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MEETING REPORT

of the 3rd Learning/Teaching/Training event

„FACILITATING INCLUSION THROUGH SPORTS“

Reference no: 2017-1-PL01-KA219-038645

Topic: Everyone Can Do It! – Modern dance and cheerleading.

Venue: Vratsa (Bulgaria); Name of the hosting school: PTG "N. Y. Vaptsarov", Vratsa

Date of the mobility: from 19th to 23th November 2018

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Objectives of the meeting.

During the third LTT event students from all partner countries (especially those suffering from various kinds of exclusion) and teachers will participate in ice-breaking teambuilding activities. They will take part in presentations, interactive tutorials, workshops and training sessions in order to learn the basics of modern dance (e.g. Zumba) and cheerleading. They will put the knowledge they gained into practice by creating choreography for their own performances and presenting them to bigger audience. Students will also create their own instructional videos for their peers. Students will discover the benefits of increasing their physical activity and social involvement. Teachers will share good practices and develop teaching materials that will help them to integrate social inclusion through sports in school curriculum and after-school classes.

Number of international participants: 23

Country	members	names
Poland	teachers	AGATA DUTKOWSKA
		SEBASTIAN SIKORSKI
		GRAŻYNA WIAL-KISIELIŃSKA
	students	Kiejziewicz Jakub
		Kuczyński Aleksander
		Urbanowicz Maciej
		Bąkowska Zuzanna
		Boniśławska Izabela
		Bielasty Stanisław
		Gwizdała Katarzyna
		Chmielińska Patrycja
		Burniewicz Anna
		Alicja Banul
		Slovakia
Matúš Dobeš		
students	Lucia Bugáňová	
	Milan Hrebeňák	
	Martina Káčeriková	
	Laura Gašincová	
	Alžbeta Stromčeková	
	Tomáš Mano	
	Matúš Kováč	
	Denis Uhrík	

Description of the mobility.

Before the mobility started, some preparations of Bulgarian students took place. On 01.10.2018 the students, Diana Hristova, Katrin Tsvetkova, Nikita Asenova, Vasilena Daskalska, Vyara Parvanova, Tiha Toskova and Ivet Todorova, started a modern dance (cheerleading) course, during which they met twice a week at the Vratsa Children's Center. They were attended and supervised by Ivaylo Papov, a history teacher and a coordinator of the Bulgarian team.

The aim was to learn the main steps and figures of cheerleading and later, to share the knowledge and experience with students from partner schools.

LTT event started on 19.11.2019. The first day of the mobility began with the opening ceremony, during which the project participants were welcomed by the head teacher of the hosting school, Mrs Irma Emiliyanova, and the project team led by Mr Ivailo Papov. The students presented their schools, towns and countries. This was followed by the presentation of the Bulgarian students on the subject of the history of dance. Next, the students were divided into international teams for the purpose of teambuilding and ice-breaking activities. They also had the chance to visit the hosting school. In the afternoon the students participated in the first workshop teaching them the basics of modern dance. They started with warm-up, next they were training different elements of cheerleading figures. During the workshop, all students from partner schools actively participated and learned the basic steps of the two dances. Teachers also supported the students and danced with them. The idea of modern sport was to empower students through popular songs and physical activity to be together, entertain, and improve their communication. For the final activity of the day, FITS members visited the Regional Historical Museum in Vratsa.

The second day of mobility in Bulgaria was devoted to getting to know history and culture of our Bulgarian partner. For this reason participants went on a day trip to the capital city, Sofia. During the walking tour, they visited one of the biggest churches in Bulgaria - St. Alexander Nevski Cathedral, the oldest building in Sofia - St. George Rotunda, Ivan Vazov National Theatre and many other places historically and culturally important to our hosts. They could also try some typical national cuisine.

The third day of the LTT event started with a cheerleading dance workshop for students, during which they practiced their cheerleading and baton-twirling routines. Next, students and teachers climbed the hill to Hijata, overlooking the town of Vratsa. After lunch there was another dancing workshop for students – this time focused on Zumba. The teachers taking part in the LTT also visited and learned about the workings of the Resource Centre in Vratsa which does a wonderful job helping students with special needs.

Fourth day started with a cheerleading dance workshop for students, during which they practiced their cheerleading routines. After the workshop and lunch in a beautifully situated Chaika Restaurant, students and teachers visited Ledenika Cave, a natural wonder, located in the territory of Vrachanski Balkan Natural Park. The walk in the cave began with the hall called Anteroom, next the Large Concert Hall was reached in order to watch spectacular "Sound and Light Show" - audio and light choreography, as well as "The water show" - five-minute projection on a water screen. FITS members could also admire naturally formed rock formations resembling figures of "a giant", "a falcon", "The house of Baba Yaga" etc. The walk ended with the Lake of Wishes which is believed to make visitors' wishes come true.

On the final day of LTT event, all the participants gathered for a final performance and presentation of what they have learned during the LTT. They performed their own choreography to a gathered audience, receiving a great round of applause. Afterwards, everybody received their certificates and gifts from our hosts. The local TV broadcasted the event. Students were delighted with the magic of dance and the success of their performance so it was promised that they would continue to dance in their own schools after the mobility came to an end.

All teachers elaborated and exchanged materials which will be used in their future work and help them integrate social inclusion through sport in their curriculum as well.

Workshops of modern dance/cheerleading were led by Ms Tanya Vasileva Georgieva – an instructor of cheerleading, aerobics and modern dance. She works at the Children's Center and in Sports Secondary School. She is also a professional judo instructor.

Zumba workshops were led by Ms Malina Miladinova –an instructor of modern and sports dances. She owns a dance school and works at the Children's Centre. She is a professional dancer.

The Agenda

When	Time	What	Notes
Sunday ,18th November	evening	Arrival	
		accomodation	http://hotelivratsa.com/
		Individual dinner	
Monday, 19th November, 2018	9.30 am	Taking the teachers from the hotel, the students come individually to the PTG	-
	10.00-11.30	Official opening in PTG.	<u>Mrs.Emilianova</u>
	10.00-11.30	Presentation of schools / ice-breaking activities.	<u>Students of three countries</u>
	11.30-12.00	Coffee break	<u>PTG</u>
	12.00-13.00	Modern dances - presentations by Bulgarian students	<u>PTG</u>
	13.00-14.30	Lunch	-
	14.30-15.30	Modern dances for students	<u>Children's Center</u>
	16.00-17.00	Visit to the Regional History Museum	<u>Regional History Museum</u>
	17.00-19.00	Free time	<u>Individually</u>
19.00-22.00	Ceremonial coordinators meeting	-	
Tuesday, 20 November ,2018	8.00-18.30	All day trip to Sofia	Arrival from 10.30-11.00, guided walk, 12.30-13.30 lunch.
Wendesday, 21th November, 2018	10.00-11.00	In the world of dancing - for the students - cheerleading dances	<u>Children's Center</u>

	10.00-11.00	Coordinator meeting for teachers	<u>PTG</u>
	11.00-12.30	Visit to the Hijata/ The Hut/-students and teachers	
	12.30-14.00	Lunch time	http://www.restorantivratsa.com/contact.s.php
	14.30-15.30	Zumba dances for students	<u>Children's Center</u>
	16.00-22.00	Free afternoon and evening	<u>Individually</u>
Thursday, 22th november, 2018	10.00-11.30	In the world of dancing - for the students - cheerleading dances	<u>Children's Center</u>
	10.00-11.30	Teachers - visiting the Resource Center in Vratsa, introducing programs for working with children with special needs	
	12.00-13.30	Lunch time- for students and teachers	http://xn--100-tddplo5ap7c6a.bg/chaika/
	14.00-16.00	A visit to the Ledenika Cave	http://www.bulgariatravel.org/article/details/22
	17.30-22.00	Free afternoon and evening	
Friday, 23 November, 2018	10.0-11.30	Cheerleading Dances- Final performance.	<u>Children's Center</u>
	11.30-12.30	Certificate ceremony. Award ceremony, individual prizes	Children's Center
	15.00-19.00	Free afternoon	
	19.00-22.00	Ceremonial coordinators' meeting for teachers	
Saturday, 24 November, 2018	Individually	Departure	Individually

Minutes from the coordinators´ meeting.

The teachers´ meeting was opened by Mr. Ivaylo Papov. He welcomed all on behalf of PTG "N. Y. Vaptsarov", Vratsa , where this meeting took place. The points talked over the meeting were the following ones:

Evaluation – Satisfaction/Personal Development/Social Inclusion Survey after LTT event in Bulgaria.

Ms. Agata Dutkowska will send the link for the student and teachers. They have to fill in the survey after the mobility in Bulgaria. The deadline for answering the survey is 1 week after sending the survey by the Polish coordinator.

The mobility Poland (23rd-30th March 2019)

The Polish coordinator informed the partners about the problem with dates of the final LTT event. The Polish coordinator asked to prolong the mobility in Poland for a day because professional rugby players need more time to teach students the sport. They should have more days to train and prepare The Final Event. Therefore, the meeting must take 6 working days.

The proposal was discussed with the other participants and the final date for the mobility in Poland (from 23rd to 30th of March 2019) was established.

Other comments and discussion

Mr. Ivaylo Papov clarified the agenda for all the week in Bulgaria. He asked the partners to check the invoice data and names on the certificates to correct potential mistakes before printing. He also requested the mobility agreements to be handed and the attendance lists to be signed.