projects and grant competitions and public activities, fundraising and attracting donors and sponsors, facilitating growth of our organization; assisting members of our organization with their physical and mental development through sports activities and competitions; training volunteers, teachers, social workers by involving them in the activities and competitions organized by the organization.

Cooperation: Municipality of Kuldīga District supports all the ongoing trainings, annual competitions and various educational workshops, Pelci Special Needs School developmental centre, Special Olympics Latvia, Kuldīga Technology and Tourism School, International Police Association. In 2012 our organization initiated promotion of bocce in Latvia, arranging educational workshops for teachers and volunteers. Since 2014 we have expanded the training workshops to include international colleagues that work with special needs people in Ukraine, Estonia and Lithuania.

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Down Plus Bucharest Association (Asociatia Down Plus Bucuresti) is a nongovernmental, non-profit association whose goal is to create conditions that are favourable to the inclusion of people with the Down syndrome in society and also to improve their lifestyle with activities that are as various as possible. The Down Plus Bucharest Association was established in April 2014 and now it has 40 registered members.

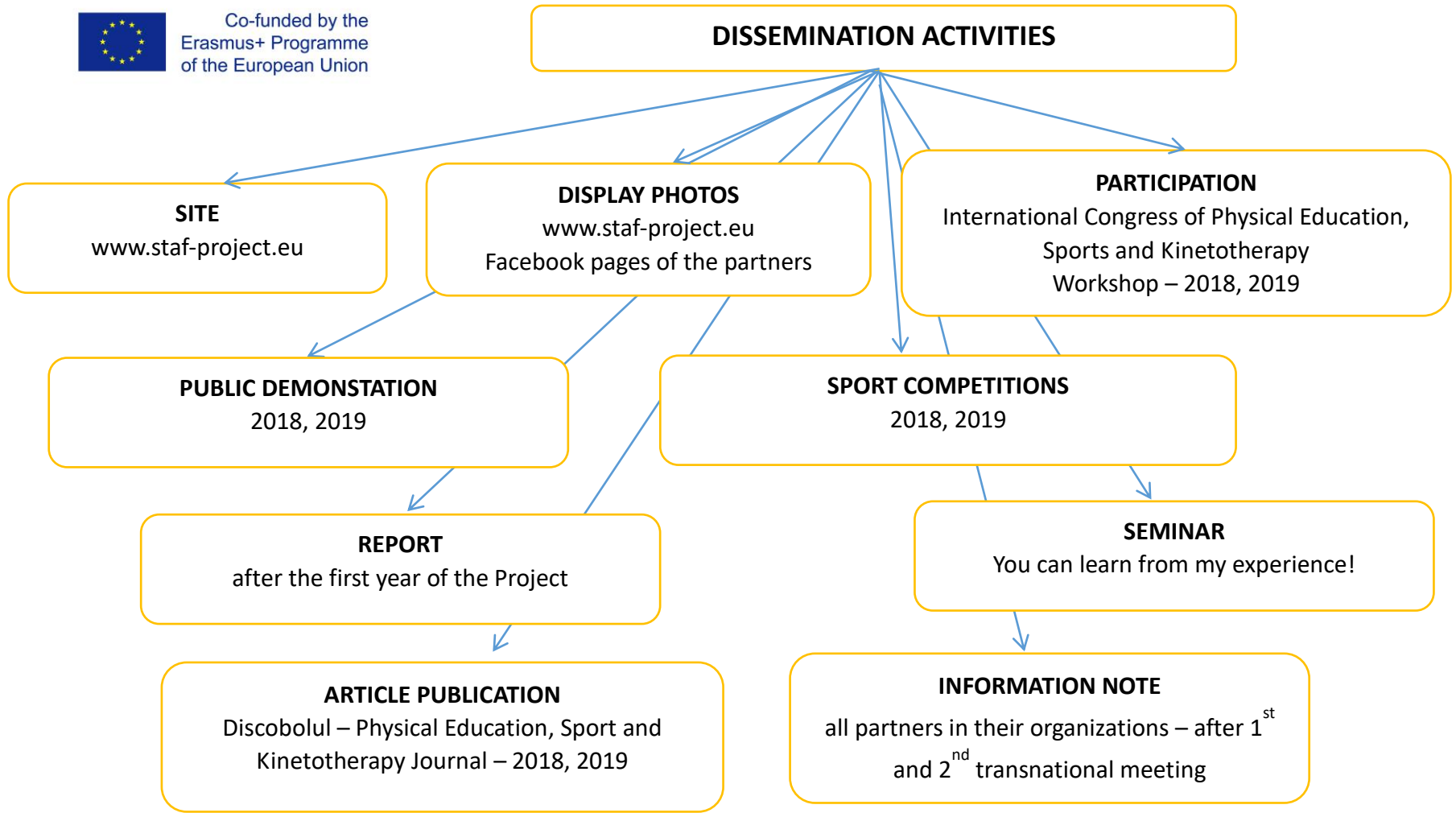
Step by step we began to conduct activities almost every day of the week in order to offer a diverse programme to our beneficiaries so as to keep them busy and to prevent the two big predispositions: depression and obesity. We have included in our programme activities like sports (gymnastics, dance, swimming, basketball, and football), occupational therapies and cultural activities.

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