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# MEETING REPORT

of the 2<sup>nd</sup> Learning/Teaching/Training event

„FACILITATING INCLUSION THROUGH SPORTS“

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

Topic: “All Different, All Equal- Social inclusion through sports”.

**Venue: Nidzica, Poland;**

**Name of the hosting school: Zespół Szkół Ogólnokształcących, Nidzica.**

**Date of the mobility: from 14th to 17th November 2018**

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## 1. Objectives of the Learning/Teaching/Training event:

The aim of our project is combating exclusion and obstacles our students face, and facilitating inclusion of disadvantaged participants through sports and physical activity. The objectives of our project are: Helping disadvantaged students with overcoming their exclusion through building their self-confidence and social skills, improving their mental well-being and self-development, promoting gender equality (encouraging both girls and boys to participate in all activities), promoting and developing involvement in physical activity and physical competence.

3 teachers per partner organization will take part in lectures and workshops on how to fight social exclusion, create equal opportunities for disadvantaged students and trigger students' self-development using sports and physical activity as tools. They will also learn how to incorporate modern technologies in teaching physical education/involving students in sports activities. Teachers will create lesson plans on those subjects that will be included in the school curricula and serve as guidance for their peers at partner organizations when it comes to dealing with problems of exclusion.

## 2. International participants of the meeting:

1.	Slovakia	Ms Monika Horvathova
		Ms Andrea Kostka Mikulová
		Mr Tomáš Milata
2.	Bulgaria	Mr Ivaylo Papov
		Ms Eva Todorova
		Ms Diana Petkova- Konetsovska

### 3. Agenda of the meeting:

Wednesday 13.06	Afternoon – evening	Arrival. Taking part in Sports Day in our school.	
		Dinner	Individual
Thursday 14.06	10:00 - 11:00	Lecture /workshop	Using modern technology on Physical Education lessons.
	11:00 - 11:30	Coffee break.	
	11:30 - 13:30	Coordinators' meeting.	Evaluation of the project, tasks ahead etc.
	13:30 - 14:30	Lunch	
	18:00 - 19:00	Castle in Nidzica - guided tour.	<a href="http://www.szlak.zamkigotyckie.org.pl/nidzica-ang.htm">http://www.szlak.zamkigotyckie.org.pl/nidzica-ang.htm</a>
	19:00	Welcome dinner	The Castle Restaurant
Friday 15.06	10:00 - 12:00	Lecture/ workshop	Social competences - why they are important when it comes to sport?
	13:00	Lunch	
	14:00 - 16:00	Kayaking trip on Łyna river	Team building through sport.
	16:00	Visit to Old Town in Olsztyn: guided tour.	

Saturday 16.06	10:30 - 12:30	Lecture/ workshop	The road is not always easy - a few words about goal setting, motivation and self-confidence.
	13:00	Lunch	
	14:30	Paintball, ropes course.	Team building through Sport.
Sunday 17.06	All-day study visit to Warsaw	Guided sightseeing tour of "PGE Narodowy" - Polish National Stadium.	<a href="http://www.pgenarodowy.pl">http://www.pgenarodowy.pl</a>

#### 4. Description of the meeting:

##### 14.06.2018 (Thursday).

6 guest teachers from Bulgaria and Slovakia, as well as participating teachers from Poland, started the day by taking part in a lecture led by Krzysztof Łasiewicki, a teacher of Physical Education and ICT from Zespół Szkół Ogólnokształcących in Nidzica. The lecture regarded the use of modern technology (such as mobile apps, video-editing and publishing software, geocaching or wearable fitness gadgets) to make Physical Education lessons and physical activity in general more attractive and engaging for the students, for whom technology is an indispensable part of everyday life. In the evening teachers participated in a guided tour of the castle in Nidzica and enjoyed a ceremonial dinner on the castle grounds.

##### 15.06.2018 (Friday).

The day started with the lecture/workshop „Social competences - why they are important when it comes to sport?” led by a guest lecturer, dr Martyna Kotyśko, PhD. Psychologist, Lecturer at University of Warmia and Mazury in Olsztyn, Department of Social Sciences. During the lecture, participants became familiarized with the idea of basic social competences, such as interpersonal communication, assertiveness, ability to cooperate in a group, and how such competences can be learned and developed, especially in the context of sport. During the workshop, the teachers practiced better communication techniques, examples of assertive behaviour, roleplayed various roles functioning in a group or team - all that in order to understand the importance of developing social competences in relation to counteracting social exclusion and helping young people to develop them. In the afternoon

participants of the LTT event took part in a teambuilding physical activity - a canoeing trip down the Łyna river, ending their adventure in the centre of Olsztyn and having the opportunity to sightsee some of the city's historic Old Town.

**16.06.2018 (Saturday).**

In the morning, meeting participants took part in lecture/workshop "The road is not always easy - a few words about goal setting, motivation and self-confidence". During the workshop participants improved their knowledge about motivation, learned how to set goals and practice correct goal setting, identify obstacles in achieving the goal, determine their source and new ways of acting in the face of difficulties. Teachers took part in exercises that showed them how to work with their pupils to analyze their strengths and weaknesses, raise their self-confidence and self-esteem and help them create positive affirmations of themselves. The lecture/workshop was presented by dr Martyna Kotyśko, a psychologist from University of Warmia and Masuria. In the afternoon, keeping in line with the theme of physical activity, teachers spent time in a local Park of Active Entertainment "Bartbo", where they participated in a wide range of activities such as traversing ropes courses or zorbing.

**17.06.2018 (Sunday).**

On the last day of the LTT event its participants went to Warsaw, where they had the opportunity to sightsee the Old Town, Royal Route and the Royal Castle. Afterwards, the group took part in a guided tour of the National Stadium PGE Narodowy that included visiting the stands (together with guest lounges), lockerrooms, physiotherapy suites and media rooms of this impressive (and the biggest in Poland) sports venue.

## **5. Minutes from the Coordinators' Meeting:**

- Project is progressing according to the deadlines, partners are discussing the first chapter of online guide for floor hockey – feedback regarding format (shorter video clips) and lightening in certain fragments.
- -the evaluation survey will be linked to the partners in the week following the LTT, partners are asked to complete it in the week afterwards.