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# MEETING REPORT

of the 4<sup>th</sup> Learning/Teaching/Training event

„FACILITATING INCLUSION THROUGH SPORTS“

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

Topic: Everyone Can Play! – Rugby.

Venue: Nidzica (Poland); Name of the hosting school: Zespół Szkół Ogólnokształcących

Date of the mobility: from 24th to 29th March 2019

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## **Objectives of the meeting:**

The objectives of the LTT event, in accordance with the objectives of the project as a whole, were as follows:

1. Helping disadvantaged students with overcoming their exclusion through building their self-confidence and social skills (by becoming a part of a team and forming relationships, especially international ones, and enabling competitiveness); improving their self-development (their overall physical fitness, foreign language skills, knowledge of other countries' history and culture); promoting gender equality (encouraging both girls and boys to participate in all activities – mixed teams in both rugby and cheerleading).
2. Promoting and developing involvement in physical activity and physical competence by introducing students to framework of certain sports (in this case rugby), learning the skills and strategies for them, and encouraging and supporting students in their participation in sports activities.
3. Building social capital of schools and strengthening the profile of teachers by creating collaboration with external stakeholders (in this case the regional rugby union – Warmińsko - Mazurski Okręgowy Związek Rugby, and their affiliate, Rugby Team Olsztyn). Teachers involved in the project learned good practices and innovative teaching and learning methods and will be able to implement them during their educational practices (e.g. PE lessons) and extracurricular sporting activities.

These objectives were realised through a series of presentations, interactive tutorials, workshops and training sessions with rugby professionals, as well as other activities and excursions.

## **Participants of the meeting:**

### Bulgaria:

Tonislav Plamenov Stefanov, Diana Vladimirova Hristova, Plamen Tsvetanov Nachev, Radoslav Ivov Stefanov, Pavlin Krasimirov Vodenicharski, Georgi Vladimirov Bonev, Vasilena Yordanova Daskalska, Vyara Aleksandrova Parvanova, Ivet Ivaylova Todorova, Ivaylo Vasilev Papov, Dobroslava Plamenova Boneva, Darina Veleva Todorova.

### Poland:

Aleksander Kuczyński, Katarzyna Gwizdała, Jakub Kiejziewicz, Jan Bielasty, Stanisław Bielasty, Konrad Marcjanik, Maciej Urbanowicz, Patrycja Chmielińska, Julia Sowińska, Paulina Czajkowska, Paulina Chmielewska, Dominika Jabłonka, Jakub Suwiński, Weronika Wiśniewska, Julia Maculewicz, Anna Burniewicz, Alicja Banul, Szymon Paszkowski, Filip Prażmo, Sebastian Sikorski, Krzysztof Łasiewicki.

### Slovakia:

Zuzana Labajová, Fabián Ersék, Sára Záteková, Adam Sypták, Jakub Baranec, Andrea Mikátová, Sandra Štefanková, Lenka Dupkalova, Dana Margenová, Vicente Arce.

### **Description of the meeting, day by day:**

4th LTT event, "Everyone can play – Rugby", started on **24<sup>th</sup> of March 2019** in Nidzica. The first day was really eventful. It began with rugby training. FITS participants from Poland, Bulgaria and Slovakia spent three hours getting to know the sport under the supervision of professional coaches from Warmińsko-Mazurski Okręgowy Związek Rugby and Rugby Team Olsztyn. While most of the students were learning rugby, some of our FITS members practised another FITS sport – cheerleading. They were working on a choreography that would be presented during the Final Event. After the training, in the afternoon, all the participants took part in a questing game. Its aim was to familiarize them with the town of Nidzica and its landmarks in a fun and engaging way. In international teams they had to perform a series of various tasks around the town, e.g. counting the steps leading to the castle or taking “selfies” wearing medieval costumes at the castle.

On **25<sup>th</sup> March** FITS students continued their rugby training with Warmińsko-Mazurski Okręgowy Związek Rugby and Rugby Team Olsztyn representatives. Today, apart from drills and techniques, they had a chance to play scrimmages in mixed teams. Apart from our rugby team, the cheerleading team also continued practising their cheer routine. In the afternoon all the participants gathered to watch a sports-themed movie about overcoming adversities

Tuesday, **26<sup>th</sup> March**, we spent in Warsaw, sightseeing and getting to know history and culture of the Polish host country. FITS participants visited the Old Town and the Royal Route, learning the history of the capital city and its most famous landmarks. Foreign guests could also taste typical Polish cuisine. Then we visited the National Stadium PGE Narodowy, where we took part in a guided tour that included visiting the stands, locker rooms, physiotherapy suites and media rooms of this huge, modern sports venue.

Wednesday, **27<sup>th</sup> March**, was another day devoted to rugby trainings - this time mostly in the form of various competitions between 3 mixed teams. They played scrimmages, “10 passes”,

“noughts and crosses” and “basketball rugby”. Meanwhile, the cheerleading team continued practising their routine in time for our Final Event on Friday.

On the next-to-last day of our mobility, Thursday **28<sup>th</sup> March**, we began with a guided tour of Olsztyn’s greatest attractions: The Old Town and its monuments, the Castle with its artefacts from the life and work of Nicolaus Copernicus, and the city beach of Lake Ukiel. The afternoon was spent in the recreational centre “Aquasfera”, where project participants could use its many water facilities.

On the last day of our meeting, **29<sup>th</sup> March**, we organized a Final Event of our project – a large, international sporting presentation of project sports – floor hockey, cheerleading and rugby. It was the dissemination event summarising the whole “Facilitating Inclusion Through Sports” Erasmus+ project. FITS students and teachers, supported by our project partners – members of Warmińsko-Mazurski Okręgowy Związek Rugby and Rugby Team Olsztyn - had the opportunity to show everything they have learnt since the project started. The event took place in Nidzica’s local Sports Centre (Hala MOSiR). Around 300 hundred guests - students from other local schools, came to take part in it. We were also honoured with the presence of local authorities, such as our regional Member of Polish Parliament (and former professional volleyball player, member of Polish National Volleyball Team) Mr Paweł Papke, Deputy of the County Office, Mr Paweł Przybyłek, and Head of the local Education Department, Ms Jolanta Tymińska. We started the event by describing the project and Erasmus+ program, after that all three FITS sports were presented by project participants: floor hockey, cheerleading and rugby. The rules were explained, drills, techniques and figures were presented. Invited guests had a chance to perform the drills, play short scrimmages, take part in various tasks and competitions. They were also awarded for their effort and engagement. The day ended with a Certificate Ceremony for FITS participants.

## **The agenda of the LTT event:**

### Sunday, 24<sup>th</sup> March

10:00 – 14:00 Training sessions: rugby and cheerleading.

14:30 – 15:30 Lunch

16:00 – 18:00 The Amazing Race Nidzica: Questing game for students and teachers to become familiar with the town of Nidzica.

### Monday, 25<sup>th</sup> March

10:00 – 13:00 Training sessions: rugby and cheerleading.

13:30 – 15:00 Lunch

15:30 – 18:00 Students: Watching a sports-themed movie.

Teachers: Coordinators' meeting.

### Tuesday, 26<sup>th</sup> March

07:30 – 20:00 All-day trip to Warsaw: Visiting the Old Town, walking the Royal Route, free time, lunch. Guided sightseeing tour of "PGE Narodowy" - Polish National Stadium.

### Wednesday, 27<sup>th</sup> March

13:00 – 14:30 Lunch

15:00 – 19:00 Training sessions: rugby and cheerleading.

### Thursday, 28<sup>th</sup> March

09:30 – 13:00 Sightseeing trip to Olsztyn: Guided tour of the Old Town and the castle

13:30 – 15:00 Lunch

15:30 – 18:00 Visit to a waterpark “Aquasfera”.

#### Friday, 29<sup>th</sup> March

09:30 – 14:00 Final Event of the project - an international sporting presentation of project sports – floor hockey, cheerleading and rugby – for the local community.

14:30 – 15:30 Lunch

16:30 – 17:30 Certificate Ceremony for meeting participants.

19:00 – 22:00 Ceremonial dinner for teachers.

#### **Minutes from the coordinators’ meeting.**

The points talked over the meeting were the following ones:

Evaluation – Satisfaction/Personal Development/Social Inclusion Survey after LTT event in Poland - Ms. Agata Dutkowska will send the link for the student and teachers. They have to fill in the survey after the mobility in Poland. The deadline for answering the survey is 1 week after sending the survey by the Polish coordinator.

The final date for the Transnational Project Meeting in Bulgaria was confirmed (from 14th to 18th of June 2019). Partner countries were asked to gather all the possible information and final products in preparation for working on the final report.

Other comments and discussion

After watching the chapter of the final product – the Guidebook – delivered by the Bulgarian partner after the LTT in Vratsa, the feedback was provided by students and teachers. Bulgarian partner agreed to implement the raised suggestions (e.g. more practice material, subtitles) and prepare the final version of their chapter for the upcoming TPM.