



**PROJECT "GET SPORTY, STAY HEALTHY" - PARTNERS REPORT
603029-EPP-1-2018-1-IT-SPO-SSCP**



1) DESCRIBE THE IMPACT THAT THIS PROJECT HAD ON THE PARTICIPANTS, YOUR STAFF, YOUR ORGANIZATION, THE TARGET GROUP AND YOUR COMMUNITY.

In general, the participants had the opportunity to gain skills and acquire knowledge about promoting sports and healthy lifestyle, but with a new approach the before. In fact, they have increased their capacity to cooperate with people of different countries, with different approaches, methods and experiences, they worked together with them on themes and actions at transnational levels, imagining plans with long term results and that involve different communities.

The staff members, working on the activities and participating in the project, increased their quality and gain new good practices and tools. As consequence, the organization gained the opportunity to create new activities with more quality, involving staff members that gained experiences and knowledge.

Moreover, the organization enlarge its network, its capacity to work on European level and its capacity to create European sports project aimed to promote its values.

As consequence of all this experiences, the organization has increased the capacity to work giving the people of the community more possibilities to achieve a healthy lifestyle through sports and physical activities.

2) HOW DID YOU APPLY ANY OF THE GUIDELINES WE WROTE DOWN DURING THE PROJECT TO YOU DAILY LIFE IN YOUR OFFICE/DURING YOUR MEETINGS?

The guidelines are really helpful because give the possibility to crate a really good atmosphere that facilitate three fundamental elements during our works and activities:

- Having fair confrontation with colleagues and other members of the organization,
- To work well focused on the foreseen objective,
- To listen other ideas and to not exclude different working methods.

So, we try to follow most of the guideline as individuals and as a group, for increasing the quality of our work and for making possible to reach the aims of the organisations.

3) ACCORDING TO YOUR EXPERIENCE, WHICH GOALS THE PROJECT HAS REACHED?

The project reached the following goals:

- increasing in personal satisfaction and motivation of each participant
- improvement of their transversal skills
- better synergy and cooperation within the organizations
- increasing of profitable cooperation and spirit of collaboration between the Partners
- increased knowledge and ability to create and manage a European project
- There is more young people from the local communities interested in playing a role in sports and non-profit organisations organizations on the themes addressed in the project
- Dissemination of interest in the multidisciplinary approach in other organizations
- Creation of a network, with a plan of action, of European non-profit organization committed in promoting sports and healthy lifestyle
- Creation of common guidelines about sports as tool for promoting health, wellness and healthy lifestyle.

4) PLEASE DESCRIBE YOUR ACTIVITIES OF DISSEMINATION FOR THIS PROJECT AND THE LINKED RESULTS

TYPE	LINK
Sito ufficiale del progetto	https://www.3mtraininglab.com/progetto-europeo-get-sporty-stay-healthy/
Prima riunione operativa del progetto "Get Sporty, Stay Healthy"	https://www.3mtraininglab.com/prima-riunione-operativa-del-progetto-get-sporty-stay-healthy/
Secondo meeting per il Progetto Europeo "Get Sporty, Stay Healthy"	https://www.3mtraininglab.com/secondo-meeting-per-il-progetto-europeo-get-sporty-stay-healthy/
Terzo Meeting per il Progetto Europeo "Get Sporty, Stay Healthy"	https://www.3mtraininglab.com/terzo-meeting-per-il-progetto-europeo-get-sporty-stay-healthy/
Ultimo Meeting per il Progetto Europeo "Get Sporty, Stay Healthy"	https://www.3mtraininglab.com/1011-2/
Approvato il Progetto Europeo "Get Sporty, Stay Healthy"	https://www.3mtraininglab.com/approvato-il-progetto-europeo-get-sporty-stay-healthy/
Facebook page	https://www.facebook.com/pg/3mtraininglab/photos



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In my personal opinion, I believe that the project went really well. It made the people think about and in our case all the participants are workers in offices. After each meeting, they had the opportunity to spread the information among their colleagues and some even increase the daily sport activities. Due to our rich networks on the social media channels such as LinkedIn, we managed to have personal discussions with people who were interested in the topic of the project.

- 2) HOW DID YOU APPLY ANY OF THE GUIDELINES WE WROTE DOWN DURING THE PROJECT TO YOUR DAILY LIFE IN YOUR OFFICE/DURING YOUR MEETINGS?

As in the first questions, our participants gave us a feedback that they started to do daily exercises more often. Decrease the stress level and most of them find out their support thing in the nature. We had the possibility to implement office activities and every day at our lunch break some of the people do yoga.

- 3) ACCORDING TO YOUR EXPERIENCE, WHICH GOALS THE PROJECT HAS REACHED?

In my opinion is that the project reached out the settled goals. We did our best to implement and spread the results after the international meetings. The most important is that the participants and the rest of the people who are around them in their daily life started to think about the way of life they have and what should we do to improve it. I think that this is the highest goal which was one of the main aims and it is reached out as well.

4) PLEASE DESCRIBE YOUR ACTIVITIES OF DISSEMINATION FOR THIS PROJECT AND THE LINKED RESULTS

TYPE	LINK
Spreading the information on LD in a personal network of 5000+	https://www.linkedin.com/posts/kristin-ilieva-774a43112_in-2019-youth-activities-and-sports-association-activity-6643862542319931392-Qhz_
Spreading the information on LD in a personal network of 5000+	https://www.linkedin.com/posts/kristin-ilieva-774a43112_get-sporty-stay-healthy-activity-6622931596775301120-i1Zi
Sharing the information among the groups of the universities	
Sharing on our FB page	https://www.facebook.com/AsociaciaMDS/?view_public_for=1750384798529868



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At the end of the project, participants are much more aware that sport and physical activity play a fundamental role in the life of every person in order to maintain the mental and physical health of that person. The participants who will act as a factor for spreading knowledge and skills in communities they actively contribute to increasing the number of volunteers and the number of sports events carried out in the localities from which they come. They have developed skills in terms of teamwork and individually, overcoming difficult situations through their collaboration, with each other.

Also, the participants, representatives of their countries, came back in our organization, with a higher level of knowledge on methods and ways of determine young people to be more active and improving their level of wellbeing through sport practising and other outdoor activities.

At the local level, with the help of the knowledge and skills acquired, the participants will contribute to increasing the number of the members of the community who practice sport in a daily base and pomote a culture of sport and health in society and encourage people’s participation in sports and physical activity.

At national level, the results of the project have been disseminated, thus inviting young people from all over Romania to inform themselves with regarding the Erasmus + program, to participate in projects and to adopt a healthy way of life through outdoor and sport activities.

Regarding the impact at European level, the project was disseminated through our Facebook page raising people’s awareness on the importance of health-enhancing physical activity and increase the participation in sport and physical activity within the communities .

- 2) HOW DID YOU APPLY ANY OF THE GUIDELINES WE WROTE DOWN DURING THE PROJECT TO YOU DAILY LIFE IN YOU OFFICE/DURING YOUR MEETINGS?

We think that the list of the “10 Golden rules” is one of the best outcomes of the project and, as a result, we promote this rules through all our local partners(highschools and local University).

The most popular, according to the feedback we got from them are:

“Substitute the bad habits and technology”

“Get quality rest”

“Consumption balance”

“Get in contact with nature”



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The participation in the "Get Sporty, Stay Healthy" project produced a great impact on the participants because they improved their sport and communication skills through being in contact with other sport trainers and people involved in healthy life style approaches in general. Being part of this project was also important to our staff and our organization Asociación Multideportiva Euexia, because we learnt more about the program Erasmus+ Sport, international mobility and european networks among sport and health organizations. Through our participation in this project we raised awareness of people on the importance of practise of sports and physical activities for the psycho-physical well-being.

- 2) HOW DID YOU APPLY ANY OF THE GUIDELINES WE WROTE DOWN DURING THE PROJECT TO YOU DAILY LIFE IN YOU OFFICE/DURING YOUR MEETINGS?

We printed the "10 golden rules for an healthy lifestyle" that had be written during the project and we put them in our office, in order to keep them in mind during our daily activities and also to approach more people when they come to the office. Especially, we apply the rule number 2 " substitute the bad habits and technology", trying to focus on alternative ways of doing in our job and in our life in general, that do not include an excessive use of mobile phones , junk food and sedentary activities, like spending too much time in front of a pc. We also keep in mind and spread out the rule number 3 "follow good practices and challenge yourself", by doing our best in order to improve our skills by following good examples and trusting in ourselves in the creation of new projects.

- 3) ACCORDING TO YOUR EXPERIENCE, WHICH GOALS THE PROJECT HAS REACHED?

The main goals reached through the implementation of this project are:

- Development of an european network of sport and health NGOs
- Promotion of sport and healthy lifestyles in general
- Improvement of new researches and actions against the lack of physical activities in people

- 4) PLEASE DESCRIBE YOUR ACTIVITIES OF DISSEMINATION FOR THIS PROJECT AND THE LINKED RESULTS

TYPE	
Instagram and Facebook publication	https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.instagram.com%2Fp%2FB89S...CstUGRrbkkzedz5mX-YmTRParYdHNL01P4WbPnHZBwLbkVZj-2tG-FAASgc0 https://www.facebook.com/207280442680523/posts/3481112158630652/
Instagram and Facebook publication	https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.instagram.com%2Fp%2FB6Ln...CstUGRrbkkzedz5mX-YmTRParYdHNL01P4WbPnHZBwLbkVZj-2tG-FAASgc0

	https://www.facebook.com/207280442680523/posts/3269784099763460/
Instagram and Facebook publication	https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.instagram.com%2Fp%2FB2wzCstUGRrbkkzedz5mX-YmTRParYdHNLo1P4WbPnHZBwLbkVZj-2tG-FAASgc0
	https://www.facebook.com/207280442680523/posts/2999552450119961/?substory



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1. DESCRIBE THE IMPACT THAT THIS PROJECT HAD ON THE PARTICIPANT, YOUR STAFF, YOUR ORGANIZATION, THE TARGET GROUP AND YOUR COMMUNITY.

The project **Get Sporty, Stay Healthy** was the first Erasmus+ Sport participation of our NGO and according to our members & participants - it was a special station on our Erasmus+ experience, exerting a strong influence not only on the involved participants but also in partner organizations. Participants focused on exploiting the benefits of a healthy lifestyle with beneficial effect on their psychosomatic health. Remarkable was the impact that the exchange of ideas between transnational NGOs & young people have had on their personal development, as they significantly cultivated the critical way of thinking, decision making, leadership roles, communication skills, while enhancing their energy, patience, adaptability, self-esteem. In addition, intercultural coexistence was for the participants the beginning of the development of a set of social skills such as: team spirit, co-operation, extroversion, solidarity, social integration, tolerance and respect for diversity. They gained a crystallized view of the opportunities and perspectives that offers the European Erasmus+ Sport program, raising awareness of their 'identity' both as European citizens and as active and useful citizens in their homeland. They thus understood the great role that the young people play for the promotion and advancement of their societies. The program also had a positive effect on partner organizations as they further strengthened their perspectives with trained and active young people willing to make an active contribution. Given by the first contact with the Erasmus+ Sport program for the majority of participants, acquired a fortified cognitive and empirical background, which they used and still involved more in the actions of their organizations. Our communication to date with representatives of the partner organizations, makes us aware that participants offer significant help but also ideas for original actions for a healthy lifestyle in our societies.

2. HOW DID YOU APPLY ANY OF THE GUIDELINES WE WROTE DOWN DURING THE PROJECT TO YOU DAILY LIFE IN YOU OFFICE/DURING YOUR MEETINGS?

Both Youth Horizons members and the Greek participants who were actively contributing to the program in whole coordinated their action in advance to separate everyone's roles, responsibilities and tasks towards the spread of project's results. This division of tasks contributed to the continued existence of members of the Greek team close to the participants, to their support and guidance during all the transnational meetings.

We had established a robust cooperation system among ourselves, as partners. We were actively participating in all phases of the project (preparation, selection of participants, implementation, logistics, follow up and dissemination of the impact of the project). To ensure quality and achievement of our goals, as a reliable partner we have agreed on a set of principles that guided us:

1. Young person-centred: Recognizing the rights of young people and holding as central their active and voluntary participation. The needs of young people must form the core of the activities. The active involvement of young people at all stages is encouraged as best practice helping young people develops life long competencies.
2. Young people learn in a variety of ways. Over the course of the meetings they will experience an immersion and intensity that is difficult to simulate outside of this context which in itself is an excellent platform for the development of critical, independent and group process thinking.
3. Develop ability to manage personal and social relationships.
4. Increase social awareness and critical thinking contributing to better self esteem and self confidence.
5. We are committed to ensuring and promoting the safety and well-being of young people.

6. We are committed to ensuring and promoting equality and inclusiveness in all our dealings with young people and adults. Hence, promoting diversity and challenging young people to be open to new experiences and cultures.

7. We are dedicated to the provision of quality youth work and committed to continuous improvement.

We worked together to achieve the goals and objectives of this project while effectively managing the process and needs and expectations of participating organizations and participants.

Organizers and partners of this project made sure that all the transnational meetings of this project were organized mostly for young people and through young people. In other words, we made sure participants took full ownership of all phases of the project starting from planning, choosing of themes, selection of participants, designing the activities and methodology, evaluation and future follow-up. We also made it clear from the beginning that there would be different kinds of follow-up activities after the project so that the participants that signed-up were more committed and more likely to continue implementing the results of the project and contribute to disseminate and exploit the project's results.

As a partner organization, we were also constantly monitoring both internal dynamics and general implementation process to ensure smooth running and fine tuning as needed. Once a month we had short exchanges to monitor the preparation phase and the progress that young people were making. Furthermore, during the whole period of the project, each Greek participant submitted a monthly status-report to us outlining the work done, milestone, challenges and the tasks that still needed to be accomplished. Midterm and final evaluation were conducted to assess to what extent objectives of this project as a whole has been achieved.

3. ACCORDING TO YOUR EXPERIENCE, WHICH GOALS THE PROJECT HAS REACHED?

The learning 'Ithaca' of the program in total was both the design and the implementation, the discovery for each person that contributed. The latter concept includes a set of knowledge, skills, attitudes and behaviors that young people have had the opportunity to cultivate through the all the transnational meeting of the program that brought them into contact with a healthier lifestyle.

- At the level of knowledge:

- Get to know the benefits and capabilities of the Erasmus+ Sport program. The participation of many of the young people for the first time in an Erasmus+ Sport program contributed to their enthusiastic participation in the meetings.

- During the meetings 'The power of Non-Formal Learning' but also through the way of conducting all the activities of the program, they recognized the benefits of 'Non-formal Education'.

- They enriched their knowledge of the cultures, customs, traditions and reality of other countries through their intercultural contact.

- They strengthened their European identity with their participation.

- At the skill level:

- They improved their language skills both in English and in the other languages of the participating countries.

- In terms of attitudes / behaviors:

- They awakened their healthy lifestyle awareness through their participation

- They have developed their team spirit, cooperation, extroversion and expressiveness throughout the program.

- Strengthen their respect for diversity, tolerance and solidarity.

- Developed a variety of personal skills such as: energy, creativity, self-perception, self-confidence, critical thinking, patience

4. PLEASE DESCRIBE YOUR ACTIVITIES OF DISSEMINATION FOR THIS PROJECT AND THE LINKED RESULTS

A detailed plan for "Dissemination and Exploitation of Results" was designed from the beginning, which was faithfully implemented both during and after the end of the project's duration. Multiple measures have been taken to ensure the correct 'follow-up' process, the spread of the overall outcomes of the program and the development of efficient partnerships for the future.

During the project

- From the first meeting, we – as partners of the program shared results from the meetings and impressions, by uploading photos and videos on social media. The participants also shared photos with the representatives of the other partner organizations so that they in turn could update their social media pages and webpages of the NGOs they were representing.
- All activities were covered with photographs, important snapshots were videotaped while there was journalistic and communication support from the local press.

After the project

- A detailed article will be created & uploaded which will include detailed information about the meetings' activities, the methodology and tools followed, photos and videos from action snapshots, the profile of partner organizations, useful links in which interested readers can find informative material. This article will continue to be updated so as to provide to the public updated and valid information about Erasmus+ Sport projects.