

Deliverable 6.3.1: Specialized Seminars for Youth. (Recruitment of 2 specialized trainers. One of them implemented the “outdoor activities” educational project and the other one the "Cycling, exercising and commuting safely" project)

The educational project "Cycling, exercising and commuting safely" was implemented within the framework of deliverable D.6.3.1. The activities were coordinated and supervised by the scientific coordinator. In particular, the program was designed and implemented in order to promote the use of alternative and ecological means of transport, such as bicycles. The priority of the program was the promotion of cycling education and safe transportation through experiential education and participatory action. Schools of the Municipality registered and attended the program successfully. A physical educator has trained 450 students, aged 11-12, coming from 9 different schools.

Also, within the framework of deliverable D.6.3.1, the educational project "Outdoor exercise" was implemented. The activities were coordinated and supervised by the scientific coordinator. In particular, the program was designed and implemented in order to promote sports at all ages, contributing positively to the improvement of citizens' quality of life. Athletes showed interest, registered and attended the program successfully. The activities were implemented in the open public spaces and in outdoor gyms. 3 groups of 10 persons have been training each day.

Both educational projects were implemented in accordance with the rules of the Health Committee of the General Secretariat of Sports regarding the spread of COVID-19.

https://www.kordelio-evosmos.gr/eu_programs/evropaiko-ekpaideftiko-programma/

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