



Erasmus+

***Application***

**Small Collaborative Partnerships**

**Call for proposals 2019**

**EAC/A03/2018**

**PROJECT DESCRIPTION**

**(To be attached to the eForm)**

## Part D - Organisations and activities

### D.1. Aims and activities of organisations

Please provide a short presentation of your organisation (key activities, affiliations, size of the organisation, etc.) relating to the area covered by the project.

Please provide this information for all organisations participating in the project (coordinator and partners).

#### Coordinator:

#### **Kahramanmaras Sutcu Imam University/Turkey**

KSU, founded in 1992, has attained a contemporary profile via perpetually keeping up with the times and developing itself and adopted showing constant efforts with a view of achieving and maintaining higher education standards as a principle. Our university has showed an outstanding progress with its 11 faculties, 4 schools, 3 graduate schools, 8 vocational schools, 5 Rectorate affiliated departments, 17 research centres, over 40.200 students, approximately 1272 academic staff and 807 administrative staff.

The following are the other facilities provided to its students: advisory, health, food and drink, transportation, accommodation, cafeteria, banking, cultural centres, internet, laboratory and sports facilities. They are also supported by education loans and scholarship.

At the Avsar Campus, which has a modern view resulting from infrastructure and environment planning, it is aimed to provide the best service to the students with smart classes and lecture theatres (seating 140-250), conference halls (seating 250-300), well equipped labs, sports facilities, internet halls, libraries and student cafeterias. Smart classes are available in all faculties, schools, graduate and vocational schools. Lectures are supported visually with video projectors assembled in classes and computers with LCD screens which are mounted into the professorship chairs designed by Directorate of Computing and Department of Information.

#### FACULTIES

Faculty of Dentistry  
Dentistry

Faculty of Education  
egitim.ksu.edu.tr  
Science Teaching  
Primary School Teaching  
Primary School Mathematic Teaching  
Psychological Counseling and Guidance Teaching  
Turkish Teaching Social Studies Teaching

Faculty of Science and Letters  
fenedebiyat.ksu.edu.tr  
Archeology  
Biology  
Geography  
Mathematics  
History  
Turkish Language and Literature

Faculty of Theology  
Theology  
Theology Arabic  
Primary School Religion And Ethics Education

Faculty of Economics and Administrative Sciences

iibf.ksu.edu.tr

Business Administration

Public Administration

Health Administration

Political Sciences And International Relations

International Trade and Logistics

Social Services

Faculty of Fine Arts

Painting

Textile And Fashion Design

Music

Industrial Products Design

Motion Pictures And Television

Interior Architecture

Graphic Design Sculpture

Faculty of Forestry

Forest Engineering

Forest Industry' Engineering

Landscape Architecture

Furniture And Interior Design

Faculty of Medicine

Surgical Medical Sciences

Internal Medical Sciences

Basic Medical Sciences

Faculty of Health Sciences

Midwifery

Nursing

Physiotherapy

Faculty of Agriculture

Horticulture Plant Protection

Biosystem Engineering

Aquaculture

Agricultural Economics

Agricultural Biotechnology

Field Plants

Soil Science And Plant Nutrition

Zootechnics

Faculty of Engineering and Architecture

Computer Engineering

Environmental Engineering

Electrical And Electronics Engineering

Industrial Engineering

Food Engineering

Civil Engineering

Geological Engineering

Mechanical Engineering

### School of Physical Education and Sports

Sutcu Imam University School of Physical Education and Sports was founded, in the aim of excellence in education and research, in 1996

School of Physical Education and Sports has been recognised as a regional leader in Sport Sciences that provides distinctive undergraduate and graduate programmes.

Objectives of the faculty is to train Physical Education and Sports Teachers, Coaches and Sports management with advanced learning methodologies as well as carry out scientific research in the fields of Physical Education and Sports Sciences.

Our students and our faculty, share the desire of, working for improving sports performance of athletes' in addition to, working for improving life quality with physical activity. The faculty co-operates with national sport clubs and national and international sports organizations and contributes to sports and athletes' health in Turkey.

#### Physical Education and Sports

KSÜ Physical Education and Sports It aims to raise healthy, happy and successful individuals to the society that supports the physical, intellectual, emotional and social development of individuals. Training of our department, teaching, research and public services

The main objective of the Physical Education and Sports Teaching undergraduate programme is to raise qualified Physical Education teachers for kindergarden, elementary, middle and high schools.

Academic studies, researches and graduate education are performed in Physical Education and Sport research area.

#### Department of Coach Training

The main objective of the Coaching undergraduate programme is to train students in sport sciences, coaching, conditioning, and performance analyst for different age groups for different institutions, General Directorate of Sport, Sport Federations, and sport clubs.

There are four research areas in the structure of the Department (Exercise and Sport Physiology, Exercise and Sport Psychology, Sports Biomechanics and Motor Control, Sports and Coaching) working on academic studies, researches and postgraduate education

#### Department of Sports Management

The Department of Sports Management aims to train qualified personnel who can provide services to sports related institutions, schools and universities in the public and private sectors through a strong academic staff and programs, as well as organizations that provide services for the sports industry, recreation and leisure time assessment.

- Coordinate and develop sporting activities in the University, promoting the participation of associations, organizations and local communities;
- Support sports activities in various competitive levels, developed by official and private entities towards generalization of the sport;
- Organize, coordinate and ensure the success of sporting events regularly promoted by the university;
- Ensure coordination of the group of technicians that perform the functions of curriculum enrichment activities in the area of sport and physical activity;
- Manage and ensure the maintenance of sports facilities in the municipality , as well as promote its use by the population and under collaboration agreements with other sports institutions;
- Ensure the construction, preservation, maintenance and management of sports facilities in the university;
- Propose measures to promote and foster the sport in sporting activities;
- Encourage and support sports associations;
- To propose actions aimed nonviolent behavior and sportsmanship in competition venues of the university.

Kahramanmaras Sutcu Imam University also support and encourage the amateur football league of the city with Its football team in the university.

#### Partners:

## **(P1) Budapest Association for International Sports/ Hungary**

Budapest Association for International Sports (BAIS) is a volunteer based, youth-led non-profit organization with the mission of promoting physical activity, active lifestyle, intercultural understanding, tolerance and participation through non-formal education. From 2015 to 2017, due to the lengthy legal registration procedure, we developed our activities as an informal group of young people under the name of International Sport Association of Budapest (ISAB). On 18 December 2017 we were registered as a non-for-profit association by the court of Budapest. The primary goal of our organization is to promote physical activity, healthy lifestyle and participation in grassroots sport activities among young people regardless of their origin and social status. Our target group includes international and Hungarian students, young professionals and young people in general. Through the organization of sport/recreational activities, youth exchanges and training courses we aim to create opportunities for young people and to strengthen mutual understanding and friendship among them. The secondary goal of the organization is to connect local sport clubs and grassroots initiatives with internationals living in Budapest and to provide information about sport related events taking place in the city.

BAIS is based on young volunteers. Our volunteers are united in being active, sporty and open minded personalities. All of our volunteers speak foreign languages and they have international experience behind their backs. Many of them are students of the Hungarian University of Physical Education, while others are young professionals involved in leisure time sport activities.

Budapest Association for International Sports was created by young people having significant international experience behind their backs. Our organisation has strong international relations and we have significant experience in international project management. Our volunteer members have participated in various youth and sport related training courses, seminars, study visits and youth exchanges all over Europe. Some of our members have been actively involved in the organisation of international youth exchanges and training courses during which they developed their project management competences. At the time of our operation as informal group of young people we sent young people to participate in international youth exchanges and training courses funded by Erasmus+. Besides being sending organisation for a number of Erasmus+ youth projects, we developed and implemented projects in 2016, 2017 and 2018:

- United Against Physical Inactivity (UNAPI)
- Young Europeans for Active and Healthy Habits (YEAHH)
- You(th) Be Active
- Sport for Social Development (SSD)
- Sport for Inclusion (SPIN)

Bence Garamvolgyi: Bence is responsible for the coordination of international projects at BAIS. He has several years of experience in the field of youth and sports project management, having volunteered and worked for civil society organizations across Europe. Bence has an MA degree in International Relations and in 2015 he was selected as a Blue Book trainee for the European Commission's DG EAC Sport Unit. After returning from Brussels he served two years as a policy officer for EU sport and youth affairs at the Hungarian Ministry of Human Capacities. He is currently working on his PhD research which concerns the role of sport in EU external relations. He speaks English and Italian fluently and he has good communicational knowledge of Spanish and French.

Anett Fodor: Anett has a BA degree in Sport Management and she has been involved in international youth work recently. As a coordinator of international activities at the Hungarian University of Physical Education she was responsible for the organization of conferences and seminars. As part of the management teams, she has contributed to various international sport events with a special focus on water sports (water polo, swimming). She also had the opportunity to develop her competences through participating in youth exchanges and trainings based on non-formal education. After having taken part in European Voluntary Service at the European University Sport Association (EUSA), she was involved with the management of a large-scale sports volunteer program in Hungary. She is currently the secretary general of the Budapest Sports Union.

Barnabas Vagany: Barnabas successfully attained a BSc degree in Psychology from the Glasgow Caledonian University in 2012. He has been active in practicing sports from a young age, including competing in swimming and judo as well as teaching swimming. His love for engaging in physical activities and sports has only grown stronger over the years. As part of the founding members of the International Sport Association of Budapest, Barnabas is engaged in prompting physical exercise and community building through sports, on daily basis, for internationals and Hungarians alike. Barnabas also had the opportunity to participate in the youth exchange program for social inclusion and intercultural learning through sports funded by the EU

initiative, Erasmus+.

Each person involved in the project will become an active dissemination player, bringing the skills and methods acquired to organisations, youth groups and local communities. BAIS will make use of social media like YouTube and Facebook: we will dedicate regular posts to the mobility and its follow-up activities. To reach the greatest number of people, we will create and distribute an adequate amount of social media material, such as photos and videos. Upon completion of the mobility, we will plan local events (adopted sport activities) to connect the participants with the local community, to allow them to show their peers what they have learned, motivate them to join similar projects in the future, and disseminate the outputs through laboratories, workshops, roundtables, games and other activities inspired by those carried during the exchange.

### **(P2) Rijeka Sport Association For Persons With Disabilities/Croatia**

Rijeka sports association for persons with disabilities was founded in Rijeka in 1984. It was founded with a primal goal to promote sports among young people especially among those with various types of disabilities. It has a mission to integrate people with disabilities in society through sports, and to give a contribution to equal rights of all citizens and prevent social exclusion of people with disabilities.

There are 19 sports clubs within our organization which include: wheelchair tennis, athletics, table tennis, boccia, Alpine skiing, equestrian, swimming, shooting, sports for the deaf and sports for the blind.

Currently the Association employs 18 persons: Secretary General, 2 EU project managers and 3 Kinesiology professors/sport trainers, ICT experts, 9 Sports Assistants for people with disabilities. Among the employees we have persons with disabilities, parent of a child with disabilities and a member of marginalised national minorities.

Some of the main activities of Rijeka sports association for persons with disabilities include: promoting the common interests of its member sport clubs for the disabled, coordinating and synchronizing their program activities, organization of sporting activities for persons with disability in the Primorje - Gorski Kotar County, as well as organization of competition on all levels for all sports under the wing of Croatian Paralympic Committee and Croatian Sports Association of Deaf People, development of programs for international and EU regional cooperation, and including as many sports clubs for persons with disability in the process as possible, strengthening of the Paralympic principles through cooperation with similar organizations in Croatia and abroad, and of course, ensuring the financial resources for these activities.

Basic activities of the Rijeka sports association for persons with disabilities are as follows:

- Promoting the common interests of its members, coordinating and synchronizing their program activities
- Taking part in the process of defining the organizational criteria for the competition system in the Republic of Croatia
- Following and consideration of the current financial issues in sports for persons with disabilities in the Primorje-Gorski Kotar Region
- Organization of sporting activities for persons with disabilities in the Primorje - Gorski Kotar Region, as well as organization of competition on all levels for all sports under the wing of Croatian Paralympic Committee and Croatian Sports Union for Deaf People;
- Development of programs for international and regional cooperation, and including as many sports clubs for persons with disabilities in the process as possible, of the Paralympic principles through cooperation with similar organizations in Croatia and abroad
- Ensuring the financial resources for these activities.

Our organization has experience in these EU founded projects:

- "The eSwimming project". The aims of the project were increasing the usage of swimming as a therapy for disabled people, increasing the number of swim trainers for disabled people, promoting swimming as a therapy.
- 'PTO – swimming as therapy for the disabled'. The aim of the project was education of kindergarten and primary school teaching staff on the usage of swimming as therapy for the disabled children.
- 'IRIS - Sport as a mechanism of integration and rehabilitation' which was aiming to educate kindergarten and primary school teachers on the topic of disability sports, and encourage them to use the acquired knowledge in their everyday work, and also the project goal was to integrate children with disabilities in society through sport.
- MAPS (Multisport Against Physical Sedentary), EU program: Erasmus + Sport, Collaborative Partnership. The main goal of project MAPS is to create a European multisport methodology against obesity, sedentary lifestyle and sport dropout among children from 9 - 12 years old.

#### -IN DIVE,

The aim of the project InDive, Integrating Diversities Through Watersports, is to encourage social inclusion and equal opportunities in sports, with a specific focus on people with mental and physical disabilities. The project specifically focuses on watersports and physical activities taking place in the water, such as:

Swimming

Springboard/Platform diving

Synchronized swimming

Psychomotricity in water

Sailing

#### - MENS

The 'MENS' project aims at developing strong institutional practices for a specific contribution of sporting and physical activity in the prevention, therapy and rehabilitation of the persons with mental health problems at the European level.

The main goal of the project is the establishment of a European network focused on the connection between mental health and sports.

The partnership of the 'MENS' project is made up of 17 organizations from 12 member states of the EU, which are active in the areas of mental health and/or sporting and physical activities.

The leading partner of the project is the EDRA K.S.D.E.O. from Greece

Currently our organization is participating as a partner in these EU projects:

#### -RESPORT,

European partners cooperate in the project "ReSport" to develop new rehabilitation sport activities ("ReSport Activities"), test psychophysical improvements of persons with disabilities and promote physical activity among them. Project implementation will raise awareness on the importance of physical activity and transfer knowledge at the European level.

#### -ESFA,

develop guidelines, models and rules of good practice focusing on mass athletics and the education of students/trainers/clubs for the prevention of sport exclusion of students with these special needs. It also encourages the networking of Universities and national agencies on these issues at the European level.

The project will develop and evaluate these models across different European countries to provide deliverables that could be used around Europe.

#### -ST4ALL

aim of the project is to enhance training skills of coaches for working with youth WITH disabilities. Attention to physical and psychological aspects of their inclusion in sports activities and their aspects of therapy will be explored. When advising people about sport participation, not just the age and type of disability should be considered but also environmental and societal barriers. To find appropriate sport of disabled persons can increase the chances not only to become active but that they stay active.

#### -ACTIV OSI

The aim of the project is education and training of persons with disabilities for the leader of sports-recreational activities in order to bring them closer to the labour market and to contribute to increasing the possibilities of their employment. ACTIV OSI is a project funded from European Social fund and Rijeka sports association for persons with disability is a leading partner.

New ERASMUS projects that have started in 2019. year in which Rijeka sports association for persons with disabilities is participating as partner are: 'SPHERE', 'Integrating Disabled People Into Social Life With The Hypotherapy-Hydrotherapy Method', 'Sport Young Ambassadors', 'Swimming 4 All'.

### **P3 Municipality of Lousada / Portugal**

The Municipality of Lousada is an institution of local public administration. It aims to pursue the interests of the population in the territorial space of Lousada Council. The council of Lousada belongs to the district of Porto and has an extension of 95 Km<sup>2</sup>. The city assumes itself as the center of the region denominated Vale do Sousa since it is situated in its geographic center. It has approximately 50.000 inhabitants that are distributed within the 25 parishes of Lousada.

#### View

The Municipality of Lousada directs its action to achieve a sustainable development, to promote and boost the council at economic, social, environmental and cultural level, optimizing the use of available resources and striving for a public administration capable of responding to the growth objectives of the council and the

needs of its citizens.

#### Mission

The Municipality mission is to define guiding strategies and execute the resulting municipal policies towards sustainable development of the municipality, contributing to the increased competitiveness of it, in local, regional and national levels, through measures and programs in various areas of their competence quality of life of its citizens and ensuring high standards of quality services.

#### Objectives

In performing its functions and duties, municipal services should pursue the following objectives:

- a) Conducting a full and objective way of projects, actions and activities defined by municipal bodies, namely those consisting in investment plans and activity plans;
- b) Achieving high rates of improvement in the delivery of services to the population, responding promptly to their needs and aspirations;
- c) Modernization of technical services, accelerating the processes of decision making;
- d) Dignifying and professional development of municipal workers, and their accountability.

The organizational structure:

Department of Administration and Finance

Department of Municipal Works and Environment

Department of City Planning

The Municipality of Lousada is also structured around the following flexible organic units:

- a) Division of legal affairs and human resources;
- b) Division of financial management's;
- c) Communication, heritage, culture, education and sport division;
- d) Division of social action, youth, economic and tourism activities;
- e) Division of planning and urban management;
- f) Mobility and Equipment Division;
- g) Environment Division and urban services;
- h) Municipal projects service;
- i) Information systems service and communication

In the sports area, the Municipality of Lousada seeks to respond the following requirements:

- Coordinate and develop sporting activities in the Municipality, promoting the participation of associations, organizations and local communities;
- Support sports activities in various competitive levels, developed by official and private entities towards generalization of the sport;
- Organize, coordinate and ensure the success of sporting events regularly promoted by the municipality;
- Develop and update the Municipal Sports Letter;
- Ensure coordination of the group of technicians that perform the functions of curriculum enrichment activities in the area of sport and physical activity;
- Manage and ensure the maintenance of sports facilities in the municipality , as well as promote its use by the population and under collaboration agreements with other sports institutions;
- Ensure the construction, preservation, maintenance and management of sports facilities in the municipality;
- Propose measures to promote and foster the sport in sporting activities;
- Encourage and support sports associations;
- To propose actions aimed nonviolent behavior and sportsmanship in competition venues of the municipality.

The Municipality of Lousada/Município de Lousada as a public institution of local administration has important facilities and organises relevant sport activities. "Sport for all", this is the underlying idea for all municipal sport activity.

In recent years, a major effort was undertaken to increase the network of sports infrastructures with emphasis on both Municipality Centre, with the construction of the Sports Complex, and in the periphery, with the construction of new Municipal Sports Pavilions and sintetic sport grass/football fiels.

Lousada aims to be a model of excellence in the use of sport as a dynamiting element of health, education, socialization and creation of value for citizens and sports communities, seeking to maximize the possibility of access to sports practice for its entire population in an equal way, promoting a greater and better quality of life.

Most common sports activities: We annually organize regional sports finals of the schools in athletics, rugby, tennis and field hockey.



Also the Carnival and Easter Racing are considered to be important activities. It is organized an Amateur Championship of football. The European Championships of field hockey and the rally of Portugal are other important activities that take place in Lousada. Every year the municipality participates in the international youth games along with the municipalities of other countries with which there is a twinning. It is also developed a program of sports training, workshops, journeys and sports festivals.

Hiking, free running, crossfit competitions, trail, outdoor lessons are initiatives that are undertaken periodically.

In the sports complex there are organized stages and regional, national and international competitions.

#### **P4 Cooperativa Cooperabile Onlus Florence /Italy**

CooperHabile Onlus is a new born social cooperative who wants to offer advanced services to disabled people to help them in the normalization of their life. CooperHabile considers the sport one of the best way to interest the persons with disability , and one of the most effective in physical rehabilitation but also a strong instrument to reinforce the social relationships which are the base for a correct psychological balance. CooperHabile is also a good sport organizer, in fact took part in the organization of the Trisome Games 2016, held in Florence, with 930 athletes from 37 countries who competed in 9 different sports reserved to the mental disabilities (Down Syndrome). Trisome Games was a seven days sport event with a very complex organization. Never the less CooperHabile already organized in his young life three Italian National Championship and two regional Tuscany Championship for Disabled in different disabilities, physical, sensorial and mental. Besides, CooperHabile already organized many paralympic summer and winter campus in Italy.

CooperHabile is the owner and the publisher of the only sport magazine on paralympic sport of Tuscany called ToschHabile.

The structure of CooperHabile is very simple and in the social structure there are many professional people experts in several fields : teachers of sport for people with disability, trainers from Florence university, managers from different companies, etc.

CooperHabile is affiliated with Confcooperative that is the main Italian national organization in the cooperative world but is also part of an important consortium called Co&So that is a wide consortium of social cooperatives operating in many different fields.

Between the partners of CooperHabile there are also two persons with disability who took part a Paralympic Games and two Presidents of Regional Italian Paralympic Committee, with one of them who is member of the national board of Italian Paralympic Committee.

Besides CooperHabile collaborates with the most important company of Italy in temporary management and consultation in management and with this company is attending some works in a Erasmus project to improve the spirit of entrepreneurship through the digital storytelling.

CooperHabile Onlus is social cooperative who wants to offer advanced services to disabled people to help them in the normalization of their life. CooperHabile considers the sport one of the best way to interest the persons with disability , and one of the most effective in physical rehabilitation but also a strong instrument to reinforce the social relationships which are the base for a correct psychological balance.

CooperHabile is also a good sport organizer, in fact took part in the organization of the Trisome Games 2016, held in Florence, with 930 athletes from 37 countries who competed in 9 different sports reserved to the mental disabilities (Down Syndrome). Trisome Games was a seven days sport event with a very complex organization. In 2018 CooperHabile organized in Florence the Disabled Italian Championship in Athletics and Futsal with more than 1.200 athletes. CooperHabile in the past organized three Italian National Championship and three regional Tuscany Championship for Disabled in different disabilities, physical, sensorial and mental. Besides, CooperHabile already organized many paralympic summer and winter campus in Italy. CooperHabile is the owner and the publisher of the only sport magazine on paralympic sport of Tuscany called ToschHabile.

The structure of CooperHabile is very simple and in the social structure there are many professional people experts in several fields : teachers of sport for people with disability, trainers from Florence university, managers from different companies, etc.

CooperHabile is affiliated with Confcooperative that is the main Italian national organization in the cooperative world but is also part of an important consortium called Co&So that is a wide consortium of social cooperatives operating in many different fields.

The vice-president of CooperHabile who is disabled himself, took part to two Paralympic Games and many world championships. He is graduated in teaching wheelchair tennis, karate and physical culture. In the staff there are two Presidents of Regional Italian Paralympic Committee, with one of them who is member of the national board of Italian Paralympic Committee.

In the staf of CooperHabile there are two architects specialized in removing architectural and sensorial barriers

Moreover CooperHabile thanks to the professionalism of its members, collaborates with the most important company of Italy in temporary management and consultation in management and with this company is attending some works in a Erasmus project to improve the spirit of entrepreneurship through the digital storytelling.

## PART E - Project characteristics and relevance

### E.1. Objectives

Please explain:

- why and how the project addresses the topic you selected in the eForm application (section B.2) and the European policies in the field of sport,
- the genuine and adequate needs analyses,
- the extent to which the objectives address issues relevant to the participating organisations and target groups.

Visually Impairment, it is the situation that the individual's educational performance and social cohesion are adversely affected due to the partial or total lack of vision.

The legal definition of visual disability depends on the perception of vision and visual field. The legal definition is used by medical professionals and other interested parties. According to this definition, individuals who have visual acuity or less than 20/200, or have a visual angle of not more than 20 degrees, are called blind.

Means of the 20/200 that the person affected by visual impairment can see from 60 cm, and the individual with normal vision can see it from 6 meters. The narrow visual angle means that despite the normal visual acuity, vision is limited to only 20 degrees in the center and cannot see objects outside of 20 degrees.

According to the legal-medical definition, those with visual acuity of between 20/70 and 20/200 are called low vision. In short, a person with normal vision can see from a distance of 6 m, while a person with low vision can see from a distance of 2 m to 60 cm.

In the educational definition of visually impaired individuals, individuals who are heavily affected by visual impairment, who need to use relief alphabet (braille alphabet) or speaking books, are defined as blind; using magnifying tools or reading large-scale writings, individuals are considered as low vision. The fact that educational definition is not as precise as the legal definition is due to the fact that it emphasizes the educational variables and the method of reading in teaching.

Visual communication between the individuals is controlled by trying to understand the meanings of their facial expressions by looking at the individual's face. In individuals who smile, yawn, frowning, such as mimics give hints about his interest and understanding. In addition, it provides many clues to people who also see postures.

The face of people with visual impairment can often be expressionless and dull. Furthermore, the fact that the visually impaired person cannot establish eye contact with the family may cause the family to become stressed because of the distance between him and his family.

One of our most important sensory organs is for us to perceive and recognize the outside world. Eyes are the window of a human being to the world.

The inadequacy of this sense causes us to live in normal life and to experience many functions. In order to minimize these problems in individuals with visual impairment and to ensure that the individual lives in a quality life, special education and living spaces should be arranged according to the visually impaired individuals and we should rather add them to the sporting activities.

Characteristics of people with visual impairment:

- \*\* There is a delay in cognitive abilities or in conceptual development.
- \*\* Can have problems especially in abstract thinking.
- \*\* They usually obtain information about the field concept through the sense of touch.
- \*\* Other sensory organs are more developed. Thus they have developed the ability to notice attention concentration details.
- \*\* There is no retardation or difference in mental and physical development.
- \*\* They have difficulty in acting independently.
- \*\* Hand and Body coordination is experiencing difficulties.

One of the important aspects of sports for people with disabilities is that it provides the formation of social relations. Permanent disability disrupts the approaches of people with disabilities to themselves, causing introversion. This may be further exacerbated by some unwanted emotions, such as the embarrassment of the people responsible for helping them.

In people with new disabilities, participating in sporting events helps to regain self-esteem and to integrate positive behavior and social life. Psychodepressive persons with disabilities had an improvement in their sport activities. Whatever the type or degree of disability, there is a sport that people with disabilities will do. Another importance of sports for the disabled is the formation of social relations and the adaptation of the disabled person to social life more easily. It is now possible to use many sports activities in the rehabilitation and recreation of disabled people.

When we close our eyes and think of empathy, we understand how frustrating it is not to see that we cannot act like disabled individuals. This situation causes mental and psychological problems in visually impaired individuals. Visually impaired individuals are people who need help in their daily lives. In particular, this situation brings many problems in visually impaired individuals.

We should not forget that the problems we face as a normal individual in everyday life live in people with disabilities. We think that everyone should be able to do their part in order to adapt and overcome these difficulties. Therefore, bringing them into social life should give them the opportunity to eliminate prejudices about people with disabilities in society.

The most important problem experienced by a visually impaired person is not to see his eyes, but to misconceptions and prejudices of society about visually impaired people; the inadequacy of the opportunities provided and the inequality of opportunity with other people.

How wrong it is for a visually impaired person to present the visually impaired as an excuse for every failure he faces, it is so wrong that society asserts that it is necessary to see each success. Visually impaired people can do all the sports as successful as normal individuals by getting enough training (Emiroğlu, 2014).

While physical activity plays an important role in psychological, physiological and social aspects for all people, the importance of it increases in people with disabilities. Physical activity enables people with disabilities to control their feelings of aggression, anger and jealousy as a result of their disabilities and the mood of society and their attitude towards them (İlhan, 2008).

According to the UN Convention on the Rights of Persons with Disabilities, the rights that must be met in the sports field, which have obligations to the states which are composed of 50 items and which are parties to disability, to eliminate discrimination against people with disabilities and raise their living standards, are mentioned as follows.

- (a) To encourage and promote the full participation of persons with disabilities at all levels of sporting activities;
- (b) Encouraging persons with disabilities to have the opportunity to organize, develop and participate in sports and recreational activities specific to disability, and therefore to provide them with appropriate information and training and the provision of resources;
- (c) to provide access to sports, entertainment and touristic areas for persons with disabilities;
- (d) To enable children with disabilities to participate equally in school activities, as well as in game, recreation and sports;
- (e) To provide access to services provided by those who organize entertainment, tourism, recreation and sports.

Compared to non-disabled people worldwide, people with disabilities have been shown to have worse health status, lower educational achievement and economic participation, and higher rates of poverty. The fact that many of us face barriers to accessing services such as health, education, employment, transportation and information, which are accustomed to the existence of our people, may partially explain these differences. In less favorable societies these problems are becoming more burning.

The World Disability Report, on behalf of people with disabilities and the whole community; proposes steps to be taken to create the conditions to eliminate barriers, to develop rehabilitation and support services, to provide adequate social protection, to create inclusive policies and programs, to implement existing and new standards and laws, to all relevant stakeholders - government, non-governmental organizations and organizations of people with disabilities . These efforts should be disabled people at the center.

According to the results of the study, the participants reported that they could not perform physical activity due to reasons such as not leaving the house alone, disliking physical activity, individual health problem, not having friends who could do physical activity together. Similarly, Heller et al. (2002) as a result of their research with adults with down syndrome, cost of physical activity program, lack of transportation, not knowing where and how to do physical activity, not knowing how to use physical activity tools, anxiety caused by the possibility of people mocking, lack of someone to show how to do physical activity, as the physical activity centers are not accessible barriers to participation in physical activity have emerged.

In another study (Rimmer et al., 2008), individuals with physical disabilities also stated the costs of physical activity program, not being aware of the physical activity center in the environment and the reasons such as transportation as barriers to participation in physical activity.

In addition to the above, physical environmental barriers, attitudes and perceptions of non-disabled individuals in some other research results (Rimmer et al., 2004); lack of role models, the perspective of family and society (Anderson et al., 2005); (Vanner et al., 2008) and the obstacles related to the possibilities of changing clothes (Kirchner et al., 2008) have emerged as ubsur which prevent the participation of people with disabilities in physical activity.

### Turkey/Kahramanmaras

According to data from the Social Security Administration, 220 thousand visually impaired people live in Turkey. Three out of every thousand people have visual impairment. It is reflected in the researches that visually impaired individuals living in Turkey have problems in many ways.

Although there are educational facilities such as schools for the visually impaired, rehabilitation centers, these facilities are not enough for them. As the physical activity opportunities for the visually impaired individuals are not sufficient, the visually impaired people lack the physical activity.

The integration of individuals in this situation into social life and communication with the society is quite low. In general, the families of the visually impaired individuals have very low awareness of the physical activity needs of these individuals.

When we look at Turkey Visually Impaired sports federations statistics.

In Turkey, visually impaired individuals athletics, football, futsal, goalball, weightlifting, judo, chess, although interested in the sport, it was found that 1% of people with disabilities engaged in sport. This rate is quite low compared to the total number of persons with disabilities. Darts which have a valuable place in the society are not among the sports fields of visually impaired individuals.

### Macaristan/Budapeşte

Visually impaired people in Hungary: 218 00 out of which blind people are 33 000. Visually impaired people in Budapest 96 700 out of which blind people are 14 500. Social problems (especially blind people): low levels of employment, low levels of educational attainment, social exclusion, general health problems.

Participation rate in sport activities (it applies to Budapest population): 13,6% never do sports, 30,7% only very rarely in contrast to 27,% who does sport activity every day. Another 27,1% does sport activity once or twice a week. None of the disabled people in our region do not know about the sport of darts and have not participated in any of their practices (see <http://real-phd.mtak.hu/467/2/gombasjudit.m.pdf>).

## Croatia/Rijeka

According to the Report on Persons with Disabilities in the Republic of Croatia in the register 2017. year recorded 17377 persons with impaired vision, on 1 000 inhabitants 4 persons are with visual impairment. In Primorje - Gorski kotar county (Rijeka and surroundings) with visual impairment registered 997 people, of whom a diagnosis of blindness in both eyes has 285 people. Blind people are the most difficult employable population within a group of people with disabilities in Croatia.

## Portugal/Lousada

Visually impaired has a significant value in Portugal. There are about 163.000 blind people. In order to consider the needs of these populations, organisations have been formed to help, support and promote awareness about the experiences of those in the blind and visually impaired community. The ACAPO is a Portuguese association for people with amblyopia and visually impaired. The association purpose to help blind people to know how to walk safely, to do personal care, to cook, to read and write or to count money. Most of visually impaired people don't have support in normally daily activities. A Portuguese study show that 60% of people with visually impaired have difficult to walk in strange public spaces, use public transport or climb stairs, 20% are totally dependent and 20% of them live alone. More of 50% live in the cities but most of them can't go out with when they want. Almost 50% don't have a job and need social benefits to survive. The sport it is important to promote social inclusion for everyone and the adapted sport is growing in Portugal. Most local governments are concerned about disability and have supported the adapted sport. So far, we don't have numbers of the participation of people with disabilities in physical activity. The Portuguese Federation of Adapted Sport define the sports for visually impaired:

- Cycling
- Equestrian
- Goalball
- Judo
- Para swimming

According to our Portuguese partner, dart sport in Portugal is not implemented by visually impaired individuals. With "Dart 4 Blinds" project, dart applications will be apply in Portugal and this sport branch will support the visually impaired individuals to participate in physical activity. In addition, visually impaired people in Portugal will be introduced to a new branch of sports.

## E.2. Innovative aspects

Please describe to which extent is the proposal innovative.

Dart was modified by the Vocational School of Physical Education and Sports at Sutcu Imam University and turned into a sports branch that can be done by visually impaired individuals.

In our city, it was applied with experimental study in a school providing education for the visually impaired. Very successful results have been obtained as a result of the applications. As a result of dart applications, it can be seen that visually impaired individuals can apply modified dart as a sport branch.

As a result of this study put forward in this sense, they will be able to open a window in their physical and spiritual world and contribute to their being physically more active.

"Darts for visually impaired individuals" developed in our university for the first time is not applied in any federation and sports club in the World and Europe.

In cooperation with other European countries, the project aims to contribute to the physical, mental and social development of visually impaired individuals through the implementation of modified Dart sports for visually impaired individuals. However, our goal is to offer modified Darts, which is a new sports branch for

visually impaired individuals, to the service of visually impaired individuals across Europe with our Darts for Blind project.

In addition, with the ease of application of modified Darts sports, it is important for mentally and physically active individuals who are unable to leave their homes due to various reasons and who are away from social life, and it will be ensured that Dart sports can also be used in their homes.

#### Darts for Blind Project

- \*\* Self-confidence strengthened,
- \*\* Feeling a worthy individual,
- \*\* Visually impaired people integrated into social life,
- \*\* Physically activated,
- \*\* Emotionally happy,
- \*\* Mentally animated,
- \*\* Collaborator,
- \*\* Advanced problem solving skills,
- \*\* Life motivations increased,
- \*\* Individuals with disabilities who accept themselves as
- \*\* Happy, conscious and cheerful families,

#### Benefits of Dart Sports

Both sport and entertainment:

Dart sports is not only a competition sport, but also a social activity that makes it easier for people to get stressed, make it easier to meet new people, and use mental activities as well as physical activities.

Provides personal self-esteem development.

It provides mental and physical development.

Improves instant decision making

Fair play improves the spirit.

Easy to apply,

The rules are clear and understandable,

Very few vehicles require power.

Can be applied anywhere,

Especially in visually impaired individuals, it is a sport that has an important effect in overcoming the difficulties experienced in maintaining the balance of the body.





Modified Dart Board for Visually Impaired Individuals

### **E.3. EU added value**

Please describe the project's added value at EU level through results that would not be attained by activities carried out solely at national level.

In the first instance, when a physical activity or activity comes to mind at the time when it is said to be sport, the social and psychological effects of doing sports are very much positive.

Therefore, if people need to do sports how much normal people have a need to do sports and physical activity. Persons with disabilities have difficulties in social and psychological aspects as well as their physical problems and sports have become a necessity in overcoming them. Visually impaired individuals not only in Turkey are experiencing the same difficulties are also vital in all European countries.

Thanks to our Darts for Blind project, the modified dart application activities to be carried out in the countries which are our partner partners will have a positive effect on life satisfaction by opening a different window in the life of visually impaired individuals living in these countries.

The implementation of the Darts sport among visually impaired individuals in Europe will be among our goals to bring them to society throughout Europe as a healthy, psychologically comfortable and positive looking person, not with the aim of sporting championship.

Dart sport, which is adapted for the visually impaired people who are unknown and not practiced anywhere in the world, will be provided by our project as a new sports branch in Europe for visually impaired individuals.

We anticipate that the activities to be carried out with our Dart 4 Blind project will be effective for visually impaired individuals living in Europe to be healthy, happy, life motivated, positive to life and socially safe.

Our most important policy that we want to reach throughout Europe is to promote the sport of darts, which is modified according to the visually impaired individuals, and to meet all the needs of the visually impaired individuals in a social, psychological and physical sense.



# Part F - Quality of the project design and implementation

## F.1. Project design

Please describe a clear and complete work programme, including appropriate phases for preparation, implementation, monitoring, evaluation and dissemination. Describe the proposal (on the basis of the main activities planned) and where and how it will be implemented.

### Project Start-End

18 Monts

01/01/2020 –30/06/2021

Work Plan 1

Preparing ;

\*\* All partners will contact the legal institutions and organizations for the visually impaired individuals in their region to identify the visually impaired individuals living in their regions. This way, access to volunteer groups will be more controlled.

\*\* All partners will communicate with visually impaired individuals in order to create a project implementation group in their own regions, and the volunteers who will participate in the project from the beginning to the end will be determined by taking into consideration the duration of the work among them.

\*\* If there are those who are engaged in sports, it will be determined which sport branch they are involved in, and if there are competing athletes among them, they will be excluded from our work. Firstly, those who do sports in the amateur level or who are not dealing with any sports branch will be included in our study.

\*\* Coordinator Kahramanmaras Sutcu Imam University School of Physical Education and Sports (KSU-BESYO) by the preparation of dart teaching program,

\*\* The project coordinator will make all preparations for the project start-up meeting in March,

\*\* Identify coaches who will provide training in partner countries (Hungary, Croatia, Portugal, Italy)

\*\* The coordinator will prepare a booklet with modified dart sport information about the construction of the equipment and the rules.

### January-February-March 2020

Work Plan 2

Management

\*\* All partners ensure the right project management by following the criteria envisaged to achieve the project's objectives. All partners will work at the highest level for the development of the project. Visually impaired individuals who are the target audience of the project will be encouraged to participate in the practices.

The management of financial and administrative activities will be carried out by following the European Commission Erasmus + Program.

In terms of project sustainability, all partners will be in constant communication and all plans will be made with the partners. At the meetings to be held in the participating countries, the applications will be reviewed and the level of progress will be evaluated.

### Work Plan 3

Application

\*\* The project partner countries will organize a seminar in their country for Coaches who will perform the practice and training of modified dart sport.

\*\* Co-ordinator Sutcu Imam University will provide training on modified dart applications to coaches via video conferencing.

\*\* All partner countries will identify 10 female and 10 male visually impaired individuals who are willing to

work and participate in dart training.

\*\* All partner countries will apply modified dart training at 4 hours per week for 6 months, enabling visually impaired individuals to practice darts without help.

\*\* Seminars will be given to families of visually impaired individuals in all countries for the promotion of Darts sport and the benefits of physical activity and sports.

\*\* Physical activity enjoyment test will be applied to the visually impaired individuals participating in the dart training. In this way, the psychological effects of modified darts training will be evaluated and the results will be reported.

\*\* Attention will be paid to the selection of visually impaired individuals who will participate in the applications, especially those who do not have sports and physical activity.

\*\* Follow-up form to monitor the development of visually impaired individuals who will participate in applications will be created, this form will be filled by coaches.

April-May -June-July-August-September-2020

Work Plan 3

Monitoring and Evaluation

Monitoring and evaluation are very important in determining whether the project objectives and objectives are achieved. All partners will be responsible for evaluation and monitoring.

Project coordinator will be informed about the problems encountered and possible risks. Problems will be discussed mutually to produce solutions. In addition to the meetings, review and evaluation meetings will be organized through video conferencing with the participation of all partners once a month.

\*\* Monitoring and evaluation of dart practices for people with visually impaired.

\*\* Monitoring and evaluation of dissemination activities.

\*\* Evaluation of monitoring of budget activities.

\*\* Review whether all partners comply with the prepared work program.

\*\* Monitoring of physical, mental and psychological development of visually impaired individuals.

\*\* Evaluating the willingness and satisfaction of visually impaired people towards dart teaching.

\*\* Evaluation of reports.

Throughout the whole project

01/01/2020 - 30/06/2021

Work Plan

Dissemination

Ensuring the sustainability of the results of the project as well as the visibility and multiplier effect of the project activities.

Sharing the project activities and outputs with stakeholders such as public institutions and organizations, non-governmental organizations, sports clubs and sports federations working for visually impaired individuals is one of the most important pillars of our project.

Today, we are aware that the effective power of social media should be used together with all of our project partners.

For this reason;

\*\* All project partners will share their project activity from their social media accounts and websites.

\*\* Social media accounts such as Instagram, Facebook, Twiteer will be opened on behalf of the project and all activities will be shared on these social media tools. The coordinator of the social media accounts will be Kahramanmaras Sutcu Imam University.

\*\* A website will be established on behalf of the project.

\*\* Brochures will be prepared by the coordinating country explaining the objectives and results of the project and the importance of dart sport for the visually impaired. All partner countries will translate into their own languages and distribute them to the relevant stakeholders.

\*\* All project partners will share all project related activities (meetings, applications) in their own countries with written and visual media.

## F.2. Methodology

Please describe:

- the quality and feasibility of the methodology proposed,
- the consistency between project objectives, methodology, activities and budget proposed
- the existence and quality of management arrangements (well defined and realistic timelines, organisation, tasks and responsibilities),
- the coherence between the project activities and the use of budget (cost-effectiveness).

Our main goal in our Darts for Blind project is; The aim of this course is to share the sport of Europe as a good practice and to add it as a new sport branch among the sports which are disabled by the visually impaired. At the same time, it will contribute to the integration of visually impaired individuals into social life, to lead a healthier life, to mental, physical and cultural development.

Dart sports was modified by the Vocational School of Physical Education and Sports of Sutcu Imam University for visually impaired individuals. This branch was applied by visually impaired people living in the region and positive results were obtained. As a result of experimental applications, it has been determined that dart sport which is applied by using an auxiliary vehicle can be used as a applicable sport branch together with rule arrangements to be made for visually impaired children. The modified darts sport will be implemented as a good practice study of the visually impaired individuals in the European countries.

In the main activities of our project, the training methods of darts sports will be taught to the coaches who will operate the visually impaired individuals by the Kahramanmaras dairy imam University. 10 female - 10 male visually impaired individuals, who will be determined for the study from all partner countries, will practice the darts sport practically and theoretically. Kahramanmaras Sutcu Imam University School of Physical Education and Sports will prepare a 6-month training program to be implemented in the partner countries.

### Goals of our Project

- \*\* Visually impaired individuals who adopt a more active lifestyle,
- \*\* Visually impaired individuals who are relaxed,
- \*\* Visually impaired individuals with physical coordination,
- \*\* To understand the importance of physical activity and sports,
- \*\* Visually impaired individuals with personal self-confidence,
- \*\* Visually impaired individuals with social communication,
- \*\* Visually impaired individuals who are away from stress,
- \*\* Visually impaired individuals who are at peace with society,
- \*\* Increased social awareness for visually impaired individuals in partner countries,

### Project Activities to Reach Goals

#### 1.International Meetings

In order to reach the project objectives, 5 transnational meetings were planned.

Kick-off Meeting in Kahramanmaras / Turkey 2-4 March 2020

The first meeting in Rijeka / Croatia 6-8 June 2020

The second meeting in Lousada / Portugal 14-16 October 2020

Third meeting in Budapest / Hungary 12-14 February 2021

The final meeting in Italy/Florence 15-17 May 2021

**Initial meeting of the coordinator countries will be held 2-4 March 2020 in Turkey.**

All the preparations related to the meeting will be prepared by the coordinator Sutcu Imam University. Three people from the coordinating country and two from the partner countries will participate in the international meetings. All countries participating in the start-up meeting will present a slide presentation of the problems encountered in their countries related to the visually impaired. Coordinator Sutcu Imam University will prepare a guide on how to prepare the modified dartboard and will enable the partner countries to prepare their own dartboard. Coordinator Sütçü Imam University will prepare handouts with project activities and explanations. All partner countries will fully comply with the project activities. In addition, the project partners with modified dart training will have the opportunity to observe the trainings at the Kahramanmaraş Visual Impaired School. Dissemination activities and budget issues will be discussed.

**The first interim meeting will be held on 6-8 June 2020 in Rijeka / Croatia**

In terms of evaluating the activities performed in a four-month period, the first interim meeting is important for the project. All partners will make a presentation in this meeting by preparing their progress in the period before and after three-month dart training and studies.

**The second meeting will take place on 14-16 October 2020 in Lousada, Portugal**

The host, Lousa, will carefully fulfill the logistics duties of accommodation and meal programs, in order to ensure that the meetings take place efficiently. Three participants from the coordinating country and two from the partner countries will attend the meeting. At the meeting, the partners will make a photo and video presentation with images of dart training and work done up to the stage. The effects of the goals and their impact on the visually impaired individuals will be evaluated by all partners and will be presented in a report.

**The third meeting will take place on 12-14 February 2021 in Hungary / Budapest**

The host of Budapest Association for International Sports will carefully fulfill the logistics duties of accommodation and meal programs, in order to ensure that the meetings take place efficiently. Three participants from the coordinating country and two from the partner countries will attend the meeting. In the third interim meeting, issues such as the reflection of publicity and dissemination activities on national and international press will be discussed. The necessary preparations for the final meeting, the evaluation of dissemination activities, the elimination of the deficiencies in the realization of the objectives and the things that should be done in the final stage will be discussed. The effects of the dart training in the partner countries on the visually impaired individuals and the extent to which the objectives are realized will be evaluated.

**The Final Meeting will take place on 15-17 May 2021 in Italy/Florence**

The project final meeting will be held in Florence / Italy hosted by Cooperativa Cooperabile Onlus. The final meeting of the project will be evaluated at the final meeting of the project, whether the project's objectives are achieved, dissemination of the national and international impact of the project, monitoring and evaluation of the impact of dart sport on visually impaired individuals.

## **2.Training**

With this project, we want to transfer our knowledge and experience about dart sport modified by Kahramanmaraş Sutcu Imam University to the countries in which we cooperate, in order to integrate visually impaired individuals into social life, to contribute to their physical and mental development and to feel happy.

All project partners, by cooperating with visually impaired schools, sports federations, sports clubs and public institutions in their regions, identify 10 women and 10 men visually impaired individuals and implement the training program prepared by Sutcu Imam University for six months, four hours a week. All coaches will record and report all activities carried out for 6 months and developments on disabled individuals by preparing a follow-up file for the visually impaired individuals.

## **3.Semminars**

All project partners will hold a project presentation meeting for visually impaired individuals, their families, representatives of relevant public institutions, sports clubs and visually impaired school staff. In the meeting, the importance of sports and physical activity for visual obstacles will be transferred to the participants. Further information will be given to the coaches who will be involved in the study of modified dart practice and training methods.

#### 4. Budget

All partners who cooperate with our project will comply with all the rules and regulations on budget control and management specified in the Erasmus + program guide. A total of five transnational meetings will be held with our project. All project partners will report expenditure and costs, collect the received invoices and give them to the project coordinator. Attention will be paid to the project costs at the lowest cost.

In transnational meetings, the distance band and payments shall be made as follows;

The cost of conformity to the criteria and cost compliance will be taken into account in the hotel, which is hosted in transnational meetings, as well as in the costs of eating and drinking. All partners will be informed by the project coordinator about the budget expenditure in line with the Erasmus + Program guide.

#### **Travel distances Amount**

100-499	€ 180,00
500-1999	€ 275,00
2000-2999	€ 360,00
3000-3999	€ 530,00
4000-7999	€ 820,00
8000 and over	€ 1.100,00

\*\* A website will be established where the impact of project promotion, objectives, activities, results, sports of visually impaired people, importance of physical activity for visually impaired people, and project results will be shared. 1500 euros are needed for the website.

\*\* In addition, five modified dart boards and arrows will be used for the use of visually impaired individuals who will perform all applications and training. The cost of each darts board is 200 euro and a total of 1000 euro is needed.

\*\* For seminars, seminars and brochures, a total of 5 seminars for 240 euros to 1200 euros are needed.

\*\* In order to use the visually impaired individuals in training, there are 80 pieces of shirts and 1500 euros for shoes and hats.

### F.3. Transnational project meetings

Please justify:

- the need for the meetings in terms of number of meetings and participants involved.

Please copy-paste the table as many times as necessary.

NOTE: Travel distances must be calculated using the distance calculator supported by the European Commission (see the link in the detailed budget table template).

<b>Meeting number</b>	M1
<b>Dates and venue</b>	2-4 March, 2020 Turkey Kahramanmaras
<b>Description of the meeting (including the need for the meeting)</b>	<p>The project kick-off meeting Kahramanmaras Sütçü Imam University Kahramanmaras / will be held in Turkey.</p> <p>The activities during the project will be discussed. Social sportive problems of the visually impaired individuals in Europe and the partner countries will be discussed. The methodologies to be implemented in the project will be discussed. It will also promote the sport of darts. The modified dartboard will be taught for visually impaired individuals. The visually impaired schools will be visited and visually</p>

	impaired individuals will be examined on site. Dissemination, budget and communication will be discussed.
<b>Hosting organisation and the number of participants</b>	Hosted by: Kahramanmaras Sutcu Imam University, three participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	A project coordinator and a coach will participate on behalf of all participating partners. Project coordinators are important in order to perform activities such as project management, budget and dissemination in a systematic way. The coaches to be attended are required to see and practice the applications and training program of modified darts. Rijeka disability sports association, two Participants Lousada Municipality, two participants Budapest Association for International Sports, two participants Cooperativa Cooberhabile Onlus, two participants
<b>Participating organisations and the number of participants per each of them</b>	Hosted by: Kahramanmaras Sutcu Imam University, three participants Rijeka disability sports association, two participants Lousada Municipality, two participants Budapest Association for International Sports, two participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	The project start-up meeting is important for the participation of all partners and the first meeting of the project activities to be discussed face to face. Topics such as elaboration of project activities, determination of duties and responsibilities of the project partners will be discussed at the initial meeting.  Good practice will include topics such as initiation of dart training in partner countries, selection of target audience visually impaired individuals, training programs and risk factors in training.

<b>Meeting number</b>	M2
<b>Dates and venue</b>	6-8 June, 2020 - Croatia/Rijeka
<b>Description of the meeting (including the need for the meeting)</b>	The first meeting will be held in Rijeka by Rijeka disability sports association. The progress of activities and risk factors of the partner countries will be discussed. In the three-month period, the first interim meeting should be held in order to discuss issues such as the effect of trainings on visually impaired individuals. Dissemination, budget and evaluation issues will be discussed.
<b>Hosting organisation and the number of participants</b>	Hosted by Rijeka disability sports association, two participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	At the first interim meeting of the project, the host institution represented a project coordinator and a trainer representing the Rijeka disability sports association, a project coordinator representing the Sütçü Imam University on behalf of the coordinating country and two dart trainers, and the other partner countries, with a project coordinator and a dart coach It will participate. Project coordinators, project management, evaluation and budget issues are discussed and mutual exchange of information; coaches are important for visually impaired individuals to implement, compare and review progress on dart training.
<b>Participating organisations and the number of participants per each of them</b>	Hosted by Rijeka disability sports association, two participants Kahramanmaras Sutcu Imam University, three participants Lousada Municipality, two participants Budapest Association for International Sports, two participants Cooperativa Cooberhabile Onlus, two participants
<b>Justify the need for the given</b>	A project coordinator and a dart trainer from the partner countries, a project coordinator and two coaches from the coordinator Sütçü Imam University will

<b>number of participants and specify the role of each of them</b>	participate. Coordinators should participate in the first mid-term meeting in terms of evaluation of the project in general terms. It is important for the coaches to participate in the first mid-term meeting in order to evaluate the training for visually impaired individuals.
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<b>Meeting number</b>	M3
<b>Dates and venue</b>	14-16 October, 2020 - Portugal/Lousada
<b>Description of the meeting (including the need for the meeting)</b>	A project coordinator and coordinator a project coordinator and two coaches from Sütçü Imam University will participate. Coordinators are required to attend the second midterm meeting in order to evaluate the project in general terms. It is important for the trainer to participate in the second mid-term meeting in order to evaluate the training for visually impaired individuals.
<b>Hosting organisation and the number of participants</b>	Lousada Municipality, two participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	A project coordinator and coordinator a project coordinator and two coaches from Sütçü Imam University will participate. Coordinators are required to attend the second midterm meeting in order to evaluate the project in general terms. It is important for the trainer to participate in the second mid-term meeting in order to evaluate the training for visually impaired individuals. It is important for the project coordinators to participate in the project management and implementation of information exchange in order to eliminate the mutual deficiencies. Trainers will prepare and present a report on the effects of darts on visually impaired individuals.
<b>Participating organisations and the number of participants per each of them</b>	Hosted by Lousada Municipality, two participants Rijeka disability sports association, two participants Kahramanmaraş Sutcu Imam University, three participants Budapest Association for International Sports, two participants Cooperativa Cooberhabile Onlus, two participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	A project coordinator and coordinator a project coordinator and two coaches from Sütçü Imam University will participate. Coordinators are required to attend the second midterm meeting in order to evaluate the project in general terms. It is important for the trainer to participate in the second mid-term meeting in order to evaluate the training for visually impaired individuals. It is important for the project coordinators to participate in the project management and implementation of information exchange in order to eliminate the mutual deficiencies. The physical, psychological effects of the dart applications on the visually impaired and the opinions of the families will be evaluated by the coaches.

<b>Meeting number</b>	M4
<b>Dates and venue</b>	12-14 February, 2021 - Hungary / Budapest
<b>Description of the meeting (including the need for the meeting)</b>	The third interim meeting is important in terms of the completion of the project and the final meeting. Preparations for the final meeting; reports, national and international impacts of the project, dissemination activities and all necessary preparations for the reports to be submitted to the project coordinator will be discussed in this meeting.
<b>Hosting organisation and the number of participants</b>	Budapest Association for International Sports, two participants
<b>Justify the need for the given</b>	A project coordinator and a dart coach from the host institution and partner countries will participate, and a project coordinator and two coaches from the coordinator Sutcu

<b>number of participants and specify the role of each of them</b>	Imam University will participate.
<b><u>Participating organisations and the number of participants per each of them</u></b>	Hosted by Budapest Association for International Sports, two participants Lousada Municipality, two participants Rijeka disability sports association, two participants Kahramanmaras Sutcu Imam University, three participants Cooperativa Cooberhabile Onlus, two participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	It is important for the trainer and coordinators to attend the meeting in order to discuss the activities of the project from the beginning to the end, the effects of the dart activities on the visually impaired individuals and the effects of the project results on the other stakeholder institutions.

<b>Meeting number</b>	M5 Final meeting
<b>Dates and venue</b>	15-17 May 2021- Florence/Italy
<b>Description of the meeting (including the need for the meeting)</b>	The final project of the project will be hosted by Florence Cooperativa Cooberhabile Onlus, Italy. During the final meeting, dissemination activities throughout the project, monitoring evaluation activities, the impact of dart training on the target group, the national and international impact of the project will be presented by all partner countries in the final report of the project. Coordinator Kahramanmaras Sutcu Imam University will inform all partners about the reports to be submitted to the commission. Project coordinators will submit project management reports.
<b><u>Hosting organisation and the number of participants</u></b>	Hosted by Cooperativa Cooberhabile Onlus, two participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	
<b><u>Participating organisations and the number of participants per each of them</u></b>	Hosted by Cooperativa Cooberhabile Onlus, two participants Budapest Association for International Sports, two participants Lousada Municipality, two participants, two participants Rijeka disability sports association, two participants Kahramanmaras Sutcu Imam University, three participants
<b>Justify the need for the given number of participants and specify the role of each of them</b>	A coordinator and two coaches from the coordinator Sutcu Imam University will participate. A coordinator from the host country, a coach will participate in a co-ordinator, a coach from other partner countries. At the final meeting, the coaches who will attend will compare the social, physical and mental impacts of dart training on visually impaired individuals and their families.

#### **F.4. Exceptional costs**



***(to be filled in only if applicable)***

If you include any 'Exceptional costs' items (e.g. subcontracting or purchase of goods and services) in the detailed budget table, please justify all of them here in this section and link each of them to the respective project activity they have to support/fulfil.

\*\* A website will be established where the impact of project promotion, objectives, activities, results, sports of visually impaired people, importance of physical activity for visually impaired people, and project results will be shared. 1500 euros are needed for the website.

\*\* In addition, five modified dart boards and arrows will be used for the use of visually impaired individuals who will perform all applications and training. The cost of each darts board is 200 euro and a total of 1000 euro is needed.

\*\* For seminars, seminars and brochures, a total of 5 seminars for 240 euros to 1200 euros are needed.

\*\* In order to use the visually impaired individuals in training, there are 80 pieces of shirts and 1500 euros for shoes and hats.

# PART G – Quality of the project team and cooperation arrangements

## G.1. Project team

Please describe the participation of people with expertise for the implementation of the project and the division of their responsibilities and tasks.

### Kahramanmaras Sutcu Imam University - Kahramanmaras/Turkey

#### Turkey Team

1

**Position in project :** Project Coordinator

**Surname, First name:** Gençay, Ökkeş Alpaslan

**Organisation** Kahramanmaras Sutcu Imam University, School of Physical Education and Sports

**Position/Category:** Professor

**Telephone :** +905324468967

**Email :** alpaslan@ksu.edu.tr

**Website :** <http://besyobesob.ksu.edu.tr/Default.aspx?SID=7447>

#### A. Professional experiences

1. 2002-date: Head of Department of PE, Kahramanmaras Sutcu Imam University
2. 2015-date: Professor, Kahramanmaras Sutcu Imam University, School of Physical Education and Sports
3. 2011-2013: Local Administrator of the National Measuring and Selection Center (OSYM),
4. 2011-2015: Assoc. Prof.Dr. - Kahramanmaras Sutcu Imam University
5. 2002-2010: Asst. Prof.Dr. - Kahramanmaras Sutcu Imam University
6. 2002-2008: Manager of the School of Physical Education and Sports
7. 1998-2000: Research Asst. - Kahramanmaras Sutcu Imam University
8. 1992-1998: Lecturer - Kahramanmaras Sutcu Imam University

#### A. Education

1. PhD, 2002: Institute of Health Sciences, Gazi University,
2. MSc, 1995: Institute of Health Sciences, Dept. of Sport Sciences, Erciyes University,
3. BSc, 1992: Physical Education and Sports Teaching, Gazi University,

#### B. Research

1. Adapted physical education for children/people with disabilities,
2. Exercise physiology,
3. Athletes Performances,
4. Motor Control,
5. Scientific research and ethical considerations.

2

**Position in project :** Superior Technician

**Surname, First name :** Gençay, Selçuk

**Organisation :** Kahramanmaras Sutcu Imam University, School of Physical Education and Sports

**Position/Category:** Professor

**Telephone :** +905324468966

**Email:** sgencay@ksu.edu.tr

**Website :** <http://besyosyb.ksu.edu.tr/Default.aspx?SID=330>

#### A. Professional experiences

1. 2005-date:Head of Department of Sport Management , Kahramanmaras Sutcu Imam University
2. 2019-date: Professor, Kahramanmaras Sutcu Imam University, School of Physical Education and Sports
3. 2014-2017: Manager of the School of Physical Education and Sports,Kahramanmaras Sutcu Imam University
4. 2014-2019:Assoc. Prof.Dr.- Kahramanmaras Sutcu Imam University
5. 2005-2014:Asst. Prof.Dr.- Kahramanmaras Sutcu Imam University

#### A. Education

1. PhD, 2004: Institute of Health Sciences, Gazi University,
2. MSc, 2000: Institute of Health Sciences,Dept. Of Sport Sciences, Gazi University ,
3. BSc, 1998:Physical Educationand Sports Teaching, Gazi University,

#### B. Research Interests

1. Sports Management
2. Recreation ,
3. Sports Marketing,
4. Social psychology ,
5. Exercise Psychology

3-

**Position in project** Superior Technician

**Surname, First name** GERI, Serdar

**Organisation** Mardin Artuklu University, School of Physical Education and Sports

**Position/Category** Associate Professor

**Telephone** +905332142823

**Email:** [serdarger@artuklu.edu.tr](mailto:serdarger@artuklu.edu.tr)

**Web site:** <http://www.artuklu.edu.tr/beden-egitimi-yuksekokulu/yonetim>

#### A. Professional experiences

1. **2004-2010:** Sakarya University – Research assistant
2. **2010-2017:** : Sakarya University, Asst. Prof.Dr.
3. **2018-today:** Mardin Artuklu University, Head of School of Physical Education and Sports, Assoc. Prof.Dr.

#### A. Education

1. PhD, 2010: Physical Education and Sports Sciences , Marmara University,
2. MSc, 2004: Physical Education and Sports Sciences, Sakarya University,
3. BSc, 2001: Physical Education and Sports, Sakarya University,

#### B. Research Interests

1. Sports Management,
2. Sport and culture,
3. Sports Clubs,
4. Sports and multiculturalism,
5. Sports Economy

#### C. Projects (only relevant for this application)

### **Rijeka Sport Association For Persons With Disabilities/Croatia**

#### **Croatia/Team**

1-

**Position:** Legal representative

**Surname, First name** Dobrović , Luka

**Organisation** Rijeka sports association for persons with disabilities

**Position/Category** Secretary General

**Telephone** +385 51 312 224

**Email** [ssoi-rijeka@ssoi-rijeka.hr](mailto:ssoi-rijeka@ssoi-rijeka.hr)

**Website** [www.ssoi-rijeka.hr](http://www.ssoi-rijeka.hr)

Mr. Luka Dobrović is the Secretary General of the Rijeka sports association for persons with disabilities since 2009 and experienced project manager with more than 10 years of experience in EU funded and other projects management. Luka Dobrovic is the head of Croatian Paralympic Committee board for EU funds management, and also responsible for implementation of media campaigns and awareness raising campaigns. His professional work includes experience in public relations, planning and implementation of strategy and activities consistent with overall aims and requirements of the organization, preparation of relevant administration in a timely and accurate manner, ISO 9001 standard implementation, organization and management of high-level sports events.

Mr. Dobrovic chaired organisation of mayor sport events in the city of Rijeka, such are European and World championships.

### Education

Faculty of Economics and Business, University of Rijeka, Croatia,  
Master of Arts in Marketing and Management (postgraduate study) 2014.

Faculty of Economics and Business, University of Rijeka, Croatia,  
Master of Arts in International Business (graduate study) 2006.

Additional education:

- EU Technical Assistance for Civil Society Organisations in Croatia,  
Certification for preparation and implementation of EU funded projects,  
EU Project Cycle Management, Cost benefit analysis, Monitoring and  
evaluation, Management of Structural and Cohesion Funds,  
February 2009 to present.

- European Certification and Qualification Association (ECQA),  
Certificate of attendance of EU Project Management, European Territorial  
Cooperation, Quality management, 2010.

- Croatian Olympic Academy, degree in sports recreation, 2010.

- Business Excellence Academy Zagreb, Certificate of attendance for  
leadership, Human resources, Finance, Train the trainer,  
February 2009 to November 2010

- Trigon Investment Advisors LLC, Wall Street, New York, USA,  
Internship for Global Economics, Finance, Hedge Funding, Futures,  
Global Banking, Commodities Exchange, February 2005 to September 2005.

## 2

**Position in project** Project Coordinator

**Surname, First name** Draščić Šarinić, Larisa

**Organization** Rijeka sports association for persons with disabilities

**Position/Category** Administrator

**Telephone** 00385 91 561 4453

**Email** [larisa.drascic.sarinic@ssoi-rijeka.hr](mailto:larisa.drascic.sarinic@ssoi-rijeka.hr)

**Website** [www.ssoi-rijeka.hr](http://www.ssoi-rijeka.hr)

### Work experience

Has an administrative experience in economics and accounting, work experience related to the preparation of documentation for the design and engineering of technical and business systems, experience of working in the civil service as an official of the Ministry of the Sea, transport and Infrastructure, the experience of working in the private sector. Working experience as an assistant trainer in sport for people with disabilities.

### Educational background

Economic highschool of Mijo Mirković, Rijeka

Professional study of University of Rijeka – univ.bac.oec.

### Additional courses:

Training course „Integrating diversities through watersports“

Advanced Italian Language course

## 3

**Position in project** Sport trainer  
**Surname, First name** Krošnjar Nives  
**Organization** Rijeka sports association for persons with disabilities  
**Position/Category** Sport coach for disabled people  
**Telephone** +385 98 312 502  
**Email** niveskrosnjar@gmail.com nives.krosnjar@ssoi-rijeka

**Website** www.ssoi-rijeka.hr

**Work experience** 5 years work experience as a PE professor in primary school,  
5 years work experience as skiing coach,  
15 years work experience as gymnastics coach,  
14 years work experience as tennis coach,  
Currently she is working as a sport instructor for people with disabilities.

**Educational background** 1989. – 1994. University of Zagreb, Faculty of kinesiology  
Title: PE professor (physical education)  
1985. – 1989. Center of vocational education for Public administration and Justice system  
Title: Administrative and professional office-worker

#### **ADDITIONAL EDUCATION:**

**Courses** Halliwick course  
Skiing coaches course  
Tennis coaches course

#### **Lousada /Portugal Lousada Municipality**

**Position in project** . Project coordinator -  
**Surname, First name** Silva, Ana  
**Organisation** Município de Lousada  
**Position/Category** Sport technician  
**Telephone** +351255820500  
**Email** ana.silva@cm-lousada.pt **Website** :www.cm-lousada.pt

#### **WORK EXPERIENCE**

**Period** Superior technician in the Municipality of Lousada since 2008.

#### **Duties:**

- Coordination of Physical Activity and Sport in 1st cycle Schools.
- Organizer and promoter of various Sports Activities for the population in different areas.
- Manager of municipal sports infrastructures.
- Support of local associations.
- Supporting of sport as a health factor.
- Manager of human resources in the sports division.

#### **EDUCATIONAL BACKGROUND**

2007 – 2008 Superior institute of Maia, Master in Physical Education for elementary and secondary level;  
2005 – 2007 Superior institute of Maia, Degree in Physical Education and Sport Teachings.  
Superior technician, Master in Physical Education for elementary and secondary level. Degree in Physical Education and Sport Teachings. Superior technician in the Municipality of Lousada since 2006. Coordination of Physical Activity and Sport in 1st cycle Schools. Organizer and promoter of various Sports Activities for the population in different areas. Support of local associations. Supporting of sport as a health factor and as a tool for social integration. Manager of human resources in the sports division. Advisor internships in the area. She will be responsible for coordinate all the project tasks.

**Position in project** sports coach  
**Surname, First name** Marante, Bruno

Organisation Município de Lousada  
Position/Category Sport technician  
Telephone +351255820500  
Email bruno.marante@cm-lousada.pt Website www.cm-lousada.pt

#### WORK EXPERIENCE

Period Superior technician in the Municipality of Lousada since 2008.

##### Duties:

- Coordination of Physical Activity and Sport in 1st cycle Schools.
- Organizer and promoter of various Sports Activities for the population in different areas.
- Manager of municipal sports infrastructures.
- Support of local associations.
- Supporting of sport as a health factor.
- Advisor internships in the area.

Teacher/Researcher - Superior technician, Master in Physical Education for elementary and secondary level. Degree in Physical Education and Sport Teachings. Superior technician in the Municipality of Lousada since 2006. Organizer and promoter of various Sports Activities for the population in different areas. Manager of municipal sports infrastructures. Support of local associations. Supporting of sport as a health factor. Organize several sport activities to specific age groups, and specific populations such as handicaps, elderly people, events that promote equality in sport, inclusion of certain groups of the population in to the sport Clubs (romans). He will be responsible to supervise the application of the sport program activities

#### Ana Carla

Technician, Superior technician: Expert in International Relations. Responsible for all the tasks related to the contact with schools, application of local programs and collaborations. Responsible for the non-teaching personal at schools. She will be responsible for the contact with the parents of study group of students.

#### Nuno Mouro

Technical -Superior technician, he is Computer Specialist, Administration and management of networks and servers, Preparation of technical/financial studies , he develops the Project Management - Involvement in "Valsousa Digital" project IT and Telecommunications Outsourcing. He is also the responsible in the municipality for: Administration and management of networks and servers, Design, planning and installation of network, Market prospecting and development of commercial proposals, Commercial and financial management. He will be responsible for the dissemination, promotion, implementation of reports, analyses, by the study group.

#### CooperHabile – Onlus

##### Italian Team

Position in project . Project coordinator  
Surname, First name Porciani Massimo  
Organisation Cooperativa Sociale CooperHabile Onlus  
Position/Category Vice-President  
Telephone +393346689305  
Email [massimo.porciani@cooperhabile.it](mailto:massimo.porciani@cooperhabile.it) [porciani@promogest.net](mailto:porciani@promogest.net) Website :www.cooperhabile.it

#### WORK EXPERIENCE

- Presidente of Tuscany Italian Paralympic Committe.
- Member of the Board of ItalianParalympic Committee.
- Member of Board of National Disabled Association, section of Pistoia
- Tecnician of Wheelchair Tennis.
- General Manager in many private companies

#### EDUCATIONAL BACKGROUND

Bachelor of Scientific High School in Montecatini Terme;  
Degree in Politica Sciences in Florence University;  
Master in History of Ploitical Philosopy in Florence University

**Position in project** Administrative  
**Surname, First name** Iori Sergio  
**Organisation** Cooperativa Sociale CooperHabile Onlus  
**Position/Category** Administrative  
**Telephone** +39 3491035312  
**Email** [sergio.iori@cooperhabile.it](mailto:sergio.iori@cooperhabile.it) [sergio.iori11@gmail.com](mailto:sergio.iori11@gmail.com) Website [www.cooperhabile.it](http://www.cooperhabile.it)

#### WORK EXPERIENCE

- Coordination of administrative activity of CooperHabile- Onlus;
- Logistic organizer of various events in different areas;
- Manager of incoming company;
- Advisor internships in the area.

#### EDUCATIONAL BACKGROUND

Bachelor of Administrative accounting in High School in Florence;  
Training course in Accounting and Corporate Management in Florence University;

#### Stefano Innocenti

President of CooperHabile – Onlus. Responsible for all the tasks related to the contact with third companies and third projects. Responsible for all the promoting sport activities of CooperHabile – Onlus. Technician of Chess

#### Alice Porciani

Researcher, she is Communications Specialist, Marketing and management of projects and services. Event Organizer in CooperHabile.

## G.2. Cooperation arrangements

Please describe:

- the involvement of an appropriate mix of complementary participating organisations with the necessary profile, experience and expertise to successfully deliver all aspects of the project,
- why the selected partners are best suited to participate in this European project,
- the distribution of responsibilities and tasks demonstrating the commitment and active contribution of all participating organisations,
- the involvement of at least one local or regional sport club.

Our project activities will be carried out with the five partners selected together with the coordinating country. All countries involved in the project have the necessary experience both as coordinator and partner in European Union Erasmus + projects. These experiences will facilitate the implementation of the project requirements, such as the execution, implementation and sharing of the results of our project.

The main objective of our project is to integrate visually impaired individuals into social life by applying the modified darts sport for visually impaired individuals to visually impaired individuals living in all partner countries at Sutcu Imam University. Besides, it is among our other goals to provide social, physical and emotional development of individuals.

People with disabilities, who are disadvantaged groups of society, want to live together with society like people with normal living conditions. The language, religion, race and gender of visually impaired individuals are not important. The problems of visually impaired individuals all over the world are similar. They need to be directed to the sport as social inclusion in order to enable the visually impaired person to participate in social life and integrate with the community and to use their potential.

This is the same for all disabled people living in Europe. United Nations Declaration on the Rights of Persons with Disabilities; the basic rights such as respect and valorisation, contributing to the increase of self-esteem, education, participation in working life, family and social life, protection from discrimination are emphasized.

In the internal main laws of all partner countries, there are articles on the integration of disabled individuals into social life, and the project will fulfill the requirements of these substances with the partner countries.

In countries where partnerships are made in our project, the attention and needs of visually impaired individuals are remarkable in the interviews and in the information received.

The impact of our **Darts for Blind** project on the target audience of visually impaired individuals in partner countries:

- \*\* Visually impaired individuals who adopt a more active lifestyle,
- \*\* Visually impaired individuals who are relaxed,
- \*\* Visually impaired individuals with physical coordination,
- \*\* To understand the importance of physical activity and sports,
- \*\* Visually impaired individuals with personal self-confidence,
- \*\* Visually impaired individuals with social communication,
- \*\* Visually impaired individuals who are away from stress,
- \*\* Visually impaired individuals who are at peace with society,
- \*\* Increased social awareness for visually impaired individuals in partner countries,

In this respect, it is clear that carefully designed physical education and sporting activities for visually impaired individuals effectively support all aspects of development (physical, mental, social and emotional) of individuals. Therefore, sports will be used as an effective tool in the special education of visually impaired individuals.

Rijeka sports association for persons with disabilities - Rijeka disability sports association is a regional disability sports federation allaying 19 sport clubs with more than 500 athletes. They collaborate with many elementary schools in the City of Rijeka and Primorje-Gorski kotar region, so we they can bring more than 100 youngsters aged between Blind. The experience of this organization in the field of disability will be greater assurance of a constant focus on project actions to all the boys and girls with different disabilities.

### **G.3. Partner Countries**

***(to be filled in only if applicable)***

If applicable, describe the extent to which the involvement of participating organisation from a Partner Country<sup>1</sup> brings an essential added value to the project.

NOTE: please note the difference between the Partner Countries and partner organisations. Please read the

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<sup>1</sup> For the definition of Partner Countries, please see the Erasmus+ Programme Guide, Part A, 'Eligible Countries': [http://ec.europa.eu/programmes/erasmus-plus/documents/erasmus-plus-programme-guide\\_en.pdf](http://ec.europa.eu/programmes/erasmus-plus/documents/erasmus-plus-programme-guide_en.pdf)



footnote 1 (below) thoroughly.

Coordinator Sutcu Imam Kahramanmaras University, School of Physical Education and Sports in particular has done a lot of work on the integration of the social life of people with disabilities in Turkey sporty way. Darts sport has been modified by Sutcu Imam University and it has enabled the development of visually impaired individuals as a new sporting activity, with high physical mental and emotional development. The project coordinator Sutcu Imam University will ensure the spread of dart sport in the partner countries by spreading the best practice in our partner countries.

Our Portuguese partner **Lousada Municipality** will realize the objectives in the articles related to the integration of disabled individuals in their internal constitutions with social life. The sports club of Rijeka disability sports association is active in many sports branches and will provide a basis for participation of disabled individuals in other branches with project applications and will increase the number of disabled individuals registered to their clubs.

Rijeka sports association for persons with disabilities - **Rijeka disability sports association** is a regional disability sports federation allaying 19 sport clubs with more than 500 athletes. They collaborate with many elementary schools in the City of Rijeka and Primorje-Gorski kotar region, so we they can bring more than 100 youngsters aged between 9 and 12 years. The experience of this organization in the field of disability will be greater assurance of a constant focus on project actions to all the boys and girls with different disabilities.

## PART H – Impact and dissemination

### H.1. Expected impact of the project

Please describe:

- the measures for evaluating the project outcomes,
- the potential impact of project on participants and participating organisations
  - during the project lifetime,
  - after the project lifetime,
- the potential impact of project outside the organisations and individuals directly participating in the project, at local, regional, national and/or European level.

They are visually impaired individuals who will directly participate in the project as a target group. With the start of modified dart training in the partner countries, positive results will be seen on the visually impaired individuals participating in the study.

Coaches will be the main beneficiaries of the results of the project. They will improve their knowledge and skills through training and dart practice stages. A new area of expertise will be created for them.

The families of visually impaired individuals will recognize the benefits of dart sports as well as the positive effects of physical activity on visually impaired individuals through our project, which will have an impact on visually impaired families across Europe.

Many studies have been conducted on the participation of people with disabilities in social and sportive life throughout the world and Europe. When we look at the statistics, it is seen that many visually impaired individuals do not do sports, they experience psychological and physical problems away from social life and many of them do not even come out of their homes.

National and international sports have different special significance for the disabled person. Because sports already open a new window to people with disabilities who face many obstacles in their lives and live with the stress created by these obstacles.

Social exclusion is one of the most important problems of the society and the disabled. Both the partner

countries and other European countries face problems such as social exclusion and detachment due to the obstacle of the visually impaired.

To solve these problems, our Dart 4 Blind project will be a sportive and social model for visually impaired individuals in both Europe and countries to be cooperated.

It is noteworthy that the number of people with disabilities in the world and Europe is high, and researches show that social projects for disabled individuals do not have enough effect.

At present, millions of Europeans suffer from social, sportive, psychology and physical difficulties. Although states have tried to develop policies towards disabled individuals in all countries, many problems have not been overcome.

In our project, the dart activities to be implemented in all participating countries will be effective both nationally and in Europe.

Whatever the type of obstacle, there is always a branch that each person should do and do. Thanks to sports, it is easier for disabled individuals to establish social relations and thus integrate them into social life.

The aim of the project is to integrate the disabled people into social life and to live a healthy life in the objectives of all the partner countries involved in the project.

Considering that human rights-based approach should be adopted in all policy areas at the international, national, regional and local level to ensure equal and full participation of people with disabilities; Emphasizing that the issues related to disability should be addressed in all sectors through the monitoring of coherent policies and coordinated activities, appropriate measures will be taken in order to encourage the importance of the sports and physical activity of the visually impaired individuals of all the cooperated partners.

Our project will be effective throughout Europe through dissemination activities. We plan to integrate visually impaired individuals into social life through our project.

## **H.2. Dissemination**

Please describe:

- the dissemination plan and measures aimed at sharing the outcomes of project within and outside the participating organisations,
- the plans for ensuring the sustainability of project showing its capacity to continue having an impact and producing results after the EU grant has been used up,
- if relevant, the extent to which materials, documents and media produced will be made freely available and promoted through open licences.

The success of a good project is always due to an excellent dissemination strategy, able not only to reach targeted groups, but to raise the general awareness both in local authorities and in civil society.

The main objectives of the Dissemination Strategy of the project are:

- to build awareness of the project,
- to lay down the foundations for effective communication of the project's concept and potential benefits to the targeted groups,
- to communicate research findings to stimulate ongoing interest in the work of the project,
- to build the foundations of an effective dissemination model,
- to lay the groundwork to establish and reinforce a wide network of potential target groups to receive beneficial impact,
- to maximize opportunities of the solutions throughout and beyond its development.

For enhancing the proposed Dissemination Strategy, partners will use all possible channels like:

- Dissemination through info points and fairs
- Dissemination events and media campaigns
- Virtual dissemination
- Online TV broadcasting from events
- Newsletter
- Reports and publication in sport reviews
- Creation of a web portal
- Creation of an internal website

#### **Dissemination and Awareness Activities**

Dissemination of projects and activities and awareness campaign Blind, sports stakeholders, sports associations, local authorities, sports rooms, national and local media, national and local institutions, sports federations, the Federation of the Disabled, Blind Schools, Parents and the Project will be distributed in accordance with continuous and concrete events.

Sutcu Imam University will collect and present the e-mail lists of all the groups mentioned above and will be responsible for the dissemination of the project in order to ensure the awareness of the project through e-mail campaigns. A list of target group members in a phone campaign to inform them about project activities and results through phone calls.

A brief description of the project, partnership and Project Web site link will be published in the Project section of Sutcu Imam University web site. Sutcu Imam's website will ensure that its traffic is intense and will spread successfully as it is visited by many educational institutions, educational institutions, NGOs, municipalities and other target groups at national and European level. Pictures from the project's activities (workshops, conferences, events, etc.) will also be uploaded into the project and web sites. All web sites related to the project will emphasize the contribution of the EU to the project.

Sutcu Imam University will publish all dissemination materials (newsletters, brochures, articles, brochures, flyers and posters) on the website, on the project website, in concrete events related to the project area. All published materials will highlight EU support in the existence and dissemination of the project.

Sutcu Imam University will publish a bulletin on the current status of the project in local, national and / or international newspapers, e-journals, national and European non-profit journals, sports magazines and technical journals. magazines etc.

