

**EMPOWERMENT OF INCLUSIVE HEALTHY LIFE STYLE OF
PERSONS WITH DISABILITY THROUGH PHYSICAL ACTIVITY**

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Empowerment of inclusive healthy life style of persons with disability through physical activity

Authors:

Válková Hana, Kocůrek Vojtěch, Sližik Miroslav, Szulc Adam, Niespodziński Bartłomiej and Tamás Kertész

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APPLICANT:

Emilova vzdělávací, z.ú., Brno, Czech Republic

Prof. PhDr. Hana Válková, CSc.

Mgr. Vojtěch Kocůrek

PARTNER 1:

Kazimierz Wielki University in Bydgoszcz, Poland

Faculty of Health Sciences and Physical Education

Dr. Adam Szulc

Dr. Bartłomiej Niespodziński

PARTNER 2:

Széchenyi István University of Győr, Hungary

Faculty of Health and Sport Sciences

Dr. Tamás Kertész, Ph.D.

PARTNER 3:

Matej Bel University of Banská Bystrica, Slovakia

Faculty of Sports Science and Health

Doc. Mgr. PhDr. Miroslav Sližik, Ph.D.



KAZIMIERZ WIELKI
UNIVERSITY
BYDGOSZCZ



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1. Project Annotation

1.1. The goal of the project

The goal of the project (the project abbreviation is EMPIH), supported by the Visegrad Fund, was to compose the methodology focused on health prevention through physical activities in leisure time. The project included workshops focused on analyzing the situation in the countries in specific areas. Based on the findings, the purpose is a compiled guidebook that will serve as a methodological framework for the development of physical activity and sports for children and youth with various disabilities. Because access to the sport domain is more difficult for children and youth with disabilities than for their peers, the project discovered the main weaknesses of this situation and compared the situation in partners' areas. The means of obtaining real-field data were workshops with seminars and practical physical activities and sports.

The base of these analyses were three-day workshops in each partner's geographic area (Brno, Bydgoszcz, Győr, Banská Bystrica) as the background as well as the bases of the guidebook.

See ATTACHMENTS, Leaflets 3.

1.2. The purpose of the guidebook

Theoretical and hypothetical markers related to common supportive or insufficient environments are discussed on an academic level. The project formulated their existence or non-existence in the environment of the project partners, including impacts on inclusion and health.

Framework of the markers: possibilities of financing support, limited support from the public sector, small offer of sport activities, different knowledge and information among institution staff and parents, weaknesses of opportunities due to lack of sport leaders, insufficient cooperation among municipalities, local government, public sector, non-profit organizations, or private sphere.

The focus of the workshops therefore corresponded to the purpose of the project and secondarily to the topics of the guidebook. The specific intention was to underline the importance of the partners' locality, which is better expressed in the attachments than in the descriptive text. The partners were supported by universities and city and region authorities, and they are identified here in the guidebook under the name of the cities only.

2. Description of the partners' environment: *period before joining the project*

The current state of the environment for the participation of people with disabilities in physical activities and sports came from the historical context. The project focused on basic information of all partners; only the environment of the Brno applicant is described in more detail. Key figures with an impact on the present situation are underlined. The reason is that this area was at the center of development in the 1990s and at the time of the accession of all these countries to the EU. Many follow-up contacts also originate from this time.



Picture: Map of project cities on V4 map
Source: Kocůrek, Vojtěch

2.1. Brno environment



Figure 1. Historical Background

Area we are focused on: The area of recent Czech Republic is traditionally and historically oriented on education and physical activities of persons with disabilities since the end of 19th century. We are focused on the geographical area of Central and South Moravia with big cities and universities.



In 1993, the European Charter - sports for all: disabled persons. Terminology and the content of the domain since “special education” up to Adapted Physical Activity. CEEPUS university program from 2003 opened the door to the Visegrad Fund and Erasmus. Partnership: Olomouc, Brno, České Budějovice, Banská Bystrica, Wrocław, Poznań, Zagreb.

Figure 2. Inclusion in EU

The inclusion of these countries in the EU meant respecting the given European legislation in all chapters (social, educational, sports), but they also all had the opportunity for independent development in the Erasmus programs. The experience from CEEPUS became an advantage. Olomouc's approach firstly pushed specialized teachers' education in APA, selectively in an international context (Erasmus-Mundus) where research was preferred. Among common students, the first Master program graduated the students with disabilities who passed APA specialization.

Later, the next approach was oriented on activities of APA Centrum with the focus on medialization, lack of academics, and high-standard journal *Aplikované Pohybové Activity v teorii a praxi*. ([www.centrum](http://www.centrum.apa.cz) APA, ISSN 1804-4220 (online)).

Brno has chosen a strategy of cross-sectional topics in every study program, like basic information, knowledge, and skills of teaching or training.

Field practice: special education, APA, sports of disabled/para, Special Olympics, management, research through BC/MA/Ph.D.

Figure 3. Brno – wider context

A network of inclusive schools, special schools, centers and homes, institutes, residents, etc. is established in accordance with EU and national legislation, usually in localities with more than 5000 inhabitants, but with varying results. Attention is also paid to inclusion, but school inclusion is a priority, also with varying results. Physical activity and sport (especially leisure time) are still on the edge of the attention of responsible authorities.

Figure 4. Brno – Masaryk University and universities context (www.muni.cz)

General topics (or courses) oriented on the domain “life of persons with disabilities” are included in all 10 faculties of the university, from different perspectives and with varying intensity or volume, mostly: pedagogy, social science, philosophy, law, medicine, natural sciences, and economy. The university is open to students with different special needs (www.muni.cz).

MUNI

University Center Teiresias serves as an advisory and promotion center for university students with special needs. Good support for students with hearing and visual impairment, as a great addition is the attention to football for the blind, even at an international level. The faculty of medicine covers the program for families with Down syndrome (BLUE club), including drama and movement leisure activities. Outside of the Masaryk University, there is Art High School JAMU which provides a unique drama-art program for students with hearing disabilities.

Figure 5: Brno – Faculty of Sport Studies (www.fsps.muni.cz)

General topics (or subjects, courses) oriented on special education or disability are a cross-sectional topic at all departments. Programs teaching, coaching, physiotherapy, and sports management are strengthened by additional topics with a minimum of 3 CRP loading per 1 semester.

MUNI
SPORT

Examples of the format include special teaching for PE teachers and coaches, personal training, referees and football with disabilities, sport management, and volunteering. The theoretical topics are accompanied by field practice. Extra-curricular courses for Czech students as well as Erasmus students are self-defense courses for persons with disabilities, exercises for participants with DG of Alzheimer, para-swimming, and Erasmus volunteering for PA of disabled. Apart from quite a lot of accredited programs – one semester is specially oriented only on the management of sports and physical activities for the environment of persons with different handicaps is closed with 1 full day students SO Regional Games. Due to BC/MA/Ph.D. theses with the topic of “physical activities, health, and disability,” it is possible to develop research and valuable research projects and publications. The first mention of management in disabled sports is in a publication (in Czech language): *Nová et al. (2016). Management, marketing a ekonomika sportu. (Chapt. 7. H. Válková: Management v prostředí aplikovaných pohybových aktivit, pp. 225-256.)*

Figure 6: Emilova vzdělávací, z.ú. and public (www.emilova-vzdelavaci.cz)

The faculty of Sport Science has signed a memorandum about cooperation with Special Olympics and Emilova sportovní, z. s.; both are non-profit organizations. The project is also a result of this cooperation. Why outside of the university - even though some individuals are or have been members of universities?



Prof. Hana Válková is a former president of the Czech Special Olympics Movement, a university professor (specialization: sport psychology, adapted physical activity), and author of many publications about sports for people with disabilities. She is involved in education courses focused on volunteering and management of health-oriented movement activities.

Vojtěch Kocůrek graduated from the sports management program with DP theses, year 2022: Sport activities management for persons with handicap with an emphasis on human resources, teamwork, and know-how development (Emil Open example); nowadays an external teacher of Management in Disability Sport.

Why Emilova vzdělávací, z.ú.? Environment outside the university:

- can be more flexible, less bureaucratic, particularly in the domain of project participation, evidence-based research, the use of experience not only from theory but especially from practice, no pressure on impactful scientific publications, mostly in English, free publication in Czech journals, an impact on practice, and strong public relations.
- The goal: orientation to free time, including the management of events/meetings and competitions in the context of physical activities and sports – a wide spectrum of people with disabilities, explaining, describing management principles in the context of "disability," sharing/disseminating information, and trying to change attitudes and approaches (aimed groups including municipal officials). Projects like *Where to Go - How to Do It* (with municipality members, with parents, etc.).

2.2. Bydgoszcz environment



Author: Dr. Adam Szulc

Synthetic report on the implementation of the "Local Government Action Program for Disabled People for 2020-2023" City of Bydgoszcz

Figure 1: Introduction

The basic legal act regulating the issues of rehabilitation of disabled people in Poland is the Act of August 27, 1997 on vocational and social rehabilitation and employment of disabled people (Journal of Laws 2021.573 consolidated text, as amended).



Article 35a, paragraph 1, point 1 of the aforementioned Act states that *"the county's tasks include developing and implementing, in accordance with the county strategy for solving social problems, county action programs for disabled people in the field of social rehabilitation, vocational rehabilitation, and employment, and respecting the rights of disabled people."*

The legislator also lists other tasks of the district, such as:

- undertaking actions aimed at limiting the effects of disability,
- cooperation with non-governmental organizations working for the disabled in the field of social and professional rehabilitation of these people,
- co-financing the participation of disabled people and their guardians in rehabilitation sessions,
- co-financing sports, culture, recreation, and tourism for disabled people,
- co-financing the supply of rehabilitation equipment, orthopedy items, and aids,
- co-financing the elimination of architectural, communication, and technical barriers, and in connection with the individual needs of these people,
- promotion of employment and professional activity of disabled people.

The activities listed above are included in *the Local Government Action Programme for the Disabled for 2020-2023 adopted by Resolution No. XIX/460/19 of the Bydgoszcz City Council of 18 December 2019*. The strategic goal of the above programs was to improve the social and professional life conditions of disabled residents of the *City of Bydgoszcz*. The City of Bydgoszcz allocated PLN 90,000 (approx. EUR 24,000) for sports for people with disabilities in 2024. The main beneficiaries of financial support are:

- Łuczniczka Sports Club for the Blind – PLN 35,000
- Braille Sports Club – PLN 22,000
- Start Bydgoszcz Sports and Rehabilitation Association for the Disabled – PLN 21,000
- Integration Sports Club in Bydgoszcz – PLN 10,000

The full report on activities for physical activity and sports for disabled people for 2024 will be prepared at the beginning of 2025, which is why we present selected elements of the final report for 2023.

Figure 2: Education

The City of Bydgoszcz is the governing body for 14 different types of special facilities with special departments, where 763 students studied in 2023. These include:

- 1) Special Educational and Upbringing Centre No. 3 for Mentally Disabled Children and Youth at Graniczna 12 street, where 206 students were educated, including 24 students in rehabilitation and upbringing classes for the profoundly disabled, and in:
 - *Special Primary School No. 51 – 114 students,*
 - *Preschool department – 7 children,*
 - *Employment Preparation School No. 3 – 61 students.*

In addition, the Centre has a boarding school, where an average of 50 pupils stayed. *The Employment Preparation School* is dedicated to students with moderate or significant intellectual disabilities. It prepares young people to perform various social roles and, according to their developmental capabilities, to live autonomous and active adult lives. The above education system does not provide professional qualifications. It is implemented in the following areas: gardening, carpentry, home economics, office work, elements of floristry, and the production of decorative and souvenir items.

2. *School Complex No. 29* at Słoneczna 26 street, which includes, among others, a mass school with special departments and a center for children and youth with autism. There were 35 disabled students educated there, including in:

- *Rehabilitation and Educational Center for Children and Youth with Autism – 21 students,*
- *Kindergarten No. 31 – 12 children,*
- *Primary School No. 13 with Special and Integration Departments – special departments – 17 students.*

3. *Complex of Special Schools No. 30* at Jesionowa 3a street, educated 171 students, including in rehabilitation and educational classes for the profoundly disabled – 10 students and in:

- *Primary School No. 1 Special – 110 students,*
- *Kindergarten department – 21 children,*
- *School for Employment No. 1 – 30 students.*

At the School Preparing for Work (not providing vocational qualifications), education was provided in the following profiles: gardening, tailoring, catering, office work, cleaning work, and production of decorative objects.

4. *Complex of Special Schools No. 31* at Fordońska 17 street provided care to 173 students, including:

- *Primary School No. 23 Special – 146 students,*
- *School Preparing for Work No. 2 – 27 students.*

At the School Preparing for Work (not providing vocational qualifications): education was provided in the following profiles: gardening, tailoring, catering (confectioner, cook), artistic handicraft, office work.

5. *Complex of Schools No. 7* at Waryńskiego 1 street, which includes a mainstream school with special classes and a school for hard of hearing students. There were 29 disabled students, including:

- *General Secondary School No. 17 for the Hearing-Impaired – 10 students,*
- *Primary School No. 48 with Special and Sports Departments – special departments – 19 students.*

6. *Vocational School of the 1st degree No. 6 Special* at Grunwaldzka 41 street, there were 96 students. The school offers education in the following professions: gardener, assembly and finishing worker in construction, confectioner, cook, hotel service assistant, car mechanic.

7. *Primary School No. 55 for Socially Maladjusted Students and Students with Behavioral Disorders*, part of the Bydgoszcz Educational and Upbringing Complex, at Traugutta 5 street, where 38 socially maladjusted students and students with behavioral disorders studied.

Figure 3: Bydgoszcz Educational Grants

Bydgoszcz Educational Grants are a form of financial support for the best educational and cultural initiatives distinguished by innovation, novelty, and originality, implemented by schools and educational institutions for which the City of Bydgoszcz is the governing body. They are intended for the implementation of above-standard educational and animation projects addressed to children and youth of a scientific, artistic, recreational, and integration nature.

- "Only Dance makes sense." - III Voivodeship Review of Dance Forms for children and youth with special educational needs - PLN 2,100 (organizer: School Complex No. 30),
- "Szkoła na sportowo" - inter-school tournaments and recreational and sports competitions - PLN 2,750 (organizer: School Complex No. 30).

Figure 4: Sports, recreation, and culture

In 2023, the Municipal Social Welfare Centre concluded 33 agreements with non-governmental organizations and paid out funding in the total amount of PLN 244,760. The 1,628 participants benefited directly from the support provided.

As part of preventing the deepening of the level of disability and social isolation of disabled people, as part of an open competition for offers and the so-called "non-competitive mode" in accordance with the Act of 24 April 2003 on public benefit activities and volunteering, *the Health and Social Policy Office of the Bydgoszcz City Office* provided financial support to non-governmental organizations for the implementation of tasks in the field of social rehabilitation and integration of the sick and disabled. From the city budget in 2023, the amount of PLN 205,003.76 was allocated for this purpose. In the above scope, 18 tasks were implemented, and a group of 962 people were covered by the activities.

As part of the open tenders conducted pursuant to the Act of 24 April 2003 on public benefit activities and volunteering in 2023, the City of Bydgoszcz allocated the amount of PLN 96,044.43 to support the implementation of the following activities:

- 1) Sports training for blind and visually impaired athletes is conducted by the *Pomeranian - Kuyavian Physical Culture Club, Sports and Tourism for the Blind and Visually Impaired "Łuczniczka"*.

The amount of PLN 40,831 was allocated for this purpose; training was conducted in the following disciplines:

Chess, 100-field checkers, sports bridge, athletics, cross-country skiing, biathlon, triathlon, Nordic walking, classic bowling, bowling, showdown (table tennis for the blind), sports shooting, tandem cycling.

- 2) Training of sports sections for disabled people is conducted by *the Association of Sports and Rehabilitation of the Disabled "Start Bydgoszcz"*.

Support in the amount of PLN 19,534 was provided; training was conducted in the following sports:

Athletics, shooting sports, boccia, swimming, table tennis, sports chess, weightlifting, fishing.

In addition, the amount of PLN 6,210.48 was used to co-finance the organization and conduct of the following sports events in Bydgoszcz for disabled people, organized by *the Association of Sports and Rehabilitation of the Disabled "Start Bydgoszcz"*:

- Polish Championships for the Disabled in Sports Shooting - amount PLN 4,210.48;
- Final of the Polish Championships in Goalball - amount PLN 2,000.00.

3) Sports training of athletes at *the Braille Bydgoszcz Sports Club – "Sport as a path to success in life"*

Support in the amount of PLN 19,351.95 was provided for training of people with disabilities in two sections, i.e. tandem cycling and the winter sports section – cross-country skiing and biathlon.

4) Sports training of people with disabilities conducted by the *Integration Sports Club "Bydgoszcz"*.

Support in the amount of PLN 10,117 was provided; training was conducted in the following disciplines: boccia, athletics, swimming, and sports chess.

Figure 5: Bydgoszcz Sports Center

The Bydgoszcz Sports Center (BSC) supports sports for people with disabilities through cooperation with sports clubs, including primarily the *Start Bydgoszcz* association.

The following events were held at facilities managed by BSC in 2023:

- Polish Disabled People's Chess Championships,
- XX National 7-a-side Football Tournament,
- XIII National Powerlifting Competition,
- XIII National Special Olympics Canoe Regatta.

Figure 6: Thematic studies related to the situation of people with disabilities in the Kuyavian-Pomeranian Voivodeship

- Information on the implementation of the Local Government Action Program for People with Disabilities for 2020-2023 from 2021,
- Information on the implementation of the Local Government Action Program for People with Disabilities for 2020-2023 from 2023,
- Analysis of all legal solutions in the field of support for people with disabilities, including the analysis of legal acts in terms of the UN Convention on the Rights of Persons with Disabilities - 2022,
- Strategy for people with disabilities 2020-2030 – 2019,
- Draft Act on equalizing opportunities for people with disabilities - 2010,
- Statistical data of the Provincial Disability Assessment Team 2007-2023,
- Internet gaming disorder - characteristics and prevalence of the phenomenon and its psychological correlates among school students in primary and secondary schools in the Kuyavian-Pomeranian and Warmian-Masurian Voivodeships – 2018,

- Report on the use of alcohol and drugs by school youth - 2019,
- Health care in the Kuyavian-Pomeranian Voivodeship in 2020.

Figure 7: Activities of special schools in Bydgoszcz in 2024

Schools for children with disabilities in Bydgoszcz carried out the following sports activities:

7.1. School Complex nr 31 in Bydgoszcz, Fordońska 17 street

- *Special Olympics Club "Naprzód"*: table tennis, floorball, boccia, bowling, swimming, football.
- Sports events:
 - 15.02.2024 Inter-school Table Tennis Tournament. Number of participants: 12, moderate disability,
 - 06.03.2024 Provincial "Herkules" Competition. Number of participants: 15, moderate disability,
 - 16.04.2024 School "BOCCE" Tournament. Number of participants: 30, moderate disability,
 - 11.05.2024 I National Field Competition. Number of participants: 32, moderate disability.
- Extracurricular football classes. Number of participants: 16, moderate disability.

7.2. School Complex No. 30 in Bydgoszcz, Jesionowa 3A street

- *Special Olympics Club "Pod Jesionem"*: badminton, bocce, bowling, football, swimming, table tennis, athletics
- Sports events: "Blue Games", Meeting with basketball players "Basket 25",

7.3. Vocational School of the 1st Degree No. 6 Special, Grunwaldzka 41 Street

- Sports events: "Bydgoszcz healthy, free from addictions", Games tournament (checkers, ringo)
 - 03.06.2024 Corrective and compensatory exercises with elements of sports games, number of participants: 9; mild intellectual disability, autism.
 - 12.10.2024 Corrective and compensatory gymnastics with elements of sports games, number of participants: 10; mild intellectual disability, autism.
 - 12.10.2024 Team games are good for everything, number of participants: 8; mild intellectual disability, autism.
- No extracurricular sports activities.

7.4. Special Educational and Care Centre No. 3 in Bydgoszcz, Graniczna 12 street

- *Special Olympics Club "The Same"*: bocce, tennis, table tennis, basketball, skating, gymnastics, tennis,
- Sports events: "Runners from Graniczna", "Everyone is important", "Young Athletes" Program, PFRON Program "Give me a chance!" - 60 people with intellectual disabilities.

- Extracurricular sports activities:
 - gymnastics with unusual equipment: 8 people,
 - football: 8 people,
 - basketball: 8 people,
 - active return to school - general development activities – 8 people.
- The school has representatives of Poland in the Special Olympics: running: 8 people, badminton: 8 people.

7.5. Kuyavian-Pomeranian Special Educational and Upbringing Center No. 1 for Children and Youth with Vision Loss and Blindness named after L. Braille in Bydgoszcz, ul. Krasińskiego 1

- "Activity Counts" Program 2024: biathlon, cross-country skiing, swimming, tandem bikes, athletics, roller skis, Nordic walking, shooting, table tennis for the blind.
- *Academy of Tennis for the Low Vision and Blind of the "We See Differently" Foundation* (blind tennis): 4 players (2 students, 2 graduates).

7.6. School Complex No. 7 ul. Waryńskiego 1

- Financing, among others: Association for Helping Children and Youth with Hearing Dysfunction "Heart hears heart"
 - 17.10.2024 - "SPORTS OLYMPICS", number of participants - 30, hearing dysfunction.
- No extracurricular sports activities.

Figure 8: Short information about situation of disabled people in Kuyavian Pomeranian Voivodeship

The Amsterdam Treaty, which came into force in 1999, significantly increased the scope of initiatives undertaken by the Union for people with disabilities. The main goal of the Union's strategy was to create a society open and accessible to all. Poland's accession to the European Union on 1 May 2004 meant that disabled people can expect beneficial changes in the field of rehabilitation, including the adjustment of Polish social policy to EU standards and principles, especially to the Community program for combating social exclusion in the fields of health care, work, education, etc. In order to meet the needs of disabled people and adapt Polish social policy to EU law, the "Provincial Programme for Equalising Opportunities for Disabled People and Counteracting Their Social Exclusion and Assisting in the Implementation of Tasks for the Employment of Disabled People" was developed for the Kuyavian-Pomeranian Voivodeship.

The development of a provincial program is also required by Article 35 section 1 item 1 of the Act on vocational and social rehabilitation and employment of disabled persons (Journal of Laws 123 item 776 as amended), which specifies the tasks of provincial government. The basic assumption of the program is to equalize the opportunities of disabled people and enable their full development in the social and professional sphere. It takes into account the view that disability is not only the result of bodily injury or disease but also the result of social, economic, and physical barriers that a disabled person encounters in their environment. It is not the disabled person who has to adapt to the

environment, but the environment that should be adapted to the needs of the disabled person.

In 2005, the Board of the Kujawsko-Pomorskie Voivodeship adopted the *Provincial Programme for Equalising Opportunities for Disabled People and Counteracting Their Social Exclusion and Assisting in the Implementation of Tasks for the Employment of Disabled People*. The project noted that in 1998, 136,588 disabled people lived in the Kuyavian-Pomeranian Voivodeship, i.e. 6.5% of the total population, and in 2002, this number had increased to 303,300 people, i.e. 14.7% of the total population. In 2004, the structure of the education level of disabled people indicated that 3.8% of the disabled population had higher education, 21.7% had secondary and post-secondary education, 25.3% had basic vocational education, 43.1% had completed primary education, 6.0% had not completed primary education, and no school education. Disabled urban residents had a significantly higher percentage of people with higher education than disabled rural residents (5.6%, compared to 1.1%), as well as secondary and post-secondary education (29.3%, compared to 9.7%) and basic and vocational education (27.4%, compared to 22.0%). In rural areas, on the other hand, a higher percentage of people had completed primary education (57.5% and 33.9%) and had incomplete primary education and no school education (9.6% and 3.6%). The low level of education resulted from architectural barriers in schools and universities, communication and psychological barriers, problems related to transport to the place of study, and lack of rehabilitation equipment and teaching aids. It was noticed that the effect of teaching in specialist institutions is the isolation of disabled people, which means social exclusion. It is therefore important to include disabled children in universal education from the youngest age so that together with their peers they can develop their social and professional skills needed in everyday life and on the job market.

In the Kuyavian-Pomeranian Voivodeship, psychological and pedagogical clinics operate in all district towns. They provide, among other things, counseling for youth and families, provide assistance to disabled children and youth, enable early diagnosis and rehabilitation, provide career counseling, and issue decisions on the need for special education. In the Kuyavian-Pomeranian Voivodeship, disabled people could have the opportunity to study either in special schools and institutions or schools with integration classes and in mainstream schools adapted to the needs of students with physical disabilities. In 2004, 6,598 disabled students attended special schools in the Kuyavian-Pomeranian Voivodeship, which constituted 1.65% of all students in our voivodeship. Of these, 5,803 attended special schools for students with intellectual disabilities, which constituted 1.45% of all students in the voivodeship. Significantly fewer, 1,112 students in the Kuyavian-Pomeranian Voivodeship attended schools with integration classes. In 2021, the Board of the Kuyavian-Pomeranian Voivodeship adopted a resolution on the implementation of the *Action Program for People with Disabilities for the Kuyavian-Pomeranian Voivodeship until 2030 - equal opportunities 2030+*. The assumptions of the Program support the implementation of the provisions of the *Convention on the Rights of Persons with Disabilities* ratified by the President of the Republic of Poland on 6 September 2012, the implementation of which has contributed to improving the situation of people with disabilities by enabling them to actually enjoy all human rights and fundamental freedoms on an equal basis with others, including independent movement and independent living, access to health care, education, information and communication, ensuring appropriate living conditions, and active participation in social life and professional activity. The program sets out the basic areas of action, i.e. Equality,

Accessibility, Independence, Education and Training, Work and Employment, Health, Social Protection, as well as Participation in life and enjoyment of civil rights (Protection of civil rights). In 2021, in the Kuyavian-Pomeranian Voivodeship, the number of people with a disability certificate was 165,216 people, including 12,909 children. In 2024, the number of people with a disability certificate was 190,384, including 13,568 children (4,938 girls and 8,630 boys). Causes of disability in children - up to 16 years of age in the Kuyavian-Pomeranian Voivodeship: 01-U mental retardation (442-Female; 828-Male), 02-P mental diseases (280-F; 793 M), 03-L hearing disorders (561-F; 898-M), 04-O eye diseases (375-F; 475-M), 05-R musculoskeletal system (885-F; 985-M), 06-E epilepsy (369-F; 416-M), 07-S circulatory system diseases (904-F; 1412-M), 08-T digestive system diseases (159-F; 178-M), 09-M genitourinary system diseases (176-F; 284-M), 10-N neurological diseases (860-F; 1142-M), 11-I others including infectious diseases, diseases of endocrine organs e.g. diabetes (987-F; 1018-M), 12-C pervasive developmental disorders (Autism, Asperger) – (817-F; 2975-M).

In the years 2020-2023, Kazimierz Wielki University in Bydgoszcz implemented the National Centre for Research and Development Project entitled *University of Equal Opportunities*.



The project was implemented in cooperation with the Association of Disabled Students of the University, the Polish Association of the Blind, the Polish Association of the Deaf, the Foundation for the Disabled. In the years 2025-2028, the *University of Equal Opportunities II* Project for people with special needs is continued. Kazimierz Wielki University in Bydgoszcz is a leader among universities in Poland in the framework of activities aimed at supporting students with special needs.

2.3 Győr environment

Author: Dr. Tamás Kertész, Ph.D.

FINAL REPORT BY SZÉCHENYI UNIVERSITY

Figure 1: Introduction

The Széchenyi István University is proud to be recognized for its professional work, education, scientific research, and social responsibility.



The students who study here will not only become engineers, technical teachers, IT specialists, lawyers, economists, musicians, health and social professionals, but also intellectuals of this country and the region who also have social responsibility.



We are the leading university in the Western Hungary region, with 9 active faculties. Our student population reaches 15,000.

The members of the **Committee for Equal Opportunities for Students with Special Needs** help students with their university studies:

Dyslexia, dysgraphia, dyscalculia, speech impairment, people with mental disorders, hearing impairment, disabled, visual impairment, students with autism, or autism spectrum disorder.

Academic year	Number of Special Needs Students
2023/2024	41
2022/2023	45
2021/2022	31
2020/2021	26
2019/2020	78

Figure 2: Facilities for students with special needs, info communication tools

1) Study support

Registered students can receive various discounts on exams, tests, and, where appropriate, language test exemptions, ensuring equal opportunities in education.

- **Housing benefit**

Students from disadvantaged backgrounds are entitled to housing support.

- **For Students with Disabilities:**

- ***Accessible dormitory room***

- 6 accessible rooms are available in the Multifunctional Building.

- **Buildings with disabled access and lifts**

- *Campus buildings (University Square 1.):* Administration Building, Inno-Share, Management Campus, Study Buildings A, B, C, D, New Knowledge Space, Győr City University Sports Hall, Multifunctional Building K1., K0.

- *External Faculties:*

- János Apáczai Csere János Faculty of Pedagogy, Humanities and Social Sciences (Liszt Ferenc utca 42.) Deák Ferenc Faculty of Law and Political Sciences (Áldozat u. 12.) Faculty of Health and Sports Sciences (Szent Imre u. 26-28.) Faculty of Arts (Gárdonyi Géza utca 10.)

- **For Hearing Impaired Students:**

- ***Interpreter***

- On request, SINOSZ staff can provide assistance to deaf and hard-of-hearing students.

- **For Hearing Impaired Students: *Mobile Induction Amplifier***

- Four mobile induction amplifiers of type ITS-100SET are available. The unit transmits sound through the transmitter unit worn by the instructor and the receiver unit worn by the person wearing the hearing aids to their hearing aids. The devices are available

on permanent loan for the entire duration of the study period from the University Information Technology Centre by arrangement with the Institutional Equal Opportunities Coordinator.

○ **For Visually Impaired Students:**

Reading machine

In the University Library and Archives, there are 2 reading machines in the media box on the 2nd floor.

Figure 3: Role of author

I work at the Faculty of Health and Sports Sciences at Széchenyi University. As a delegate of the university, I represent the sports of people with disabilities in the city's sports council. Furthermore, as the president of the EMBERSÉG DSE, we provide regular and guided physical activity for primary and secondary school pupils with learning difficulties. This particular network of contacts allowed me to move freely throughout the project. Whether we look at it from a university, city, or association level.

Our partner institutions were easily accessible, as we work with most of them on a regular basis. We know and respect each other's work.

The city of Győr allocates 10,000 euros per year for sports for people with disabilities. The Széchenyi University usually receives about 20% of this amount through tenders. The EMBERSÉG DSE coordinates inclusive programs, which are primarily of a recreational nature and help to shape the attitudes of university students.



- The city's sports council includes sports for people with disabilities.
- The city also had a disability commissioner and a parasport ambassador.
- The number of inclusive sport programs we are actively involved in is growing.
 - Charity Run,
 - Equal Opportunities Run,
 - Movement for All! - Adapted DO 60 Sports Day,
 - Hungarian Para Sports Day

We try to invite the media to these events.

Figure 4: Difficulties at city-level identification

- Little information is available in the urban society.
- Lack of resources at a city level ~ 10,000 euros - sports for people with disabilities.
- No knowledge to access it.
- Unnecessary competition between NGOs.
- Cohesive action - greater base and advocacy power.
- 10% of the population is disabled; WE CAN TAKE ACTION.
- LACK OF PROFESSIONALS.

Figure 5: Project outputs/benefits

- A new dimension has opened up: we have been able to go international.
- This was very motivating for both the organizers and the participants.
- My colleagues were also looking forward to the workshops.
- We learned a lot of new things, both human and methodological, for which we are grateful.
- We have experienced that our partners face similar difficulties as we do.
- We hope to have joint projects with participants in the future.

Figure 6: The results of the first workshop

- We have managed to improve the accommodation facilities at the Olympic Sports Park.
- The University has recognized that we have reached an international level.
- Our value has also increased in the eyes of the media.
- The benefits of the curling game:
 - On 26 November we will organize a country championship table curling tournament for our primary and secondary school students.
 - 28-29 November III of Move for All! adapted DO60 Sportnaon will be an inclusive sport showcase: Floor-Curling.

Figure 7: Personal experience of author

The project confirmed the need to be connected. I was happy to learn about "good practices" from other countries and other cultural circles. It confirmed to me that getting out of the home environment can make a big difference for the well-being of our children. Fears of traveling and staying away from home proved unfounded. The children and young adults of the four countries have developed relationships well and quickly. I found it an exciting challenge to work together with people with different vulnerability specificities. It enhanced my ability to be creative and differentiate. And the minor language difficulties were overcome by respect and love for the common cause.

- **Our partners have been:**
 - Hungarian Paralympic Committee, President László Szabó
 - FODISZ, Managing Director Gábor Topponáry
 - City of Győr, Szabolcs Szeles, Deputy Mayor
 - Széchenyi István University, Prof. Dr. Zsolt Szakály Ph.D. Head of the Department of Sports Science
 - Széchenyi István University, Adél Kiviharju-Turi, Centre of Languages and Culture
 - Dr. Pál Kovács County Library - Dr. Sándor Domonkos Horváth Director
 - AUDI ETO HC - Ákos Nagy Managing Director
 - Győr Project Ltd.
 - GYAC
 - RQ Vízi Élménypark és Gyógyfürdő

- **Our partner schools and institutions were:**
 - Arany János EGYMI - Csorna
 - Bárczi Gusztáv EGYMI - Győr
 - Gróf Széchenyi István Népfőiskola
 - Éltés Mátyás EGYMI - Mosonmagyaróvár
 - Magyar Műhely Alapítvány AMK - Mezőörs
 - Radó Tibor EGYMI- Győr

- **We had media partners:**
 - Győr+
 - Kisalföld
 - Origo

2.4. Banská Bystrica environment

Author: doc. Mgr. PhDr. Miroslav Sližik, Ph.D.

Figure 1: Introduction

The Faculty of Physical Education, Sports and Health joined the project as a newly established faculty at Matej Bel University in Banská Bystrica, which, despite its 67-year tradition in the field of training experts in sports from the previous workplace of the Department of Physical Education and Sports, had no practical experience with the implementation of international projects focusing on people with various forms of disability.



Participation in this project represented a great challenge for us, and we perceived our involvement as an opportunity to expand our competencies and portfolio of experiences towards the creation and implementation of physical activities for the disabled. The main researcher and responsible coordinator for the FTVŠZ MBU in this project was doc. Mgr. PhDr. Miroslav Sližik, Ph.D. (sports psychologist, expert in the didactics of competitions, and karate coach), who had experience from the past with the international CEEPUS project with a similar focus.



Figure 2: Sport possibilities in region

The first task we carried out within the project was a local survey of the possibilities and conditions for sports activities for people with various forms of disabilities in the Banská Bystrica region. This survey brought us valuable information, and thanks to it we found out that there are not many institutions in our region that would systematically organize sports activities for youngsters with various forms of physical or intellectual disabilities.

As an example, we can state that in the districts of Banská Bystrica and Zvolen, there is only one state medical institution, one of whose therapeutic means is exercise and sports, and this facility is visited by clients from all over Slovakia. Furthermore, in these districts there are 2 private elementary schools for children with special needs and also only 2 civic associations that are dedicated to sports activities for children with various forms of disadvantage.



On the other hand, we found a relatively high demand from the perspective of the region's residents for such institutions and the services they provide for the disabled. As part of our participation in this project, our faculty approached Special Olympics Slovakia (www.specialolympics.sk) for cooperation, with which Matej Bel University signed a memorandum of cooperation.



Thanks to this project, athletes with intellectual disabilities and coaches of Special Olympics Slovakia attended 3 workshops in Hungary, Poland, and Banská Bystrica. All participating athletes and their coaches rated their participation in the workshops very positively and their experiences as very valuable.

Figure 3: New partnerships

One of the benefits for our faculty that clearly resulted from our participation in the project was the fact that this academic year we introduced an elective course for our students focused on creating exercise programs for people with physical and intellectual disabilities, in which the director of Special Olympics will also participate as a lecturer. The key outcome of this project and the cooperation of our faculty with Special Olympics Slovakia was the inclusion of a new coaching specialization, "Coach of People with Intellectual Disabilities," in the coaching study program. This is a unique study program that has not been implemented in Slovakia before, and we believe that thanks to our cooperation with Special Olympics Slovakia and our experience from implementing this project, we will prepare high-quality experts in sports for the intellectually disadvantaged.

3. Characteristics of the participants

The project financed a maximum of 4 participants/athletes and 2 accompanying persons from each country and for each workshop. It did not limit the composition of participants according to disabilities, the recommended age was youth/youngsters. Participation of those not registered in a club was also recommended. The same was applied to accompanying persons. The composition of all participants was chosen by the partners' leaders after agreement in online consultations. Therefore, a simple survey was applied to determine the motivation for participation or reasons for non-participation (*See ATTACHMENT 2*).

By mechanical calculation, 48 athletes could have participated and received 48 responses to the survey theoretically. This assumption was not true because, in some cases, the number of 4 was not met; in some cases one athlete completed all 3 workshops. The same model applied to accompanying persons. Accompanying persons assisted athletes with MP in filling out the survey. Other people from the ranks of local organizers and supporters, parents, or school students participated in the workshops. The survey was not applied to them, nor were statistics processed. Their interest is documented by photographs and video recordings.

3.1. Characteristics of athletes

The characteristics of the participants were due to whether they were traveling to a partner city or were members of the home team. Their age corresponded to the rules of the project – young people, i.e. from 15 to about 22 years old. The composition according to the DG was determined by the focus of the workshop:

- *Bydgoszcz*: physical activities and sports aimed at people with visual impairments (bowling, tennis, shooting, show-down, fun relay team games);
- *Győr*: games with targeting (table, indoor curling, curling on ice), para-hockey;
- *Banská Bystrica*: athletic competitions within the framework of Special Olympics.

In addition, 3 deaf athletes (in various workshops) and an MP youth with DS participated. Gender balance among athletes was not in the given physical activities, but overall, it was. The athletes came from cities with over 50,000 inhabitants, which ensured a sufficient range of health and social services. This was also the case for the participants from Győr, who lived in a place with under 2,000 inhabitants, but in the Primary & High School Unified Institute for Special Needs Education. The Humanity Students' Sport Association operates at this institute. This model appears to be successful, as numerous sports activities were provided here (athletics, cycling, swimming, and many others). Also, the accompanying people were mainly teachers from this school. *Another model*: the athlete lives in a family, attends an adequate educational institute or assisted employment, physical activities are supported by parents within the framework of family life, or the parent is even a coach of a group registered in the system of sports for the disabled (often within the framework of SO, to some extent also in deaf and para-sports).

Athletes stated motivations for inclusion in sports:

“I like sports”; “I have friends there”; “I was encouraged and supported by my parents, school”; “Rational health reasons or body appearance are marginal.”

As obstacles, they stated:

“Distances and transport”; “lack of clubs in general or sports that I enjoy”; “financial difficulties in the family and the club”.

3.2. Characteristics of accompanying persons

Email information from partners was the basis for subchapter 3.2. Important information was how they became members of the V4 – EMPIH project and how they assembled a team of collaborators and a delegation. This was an additional question compared to the athletes.

- **Bydgoszcz**
 - Reasons and determinants of the delegation composition.
 - Composition of delegation – according to project requirements:
 - *Adam Szulc, Bartłomiej Niespodziński*: project partners. Both Kazimierz Wielki University. Involvement in sports and physical activity of people with disabilities as part of professional work at the university. Experience in implementing scientific and social projects, several years ago V4 with other partners, scientific interests in the field of sports for people with disabilities.
 - *Magdalena Tokarczyk*: school guardian, active person, friend of young people in the school. *Katarzyna Bełcikowska*: student guardian appointed by the school principal.
 - Previous contacts with delegation members: we had no contact before; the contact was established for the project.
 - Main problems of management in the period of the team composition
 - This required establishing personal contacts with educational centers in Bydgoszcz after the change of school management.
 - Underaged students had to obtain passports within a short period of time.
 - The problem was the restrictive regulations that allowed students to travel abroad not organized by the school but by an external organization.
 - Schools for disabled people were open to participating in the project.
 - After overcoming the initial difficulties, there were no problems. Students and guardians were willing to participate in the project as meeting new, interesting people with different disabilities.
- **Győr**
 - Reasons and determinants of the delegation composition
 - Composition of delegation – according to project requirements
 - The composition of the Hungarian delegation varied from one project site to another.
 - Tamás Kertész, assistant professor at Széchenyi István University, was a permanent participant of the workshops as a project partner. He works at the Department of Sports Science at the Faculty of Health and Sports Sciences and has played a prominent role in the organization and coordination of sports for people with disabilities in Győr in recent years. Széchenyi University was represented at the closing event by Norbert Kovács as a facilitator who was touched by the events of the Visegrad Fund program and joined the Brno program with the intention of building

a relationship. We are looking forward to further cooperation and scientific research with the participating universities in the future.

- The workshops were consciously invited, and the traveling team was made up of educators from the institutions that were part of the delegation. It was also a great experience for the colleagues to work together professionally. They were also able to experience their pupils' behavior in a very different environment from the usual. They were responsible for selecting the children and used their participation as a reward, recognizing their children's previous community and sporting achievements.
- Previous contacts with delegation members:
 - We had previous contacts with the Hungarian delegation, but we only met the foreign partners in connection with the project. Tamás Kertész is the president of the EMBERSÉG DSE, the county member organization of FODISZ. The association organizes the county student olympic competitions and recreational sports programs (about 10-12 events per year) in which our partner schools regularly participate. This past relationship has supported successful participation in the project.
- Main problems of management in the period of the team composition
 - We are lucky from this point of view because we have a good relationship with the schools through our professional cooperation, and the participation went smoothly. Similarly, we are embedded in the sports and cultural life of the city through the association and have received adequate support from the education authorities.
 - Perhaps I could mention the implementation of the trip, the vehicle rentals, and their licensing and insurance. Also, obtaining parental consent forms has been slower.
 - I would also mention the language difficulties, but the partners were very helpful in establishing the right communication channels, thanks to Professor Válkova and Vojtěch. However, the love for the sport and our profession and the support we received from the partners overcame them.
- **Banská Bystrica**
 - Reasons and determinants of the delegation composition
 - Composition of delegation – according project requirements
 - The composition of the Slovak delegation at the individual workshops and meetings of the project varied depending on the program and the complexity of the sporting activities. The core of the Slovak delegation was members of Special Olympics Slovakia.
 - The leader of the research team for the Slovak Republic was Ass. Prof. Miroslav Sližik, Ph.D. teacher and researcher at the Faculty of Sport and Health Sciences of Matej Bel University in Banská Bystrica, who was a permanent participant in all meetings, seminars, and workshops as a partner of the project. Miroslav Sližik has been working at the Faculty of Sport and Health Sciences at the UMB since 2002; he has long been involved in the application of martial arts, psychomotrics, and psychology in the physical education process. An important part of the Slovak team was representatives of the Slovak National Organization of Special Olympics, represented by the director Mgr. Eva Gažová. Thanks to this project, a very important close cooperation between Special

Olympics Slovakia and the Faculty of Sport and Health Sciences of Matej Bel University was established, which signed a cooperation agreement during the duration of the project. The key result of this active cooperation is, among other things, the creation and opening of a new study program for coaches of people with intellectual disabilities. In addition to the teachers and doctoral students of the Faculty of Sport and Health Sciences of Matej Bel University and the members of Special Olympics Slovakia, the local sports organizations Lemra Banská Bystrica and the Youth Martial Arts Centre Budokan Zvolen, which are known in the region for their rich experience in community work with sports youth, also actively participated in the organization of the meeting and workshop in Banská Bystrica. The third event of the project in Banská Bystrica was opened by the rector of Matej Bel University Ass. Prof. Vladimír Hladlovský, Ph.D., vice-deans of the Faculty of Sport and Health Sciences Mgr. Juraj Kremnický, Ph.D. and Mgr. Miroslava Rošková, Ph.D. and also the National Director of Special Olympics Slovakia Mgr. Eva Gažová. Participating partners of the project had the opportunity to experience a very rich program in Banská Bystrica, which included the Slovak national championship in athletics for intellectually disabled athletes.

- Previous contacts with delegation members
 - We have already had a common history with foreign partners from the academic environment in the Czech Republic and Poland in the framework of mutual scientific and pedagogical cooperation. Principal investigator of the project for the Slovak Republic, Ass. Prof. Miroslav Sližik, Ph.D. participated in the past in similar projects within the European CEEPUS program. Thanks to his personal initiative and commitment, the cooperation with Special Olympics Slovakia was established, while we had the opportunity to get acquainted with the individual actors and members of the Slovak delegation participating in the project only thanks to the implementation of the project.
- Main problems of management in the period of the team composition
 - In the context of managing the team composition for individual events, we were lucky to have a very positive and active cooperation with Special Olympics Slovakia, thanks to which we did not have the slightest difficulty in recruiting individual team members from the ranks of athletes, coaches, and accompanying persons. Our other partner, Sport Resort and Congress Hotel Tennis Zvolen, which lent us its microbus, helped us a lot with the organizational and technical provision of trips to foreign partners. We also had excellent cooperation with parents and coaches of the athletes, who willingly participated in all the necessary organizational tasks and thanks to whom we were able to successfully fulfill the common goals of the project. We can say with joy in our hearts that sport unites, destroys differences, and creates opportunities for all without distinction.

- **Brno**

- Reasons and determinants of the delegation composition
- Composition of delegation – according project requirements
 - *Vojtěch Kocůrek*: project leader – Emilova vzdělávací, z.ú. Professional and volunteer activities in sports for people with disabilities within the Emil Foundation and parasport clubs. Efforts to create a meaningful project for practice, then implement and achieve relevant results.
 - *Hana Válková*: project co-leader: long-term professional and volunteer activity in sports for people with disabilities, within the framework of university European projects of adapted physical education and sports, efforts to create a meaningful project, and then implement it.
- Previous contacts with delegation members: only with domestic organizers/project partners.
- Main problems of management in the period of the team composition: only with securing partners from the V4 to achieve the same attractiveness of the program for the entire delegation, especially for athletes/handicapped participants.

Previous contacts with delegation members: only with domestic and partly foreign project organizers/partners through contact with universities, not with other delegation participants.

- Main problems of management in the period of the team composition: to secure partners from all V4 countries. Several potential university partners approached declined because they were primarily interested in research-based and better-funded projects. Therefore, the current partners (and their universities) are thanked and acknowledged for their support of the practice. When arranging participants for the workshop, then assemble familiar groups from various areas (hearing, visual impairment, DS, SO), create a cohesive team in a short time, and ensure a sense of safety and cooperation.
 - We do not mention the names of other people because they took turns due to the composition of the group. They were parents, family members, and, in 2 cases, mother in position coach.
 - *Overall characteristics of the accompanying persons*: one accompanying person was in charge of 3-4 athletes, day and night. All of them had long-term experience in sports with people with disabilities. Due to this experience, they were aged from 30 years and above, but also 50 or 60. In the case of accompanying students (internship), around 20 years old. They came from twin towns or smaller towns in the vicinity within 50 km, where there were already certain social services or special schools. They were in long-term contact with them or directly with their employees. From there, the participating athletes were recruited. The accompanying persons were also parents, in 2 cases also coaches. The selection (sometimes rather recruitment) was either from the students of the institution for good work results and focus on sports or based on the willingness of the parents. These had no previous connection with the others, but

they created friendly relations during the workshop and interest in future cooperation.

- *Similar* to athletes, they consider the following problems to be a lack of information for families and teachers, weak interest, slow solutions in municipal policy for recreation sports for youth with disabilities, including space and finances, difficulties in using transport, a lack of time for athletes and coaches because participants in competitions at this level of sports are not released from studies or employment, and above all, a lack of competent trainers or coaches.

They would also welcome a capacity of 2 escorts for 4 athletes.

4. Personal perception of workshops

We consider the personal perceptions of all partners to be an important part of the project. Their self-reflection is important because it allows us to compare similarities and differences between the V4 countries. Partners had the opportunity to choose any form: a report with facts, a personal statement, etc. These experiences and comments were then discussed at the final conference in Brno and recorded. The final remarks are included in the Conclusion (See 5).

4.1. Győr workshop

Organizing leader: Dr. Tamás Kertész, Ph.D. (Széchenyi Istvan University)



Source: Archive of project documents

Because the project focuses on the methods of working at sports events, in other words on the principles and sports event management skills that should contribute to bio-psycho-social health content, I would like to recap whether the two-day workshop met these goals. Authors they say yes. Let the readers summarize for themselves - see the attached short photo documentation.

Focus: winter sports

Term: 9-10 February 2024

Place: Hungary, Győr

Aftermovie: <https://youtu.be/-5lj9-XGtgk>

Workshop partners:

- Béndekpuszta Mosolyvölgy Foundation
- Dr. Kovács Pál Library and Community Space.
- FODISZ
- EMBERSÉG DSE
- Gróf Széchenyi István Folk High School
- GYAC

- City of Győr
- GYŐRI ETO HC
- Hungarian Workshop Foundation
- Hungarian Paralympic Committee
- RQ Water Experience Park and Spa

Media partners:

- Kisalföld
- Győr+ media

Participants:

- At the invitation of the Department of Sports Science of the Faculty of Health and Sports Sciences of the Széchenyi István University, young people with disabilities from Poland, the Czech Republic, and Slovakia came to Győr. 17 people from the V4 countries joined the Hungarian athletes and their coaches and helpers.
- Bárczi Gusztáv EGYMI was represented and joined by colleagues from the partner institutions of EMBERSÉG DSE.

Program 9th February

- The first Workshop started with the official opening of the project on 9th February at 13.00 in the Olympic Sports Park, attended by the President of the Hungarian Paralympic Committee, Mr. László Szabó, and the Head of the Sports Department of the City of Győr. The Head of the Foreign Language Department interpreted the welcome speech of Prof. Dr. Zsolt Szakály.
- Tamás Kertész, assistant professor at Széchenyi University, president of Emberség DSE, main organizer of the workshop, welcomed the guests.
- After the welcome speech, there was a short warm-up session, where each delegation member and the volunteers who joined them had to write down which winter sports they knew. At the end of the allotted time, these were listed and recorded on a flipchart, and images of the corresponding winter sports were searched for to help them memorize and learn them in more depth.
- After a short "brain-training" session, the manager of the Győri ETO Ice Hockey Club gave a presentation on the city's ice sports history in a Power point presentation. He described the past and present opportunities for the city's residents, students, and people with disabilities. In addition to hockey and ice dancing, curling was also focused on.
- After the sale, the participants were introduced to the rules of curling. Each delegation then had the opportunity to test their skills at a table in a tabletop board game. (As a side note, the event will result in a table curling championship in the autumn of 2024).
- After a brief refreshment, we moved to the OSP sports hall, where we were introduced to the beauty of curling on a more difficult level, approaching the real game. The floor curling had some serious challenges in store. Inside the hall, we were able to try the indoor version of the original game with the help of instructors.
- At 17.00 we went to the County Library, where we visited the exhibition of the history of the city Olympics, which was enlarged by the Olympic history legacy of Dr. László Gönczöl. Mr. Gönczöl was one of the teachers who did a lot for the equal opportunities of our fellow citizens with disabilities, for the improvement of their

living conditions and health. Dr. Lászlóné Gönczöl and Szabolcs Szeles, Deputy Mayor of Győr, also welcomed the guests.

- After returning to the hostel, a dinner was served, followed by a professional discussion for the leaders.

Program on 10th February

On 10 February, the 1st workshop continued. After breakfast, we traveled to the NEMAK Ice Hall. After a short accident prevention training, participants were able to try on the ice hockey equipment. Courtesy of the Hungarian Parahockey Association, our children and their enterprising chaperones were able to try out what parahockey is like. It was also possible to try curling in real conditions. Which provided a new experience. Our event was also visited by the V4 project supervisor.

After almost 2 hours of ice activities, the embed followed. Alternatively, the participants had the opportunity to watch the U18 ice skating tournament.

Media coverage

The event was reported by the local media as follows:

- <https://www.facebook.com/gyorplusz/videos/352605150933357/>
- <https://www.kisalfold.hu/helyi-sport/2024/02/parasport-gyor-fogyatekossaggal-elok?fbclid=IwAR3t0U2JgDRbzZOoh57NZSiIQBYK2NH8hKQafsgooyWYT-Y6PiKqvmbPEIlg>
- <https://www.gyorplusz.hu/sport/lenyugozo-jegsportok-kiemelkedo-tehetsegek-ujabb-egyedulallo-esemeny-gyorben/?fbclid=IwAR39QsJlOjFCOfjybVDQuSfvArM84uUcGBT4ulFLhwbT77Ko9CHivcxMJoo>

Workshop management

- Early mutual information in the team through timely announced online meetings, regarding logistics (transport, arrivals, dates, composition of delegations, accommodation, and program).
- Choice of venue: Olympic Sports Park in Győr, built in 2017 for the purpose of the Olympics youth. Thus, the entire background in one center: parking, accommodation, catering, teaching rooms, and gyms. Outside, but at an optimal distance by public transport, the Library and Community Space Olympic History Exhibition and the Győr Ice Sports Centre.
- Promotion: rollups, banners, provision of VIPs such as the chairman of the Hungarian Paralympic Committee, László Szabó; dean of the faculty: Prof. Dr. Zsolt Szakály, Ph.D, Szécheny Istvan University, Faculty of Health and Sport Science, city representative, and sports club.
- Monothematic content according to project regulations, balanced theory and practice, and content adequacy for individuals with a given disability.
- Adequate timing: no downtime or, conversely, no rush and stress. Obvious cooperation between the event (and the person of Tamász), e.g., during the

alternation and continuity of spaces, incorporation of the club, special schools, volunteers and other supporters, financial and environmental contexts.

- Inclusion of the cultural nipple: visit to the sports museum and community center, familiarization with sports centers, and the presence of centers for residents, including activities for parents and children, including participants with disabilities.

4.2. Bydgoszcz workshop

Organizing leaders: Dr. Adam Szulc, Dr. Bartłomiej Niespodziński (Kazimierz Wielki University in Bydgoszcz)



Source: Archive of project documents

Focus: Sports for blind

Term: 26-26 April 2024

Place: Poland, Bydgoszcz

Aftermovie: <https://youtu.be/25OapoSjVK8?si=AtaP6rx3Od6IVNUj>

Regional cooperation

The project was approved by the Rector's Authorities of Kazimierz Wielki University in Bydgoszcz. Within the University, the Grant implementers, Dr. Adam Szulc and Dr. Bartłomiej Niespodziński, implemented the grant in cooperation with Prof. Marek Macko, Vice-Rector for Organization, Cooperation and Development of Kazimierz Wielki University. The direct superior was Prof. Małgorzata Żychowska, Head of the Department of Biological Basis of Physical Education.

Preparations for the implementation of the Grant assumptions began in November 2023. Based on the "CHARTER OF CREDIBILITY" (See ATTACHMENT 1.).

Cooperation has been established with:

- Office for People with Disabilities at Kazimierz Wielki University in Bydgoszcz,
- Plenipotentiary of the Kuyavian-Pomeranian Voivode for People with Disabilities,
- Plenipotentiary of the Kuyavian-Pomeranian Voivode for Addictions, HIV and AIDS,
- Plenipotentiary of the Kuyavian-Pomeranian Voivode for Equal Treatment,

- Deputy Mayor of Bydgoszcz city,
- Schools for children and youth with disabilities in Bydgoszcz,
- Presidents of sports clubs for people with disabilities in Bydgoszcz: "START" Bydgoszcz, "Łuczniczka" Bydgoszcz, "Braille'a" Bydgoszcz.

During the workshops in CZ, SK, and HU, the main partner was School No. 7 for Hearing Impaired Children and Youth in Bydgoszcz. Each trip was attended by a different group of people (guardians and youth) from this school.

On April 26-27, 2024, Dr. Adam Szulc and Dr. Bartłomiej Niespodziński organized the workshop entitled "Sports for the Blind" at sports facilities belonging to the city of Bydgoszcz: the "Zawisza Bydgoszcz" Sports Center, sports facilities, and lecture halls of Kazimierz Wielki University in Bydgoszcz.

The patronage over the Bydgoszcz workshop was assumed by:

- Minister of Foreign Affairs - Radosław Sikorski,
- Voivode of Kujawsko-Pomorskie - Michał Sztybel,
- Mayor of Bydgoszcz - Rafał Bruski.

The workshops concerned sports for the blind: blind tennis, goalball, showdown, blind shooting, and sports competitions for children and youth from all Bydgoszcz schools for children with disabilities.

About 90 students took part in the competitions from:

- Kujawsko-Pomorskie Special Educational and Upbringing Center No. 1 for Visually Impaired and Blind Children and Youth named after L. Braille (<https://www.braille.bydgoszcz.pl/>),
- Kujawsko-Pomorskie Special Educational and Upbringing Center No. 2 for Hard of Hearing and Deaf Children and Youth (<https://www.oswnr2.bydgoszcz.pl/>),
- Special Educational and Upbringing Center No. 3 (<http://www.sosw3.bydgoszcz.pl/>),
- School Complex No. 7 in Bydgoszcz, Primary School No. 48 with Departments for the Hard of Hearing, 17th General Secondary School for the Hard of Hearing in Bydgoszcz (<https://zsnr7.net/>),
- Special School Complex No. 30 in Bydgoszcz (<https://zs30.edu.bydgoszcz.pl/>),
- Special School Complex No. 31 in Bydgoszcz (<https://zs31.edu.bydgoszcz.pl/>),
- Vocational School of the 1st degree no. 6 Special in Bydgoszcz (<https://bs06.edu.bydgoszcz.pl/>),
- Association "Visus Supremus" in Bydgoszcz (<http://www.supremus.bydgoszcz.pl/>).
- The Polish Tennis Association and the Kuyavian-Pomeranian Tennis Association were involved in organizing the blind tennis workshop, as well as the "Widzimy Inaczej" (We See Differently in eng.) Foundation - the organizer of blind tennis in Poland.

A meeting with representatives of the Kuyavian-Pomeranian Voivode, the mayor of Bydgoszcz, directors of special schools in Bydgoszcz, and presidents of sports clubs for the disabled was also organized as part of the Bydgoszcz workshop. During the meeting,

issues related to the organization of sports and physical activity in Bydgoszcz were discussed.

The meeting was attended by:

- Paweł Bednarski, Plenipotentiary of the Kuyavian-Pomeranian Voivode for People with Disabilities (<https://bip.bydgoszcz.uw.gov.pl/22/pelnomocnicy-wojewody.html>),
- Anna Niewiadomska, Plenipotentiary of the Kuyavian-Pomeranian Voivode for the Development of Civil Society and Cooperation with Non-Governmental Organizations,
- Monika Tabisz - Head of the Sports Department of the Bydgoszcz City Office (<https://bip.um.bydgoszcz.pl/artukul/677/106>),
- Radosław Cichański, Plenipotentiary of the Mayor of Bydgoszcz for People with Disabilities (<https://www.bydgoszcz.pl/miasto/osoby-niepelnospawne/pelnomocnik-prezydenta-miasta-bydgoszczy-ds-osob-z-niepelnospawnosciami/>).
- Waldemar Adamczak – President of the Association of Sports and Rehabilitation of the Disabled "Start Bydgoszcz" (<https://startbydgoszcz.pl/>);
- Łukasz Skąpski – President of the Sports Club of the Blind "Łuczniczka" Bydgoszcz (<http://www.xn--uczniczka-pub.org.pl/index.php/contact>),
- Kazimierz Fiut – sports journalist and educator at the Kuyavian-Pomeranian Special Educational and Upbringing Center No. 1 for Children and Youth with Low Vision and Blindness,
- Beata Gałgańska - Kuyavian-Pomeranian Special Educational and Upbringing Center No. 1 for Children and Youth with Vision Loss and Blindness named after L. Braille;
- Maciej Żelski represented Ryszard Bielecki, director of the Kujawsko-Pomorskie Special Educational and Upbringing Center No. 2 for Hearing-Impaired and Deaf Children and Youth,
- Alicja Kruzel - Special Educational and Upbringing Center No. 3 (replacing Mr. Krzysztof Nowaczyk),
- Jarosław Szczepaniak - School Complex No. 7 in Bydgoszcz, Elementary School No. 48 with Departments for the Hearing-Impaired, General Secondary School No. 17 for the Hearing-Impaired,
- Ilona Zygałło - Special School Complex No. 30,
- Łukasz Dąbrowski - Special School Complex No. 31,
- Justyna Pokorska-Kawa - Vocational School of the 1st degree No. 6 Special
- dr. Miroslav Sližik – Matej Bel University, Banská Bystrica, Slovakia,
- prof. Hana Válková – Masaryk University, Brno, Czech Republic
- Dr. Kertész Tamás University of Győr, Hungary,
- Mgr. Vojtech Kocůrek - Emil Open, Brno, Czech Republic

The meeting was led by Dr. Adam Szulc and Dr. Bartłomiej Niespodziński.

In the evening, the Visegrad grant participants took part in a cruise on the Brda River on the tourist ship "Słonecznik". The cruise was funded by the Honorary Patron - the Mayor of Bydgoszcz Rafał Bruski (<https://bydgoszczinformuje.pl/rejsy-po-brdzie-wisle-i-kanale-bydgoskim-2024-czym-gdzie-i-w-jakiej-cenie/>; <https://visitbydgoszcz.pl/pl/kontakt>).

4.3. Banská Bystrica workshop

Organizing leader: doc. Mgr. PhDr. Miroslav SLIŽIK, Ph.D. (Faculty of Sports Science and Health MBU Banská Bystrica)



Source: Archive of project documents

Focus: Sports for mentally disabled with a focus on athletics and martial arts

Term: 19-21 June 2024

Place: Slovakia, Banská Bystrica

Aftermovie: <https://youtube.com/shorts/IgcUzUmB2Mc?feature=share>

Introduction

We organized the third workshop of this project in Slovakia in Banská Bystrica at the Faculty of Physical Education, Sports and Health of Matej Bel University on June 19-21, 2024. In addition to the FTVŠZ of Matej Bel University (www.ftvsz.umb.sk), we were able to organize the workshop mainly thanks to our close cooperation with Special Olympics Slovakia (www.specialolympics.sk), represented by the national director Mgr. Eva Gažová. Other partners who participated in the organization of our workshop were the civic association Lemra Banská Bystrica (www.ozlemra.sk) and the Budokan Zvolen Youth Martial Arts Center (<https://www.facebook.com/budokan.zvolen/>).

Partners

Partners who supported our workshop were Strabag s.r.o. (Zvolen branch), Marius Pedersen a.s. (Zvolen branch), and Promo Design s.r.o. Zvolen. The following people participated in the organization of this international workshop:

- for the Faculty of Martial Arts, University of Bratislava: doc. Mgr. PhDr. Miroslav Sližik, Ph.D. and Mgr. Michal Hlávek (doctoral student),

- for Special Olympics Slovakia: Ing. Dominika Nestarcová (president), Mgr. Eva Gažová (national director), Mgr. Martina Gogolová (sports director), and Ing. Veronika Sedláčková (director for international relations),
- for the OZ Lemra: Mgr. Nikoleta Kušnírová (director and head coach), Ph.D., Mgr. Ľubica Sylvestrová (coach), and Bc. Melánia Chovaňáková (coach),
- for the Budokan Zvolen Youth Martial Arts Center: doc. Dr. Miroslav Sližik, Ph.D. (center president and head coach).

Workshop management

Part of the workshop was held as part of the Slovak Republic Athletics Championships for Athletes with Intellectual Disabilities, which were attended by more than 280 athletes from all over Slovakia. The national championship and, at the same time, the international workshop within the V4 project were opened by the rector of Matej Bel University in Banská Bystrica, doc. Ing. Vladimír Hladlovský, Ph.D. and the opening was also attended by leading representatives of the Faculty of Physical Education and Sports of the MBU: Mgr. Juraj Kremnický, Ph.D. (vice-dean of the Faculty of Physical Education and Sports) and Mgr. Miroslava Rošková, Ph.D. (vice-dean of the Faculty of Physical Education and Sports). Our foreign project partners were accommodated in the Dixon Banská Bystrica hotel, which is located within walking distance of the university campus. The workshop focused, in addition to athletic disciplines for intellectually disadvantaged athletes, on the use of psychomotor skills, wrestling, and martial arts, but also swimming and water games as means of inclusion of young athletes with various forms of disability. All of the above activities were carried out under the guidance of top experts, and the feedback from all participants was very positive (*See ATTACHMENT 10.*).

Workshop outcome

The practical experience gained through our workshop brought us the knowledge that inclusion is possible even within inclusion. From observing all the activities of the participating athletes with various forms of disadvantage, it was clear that handicap can really unite. In addition to the above benefits, participation in the project also brought new relationships and friendships at the international level, which we believe will last even after the project ends.

Note of Hana Válková: cooperation between the Czech and Slovak SOs is established, and all organizations invite each other to their competitions (Slovak cycling in October in Jihlava, table tennis in November in Dvůr Králové, Czech football in November and December in Slovakia and Hungary).

4.4. Brno Conference

Organizing leaders: prof. PhDr. Hana Válková CSc., Mgr. Vojtěch Kocůrek (Emilova vzdělávací, z.ú.)



Source: Archive of project documents

Focus: Project guidebook and conclusion

Term: 11.-13. October 2024

Place: Czech Republic, Brno

Interviews with partners:

- Miroslav Sližik, Slovakia: <https://youtu.be/B4VsYDicV1c>
- Adam Szulc, Poland: <https://youtu.be/busQzKvu9IE>
- Tamás Kertesz, Hungary: <https://youtu.be/PijHpw726m8>

Conference Organizing Team

- Vojtěch Kocůrek – chief organizer, chief logistics
- Hana Válková – conference leader
- Kamila Zouharová – technical service
- Pavel Zbožíněk – chairman of Emilova sportovní, z.s.; president of Emil Open Games, conference patronage

Conference Partners

- **EPRIN spol. s r.o.** – a long-term partner of the Emil Foundation and other non-profit organizations founded under this fund, which focus on support and education of people with disabilities in the field of physical activities. EPRIN provided the premises and facilities for the conference, including parking for partners and conference participants. Thanks to its strategic location, it was

possible to achieve easy transfer between the hotel or public transport to the center by walking.

- **Emilova produkční, z.s.** – a non-profit organization that focuses on the creation of audiovisual outputs from the conference and provided refreshment during the conference. This association focuses on production work, involving people with disabilities in various job opportunities and thus supporting the stories of the Emil Foundation.

Organization

The conference was organized by the project's leading organization Emilova vzdělávací, z.ú. The goal was to bring together project partners and academic staff involved in the project's implementation. A partial goal was to conclude the practical part of the project, which consisted of personal meetings of project partners and collecting data for the final output, the project publication. The conference was also attended by a number of project manager colleagues who were involved, for example, in organizing previous workshops. This created a strong working group capable of effectively evaluating the entire course of the project, while it was possible to discuss the possible establishment of other projects.

The project conference was primarily aimed at internal cooperation among project partners to organize a personal meeting focused on individual feedback and collective discussions on important topics of leisure activities of youth with disabilities.

Hospitality

Accommodation in Brno was based on good transport accessibility both in terms of car transport to the place of accommodation and in terms of the availability of public transport, which was within walking distance of the hotel. Another determining factor was the budget side of the project. For these reasons, the Palacký Hotel, located in the Brno – Královo Pole district, was chosen as suitable for the accommodation of all participants.

Catering was provided on the day of arrival on the system of a delivery order, due to late evening arrivals of the participants. Breakfast was provided within the accommodation facility. Catering within the conference included unlimited coffee, a drinking regime, lunch delivered directly to the conference venue, and sweet or savory snacks throughout the conference. The evening program in the city center was concluded with a joint dinner.

Multimedia outcome

As part of ensuring photo and video outputs, photos and video recordings were taken during the conference. There was also time set aside for filming interviews with individual project partners, who described their involvement in the project, the significance of the project for their universities, and their vision for future cooperation.

Organizing a meeting with this number of people was a small challenge for the organizers, and it was important to effectively use the resources provided by the Visegrad Fund, which were allocated in the budget for this project activity. The organizers had to ensure the

management of the workshops and conference with a balanced budget for the EMPIH V 4 project.

The accompanying program consisted of an evening tour of the city center. Historical sites, Freedom Square (where the opening of the summer European Games for Disabled Youth Emil Open takes place), and local gastronomy were visited.

Conference Process

The conference focused on the accessibility of sports for people with disabilities, challenges in this area, and support options. There was a recapitulation of the project, the territorial areas of the partner universities and their environment were discussed, and the management of sports and educational events, including at the university level.

All participants agreed that the workshops offered sharing of experiences and solutions for better accessibility of sport or new sports experiences for participants. The final feedback confirmed that sport is key for integration, self-confidence, and quality of life, while effective management and cooperation are essential for its development. Human capital was extremely highlighted as the most important factor in the quality of development.

5. CONCLUSION

5.1. Topic Description

Exercise generally contributes to physical and mental health as well as social contacts, which completes the whole context of health. We will not develop this well-known fact here. The basis of managing sporting events for people with disabilities is the application of general principles. You don't need to be a specialist in special education, but you do need to know the subtle differences depending on the type of disability.

- Mental disability: mutually understandable verbal communication, simple sequence of thoughts, patience, as learning and implementation are slower. Learned stereotypes tend to be fixed, and it is difficult to change them. There is no need to deal with extra technical and technological adjustments.
- Visual impairment: communication needs to be converted into an audio signal, both during sports and in all activities of daily life. Personal assistance is often needed. Sports activities differ the most from regular sports (accessibility of the environment, orientation, sports and their disciplines, and equipment). In sports, the categorization ranges from the intensity of vision loss, the weakest B3, to B1 (essentially complete loss of vision). It is necessary to take into account the presence of a personal assistant or a dog. Not always.
- Hearing impairment: communication must be converted into a visual signal by looking, gesturing, using movements, writing, and pictograms. For more accurate understanding, a sign language interpreter should be present (presence is mandatory in legal acts). In sports, the use of visual signaling variants is limited, as the use of a compensatory device is not allowed for participation in competitive sports.
- Physical disability: The spectrum of people is very diverse, such as limited mobility (hand, foot, whole body, internal disorders). Therefore, with regard to the given sport and the individual, modification of the sport itself, rules, aids, and sports and daily life spaces is necessary. Spatial barrier-free and accessibility to all event spaces, basic wheelchair handling skills, special aids for practicing the given sport.

5.2. Sports options and possible combinations

In top sports (para, blind, and deaf federations), the rules of participation and sports competition are strictly defined. Top events and championships can only be announced by the given federations or associations, not schools or hobby clubs. Hobby sports activities are accessible to unregistered persons of a given age, which is their goal. Therefore, we encounter individuals with combined disabilities, heterogeneous groups, groups of an inclusive nature, or groups specifically formed to improve their health status (see. exercise for people with Alzheimer's disease, swimming for ostomates, dance or football for psychiatric patients, tourism for people with transplanted organs, etc.). The first step should be a serious analysis of the goal - what the purpose of the event should be: a meeting within the community, presentation of possibilities with motivation, fun competition, etc.

The event design can be:

- Separated – a group set aside, e.g., by age, type of disability, performance category,

- Parallel – connecting athletes with disabilities to the regular sports event (presentation during the break, pre- or post-competition, parallel playground, etc.),
- Inclusive – a physical activity/sports event for a heterogeneous group with a general population and adapted conditions. It is appropriate to choose the format of the event because it indirectly affects marketing and financing or obtaining supporters and finances.

The format can be:

- Benefit event: a one-time event (e.g., sports match, concert) that is intended to economically or psychologically support a given individual in a crisis situation, also a one-time event;
- Charitable: a fundraising event that helps in a crisis situation quickly, for a limited period of time. Both for individuals, groups, or entire associations;
- Humanitarian event: an event carried out over a longer period of time, also with a longer impact, often addressing a wider range of people. *(If you want to feed a hungry person for a day – catch him a fish. If you want to feed a hungry person for a lifetime, teach him to fish.)*
- Memorials are events in honor of a deceased significant individual or significant event. They are a suitable opportunity to join the intended sporting (social, culture) event in agreement with the main organizer.

Although theoretical divisions are often mixed in practice, no point of view is better or worse. In practice, it is advisable to be aware of the possible design and format of the event and, if necessary, combine them well to ensure leisure physical activities.

5.3. Where to go – the first step

The first step is to analyze what is missing in the location, where there is a so-called “white space”, what needs to be ensured for the activities of a given population group from various perspectives: for information, promotion, education, or technology. On the other hand, it means certain economic or personnel conditions already exist and need to be improved or stabilized. The goal is chosen according to these conditions, which are influenced by the design and format (*Conclusion point 5.2.*). This then results in the characteristics of the sports population or other people and subsequently logistics (*Point 3.*).

5.4. Preparation stage

Preparation management is subject to the context of the event: its objective, its context, and one or more days.

- *Leader and his team:* known by references but best known from previous events. They understand the sports and handicapping environment, reliably. They do not look for reasons why it cannot be done, but for ways to do it (*Everyone claims that it cannot be done, but there is always one exotic who proves that it can be done.*) An important element is the Charter of Credibility. (*See ATTACHMENT 1*).
- *A range of supporters* for logistics: transport, catering, accommodation, accompanying events, and promotion. These matters will be facilitated by persons

they are siding with, stakeholders who can provide these services in a given location. The event leader is known for his seriousness, as are the sympathizers. Well-established relationships allow activities to be stabilized but also to improve or expand (*Slavs have brothers everywhere*).

- *VIPs and ambassadors* belong to the spectrum of supporters. Each position has its own importance, but there is a fundamental difference between them: *VIPs* are the so-called patronage, on whose behalf the event is held. These are recruited from among academics or politicians or are representatives of important areas in a determined location and sponsors. They emphasize the importance of the event for the given area and ensure possible further contacts. In practice, they are usually involved in the opening, during ceremonies, and to ensure further cooperation and connection. They need to be given adequate attention. Especially those who cooperate with the event and organizers for a long time, not only for a specific purpose, e.g., before the elections. *Ambassadors* come from the ranks of former or current athletes who have achieved certain results or awards. Their position attracts both athletes and fans and spectators. During the event, they are in frequent contact with athletes, often throughout the event. They encourage, advise, organize autograph sessions and clinics or workshops. The question is whether it is more appropriate to choose athletes from regular sports or from sports for the disabled as ambassadors. There is no clear answer to this because it depends on the context of the event and the availability of ambassadors. It is necessary to check whether their sports brand is already covered by other obligations, such as sponsorship. A combination of both is ideal because they underline the motto: the sport is only one.
- *To ensure complete logistics*, i.e., promotion (banners, media, radio), securing volunteers, medical services, and documentation is a crucial job in the preparation stage. Securing finances depends on whether there is already a financial basis thanks to a certain project and additional financing is being secured or whether the event is built solely on its own resources. (*Conclusion point 5.5.*) This is also related to other logistics, where the organizer considers *necessary expenses* (rental of facilities, catering and accommodation, etc. - depending on the situation) and *unnecessary expenses* (T-shirts for the crew, souvenirs for VIPs, etc. - depending on the situation).
- *The choice of the date* of the event and its length is primarily related to the goal. It also depends on the type of event and local conditions (anniversary, connection to the memorial, independent event), as well as on the usual conditions: weather; occupancy of the areas or accommodation, etc.
- *The choice of environment/venue* is limited by the type and length of the target event: accessibility of transport for appropriate types of transport, including wheelchairs, crutches, dogs, etc. The sports area should be at an adequate distance from the accommodation and catering center, or it is necessary to ensure coordinated internal transport (shuttle bus). Accompanying dogs must also be taken into account. When providing accommodation, it is necessary to respect distances, barrier-free accommodation, and the fact that bunk beds cannot be used. This must be checked in advance because not everything that is presented as barrier-free is barrier-free.
- *The key communication model* has to be clear and respected. *Hierarchical model* for defined positions (leader-partners), *star* (partner leader and his team for the workshop), *linear dyadic* (Kocůrek-Válková), *circular* everyone with everyone

(online meetings and workshops). Adherence to agreed tasks, dates, and deadlines. When working with data, it is more advantageous to use specific dates (6.12.2024) than colloquial ones: yesterday, tomorrow, next week. Also, specific notifications should be announced on the agreed day, e.g., minutes from the workshop you can expect on the date YYYY. The documentation and archive of the event go through each stage of the event. Therefore, it is more appropriate to indicate the date in the type yy/mm/dd and then the abbreviation of the content (*e.g., 24 12 06 meeting report*) for sorting documents.

- The preparation stage ends with *the publishing of a leaflet* and instructions for registration with deadlines (*See ATTACHMENTS 3 and 6.*). The time of issuance of the leaflet or manual before the event is chosen by the event leader according to the conditions. For multi-day sports events, the manual has a basic structure: • introduction of the organizer and the event, • information of a general organizational nature, • information of a sporting nature. In practice, it is usually a two-round system:
 - preliminary: a basic idea for specifying bilateral preparations, binding,
 - precise instructions: failure to comply with which may result in sanctions.
 - Other manuals, e.g., for volunteers, spectators, production, and logistics groups, are issued for major multi-day events.

5.5. Implementation stage - real event

The management of the implementation stage of a given event is again subject to its context: its goal, one or more day type of design or format, and sports focus. It follows on from the preparations; therefore, everything that was described for the previous stage applies.

- *Leader and his/her team:* can be the same, but changed for certain types of activities, as these "managers" of the sub-areas must be present at all times during the event.
- Transport to the event location can be independent based on a detailed description of possible transport and its availability (with the use of technology it is now usually without a problem) or with transport provided by the event organizers from a designated point: train station, airport, key point of the given location, etc. (*See ATTACHMENT 6.*)
- *Start of work:* should be as soon as possible after arrival at the designated place where the basic registration will take place/be carried out. For multi-day and major events, all participants will receive accreditation cards (*See ATTACHMENT 7a, b.*). These cards are important for identifying people, mainly for security reasons: entering the given premises and receiving the specified services. Participants have to carry a card with them. On the one hand, there is usually identification of the participant and his position; on the other hand, identification data important for the participant (contact telephone numbers, place of accommodation, registration of food intake, etc.) are usually printed on the opposite side. Currently, cards with QR codes and registration applications are already being issued, but it is not a mistake if they are simple without this information. Registration includes the submission or signing of essential documents (e.g. accommodation regulations, (*See ATTACHMENT 4.2., etc.*)).

- *Opening ceremony*: the organizer determines it himself. He chooses the place and time for this so that all the actors can participate. It is also essential to display banners and other promotional boards. The moderator introduces the delegations, VIPs, sponsors, ambassadors, etc. However, the length of the opening speeches must be adequate to the athletes' conditions. Interpreting a foreign language or sign language extends the length of the speeches. In both cases, the speech must be delivered in shorter parts. The placement of cultural inputs depends on the context of the environment (indoor, outdoor, weather, seating or standing, etc.). A *proclamation* must be made, from the person in the most important or significant position, that the event (their identification) *has begun*. Important organizational instructions can then be communicated.
- *Catering*: determining the range and volume of food provided, defining the hours and place of food distribution, including registered dietary food. It is nice when the menu is published. The head of the delegation ensures that the athletes are assisted with the buffet system, as needed according to the DG (MP, HD, VisD, Wheelchair). This can be advice on selection or actual service, including support by a volunteer. He should also ensure that food is not wasted and that the system of clearing away dishes and sorting garbage is respected.
- *Accommodation*: Familiarize participants with disabilities (again according to Dg) with orientation in the building, accommodation rules, and use of the elevator, bathroom, and toilet. Especially at foreign events, technological systems can be different compared to home systems, which can be new for our participants.
- *Meeting point*: in a suitable place, frequented by participants, it is advisable to place written information, e.g., daily program, menu, transport schedule, but also so-called lost and found. If there are enough volunteers, provide a service for this position.
- *Medical service* is provided already in the preparation stage. The demands on physical and sports activity and the duration of the event determine the number of medical personnel and their qualifications. The location of the medical service must be visible to the participants, and the service must have an overview of what is happening at the event and be flexible. It has a connection with the local health system. Already students of medical faculties from higher years or trainees of the emergency service, Red Cross paramedics, Knights of Malta, etc., meet the basic requirements to perform field medical service. It is good to have permanent contacts because the service must be familiar with the specifics of communication, as well as with the frequent occurrence of allergies, minor injuries, possible errors in diet, epilepsy, or minor seizures caused by emotions during the event. The service should start at the designated location during the preparation period (minor injuries during the assembly of structures, transportation of materials, etc.) and end when the delegations disperse and most of the equipment is cleaned up. Practice shows that injuries also occur in these situations. A record must be made of the course of the service (*official form*), even if no intervention was performed (*free-form expression*). The event organizer will check whether the health service is voluntary - free of charge or free of charge within the framework of medical practice. Then it is appropriate/kind to issue a certificate of participation. If the service is within the framework of commercial services, then the organizer must count on payment in the necessary financial costs.
- *Ensuring safety* is related to:

- instructing participants,
 - appealing to follow all instructions, possibly with signatures,
 - a verified environment and buildings, including fire regulations,
 - defining smoking areas,
 - banning alcohol and all addictive substances,
 - safe sports equipment and personal equipment, including footwear,
 - clear rules and partial instructions,
 - guaranteeing adequate movement skills and loads (*do not overload, but increase the load*),
 - by ensuring a pleasant atmosphere (everything goes better with humor).
- *Complimentary activities*: their offer is subject to the length of the event and its schedule, financial possibilities. In sports, not everyone has to be busy at the same time, so accompanying activities can be activities with ambassadors (autograph signings, photography and photoshops, sports equipment shows, additional games, drawing, etc.). For multi-day events, an evening “disco” or “athletes themselves” programs are required by athletes. Members of the delegations themselves perform short performances, often musical, singing and dancing. Very popular at international meetings. Welcome accompanying activities are city tours, boat trips, visits to the theater, and museum, exhibitions (*compare CONCLUSION Point 4, ATTACHMENTS 3.1-3.4*).

For those interested, workshops and conferences with topics related to the event are available. They have a cognitive, entertaining, and inclusive meaning.

- *Financing*: This area is the responsibility of specialists, so here are just a few important notes. When creating a budget, consider the unnecessary and necessary expenses given the concept of the event. The basic items are always the costs of accommodation, meals, rentals, transport, services, materials, and promotion. It is ideal if it goes to the organizers' rewards, which is not often the case or is a limited percentage of all costs. Involving volunteers saves on service costs, but T-shirts and snacks also cost something. Possible sources of financing are projects of various types, sponsorship, and participants' own payments. It is not always about finances, but price reductions, volunteer services, or in-kind donations are also important. All formulated in adequate contracts. When implementing and billing, adhere to the financing in individual items, keep documents and their copies, and allow for losses during currency conversion. The biggest fraud is to report the same cost to two sources. Under the umbrella of agreements and projects, adhere to deadlines. To sponsors: do not forget to invite them to the event if they are interested and send a thank-you note.

5.6. Volunteers

The activities of volunteers are intertwined with all the previous points; therefore, a separate paragraph is dedicated to them. Their position is defined by European legislation. The volunteer status broadly defines:

- no salary;

- free training – for camp and longer events up to 32 hours in a combination of 1/3 theory and 2/3 practice, for specific events the possibility of involving 12-year-olds, independent activity under supervision from 16 years of age, full responsibility even for the leader of volunteers over 18 years of age, specific opportunities for senior volunteers;
- free identification (vest, armband, T-shirt) that defines the area of operation, accreditation card. The volunteer is obliged to wear them while on duty;
- a defined process of catering or accommodation. Transport to the place is usually not, after the event location depending on the situation. The topic of volunteering in sport was included in the program of topics within the framework of the Czech Republic's EU presidency in 2009 and subsequently volunteering in sport for the disabled within the framework of the Polish EU presidency. The year 2011 was declared the year of volunteers by UNESCO;
- **The content and position of a volunteer** are related to the duration of the activity (one-time, weekend, multi-day, year-round) and the goal of the event. The content and position of a volunteer are related to the duration of the activity and the goal of the event (one-time, weekend, multi-day camp, permanent in a regular schedule) and the goal of the event. The style of recruitment or selection and the content of the training correspond to this. For financial reasons, the recruitment of volunteers is directed to citizens at the location of the event.

Recruitment and selection of volunteers.

Although participation is assumed to be voluntary and enthusiastic, this involvement is currently no longer attractive to students. At the same time, the propaganda of volunteering is primarily aimed at them. Reasons for lack of interest: lack of time, the need for financial security (study, family, work). Therefore, forms of creditable internships, credits, internships, etc., are chosen. Volunteering in the corporate sphere is primarily hindered by workload and lack of information. Then the company is not interested in volunteering. However, recently, companies are looking for space for application in the social area and in strengthening corporate ethics. With good promotion, interest in volunteering in the corporate sphere increases significantly, and it also becomes a reliable supporter. Other motivating factors for both areas are:

- the opportunity to apply my skills,
- the opportunity to gain experience, opinions,
- feedback on my know-how, and therefore professional use,
- meeting a team of people I already know,
- team spirit, enthusiasm,
- promotion of my personality, company, and contacts. However, personal information from a volunteer friend or any of the event participants is still the most reliable way to recruit other volunteers.

The requirements for a volunteer should be part of the training and confirmed by signature (compare ATTACHMENT 4 and 5). These are communication, knowledge of the environment, knowledge of the chain of operations, ethical consensus, safety rules, and competencies for the given position. It should be emphasized here that the competencies do not have to be only sports, but generally logistical, language, competencies in accompanying activities, for the use of IT-photo-video, etc. Therefore, seniors will also find

a place here. Seniors and preschoolers can then apply themselves in the production of gifts and souvenirs even in the preparation stage.

Volunteer behavior patterns that cannot be ensured by training are:

- the first to arrive and the last to leave,
- wears designated identification marks,
- follows the rules,
- when the activity in his position has ended, gathers in a designated place for possible further use,
- shows dignity,
- takes care of the safety of people and things,
- tries to solve or advise,
- acts in accordance with ethics; if a problem occurs, does not dramatize or slander,
- has strong nerves,
- creates an atmosphere,
- has a sense of humor.

Benefits: enthusiasm, know-how, promotion, economic benefit.

Risks: mistakes due to inexperience or unassessed negative characteristics or behavior patterns. Prevention is only through training and signing a code of ethics with contact information.

Confirmation of the volunteer's activities should be delivered directly on-site or via email or other transmission/media. The form depends on the organizer and event: participation certificate, thank you letter, diploma. *(See ATTACHMENT 8.)*

① How is the project related to inclusion?

Mutual encounters between athletes with disabilities occurred continuously: within the project with family members, volunteers, referees, invited spectators, and random fans, with other people in everyday environments: on the train, in a restaurant, in the student canteen, on a boat, in a museum, on the streets while visiting interesting places, and in shops while buying souvenirs. And this population, in turn, met during services for our athletes, noticing their good behavior. *(See ATTACHMENT 10.)*

② How is the project related to health?

Clearly: exercise, nutrition, a daily routine with sufficient sleep, psychological well-being, support for self-confidence in new activities, a favorable social environment, lessons - how to continue.

Finally!

2 control questions for managers and the public, event participants.

WHY?

Because all actors must have a strong nervous system and a sense of humor during those events.

1. What is essential for the management of sports events for the disabled?

People, team

2. When is a sports event successful?

When there was no accident or injury, there were enough clean toilets.

List of the attachments

1. EMPIH Charter of the Credibility
2. Participants characteristic – survey
3. Leaflets of partners workshops
 - 3.1a Leaflet of the workshop in Győr
 - 3.1b Program of the workshop in Győr
 - 3.2a Leaflet of the workshop in Bydgoszcz
 - 3.2b Program of the workshop in Bydgoszcz
 - 3.3a Leaflet of the workshop in Banská Bystrica
 - 3.3b Program of the workshop in Banská Bystrica
- 3.4. Leaflet + program of the final conference in Brno
4. Attendance list + GDPR declaration
5. Model of volunteer's declaration
6. Application form – entry
 - 7a Accreditation Card – front
 - 7b Accreditation Card – back
8. Certificate of the attendance
9. Program of the scientific conference in Bydgoszcz
10. Personal expression about the workshop in Banská Bystrica
11. Fragments from the final conference recording

1. EMPIH Charter of the Credibility



Project no. 22320184

CHARTER OF CREDIBILITY

valid is only with identity card

To whom which may concern, the persons listed below are the competent members (coordinators) of the project "Empowerment of inclusive healthy life style of persons with disability through physical activity" granted by Visegrad Fund NO: 22320184. Period: 01/10/2023 = 31/12/2024. Named persons represent the named institutions. The aim of the project is to develop a methodology focused on health prevention through physical activity in leisure time of young people with various disabilities in the defined locality of the Visegrad country. The project members are in charge of delegation partners from defined locality, collecting and elaborating the data related to problems, e.g.:

- a) problems that exclude children and young people with disabilities from physical activities and sports and opposite - phenomena leading to motivation and adherence;
- b) the principles of sport management – leading to involvement of youngsters with disability in active life in community.

We express our sincere thanks in advance for your willingness to seek information or inquiry, that is: students with disabilities, their families, PE teachers and coaches, and management in schools, sports clubs and local politics.

The data serve as a basis for the elaboration of a common manual, which will be available to all participants.

Project institutions and leading representatives responsible for the project:

- Emilova vzdelávací, z.ú. – prof. PhDr. Hana Váľková, CSc (project leader)
- Matej Bel University, Banská Bystrica Slovakia, Department of Physical Education and Sport – doc. Mgr. PhDr. Miroslav Sližik, PhD.
- Kazimierz Wielki University, Faculty of Health Sciences and Physical Education – Mgr. Adam Szulc, PhD. And Mgr. Bartłomiej Niespodziński PhD.
- Széchenyi István University of Győr, Faculty of Health and Sport Sciences - Department of Sport Science – Mgr. Tamás Kertész

This charter of credibility is valid for named persons **and their competent collaborators** representing the named institutions.

Mgr. Vojtěch Kocůrek
Project coordinator



2. Participants characteristic – survey

<p>E-mail *</p> <p>Váš e-mail: _____</p>	<p>Type of disability - multianswer (typ postižení - více odpovědí)</p> <p><input type="checkbox"/> Intellectual disability</p> <p><input type="checkbox"/> Intellectual disability - DS</p> <p><input type="checkbox"/> Intellectual disability - CP</p> <p><input type="checkbox"/> Intellectual disability - AUT</p> <p><input type="checkbox"/> Hearing impairment partial</p> <p><input type="checkbox"/> Hearing impairment total</p> <p><input type="checkbox"/> Visual impairment partial</p> <p><input type="checkbox"/> Visual impairment total</p> <p><input type="checkbox"/> Physical disability</p> <p><input type="checkbox"/> Physical disability - CP</p> <p><input type="checkbox"/> Physical disability - AMP</p> <p><input type="checkbox"/> Physical disability - para/quadri</p> <p><input type="checkbox"/> Physical disability - wheelchair</p> <p><input type="checkbox"/> Jiné: _____</p>
<p>Sex (pohlaví)</p> <p><input type="radio"/> Male (muž)</p> <p><input type="radio"/> Female (žena)</p>	<p>Organized in sports club/group for person with disability (Organizován ve sportovním klubu/skupině pro osoby se zdravotním postižením)</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>
<p>Věk (age)</p> <p>Vaše odpověď _____</p>	<p>If Yes, the content (athletics, swimming etc.) and purpose/level of sport club (recreation, competition, top competition) Pokud ano, náplň (atletika, plavání atd.) a účel/úroveň sportovního klubu (rekreace, soutěž, vrcholová soutěž).</p> <p>Vaše odpověď _____</p>
<p>Origin town size (město původu - velikost)</p> <p><input type="radio"/> city more than (více než) 50.000</p> <p><input type="radio"/> 49.000 - 10.000</p> <p><input type="radio"/> 9.000 - 2.000</p> <p><input type="radio"/> Less than 2000 inhabitants (méně než 2000)</p>	<p>If Yes, Exercise frequency per week četnost sportovní aktivity</p> <p><input type="radio"/> 1x / week (týden)</p> <p><input type="radio"/> 2x / week (týden)</p> <p><input type="radio"/> 3x / week (týden)</p> <p><input type="radio"/> more</p> <p><input type="radio"/> Jiné: _____</p>
<p>Level – content of education - multi answers (Stupeň – obsah vzdělání - více odpovědí)</p> <p><input type="checkbox"/> Basic general (základní všeobecné)</p> <p><input type="checkbox"/> Basic special (základní speciální)</p> <p><input type="checkbox"/> Basic inclusive (základní inkluzivní)</p> <p><input type="checkbox"/> Secondary special (střední speciální)</p> <p><input type="checkbox"/> Secondary inclusive (střední inkluzivní)</p> <p><input type="checkbox"/> Jiné: _____</p>	<p>State of living - multi answers (současný život - více odpovědí)</p> <p><input type="checkbox"/> Family only (pouze v rodině)</p> <p><input type="checkbox"/> Family + daily care / school (v rodině a v dením centru či škole)</p> <p><input type="checkbox"/> Sheltered housing (chráněné bydlení)</p> <p><input type="checkbox"/> Residential stay for a week or a fortnight (Residentní pobyt týdenní nebo čtrnáctidenní)</p> <p><input type="checkbox"/> Year-round residential stay (residentní pobyt celoroční)</p> <p><input type="checkbox"/> Work in sheltered accommodation (práce v chráněném provozu)</p> <p><input type="checkbox"/> Jiné: _____</p>
<p>Social services around your location (sociální služby v okolí)</p> <p><input type="radio"/> YES (ano)</p> <p><input type="radio"/> NOT (ne)</p>	
<p>if Yes, specify (pokud ano, specifikujte)</p> <p><input type="radio"/> Special centre (centrum speciální péče)</p> <p><input type="radio"/> Sports club (sportovní klub)</p> <p><input type="radio"/> Jiné: _____</p>	

If Yes, How many years? (jak dlouho?)

Vaše odpověď _____

If Yes, What was impulse to start? (Impuls v začátku?)

Vaše odpověď _____

If Yes, Do you perceive support/ter during your sports participation? (Máš okolo sebe podporu pro sportování?)

Vaše odpověď _____

If Yes, Do you feel benefits – due to your sports participation? (Cítíš nějaký přínos díky tvému sportování?)

Vaše odpověď _____

If Yes, What crucial problems do you perceive in your sport participation (in your territory) (Co cítíš jako největší problém pro tvoje zapojení do sportu?):

- Lack of information (nedostatek informací)
- Lack of sport clubs/centres for disabled //or inclusive (Nedostatek klubů či center pro osoby s postižením, nebo společných)
- Distance of sport clubs/centres for disabled //or inclusive (Vzdálenost klubů či center pro osoby s postižením, nebo společných)
- Transport for people with Dis (Doprava pro osoby s postižením)
- Lack of time (study, job) (Nedostatek času (práce, škola, studium))
- Lack of economy support (finance, tools, equipment) (nedostatečná ekonomická podpora (peníze, vybavení, pronájmy))
- Negative attitudes of public (Negativní postoje veřejnosti, z okolí)

If NOT, why you don't participate in regular physical activities (pokud ne, proč se neúčastníš pravidelné sportovní/pohybové činnosti?)

- Lack of information (Nedostatek informací)
- Lack of sport clubs/centres for disabled //or inclusive (Nedostatek klubů či center pro osoby s postižením, nebo společných)
- NO sport clubs/centres for disabled //or inclusive (Žádné kluby/centra pro osoby s postižením nebo společných)
- Lack of sport I would like to realize (Nedostatek klubů se sporty, které bych chtěl/a dělat)
- NO sport I would like to realize (Žádný ze sportů, které bych chtěl/a dělat)
- Distance of sport clubs/centres for disabled //or inclusive (Vzdálenost klubů či center pro osoby s postižením, nebo společných)
- Transport for people with Dis (Doprava pro osoby s postižením)
- Safety environment (Bezpečné prostředí)
- Lack of time (study, job) (Nedostatek času (práce, škola, studium))
- Lack of economy support (finance, tools, equipment) ((nedostatečná ekonomická podpora (peníze, vybavení, pronájmy)))
- Negative attitudes of public (Negativní postoje veřejnosti, z okolí)
- Jiné: _____

Please describe what you think is important for you to be able to participate in sports or physical activities. (Prosím, popiš co si myslíš, že je důležité, aby ses mohl/a účastnit sportu či pohybových aktivit.)

Vaše odpověď _____

If you want to, feedback your participation (pokud chceš, napiš zpětnou vazbu na workshop)

Vaše odpověď _____

3. Leaflets of partners workshops

Leaflets of workshops were an essential part of the project management. The general project assignment determined to publish only the logo of the project and the given partner, key dates, and the program framework. The leaders of the partner teams had a free choice for the content, text, and graphic design. They processed them themselves or with people who managed the graphics or promotion. The leaflet was always published approximately 14 days before the event and was supplemented with a more detailed program just before the event. The more detailed program was sent by email to the leaders of the partner teams, published on the project website, or printed. The leaders (without titles) prepared and were responsible for their format in this manual:

Bydgoszcz – Adam Szulc

Győr – Tamás Kertész

Banská Bystrica – Miroslav Sližik

Brno – Vojtěch Kocůrek

3.1a Leaflet of the workshop in Győr

3.1b Program of the workshop in Győr

SOK SZERTETETTEL KÖSZÖNTÖM projektpartnereinket, a győri workshopon! Nagy öröm számunkra, hogy a Széchenyi István Egyetem is csatlakozhatott a fogyatékossgal élő személyek inkluzív, az egészséges életmód elősegítéséhez és erősítéséhez projekthez. A Sporttudományi Tanszék hallgatói az egyetemi közreműködés segítségével nemzetközi tapasztalatokat is szerezhettek a fogyatékkal élők inkluzív szabadidős fizikai aktivitásának támogatásáról. Acélhaték a közös sportolás és tudásmegosztás örömeit, fókuszba helyezve egy új téli sportágat a curlinget. Sikeres közös gondolkodást kívánok a résztvevőknek!

Prof. Dr. Székely Zsolt PhD.
egyetemi tanár, tanszékvezető
Széchenyi István Egyetem Egészség- és Sporttudományi Kar Sporttudományi Tanszék

IT IS WITH GREAT PLEASURE that I welcome our project partners to the Győr workshop! It is a great honour for us that Széchenyi István University could join the project on Inclusive Promoting and Strengthening Healthy Lifestyles of People with Disabilities. The students of the Department of Sports Science will be able to gain international experience in promoting inclusive leisure-time physical activity for people with disabilities through the university's involvement. They can experience the joy of playing sport and sharing knowledge together, with a focus on a new winter sport - curling. I wish all participants a successful shared experience.

Prof. Dr. Zsolt Székely PhD.
Professor, Head of Department
Széchenyi István University Faculty of Health and Sport Sciences Department of Sports Science

PRELIMINARY PROGRAMME

1. DAY | FRIDAY 09 FEBRUARY | OPENING DAY & SPORTS DAY I.

13.00 – 13.20 Opening Ceremony
Venue: Olympic Sports Park / auditorium 1st floor

13.30 - 14.15 From theory to practice - getting in the mood for ice sports
Venue: Olympic Sports Park / auditorium 1 floor

- What ice sports do we know - team work, delegations list them one by one, record on flip chart
- How can we group them? Individual delegation work, results recorded
- Possibilities and history of winter sports in Győr, PPT presentation by Győri ETO
- Hockey Club

14.15-14.30 break

14.30 – 15.00 Focus on Curling - rule presentation with board game
Venue: Olympic Sports Park / auditorium 1st floor
Each delegation will be given a curling board game where they can learn the basics of the game with the help of volunteers and partner players.

15.00 - 16.20 The next level - floor curling
Venue: Olympic Sports Park / auditorium 1st floor
Trying out indoor curling in a mini tournament

16.20-16.40 break

16.40 - 17.00 travel to the accompanying programme

16.40 - 17.00 travel to the accompanying programme

17.00 - 17.50 unveiling of the Dr. László Gönczöl memorial plaque
Venue: Dr. KovácsPál Library and Community Space Olympic History Exhibition
Programme:

- welcome speeches
- Viewing of the Olympic history exhibition
- Standing reception (coffee, refreshments, small cakes)

17.50 - Return journey OSP

18.30 – 19.15 Dinner
Venue: Olympic Sports Park

19.30 – 21.30 Optional Darts Tournament and discussion

Venue: Olympic Sports Park/ VIP room
Programme:

- Voluntary participation in the darts tournament according to prearranged rules
- What do you see in it?

Interpretative framework of two recreational games
Discussion

2. DAY | SATURDAY 10 FEBRUARY | SPORTS DAY II.

8.00 - 8.40 breakfast
Venue: Olympic Sports Park

8.50 buses leaving to the NEMAK ice rink (more buses available upon request)

9.15 - 11.30 Curling and ice programmes

Venue: Győr Ice Sports Centre / NEMAK ice rink
Programme:

- trying curling on ice,
- parahockey demonstration
- ice skating
- workshop closing

11.30 pizza lunch

12.00 return journey, picking up the cold packs



3.2a Leaflet of the workshop in Bydgoszcz

Directions to?

Education Center for Physical Culture and Sports (Centrum Edukacji, Kultury Fizycznej i Sportu)
Sportowa 2 Street (but, entrance from Skłodowska-Curie Street)

Faculty of Geographical Sciences (Wydział Nauk Geograficznych)
Kościeleckich Square 8

Kazimierz Wielki University (Uniwersytet Kazimierza Wielkiego)
Chodkiewicza 30 Street

2nd WORKSHOP

BYDGOSZCZ
26-27.04.2024
Sports of the Blind

Empowerment of inclusive healthy life style of persons with disability through physical activity

UNIWERSYTET KAZIMIERZA WIELKIEGO BYDGOSZCZ, SZÉCHENYI EGYETEM, emilova VYŠKOLSKÁ, 25 lat BYDGOSZCZ, ITMP 3 BYDGOSZCZ

3.2b Program of the workshop in Bydgoszcz

2nd Workshop „Sports of the Blind”

Programme:

1. FRIDAY, 26th APRIL

8:30 – 11:00 „Blind Tennis” Workshop
Venue: „Zawisza” Sports Park – Tennis Hall; Gdańska 163 street, Bydgoszcz

Programme:
welcoming the workshop participants, tennis workshops for the Blind

11:30 – 13:30 Disabled Sports Competition
Venue: Education Center for Physical Culture and Sports, Kazimierz Wielki University; Sportowa 2 street, Bydgoszcz

Programme:
Games and sports activities for young people with various types of disabilities from Bydgoszcz, the Czech Republic, Slovakia and Hungary.

13:30 – 15:00 Break and lunch at „Zawisza Hotel”
Gdańska 163 street, Bydgoszcz

15:30 – 17:00 Meeting “What can be improved in the organization of sports and physical activity of people with disabilities in Bydgoszcz and the Kuyavian-Pomeranian Voivodeship?”
Venue: Main Library of Kazimierz Wielki University; Karola Szymanowskiego 3 street, Bydgoszcz

Programme:
Discussion about successes and problems of sport for people with disabilities in Bydgoszcz vs. sport and physical activity for people with disabilities in Brno, Győr, Banská Bystrica.

The meeting will be attended by representatives of the Kazimierz Wielki University, Kuyavian-Pomeranian Voivodeship and the representatives of the President of Bydgoszcz, presidents of sports clubs for the disabled and directors of schools for children with disabilities from Bydgoszcz.

A visit to the speedway stadium “Polonia” Bydgoszcz for youth guests from Visegrad Countries (Sportowa 2 street) and visit on Exhibition of Polish Olympic Sport (Szymanowskiego 3 street).

18:20 – 20:00 Cruise on cruise ship – trip around Bydgoszcz

20:00 – Dinner at „Zawisza Hotel” Gdańska 163 street, Bydgoszcz

2. SATURDAY, 27th APRIL

8:30 – 11:00 “Sports of the Blind” Workshop
Venue: Campus of Kazimierz Wielki University, Chodkiewicza 30 street

Programme:
Goalball - team game for the Blind
Showdown – table tennis for Blind
Electronic shooting for the Blind

11:30 – Lunch at „Zawisza” Hotel Gdańska 163 street, Bydgoszcz

12:00 End of Workshop “Sports of the Blind”

3.3a Leaflet of the workshop in Banská Bystrica

International Visegrad project - Empowerment of inclusive healthy lifestyle of persons with disabilities through physical activity.

• Visegrad Fund



Date: 19. – 21. 06. 2024

3rd WORKSHOP

„Sport is the easiest and the most beautiful way to inclusion“

Place: Faculty of Sports Science and Health, Matej Bel University, Banská Bystrica
Accommodation: HOTEL DIXON**** Banská Bystrica

Invitation Bulletin

We are very pleased to invite you to the third workshop of International Visegrad project Empowerment of inclusive healthy lifestyle of persons with disabilities through physical activity, which will take place at the Faculty of Sports Science and Health Matej Bel University in Banská Bystrica, Slovakia.



Main organizer: UMB
Co-organizers: Special Olympics Slovakia
Workshop partners: STRABAG, PROMO DESIGN, etc.

3rd WORKSHOP

1 Matej Bel University Athletic Stadium




2 Faculty Laboratory and Fitness centre




Friday 21.06.2024 - Daily schedule:

- 07:00 – 07:45 Breakfast time /Hotel Dixon/
- 08:00 – Departure from the Hotel Dixon by walking to the Faculty main building
- 08:30 – 09:30 Martial Arts & Psychomotrics activities* /Faculty Sport Hall/
- 09:30 – 09:45 Coffee break
- 09:45 – 11:00 Water funny Games & Activities* /Faculty Swimming pool/
- 11:30 – 12:00 Transfer by walking to the Hotel Dixon
- 12:00 – Rooms Check out
- 12:15 – 12:45 Lunch time /Hotel Dixon/
- 13:00 – End of the workshop – Farewell time

* Please remember to bring sports and pool clothes with you

• Visegrad Fund

Program Schedule

Wednesday 19.06.2024 - Arrival Schedule
(...accommodation Check in and dinner – Hotel Dixon)

- 15:25 – arrival CZECH Team /at the Train station -> transfer to the Hotel Dixon/
- 18:00 – 19:00 – arrival HUNGARIAN Team /by Bus at the Hotel Dixon/
- 19:00 – Dinner for Hungarian and Czech team /Hotel Dixon/
- 01:30 a.m. (20.06.) – arrival POLISH team /by Car at the Hotel Dixon/

Thursday 20.06.2024 - Daily schedule:

- 07:00 – 07:45 Breakfast time /Hotel Dixon/
- 08:00 – Departure from the Hotel Dixon by walking to the Stadium
- 08:30 – 08:45 Opening Ceremony of Slovak national championship of Special Olympics in Athletics 2024 /UMB Athletic Stadium/
- 09:00 – 12:00 Morning competition programme /UMB Athletic Stadium/
- 12:00 – 13:00 Lunch time /University dining hall/
- 13:00 – 15:30 Afternoon competition programme /UMB Athletic Stadium/
- 15:30 – 16:00 Medal awards ceremony /UMB Athletic Stadium/
- 16:00 – 16:30 Coffee break /Faculty laboratory and fitness centre/
- 16:30 – 17:00 Workshop opening ceremony /Faculty laboratory and fitness centre/
- 17:00 – 17:30 Presentation of SO Slovakia /Faculty laboratory and fitness centre/
- 17:30 – 18:00 Body composition testing & Agility fun /Faculty laboratory and fitness centre/
- 18:15 – 18:30 Transfer by walking to the Hotel Dixon
- 19:00 – Dinner time /Hotel Dixon/
- 20:00 – 21:00 Evening Funny Games „Everyone is different Everyone is equal“ /Hotel Dixon/

• Visegrad Fund

3rd WORKSHOP

2 Faculty of Sports Science and Health Sport Hall




3 Faculty of Sports Science and Health Swimming pool




HOTEL DIXON****
DIXON Resort****
Švermova 32,
874 04 Banská Bystrica
Slovensko



We are looking forward to new experiences and to welcome you soon in Slovakia.

• Visegrad Fund

3.3b Program of the workshop in Banská Bystrica



Matej Bel University in Banská Bystrica
FACULTY OF SPORTS SCIENCE AND HEALTH
Tajovského 40, 974 01 Banská Bystrica, Slovakia www.ftvsz.umb.sk



International Visegrad project - Empowerment of inclusive healthy lifestyle of persons with disabilities through physical activity

3rd WORKSHOP „Sport is the easiest and the most beautiful way to inclusion“

1st Invitation Bulletin

We are very pleased to invite you to the third workshop of International Visegrad project Empowerment of inclusive healthy lifestyle of persons with disabilities through physical activity, which will take place at the Faculty of Sports Science and Health Matej Bel University in Banská Bystrica, Slovakia.

Date: 19. – 21. 06. 2024

Place: Faculty of Sports Science and Health, Matej Bel University, Banská Bystrica
<https://www.ftvsz.umb.sk/kontakt/adresa-a-fakturacne-udaje.html>

Accommodation:
<https://www.umb.sk/student/sprava-ucelovych-zariadeni-umb/studentske-domovy/sd3-tajovskeho-51/>

General program:

Wednesday 19.06.2024 (17:00 – 19:00) - arrival, accommodation and dinner for participants

Thursday 20.06.2024 - daily schedule:

- 07:00 – 08:00 Breakfast time
- 08:30 – 08:45 Opening Ceremony of Slovak national championship of Special Olympics in Athletics 2024
- 09:00 – 12:00 Morning competition programme
- 12:00 – 13:00 Lunch time
- 13:00 – 15:00 Afternoon morning competition programme
- 15:00 – 16:00 Medal awards ceremony
- 16:30 – 17:30 Workshop opening ceremony
- 18:00 – 19:00 Dinner time
- 19:30 – 20:30 Evening programme

teléfono: 048/446 7530

e-mail: jaroslav.kompan@umb.sk

www.ftvsz.umb.sk



Matej Bel University in Banská Bystrica
FACULTY OF SPORTS SCIENCE AND HEALTH
Tajovského 40, 974 01 Banská Bystrica, Slovakia www.ftvsz.umb.sk



Friday 21.06.2024 - daily schedule:

- 07:00 – 08:00 Breakfast time
- 09:00 – 11:00 Workshop activities programme
- 12:00 – 13:00 Lunch time
- 13:00 – End of the workshop

Contact person: Miroslav Slížik

web site: <https://www.ftvsz.umb.sk/mslizik/>

e-mail: miroslav.slizik@umb.sk

phone & whatsapp: +421 903 614 429

After we receive your Team lists we will send you a more detailed program. We are looking forward to new experiences together and to meeting you soon in Banská Bystrica, Slovakia.

Banská Bystrica 29.5.2024

Best regards from Slovakia

doc. Mgr. PhDr. Miroslav Slížik, Ph.D.
FTVŠZ Matej Bel University
Banská Bystrica

teléfono: 048/446 7530

e-mail: jaroslav.kompan@umb.sk

www.ftvsz.umb.sk

3.4. Leaflet + program of the final conference in Brno

Project Conference

EMPOWERMENT OF INCLUSIVE HEALTHY LIFESTYLE OF PERSONS WITH DISABILITIES THROUGH PHYSICAL ACTIVITY

Organizer:
 emilova
vzdělávací, z.ú.

Date:
11. - 13. October 2024

Location:
Brno, Czech Republic

Co-financed:
• Visegrad Fund

Project partners:
 UNIwersytet KAZIMIERZA WIELKIEGO W BYDGOSZCZY
 SZÉCHENYI EGYETEM
UNIVERSITY OF CHIKO


Program of stay

Friday 11.10
until 19:00 Arrivals
20:00 Dinner in place of stay

Saturday 12.10
until 8:30 Breakfast
9:00 - 12:00 Morning program in EPRIN conference room
12:00 - 13:30 Lunch
13:30 - 14:00 Project interviews
14:00 - 15:30 Afternoon program in EPRIN conference room
15:30 - 16:00 Coffee break
16:00 - 17:00 Conclusion of project EPRIN conference room
18:00 - 20:30 Tour de Brno old town
20:30 Dinner in the city and free program

Sunday 13.10
Morning Breakfast and departures

Friday dinner & Saturday lunch Look at menu www.carusofood.cz/en/

Conference

Project introduction, report, overview

- List of partners
- Project annotation
- What, why and how

Introduction to the partners environment

- Difficulty of the situation and level of support
- Demand and availability of sports activities for people with disabilities
- Management of sports / educational events (including university levels)
- Your personal experience with physical activities or disabled sports

Workshops summary

- Decision-making process
- Background of management
- Feedback

Overall conclusion

Accommodation

Hotel Palacký

- Kolejní 2905/2, 612 00 Brno
- www.hotel-palacky.cz
- free wifi
- breakfast 7:00 - 9:30
- check-in after 14:00, check-out until 10:00

Rooms



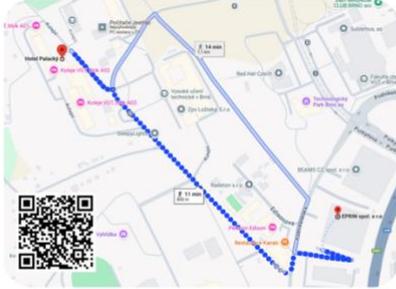
Breakfast - Caffé bar Piccolo



From hotel to nearest tram (no.12)



From hotel to EPRIN (conference)



Directions

Brno city



4. Attendance list + GDPR declaration

By signing the attendance list you agree to the use of photographs taken during this event for unlimited media promotion of the project number 22320184.



ATTENDANCE LIST

Project number	22320184
Project name	Empowerment of inclusive healthy lifestyle of persons with disabilities through physical activity.
Project activity	Project conference
Term	11.-13. October 2024
Place	Brno, Czech Republic

GDPR declaration

By signing this declaration, I consent that video(s) and/or photo(s) are taken of me during the event/meeting and used in project 22320184 communication activities. I consent that my name and contact details are published in the list of participants of the event/meeting and

	Full Name	Organization	Signature
1.	Hana Válková	Emilova vzdělávací, z.ú.	
2.	Vojtěch Kocůrek	Emilova vzdělávací, z.ú.	
3.	Zuzana Buroňová	Emilova vzdělávací, z.ú.	
4.	Pavel Zbožínek	Emilova vzdělávací, z.ú.	
5.	Kamila Zouharová	Emilova vzdělávací, z.ú.	
6.	Adam Szulc	Uniwersytet Kazimierza Wielkiego w Bydgoszczy	
7.	Bartłomiej Niespodziński	Uniwersytet Kazimierza Wielkiego w Bydgoszczy	
8.	Miroslav Sližik	Matej Bel University – Faculty of Sports Science and Health	
9.	Nikoleta Kušnírová	Matej Bel University – Faculty of Sports Science and Health	



5. Model of volunteer's declaration

LOGO of event

DECLARATION OF VOLUNTEER

PLACE OF THE EVENT

DATE OF THE EVENT

FULL NAME OF THE VOLUNTEER:

I declare that I have registered for the event voluntarily and will follow the following instructions:

1. EU volunteer status: i.e., there is no financial reward, lunches are paid for, 1 volunteer T-shirt and participant certificate, free entry to all sports, and additional events organized as part of the **EVENT**.
2. The status of a volunteer at the **EVENT** requires the following, which I will adhere to:
 - a. Maintaining confidentiality regarding personal data, personal history, diagnoses, or specific behavior of athletes with a given type of disability.
 - b. Adhering to the prohibition of consuming alcoholic beverages, addictive substances, and smoking in **the EVENT** premises, with the exception of areas designated for this purpose.
 - c. Adhering to safety regulations formulated in the internal rules of the facilities where the **EVENT** is held.
 - d. Excluding the initiation or development of conversations and behavior with a subtext of racial, ethnic, religious, or national aversion.
 - e. Ensuring personal insurance against injury, loss of property, or causing damage.
3. I was informed about **the EVENT** concept through the enclosed manual and by studying **the EVENT** website.
4. I was informed about the concept of **the EVENT** in terms of specific data and place, specifically:
 - a. The method of communication with athletes with mental, visual, hearing, and physical disabilities, emphasizing their human dignity and respect for the status of an athlete.
 - b. The layout of spaces for accommodation, catering, and the layout of spaces for individual activities of the program, e.g., daily operation, sports, and additional activity.
 - c. Location of important points of the given sports ground or section, such as the call-out point, location of information boards, health service, hygiene point (disinfection), drinking water and lunch distribution points, lunch distribution times, transport points, and parking lot.
 - d. Knowledge of current hygiene regulations, which I will respect and monitor compliance with within the framework of my volunteer position.

- e. Knowledge of the location of the health service in the premises of my position, which was assigned to me.
 - f. Knowledge of important telephone numbers:
 - i. 112 general emergency service
 - ii. 158 police
 - iii. 155 ambulances
 - iv. 150 firefighters
5. I have been informed of the duties in the position assigned to me and will comply with them:
- a. The specified period of my service is determined by the sports director, section director, or volunteer manager.
 - b. I respect the instructions of the sports director or the section to which I was assigned.
 - c. In the event that my activity is terminated, I report to the sports director or section for further assignment.
 - d. I comply with the obligation to wear (and keep an eye on) my accreditation card at all times during the activity at the event.
 - e. I comply with the obligation to wear a T-shirt or other identification of an **EVENT** volunteer at all times during the activity at the event.
 - f. I comply with the storage of my own belongings in the place designated for volunteers, as the organizer cannot be held liable for things left in other places.
6. I am informed (and respect) GDPR regulation according to my personality and according to participants with disabilities.
7. I am aware of the following: the volunteer helps, advises, encourages, and creates a pleasant atmosphere and a good name for the EVENT, the city of Brno, Emil's organizations or partner institution.

The volunteer does not supply work of the leaders or coaches of the participating delegations.

THANKS IN ADVANCE

Training/education course/ was conducted by:

Name

Date

signature

7a Accreditation Card – front



7b Accreditation Card – back



8. Certificate of the attendance

 **emilova vzdelavaci z.u.**

CERTIFICATE

awarded to

JMÉNO PŘÍJMENÍ

for successful participation in the
PROJECT CONFERENCE

organized by Emilova vzdělávací, z.ú. within the project no. 22320184
„Empowerment of inclusive healthy life style of persons with disability
through physical activity“ in Brno, Czech Republic.

Conference was held: 11th – 13th October, 2024

Project is co-funded by

- Visegrad Fund

Project partners:



SZÉCHENYI EGYETEM
UNIVERSITY OF ORFEL



UNIwersytet KAZIMIERZA WIELKIEGO W BYDGOSZCZY





Prof. PhDr. Hana Váilková, CSc.
Chairwoman
of the Emilova vzdělávací, z.ú.



Mgr. Vojtěch Kocůrek
Vice-chairman
of the Emilova vzdělávací, z.ú.



Bc. Zuzana Buroňová
Member of the Board
of the Emilova vzdělávací, z.ú.

International Visegrad project - Empowerment of inclusive healthy lifestyle of persons with disabilities through physical activity.

• Visegrad Fund

Special Olympics Slovakia

„Sport is the easiest and the most beautiful way to inclusion“



Date: 19. – 21. 06. 2024

3rd WORKSHOP

CERTIFICATE

OF PARTICIPATION

Ass. prof. Msc. Dr. Miroslav Šlišk, Ph.D.
1938 Matějův Institut Brnoská Opava



UMB
UNIVERSITA
MATEJA BELA
V BRNO



UNIwersytet KAZIMIERZA WIELKIEGO W BYDGOSZCZY



SZÉCHENYI EGYETEM
UNIVERSITY OF ORFEL



emilova
VZDELAVACI

DOBROVOĽNÍK

Špeciálnych olympiád Slovensko

Special Olympics Slovakia

VOLUNTEER

Svet vnímame inak,
ale túžbu víťaziť
máme rovnakú.

We see the world differently,
but we have
the same desire to win.

ĎAKUJEME



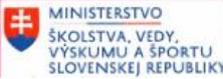
**DEKLARÁCIA
INKLÚZIE**

**SPREAD
THE WORD
INCLUSION**

POTVRDENIE/ CONFIRMATION

pracoval/a ako dobrovoľník pre Špeciálne olympiády Slovensko
participated as a volunteer for Special Olympics Slovakia

Podporované:
Supported by:



**MINISTERSTVO
ŠKOLSTVA, VEDY,
VÝSKUMU A ŠPORTU
SLOVENSKEJ REPUBLIKY**



Dominika Nestarcová
prezidentka
President
Special Olympics Slovakia



Eva Gažová
národná riaditeľka
National Director
Special Olympics Slovakia

9. Program of the scientific conference in Bydgoszcz

On the report of Adam Szulc

Conference - topic: What can be improved in the organization of sports and physical activities of people with disabilities in Bydgoszcz and the Kuyavian-Pomeranian Voivodeship?

Official letters about **Honorary Patronage** of Mayor of Bydgoszcz, Minister of Foreign Affairs, Kuyavian-Pomeranian Voivodeship, Prorector of Kazimierz Wielki University, Bydgoszcz, p. Marek Macko Wojwoda of region Kujawsko-Pomorski p. Michal Sztyblo

Venue: Main Library of Kazimierz Wielki University, Karola Szymanowskiego 3 street, Bydgoszcz

Language: Polish, English, two screens for ppt. presentation, personal interpreter

Participants: The meeting was attended by representatives of Kazimierz Wielki University, the Kuyavian-Pomeranian Voivodeship, and the president of Bydgoszcz; representatives of sport clubs for the disabled and directors of schools for children with disabilities from the Bydgoszcz region; and participants of the V4 EMPIH project from Bydgoszcz, Győr, Banská Bystrica, and Brno.

Content: Discussion about success and problems of sport for people with disabilities in Bydgoszcz vs. Sport and physical activity for people with disabilities in Brno, Győr, and Banská Bystrica.

- Partners from CZ, SK, and HU presented the situation related to sports and physical activity of children and youth in their cities and universities in HU, CZ, and SK.
- Adam Szulc presented activities undertaken by Kazimierz Wielki University in support of students with disabilities and its cooperation with the Polish Deaf Sport Association.
- Paweł Bednarski presented a report on the number of children and youth with disabilities in the Kuyavian-Pomeranian Voivodeship, types of disabilities occurring in the voivodeship, and activities aimed at improving education and physical activity in children with disabilities.
- Directors of schools for children with disabilities discussed activities they undertake in their schools for sports and physical activity.
- Teachers and educators from practice presented their contributions and situation in locations and municipalities.

Discussion and conclusion: meeting on the participation of children and youth with disabilities attending special schools in Bydgoszcz in sports and physical activity. In the implementation of physical activity and sports, the development of civil society and cooperation with non-governmental organizations and counteracting addictions are also important. The communication was based on personal experience from practice. Fruitful and productive discussion.

Ultimately, perhaps in subsequent meetings, it should be necessary to obtain an answer as to how Bydgoszcz sports for people with disabilities should be managed so that there is continuity of participation of the largest possible number of graduates of schools for people with disabilities in sports and physical activity, and how the infrastructure of Bydgoszcz schools, the city, sports clubs, and Kazimierz Wielki University can be used to

counteract the *sedentary lifestyle of people with disabilities. How to obtain funds for this purpose?*

The presenters named key problems in the region, in V4 countries: lack of information for families as well as clubs – to realize the possibility and conditions for starting a business, greater interest of the responsible authorities in representative sports than in recreational sports, while among individuals there is greater interest in recreational sports within family or friends, support for physical activities and sports is dependent on parents, teachers, and special school educators, joining mainstream clubs seems like a possible way.

Benefit of the conference: the first joint conference of this type in the region. Interest in its continuation in the coming years.

10. Personal expression about the workshop in Banská Bystrica

Author: Hana Kratochvílová, SO CZ club coach, mother of the boy with disability

Wednesday, 19.6.2024

The delegation consisted of the SO club in Prague, a family couple in Mladá Boleslav, and the guarantor of the project from Olomouc (Hana Válková). A long time ago, the group, which had never met together, agreed on a joint connection via Olomouc and Vrútky. There was a joint meeting in Vrútky, and the group proceeded as a whole, but with free decision-making. A pleasant surprise in BB at the station - guaranteed departure by Miro directly to the hotel. Here meeting with the delegation from Hungary, opportunity to walk around the square in BB. Evening – basic meeting of project participants.

Thursday, 20.6.

After an excellent buffet-type breakfast, we walk together to the stadium of the Sports Faculty of UMB, participation of all our members in the Slovakian SO. Observations: They do it differently, only according to age, immediately the final. Good medal position of our delegation: 50m, 200, 400, shot put, 4x100 relay. Games were well organized; one volunteer was "on hand" for us like a foreign delegation.

Hungarians did not compete but participated as volunteers (raking sand, carrying water, results, etc.) - they received volunteer certificates. Poles were tired after a lengthy arrival - they gave up, participating only in their own EMPIH. Lunch in the faculty canteen - accessible on foot, even if uphill and up stairs like a tower. Small changes in the competition program, e.g., regarding the time of long runs after lunch, which backfired/didn't pay off for our 400m athlete. But there was no problem; the health service worked.

After the competitions: a special part with EMPIH - all in the building of the newly established Faculty of Sports at UMB. Opening with VIPs, rich refreshments, and a lecture by Dr. Gažova on the inclusion of SO in the sports support system within the Ministry of Education and Culture of Slovakia. They go through a special schools system - but they expect their cancellation as part of inclusion. It happened in the Czech Republic.

Friday 21.6.

Friday in the gym, a demonstration of combat sports training,

Then swimming and departure home to the hotel.

The second day we were in the gym, we tried the basics of training for martial arts, mutual massage as part of the game "big pizza" from the athletes, then the basics of swimming and going to the hotel. After lunch, depart home.

A JOKE from the way back: at the station in Vrútky, we were met by a young gentleman – a karate, boxing athlete. When he saw our SO shirts - he started asking questions. The athletes showed off their performances and medals. He was excited and just gave them the remaining Euro (35) so they could go celebrate their success. We found out that he is from Olomouc. He promised to come with his family to watch the ATL Czech Open.

Note: Does anyone want to question inclusion in leisure activities?

11. Fragments from the final conference recording

Fragments from the auditory recording of the discussion during the final conference in Brno

Why fragments? The idea was to make an audio recording of the discussion of the final conference in Brno so that it would be possible to interpret the spontaneous thoughts of the participants without the obligation of an academic written speech. Thematic units of the discussion were formulated. The recording was made with a mobile phone; the participants sat freely around the table and really discussed (they also jumped into each other's speech). The discussion was tolerant in languages (in addition to the official English, excerpts in Czech, Polish, and Slovak, which contributed to understanding).

A written transcript was taken from the recording, and now it has become clear how difficult, almost insoluble, the decryption is, so it was not possible to create coherent narratives, hence the fragments. Fragments were handed over to participants for expression of agreement with the wording, i.e., agreed.

At the same time, we formulate recommendations for management here.

1. Adequate technology must be used for recording; recording from a mobile phone is not enough.
2. The discussants should have an optimal and equal sitting distance from the recording device.
3. The speaker announces his name (identification) and has space for continuous speech; do not jump into the speech. Discussion – again announcing the name and space for continuous speech, including, e.g., changing the language.
4. Audio transcription, again with professional technology, now with AI service.

Way to be a partner

Adam: I have been interested in the sport for almost 10 years, and I was invited by you (Hana) to share more information about it, so I agreed to participate in the project. It gave me occasion to cooperate with our schools for different disabilities, University, and regional authorities. We organized a meeting in Bydgoszcz with many authorities in the field.

Nikoleta Miro's colleague – about him: I have to add some context to Adam because Adam was first mostly participating with the cooperation with the sport facilities for the deaf people, not for the special needs. So, he thought about that it is okay so that the project must also involve some students from the special schools. So he will enlarge and reach, expanding his connection not only for sport athletes like the Special Olympians but also with children, students, and teenagers with other disabilities. It was a good occasion, and let's say an impact, the main reason for us. It is great, thanks.

Tamás: I think I was in a special position because I represented the University, the City and the disabled sports in the region. I had previously held a position at the University, working for the City of Győr and my mentor - Dr. László Gönczöl was a professor. Unfortunately he passed away during Covid 19. We paid tribute to his memory at the workshop in Győr. I kept and continued his work and spirit; I continued my daily practice.

I worked with disabled children in different schools. I am now one of the leaders of the School Coordinators, and the invitation was easier and faster compared to other teams. In my opinion, the project was useful and went well. I met special colleagues, learned a lot from them, and got a deeper understanding of "best practices" for each type of disability. I took the date change instead of Miro because he was busy with university reorganization. The original topic was winter sports, and in Hungary there is not enough snow and winter sports. We are cooperating with the university ice hockey club both within the university course and otherwise. Together we promote university curling, and I had an idea to adopt a curling program for people with disabilities: targeting the table, floor, and ice. Plus para-hockey, which is a big challenge for me.

I think that safety is one of the most important factors for our children, so I took care of that when designing the program venues and elements, and the infrastructure of Győr supported my idea very well, and I got the necessary support from Széchenyi University, schools and colleagues. Special thanks to the project management for their supportive attitude and trust in us during the organization of the first workshop.

I believe and experience that in the world of people with disabilities, sport and culture can be a link that brings together the people concerned and the majority of the community.

I felt lucky because throughout the project I could feel a great openness in the minds and hearts of the participants.

Vojtěch: We also are like, the way of developing youth with disabilities not only in sports way but in the way of general education, knowledge, skills; for example, when we organize the European Games, we are not saying that it is sport event, it is like festival. *Professor:* Sports and culture – it is a gathering, not a Championship, typical combination for leisure and even competitive activities. According to personal experiences, it is an inclusive idea, the main idea of this project. Due to this approach, we touch ordinary people; we touch situations with humor.

Adam, Bartek: We are thinking how to organize a bigger event for schools for special needs in Bydgoszcz province (about eight cities, eight schools). All of them have will to participate and we must think about, how to manage to include everyone regardless of their disability. It was first time to collect more than 100 kids. We attracted the attention of the city authorities, where president also wants to be involved, and they helped us. The organized event was the trigger for the city authority's attention toward children and sports with disabilities. It was the first time for the Adams knowledge that the authorities of our region have that kind of activities when whole region was involved in such matter: city authority, public, university, sports clubs, special schools. It was mostly the initiative from the schools to make some sport activity for children, as they do not have much help and knowledge for providing recreational forms of physical activities. As you know, the problem is to get together the visually impaired, deaf children with others; they are mostly separated; they organize the events for themselves separately. And this is the problem with financing. But in general the problem is funding of sports for a disabled.

Funding

Adam, Bartek: Funding in disabled sports is problem, for the sports clubs generally, not only for sports of disabled. The finances are compounded; they come from the city government, schools, country budget, but there is not enough money, and if there is, it is

only for some international activities. Internal activities of each school are basically going from the similar problems with fundings.

{Discussion of all partners about real budgets in countries and cities including workshops in our cities - euros, forints, zloty, Czech crowns.}

Vojtěch: I am a chairman of wheelchair basketball club in Brno and if I would be able to collect money for let say develop our club I need to ask and develop network of sponsors from private sector. I know that in Brno sports for example, there is a blind football sports club and they are financed basically only with private sector money and they have like really big budget because they are able to sell their knowledge, you know to promote sponsors and blind football is really interesting, just higher level.

Hana: And what about recreational level, small clubs, participation in festivals, games not championships of sport federations is only permitted for them. It has to be paid for by families. Top performance, physical activities for health, and with a cultural meetings all activities start from the beginning, not from the top; there is also a space for adequate inclusion. That is my philosophy: to support children, teenagers, and beginners (even after an injury), unregistered, and the National Sports Agency does not invest in this sphere, only for the top. And education for schools, not for the free time of schoolchildren. I see this as the main problem.

Vojtěch: This is 100% true because only one remark - when we organize this Winter Games in South Bohemian part of our republic first time, we were lucky that we got the grant from Visegrad fund. It was possible to provide education, if successful to be supported once again, then a huge impact in a media, television; it is important the project is visible and we are not standing out.

And back – more opportunity for funding: more and more young people are trying to work in sports fields where you can find money – why? Because on the top you can find money but in way of para sport, and performance sport of disabled. If we talk especially about leisure activities in amateur sports clubs, it is usually the volunteering. In the Czech Republic, and in Slovakia, the situation is basically the same or may be in Slovakia worse. I know a lot of Slovak athletes personally – when we did our first year of winter games in the Czech Republic – two years ago – one person told to me that this type of event in Slovakia would be possible maybe in many years because there are not people who would collect money as it is not supported by a city government.

Adam: I would say, maybe on region level situation is similar like in Brno, maybe a little bit better than in Slovakia, yet situation is not good yet. I was in curious situation – we had the activities with shooting for the blind and other activities, it was really nice, there were a lot of clubs, not on national level, and they have money for development. We have one city club for the all kind of disabilities, but you can say in each school there is a single small sport club, where they have their own equipment, they found money for small community even it is hard.

Tamás: I think what's important is to work in the broadest possible field and dimension. I think that the most important thing is to work in the broadest possible way and in the broadest possible dimension. The link with the project was our first step in building international relations. It was a very big thing in the life of our association. We are grateful to have been able to join. This opportunity has brought more attention from the local

media and has been a motivating factor for our children and colleagues. It will help fund our operations in the long term. Connections and links are important in the life of our organisation. We have received significant professional support from the Hungarian Para-Sport Committee (para-hockey demonstration) to help us go international. Our children have only been abroad once before, on a leisure trip to the Family Park in Austria. When the management of the park was informed of our intention to visit with children with learning disabilities, they offered us a significant discount.

Discussion - names not distinguished: cooperation with various institutions and bodies in the locality is important not only for raising money, but also for all logistics: renting spaces, sports fields, accommodation, volunteers. This is also confirmed for organizing workshops in all locations of V4 EMPIH project (familiarity principle). At the same time, it is a real inclusion with the residents of the determined locality.

Volunteering

Adam, Bartek: Charter of Credibility was an important mandate about participation that your name is responsible for this management. There is possibility to ask for help not only known partners but any others that may be representative of important institution, project which is very important generally (sport event, song festival, research in schools, etc). Back to volunteering – we were asking help from known sports participants, common tennis and blind tennis organization, from university or high school, but the response was not so many students, more from staff and their friends. A lot of teachers who helped us they have heard about us, rather than help due to experience. They said that new perception, new people, short training are important for their practice, for other staff, too. As for students, most of them were from Kazimierz Wielki University (special education, sport, health), about 40 students, we gave them short training as the concept of the project and workshop was new for them. Also, some graduates also helped us. For some of them it was included as part of study program, as in our university the voluntary activity is obligatory part of the program.

Hana: Understanding that volunteering can also extend to other areas, other types of events. When potential volunteers receive the motivation, arguments, hear about the emotions of volunteers in action before; after that, there can be a long queue for the position of volunteer. I agree with the selection and ranking for different positions as Adam said: that our volunteer does not have to be just from sports studies or teaching, physical activities, there are a lot of positions they do not need physical activities/sports experience: catering, computer skills, administration. Social support of headquarters is important: personal initiative with patronage, other VIP, free days out of a job, enterprise souvenirs, etc.

Tamás: As I work in a University I invited elementary school and special school teachers, some of them were in double roles: teacher of disabled kids and volunteer during complete time. But I felt in advance that it wouldn't be enough. Every day I stimulated students of our school/sport center, it was very exhausting, but it served its purpose. They have new information, the possibility to be in new, unknown attractive situation, to be a good person, to help develop a good program, travel to different country. We showed the cities on the map; they were about 17/18 years old, to visit big cities. When we go back, they are from small villages, the parents live in poor conditions, they are proud of

activities. To provide short, attractive workshops and courses, directly with persons with disabilities. Example with a man without legs, this man's power shows how to move, etc. This approach to students volunteering is a part of my philosophy and motivates them for volunteering as well as for sport for health. It is my experience as I perceive the people who worked and helped with disabilities – more than 80% are recruited from affected families. The biggest lesson for me is how lucky I am that I live with a healthy, full body - I feel we need contacts, a little bit of research on how to keep knowledge, attitudes, skills, the best way through volunteering. (*Hana: contact theory.*)

Vojtěch: I have a similar experience with students. Students very often ask for profit (study credits, certificates, free transport in the city during an event, parking, etc.) Sometimes it is not a problem to provide; sometimes it is a great problem, and it is not in relation to principles of volunteering. But motivation – Tamás underlined – is always important to explain, to provide more information about why to be a volunteer; but they don't know there are possibilities, sometimes they don't know if they are able to be competent, have no experience, have a lot of time, and so on. We (*Summer Emil open*) experience with people who are working here in big, big international companies in Brno, from India, all over the world, living here; they basically communicate with their colleagues, they go together, e.g., to the gym, and have some leisure activities. Firstly, they have no idea but start together activities and can compare them with the life in their home countries. E.g., during European summer games in Brno (*June 2024*), we have over 150 volunteers from these companies. I have another goal because I have got contact with the owners of newspapers in English – I mean, it is a possible way for future volunteering, contacts with nonprofit organizations – I had an appointment with the coordinator of volunteers; I think it is a possible way, to find volunteer coordinators in big enterprises, foreign workers. I respect it can be way in big cities, but we are speaking about small villages where families and community, schools and municipality can be the main driving force.

Miro: I have some information feedback because, in my opinion, the new generations, I mean, the youngest generation or my first class students – they are mentally different; their first response is question – what about benefits? I have been discussing with professors of our university new study programs, cooperation with Special Olympics, and my personal example, a long explanation about new experiences, contacts, environment, and skills in real practice – which is a benefit for the future was discussed then and accepted. The first workshop (*Hungary*) was my first close life with a mentally disabled boy and care for him day/night. I was totally tired, wishing to survive (long speech about cooperation with the DS athlete who snored); recently we are friends and understand each other. Our university signed a memorandum with Slovak Special Olympics.