

**Minutes from 8th THENAPA Forum
Dissemination of results**

November 26- 30, 2003, Sofia

Attended:

Dinold Maria (Austria), Bultiauw Karin (Belgium), Van Coppenolle Herman (Belgium), Van Peteghem Annelies, Djobova Stefka, Dobрева Iana (Belgium), Venova Ludmilla, Ludmilova Irena, Lalov Ilia (Bulgaria), Curdova Julie, Krejci Milada (Czech Republic), Johansen Jan (Denmark), Boursier Claire (France), Vilhu Jyrki (Finland), Jacobsen Dirk (Germany), Evaggelidou Christina (Greece), Gita Szilvia (Hungary), Bianco Anna (Italy), Leahy Teresa (Ireland), Klavina Aija (Latvia), Adomaitiene Ruta (Lithuania), Luuk Sietsma (The Netherlands), Kahrs Nina (Norway), Jerry Grossman, Tadeusz Galkowski, Przewloka Karolina (Poland), Carvalho Jorge (Portugal), Dan Mirela, Marcu Vasile, Serbescu Carmen (Romania), Markova Anna (Slovakia), Santos Estes (Spain), Kristen Lars (Sweden), Woodgate Tanja (United Kingdom)

External evaluator:

Tavernier Karel (Belgium)

Apologies

De Potter Jean-Claude (Belgium)

AGENDA

November 27:

AM

Welcome speeches from:

Assoc. Prof. Ludmila Venova – host of the Forum
Prof. Herman Van Coppenolle – THENAPA co-ordinator
Karel Tavernier – external evaluator

Working session:

Overview of the dissemination year of THENAPA

Official opening of the Forum:

- Welcome addresses of the Rector of the National Sport Academy, Sofia and from the vice minister of Sport and physical activities in Bulgaria
- Official promotion of “ADAPT” CD-ROM
- Press-conference: five TV-stations, including the Bulgarian national television, were present; journalists from three newspapers attended
- Interview with Prof. Herman Van Coppenolle – integration of the disabled people into society; the significance of the CD-ROM “ADAPT” as an educational tool and a mean for inclusion
- Cocktail reception

PM working sessions:

Presentation of the work plan for the dissemination year – THENAPA reports from each country

Representatives had about 10 minutes to speak about the strategies for dissemination of the THENAPA outcomes in their country

Belgium

1. Distribution of the CD-ROM “ADAPT” on national level:

- In the departments of Physical Education (PE), Physiotherapy, Occupational therapy, Social care work – at universities and institutes of higher education
- During annual meetings in Rehabilitation centres. Poster session on THENAPA
- During an inclusive Sports camp of EHSAL to all participants with a handicap
- Mailing of ADAPT to different leisure-and sports organisations, as well as to all Sports Federations and Ministries of Public Health, Social Affairs and Sport
- Publications and announcements in professional magazines
- Organisation of a Symposium on Adapted Physical Activity (APA). Experts with a handicap will teach and assist the sessions. Based on the information in the CD-ROM, sessions will be focused on management and practical implications
- Composition of an APA-manual and a screenplay for PE teachers
- Meeting with Federal sports organisations (BLOSO-ADEPS) and Sports organisations for people with a handicap to present ADAPT and to stimulate their progress in educating coaches and organising APA-activities and inclusive meetings
- Press conference with reference to the European Year of Education through Sport in 2004

2. Numbers of CD-ROMs needed – 700/year, in the coming 3 years: 1200

3. Translation in Dutch-French-German

Co-operation with The Netherlands-France-Germany

4. Proposal for APA promotion in Europe

- EUPEA: European Physical Education Association: www.eupea.go.to
Symposium on Quality Physical Education: 09/11/02
- ETEN European teacher education network: www.edu.oulu.fi/eten/menu.html
- ICSSPE: International Council of Sport Science and Physical Education:
www.icsspe.org
- International conferences on PE teaching, learning and research

Denmark

The THENAPA co-ordinator will create a local group, to be engaged with the distribution of the CD-ROM "ADAPT" on national level: mainly on mainstream level. Still searching for other possibilities for dissemination, having also some difficulties with the credit system on the different levels of impairment in Denmark.

Germany

1. Strategies for translation:
 - Doing it on their own (Advantage: correct use of terminology)
 - Out-sourcing (Advantage: more professional)
2. Finances/Sponsoring
Needed: 25000Euro
 - Stiftung Behindertensport: 10000 Euro
 - Deutscher Behindertensportverband (DBS)
 - Ministry for Youth and Education
3. Dissemination/Target groups
 - Universities
 - Sport Clubs
 - High schools
 - Coaches; Trainers
 - Rehabilitation centres
 - DBS
 - Information centre for sport of persons with a disability
4. Marketing strategy
 - Advertisement
 - Mailings
 - National "Netzwerk-tagung 2004" as an event for promotion
 - Pre-Olympic Congress 2004 Thessaloniki
5. Possible co-operation with Austria and Switzerland

Greece

1. Disseminate the English CD-ROMs in:
 - Schools
 - Ministries
 - Sport organisations
 - Pre-Olympic Congress 2004, Thessaloniki
2. Needed: 10000 copies

Spain

1. Sponsorship for the translation: Federation for blind people (under negotiations)
2. Dissemination:
 - through the Spanish Paralympic Committee
 - through the National Association of kinetics and special needs: 23 members from faculties of Physical Education and sports – they will disseminate all the materials created by THENAPA
 - Forming discussion groups on national level
3. Copies needed: minimum 40 as a start

France

1. Translation
 - They already have been collecting money and at the same time are under negotiation with the Ministry of Education for some more financing
 - Can be in co-operation with Belgium, Switzerland and Luxembourg
 - If it's possible to be adapted for the needs of the disabled people (to be used by them)?
2. Dissemination:
 - The dissemination of the books already has been started
 - Dissemination of "ADAPT" to all ministries, schools and sport clubs
 - During the congress in South Africa in March, 2004
3. CD-ROMs needed: minimum 10000 copies

Ireland

1. Translation – it's not needed
2. Dissemination
 - There will be set a representative group of disabled people who will disseminate the CD-ROMs by themselves (since they have a legacy

regarding the disabled people, their mission should be easy – the nation is already aware and knows what disability is).

- They need a lot of copies from the CD-ROM to be distributed everywhere

Italy

1. Dissemination:

- The books and the CD-ROMs will be disseminated on all national levels: schools, sports clubs, ministries and organisations
 - On a national conference in the university of Torino (15th universities with specialisation on APA will be present)
 - On a conference organised by the Paralympic committee in Italy in July, 2004
2. For sponsorship they contacted the President of the Paralympic Games, Italy: still waiting for an answer

The Netherlands

Dissemination: activities

1. Fund raising: 3 main partners
 - Dutch federation of APA: NEBASNSG
 - Dutch education institutes for PE and APA
 - Dutch platform: for PE and APA(PMT) – educational and professionals
2. Translation
 - Co-operation with Belgium (Flanders)
3. Adding national information and integrated text
4. Production: maybe it's not needed, they can use the English version and make just the translation of the screen text of the CD-ROM
 - Co-operation with Belgium?
5. Promotion
 - Dutch federation of APA: NEBASNSG. On three levels:
local sport service helpdesk
provincial sport counsel
national sport federations
 - Local and national congresses/seminars
 - Aspect of integration as local taskforce
 - Educational institutions for 3-4-5 level
 - Rehabilitation centres: for the patient information

Austria

1. Translation: into German in co-operation with Germany
2. Application for financial support at:
 - Federal Ministry for Education, Science and Culture
 - FFBS (Fonds zur Forderung des Behindertensports)
 - Other private or official sponsors
3. Dissemination at all levels and also during the national meeting of THENAPA in august

Portugal

1. Translation is important and necessary for the country. It has also a big marketing potential, since the Portuguese language is wide-spread
2. Defining the place of sport for disabled in the next two years
3. Dissemination: will be easier if the CD-ROMs and the summary of the books are in Portuguese
4. Work on the image of THENAPA

Finland

1. Dissemination of the CD-ROM on national level: first the people should be aware of the existence of "ADAPT". A marketing strategy will be prepared in the near future.
2. The dissemination of the books already started. The Finish partners of THENAPA made a summary (about 10 pages) of the two books, which will be published in March, 2004 in the magazine "PA and science"
3. For the translation: they can use without problems the English version

Sweden

1. Translation: fund raising in progress. The Swedish institute for Special Education Needs and the Swedish association of sport for disabled are co-operating. But they can use English version as well.
2. Dissemination of the two books: the English version will be used
3. Dissemination of the CD-ROMs: through the national network (at educational settings, universities, magazines for APA and national symposiums).

United Kingdom

1. No translation is needed.
2. Dissemination:
 - distribution to universities and colleges (mainly education PE teachers)
 - advertising in PE magazines, writing newsletters
 - advertising during seminars and congresses
3. Fund raising: British association for sport science and the English Federation for disability sport
4. Number of CD-ROMs needed: not yet estimated

Norway

1. Translation? Maybe not needed since English language is official at high schools and universities
2. Dissemination: will be difficult to organise for such a big country
 - through the contact persons in universities and colleges
 - during a Forum (it's been planned still) in September, 2004
 - pamphlets will be prepared on the topic of inclusion in sport of disabled people for the Ministry

Bulgaria

1. Translation: difficulties to find funding. Working in close collaboration with the President of the Paralympic Federation
2. Dissemination:
 - The current conference will bring a wide media coverage and advertisement of THENAPA, the CD-ROM and the books
 - Distribution of the products at national level: universities, rehabilitation centres, sport federations and the Ministry of education
3. Numbers of the CD-ROM needed: 300-500

Czech Republic

1. Translation: will be done by a team from the University of Hana (Olomouc). They are still looking for money for the production
2. Dissemination:
 - At universities, colleges, sport centres

- To the mails of the Sport Federation, the Olympic Committee
- Through the Olomouc University: CEEPUS

Latvia

1. New possibilities are revealing in front of the country:
 - New sport policy: this June a Sport Federation for Disabled was officially defined
 - Applying for European funds as a coming country in the EU
2. Dissemination: universities, sport committees, sport organisations and clubs, rehabilitation centres

Lithuania

1. Translation of the CD-ROM will be difficult from financial point of view.
Possibility to be addressed the EU Commission on the issue of children with disability and their inclusion in PE classes (to apply for funding)
2. Dissemination:
 1. To organise the meetings with representatives from Ministry of education, Ministry of social affairs, Ministry of health, Lithuanian department of physical education and sport by Government and Lithuanian council of disabled by Government as well as seminar for Nongovernmental sport organisations of disabled and able-bodied (those institutions are separated up to now) in order to acquaint them with all outcomes and recommendations of THENAPA and discuss about the New Community strategy for disabled in the area of education, particularly in physical education and disability sport, and equal opportunities for disabled in the area.
 2. To distribute the English and Lithuanian versions of the results and recommendations on Vocational training and Integration through APA to Governmental institutions responsible for education, social integration, health care and disability sport in Lithuania seeking to change the individual-medical model of disability to social-educational one in the national policy of disabled and recognise physical education and disability sport as an important means of general education, social inclusion and well being of persons with disabilities.
 3. To distribute English and Lithuanian versions of the results and recommendations on Vocational training and Integration through APA as well as English CD-ROMs together with Lithuanian booklets to all 15 Lithuanian universities in order the appropriate study modules (equal opportunities, social integration, physical rehabilitation, recreation, adapted physical activity for disabled and etc.) to be included in study programmes for training any kind of teachers in universities.
 4. To distribute the Lithuanian versions of the results and recommendations on Vocational training and Integration through APA as well as English CD-

ROMs with Lithuanian booklets to Paralympic and Special Olympic Committee, all four National Nongovernmental organisations of disability sport and 24 disability sport and recreational clubs in Lithuania in order to motivate disabled to participate in APA at all levels, to increase the qualification of APA professionals and supply them with updated information and technical aspects of APA as well as to induce them to demand the equal rights and opportunities for disabled population in the area of physical activity from Governmental organisations, that is in line with EU policy for disabled.

Hungary

1. Translation: the translation will be done with the support of their language department (Simmelweis University)
2. Fund raising for the translation and production of the CD-ROM: the University will support the project. 50% co-funding is planned to be gained from the Ministry of Youth and Sport
3. Dissemination on national level: will be executed on two levels (in two phases)
 - First: National APA Network will meet. They will set up an action plan with time frames and monitoring + feedback system.
 - Second: Institutions, GO's and NGO's, educational and other types will disseminate the CDs in their close environment
 - Finally: dissemination during the Conference of the Colleges and Universities where PE, PA and APE/APA are gathering

November, 28:

A.M.

THENAPA reports for dissemination: follow-up

Poland

1. Plan for dissemination: On national level, to all educational institutions; sport organisations and federations, recreational centres, sport clubs
2. Target groups:
 - University and college students
 - Teachers and Professors
 - Trainers
 - Physiotherapists

- Disabled people themselves

Romania

Find important to translate the CD-ROM into their own language, since APA is still not popular in the country, and at the same time the population of Romania is 20 million people.

It's very difficult to find money, but are trying to get help from their university and the federation for disabled sports.

Dissemination: as everyone else

Slovak Republic

1. Translation will not be a problem – they will do it. For the production of the CD-ROMs – still looking for money (negotiating with the Ministry of Education)
2. Dissemination: all institutions, universities and etc.
3. Copies needed: 1000

Presentations of the co-ordinators:

Discussion on the dissemination activities and the budget available for the dissemination year of THENAPA: Stefka Djobova did the presentation.

Purpose of the Socrates Dissemination Activity Plan

- Exchanging good practice and experience across Europe
- Increasing the visibility of the Socrates programme as a whole
- Making projects' outcomes more widely available to:
 - direct beneficiaries
 - other university departments
 - other higher education institutions
 - socio-economic stakeholders

THENAPA Dissemination

- Reference:
111578-CP-1-2003-1-BE-ERASMUS-TND
- Eligibility period:
from 01/10/2003 to 01/10/2004
- Total of Approved Budget: 805 339 Euro
- Maximum grant amount: 180 000 Euro

Aims

- to improve education of Adapted Physical Activity (APA) professionals throughout Europe

- to create and implement a common and ideal model of higher education in APA across Europe
- to boost the process of integration of persons with disabilities in schools, sport clubs, and community leisure time activities.

Target groups:

- Students and professionals in the field of APA,
- Physical education teachers from regular and special schools
- Rehabilitation and sport-health centres
- Sport clubs for persons with disabilities
- Regular sport clubs
- Coaches
- Sport federations
- European Commission
- Every national government and their Ministries of Education and Social Affairs
- Sports authorities

Beneficiaries:

- people with disabilities and their families
- volunteers

ACTIVITIES:

- THENAPA Forum for launching the Dissemination year;
26 - 30 November, 2003, Sofia
- To ensure widespread use of the CD-ROM 'ADAPT' we plan:
 - Translation of the CD-ROMs from English to
 - French
 - German
 - Spanish
 - Translation of the basics of the CD-ROMs into other European languages on the website
 - National conferences and workshops
 - International conferences
 - Media coverage
 - Writing summary of the Integration and Vocational training Reports
 - Translation of the two summaries in all partners languages.
 - Introducing them to
 - The European Commission
 - NGOs, Ministries of Education, and Sports Federations in each country
 - Further production, promotion and distribution of the European Bulletin in APA and the Newsletter

Open discussion on the proposed dissemination plan:

1. It's needed to be prepared a summary of the two THENAPA reports (the books) in English and then this summary to be translated into each of the participant's languages. It was agreed also that the key-person of each country will be responsible for this translation, they will translate the summary and then send the in voice to the co-ordinator in turn to be reimbursed.

The English summary should be completed by the end of January by the co-ordinators and send to Tanja Woodgate from UK for revision.

2. It was agreed that the two books will be reprinted and on them will be indicated the date and the place of edition and the names of all the persons that had contributed through the 3 years existence of THENAPA, will be included in the books. The numbers of copies agreed:

300 copies for "Inclusion and Integration through APA" and 300 copies for "Vocational Training in APA".

Each key-person has to send to the co-ordinators the names of the people involved in THENAPA, by 31st of December.

3. Czech Republic offered to translate and edit the summary in the own university.

4. Lithuania asked for a correction in the abbreviations in the credit tables from the "Vocational training in APA" – LV goes for Latvia and LT goes for Lithuania

P.M.

Follow up session

5. Translation of the CD-ROM should be done complementary in German and French. People agreed that if the countries using these languages (Germany, Austria, France) managed to find sponsorship for the translation and the production costs, then the money foreseen from the grant can be given to another countries (for translation and production of "ADAPT"). These two translations should be finished by the end of March 2004.

6. There were set several **criteria**, concerning which countries are in priority for the translation and production of the CD-ROM on their national languages. Each criteria brings a certain percentage for the common evaluation:

- Number of population and number of schools and universities (with subjects as PE, Physiotherapy, Sport science): **30%**
- The amount of money that the country can contribute with: **40%**
- The amount of work that the country is done by now for the CD-ROM: **30%**

By the end of January the co-ordinators will expect proposals from the different countries for translation and production of "ADAPA".

7. It was left as an open question: "Do the Scandinavian countries need their own CD-ROM (in their language)? They can use without any problems the English version. It will be estimation on their own whether or not to do it.

8. Each partnership country has to organise the translation of the screen text of the CD-ROM. The content of this screen text will be sent to everyone in a "Word format document" in the beginning of January 2004. The translation has to be done by 31/04/2004.

9. The translation of the summary of the two books and the translations of the screen texts will be reimbursed by the co-ordinators. Each country will have around 1000-1100 Euro. From this amount are taken the money for the reprinting of the books, since that was not included in the expenses, covered by the EU Commission for the dissemination year.

Presentation of the new project for the European Year of Education through Sport (Stefka Djobova)

Sport Participation for inclusion of persons with a disability in the European countries

- Translation and production of the **CD-ROM "ADAPT"** in as many European languages as possible
- Creating a **website** with national databases, informing about sports clubs, sports federations and inclusive sport activities on school level and accessible in English and in the national language
- **The translations** will assure that the information can be access by a wide range of audience - from students and teachers to people with disabilities, their families and friends

Expected results

- Continue improving the process of integration and inclusion
- Opportunities for the people with a disability to be active and have equal rights of participation
- Attract more attention to the field of APA and Sport

The main co-ordinator will:

- Be responsible for the production process of the translated CD-ROM
- Be in charge for the developing and the maintenance of the website

Each co-organiser will:

- Organise the translation of the CD-ROM into the national language
- Collect information and develop a national database

Stages of the project:

Action 1 - January-August, 2004

- Translation and production of the CD-ROM
- Meeting of the co-organisers in Leuven, Belgium

Action 2 - January-April, 2004

- Collecting information and creating the national databases
- Activating the website

Action 3 - August-December, 2004

- Promotion of the CD-ROM during the Preolympic Congress in Thessaloniki
- Dissemination, promotion and media coverage of the CD-ROM on national level

Presentation of the pre-proposal for a new thematic network Ageing and disability (Iana Dobрева)

AGEING AND DISABILITY – a new crossing between physical activity, social inclusion and life-long well-being

TODAY: 7.5 % of the total European population is 75 years old and over

IN 30 YEARS: this percentage will rise to 14.4

IN 2040: just the severely impaired adults will be 24.5 million people

The benefits of the physical activities for the health of the elderly are indisputable
Special attention is needed in the area of exercise and sport

Qualified professionals have to be prepared in the field of physical activity for the elderly

A **Thematic Network** will create and implement the subject of physical activity for the elderly in the European higher education curricula

Ultimate goal of the project: improving the quality of life of the elderly in Europa

Objectives of the project:

- Maintaining functional independence of the elderly
- Decreasing the risk factors for secondary disabilities
- Increasing life-long well-being
- Promoting active lifestyle for the elderly

Analysing existing structures of education and examples of “best” practices and dissemination them

Target groups:

- The undergraduate and graduate students, specialising in the areas of Physical Education, Physiotherapy, Health Science and Sport Science
- The elderly people

Main Outputs

- An educational CD-ROM
- A website
- Booklets

Total duration of the project: 3 years

Activities planned for the first year

Comparative study about:

- The extent to which the subject for physical activity and sport for the elderly is included in the European higher education curricula
- The level of active lifestyle of the elderly across Europe

Developing a website

Annual meetings of the key-persons: strategies for organisation

Activities planned for the second year

Implementation of the gathered information

Production of series of booklets on physical activity and health promotion for the elderly

Annual meetings of the key-persons: strategies for evaluation

Activities planned for the third year

Production of a CD-ROM

Development of a website

Dissemination and media coverage

Annual meetings of the key-persons: strategies for implementation

International conference

Presentation for Erasmus Mundus (Herman Van Coppenolle)

What is Erasmus Mundus? A new global scheme in European higher education

Aims: to enhance the quality and attractiveness of higher education within Europe and to promote valuable exchanges and dialogue between cultures

- to strengthen international links in higher education by
- enabling students and visiting scholars from around the world to engage in postgraduate study at European universities
- encouraging the outgoing mobility of European students and scholars towards third countries

Basic features:

November, 29:

A.M.

Closing session

Conclusions:

Dissemination activities:

- Translation of the CD-ROM from English to
 - - French (March)
 - - German (March)
 -
- Translation of the screen text of the CD-ROM into every partner language (April)
- Translation abstract 2 books (January)
 - Writing summary of the Integration and Vocational training Reports
 - Translation of the two summaries in all partners languages.
 - Introducing them to
 - the European Commission
 - NGOs, Ministries of Education, and Sports Federations in each country
- National conferences and workshops
- International conferences
- Media coverage
- Further production, promotion and distribution of the European Bulletin in APA and the Newsletter

Budget

Total approved budget: 805.339

Grant: 180.000

Amount received 70% => 126.000

- Secretary: 15.000
- Evaluation: 5.000
- Webmaster: 5.000 + 2500

- Travel + meetings: 40.000
- French + German : 20.000

- Total: 38.000

- 23 countries: 1652
- = translation summary 2 books
- + translation screen-text

Second edition of the two books (600 copies in total): around 12000 Euro:
 Total money per country for translation: between 1000 and 1200 Euro

Recommendations from the external evaluator of the forum:
Karel Tavernier

1. To evaluate the impact of THENAPA during it's 3 years of existence. To show evidence, to write down and publish it. There is a need of a strong management for this.
2. Keep the name THENAPA, even after the network is officially stopped. This is a strong name, has a huge impact and is a powerful product as a trademark.
3. Management:
 - Improve the communication between the partners
 - Agree on deadlines
 - Be aware of the documents that have to filled in and returned on time (ex. financial aspects, time contribution)
 - Show the progress in the European citizenship

EARAPA discussion: Maria Dinold encouraged the research in APA in Europe. New definition of APA is needed in relationship with the research. A future proposal to IFAPA has to be made for an independent membership.

End of the Forum