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PRACTICAL ACTIVITIES OF INCLUSIVE SPORT IN ATHENS WITHIN THE 4TH TRANSNATIONAL MEETING OF THE **EU-COLPBOL** PROJECT

The consortium that develops the ERASMUS+ Sports **EU-COLPBOL** Project has held, on April 4 and 5, its face-to-face 4th Transnational Meeting in Greece, in the sports facilities of the *School of Physical Education and Sports Sciences* of the University of Athens.

The project partners have been able to personally experience the inclusive values of COLPBOL, with practical activities in which students and sports professionals from the University, as well as a large group of persons with intellectual disabilities have had the opportunity to train together on the court, enjoying and highlighting how social inclusion through sport is already a reality.

Over two intense days of work, the training materials developed to date by all the entities of the consortium were jointly reviewed. These materials consist of three training courses aimed respectively at:

- Persons with intellectual disabilities
- Supports (relatives, educators and other people from their close environment)
- Sports professionals

In addition to providing general knowledge about the rules and structure of Colpbol, the courses delve deeper into the values of Colpbol and how this sport can improve both the social inclusion of persons with intellectual disabilities and their Quality of Life in all areas of their daily activities. This learning process is aimed at anyone who is willing to, regardless of his or her abilities, actively participate in a Colpbol team, either as a player, as a coach, as a spectator or as a support.

In a second phase of the work sessions, the participants also reviewed the design of the e-learning platform that the Project is developing and that will make available to future



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students the contents and training activities in digital format, with an accessible, dynamic and interactive presentation.

The meeting, perfectly organized by the Greek hosts, (University of Athens and KSDEO EDRA, an entity linked to the intellectual disability sector), was attended by representatives of all the entities of the consortium: COPAVA and Associació Esportiva Colpbol (Spain), University of Craiova and ALDO-CET (Romania), Kauna Kolegija (Lithuania) and CSI (Cyprus).

In view of the results, we can affirm that the meeting has been a success in all aspects, both in practical experience and in the contributions and co-creation process, with exchange of ideas by all participants.

The next face-to-face meeting will take place in Kaunas, Lithuania, at the end of June, this time organized by Kauna Kolegija partners. In this next meeting, we will be able to plan the validation sessions of the training courses, which will take place throughout the summer.