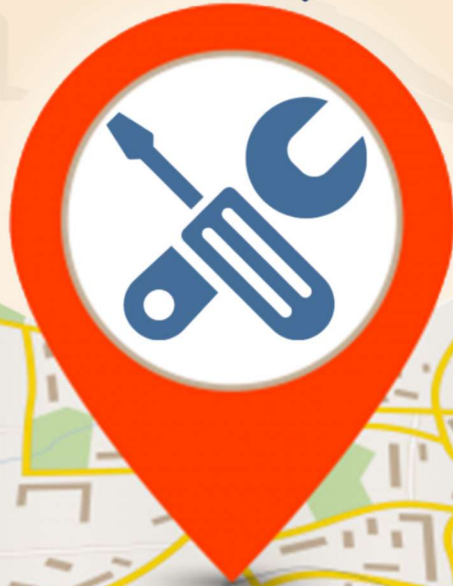


DISCOVERY



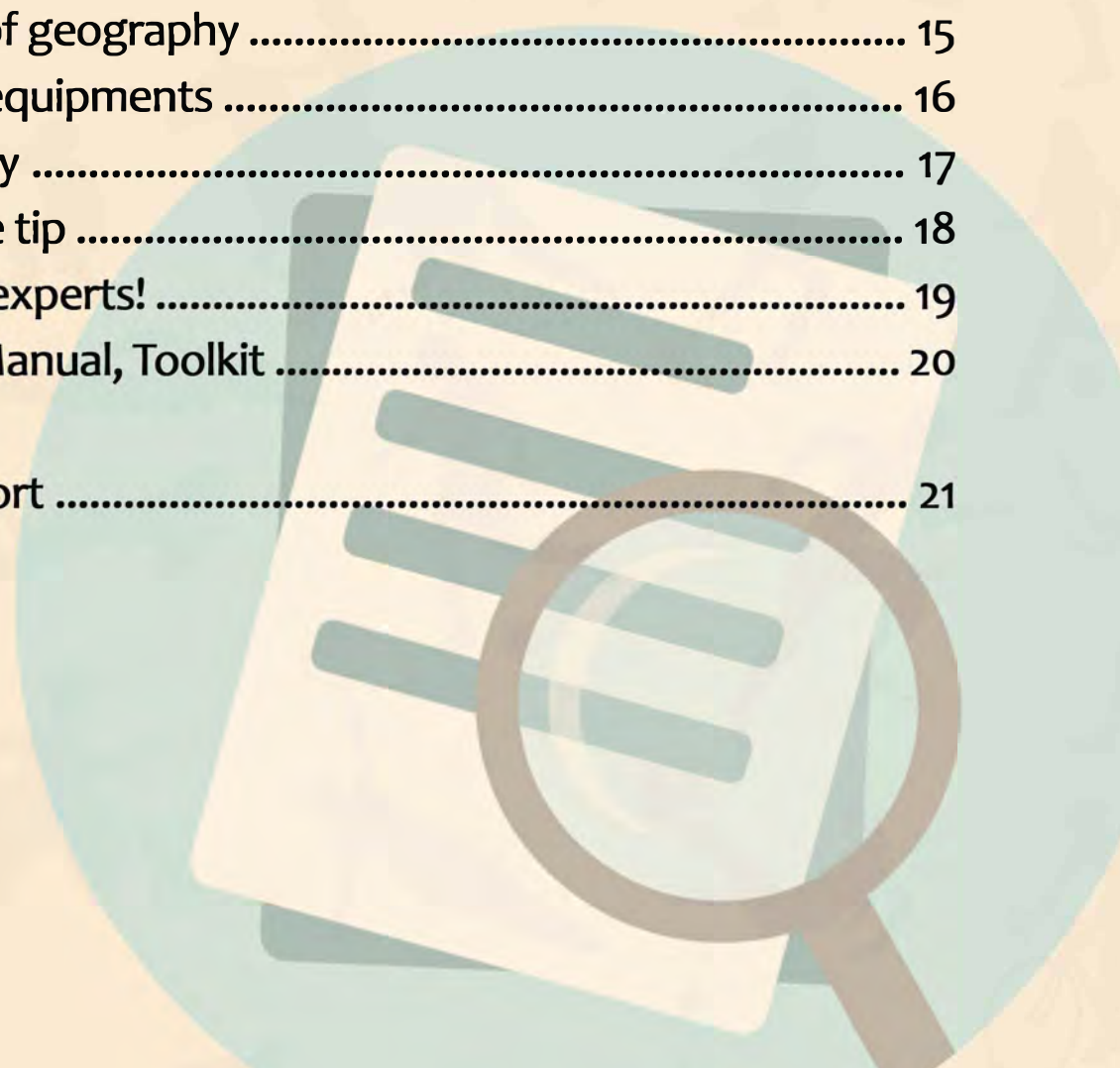
TRAINING
TOOLKIT



Co-funded by
the European Union

Table of content

About project	3
Introduction	5
Before you start, make sure to	7
Instructions and guidelines	11
- The Home page	11
- Country selection	12
- Sport/game selection	13
- A little bit of history	14
- A little bit of geography	15
- Rules and equipments	16
- Accessibility	17
- Sustainable tip	18
- Aks to our experts!	19
- Partners, Manual, Toolkit	20
Erasmus+ Sport	21



About project

Discovery EU, is a Small-scale partnerships in the field of Sport, that aims at increasing the feeling of belonging to the EU among young people through sport, including vulnerable groups, enhancing opportunities to try and discover different sports and raising awareness of the importance of physical activity, also through the use of digital, in formal and non-formal education settings. On the basis of the guiding objectives of the European Union Work Plan for Sport (21-24) and to the priority area "Protecting Integrity and Values in Sport", key action "Sport and Education", the project identify 5 main objectives:

- Promoting sport as an effective means to spread social inclusion, equal opportunities and health-enhancing physical activity to everyone in Europe, regardless of age, race, ethnicity, social class or gender;
- Facing the decrease of Euroscepticism among youth, increasing the knowledge of Europe and its peculiar sports, games and values;
- Increasing mutual skills, experiences and capabilities of trainers and their organizations in Europe to promote a wider range of sport opportunities, also in relation to the recovery after Covid19, to organize inclusive sport events in their local communities with the aim to attract the wider diversity of citizens of Europe;
- Support institutions and communities involved in the organization of European sport events, with a special focus on EU Week of Sport, to create inclusive sport events, including sport actors under-represented and less engaged as active players in sport;

Introduction

This toolkit is created for sports trainers, teachers and sports activists with the aim to promote sport and games using with the aid of the Digital Map of EU Sports & Games. This toolkit is designed to provide trainers and teachers with the necessary resources and guidance to implement inclusive physical activities for children and youngsters, regardless of their abilities, gender, or cultural background.

The Digital Map of EU Sports & Games is a powerful tool that provides access to sports and games from four different countries, along with detailed explanations on how to use them in working with kids and young people. It is a collaborative effort of the partners of the Discovery EU project and is designed to be interactive and child-friendly, allowing young people to learn while having fun.

The idea of creating the Digital Map was to provide the useful tool to everyone in need which will include inclusive sports and games that are designed to be accessible to everyone. They promote diversity and provide opportunities for children and young people to learn and socialize with others from different backgrounds. Inclusive sports and games help to foster a sense of community and promote respect and understanding among children and young people.

This interactive map provides users with access to a range of sports and games from four different countries, along with detailed instructions on how to play them. The map also contains information on the history and geography of the partner countries, along with useful sustainable tips that users can learn while using the map.

The Digital Map also includes guidance on how to create inclusive sports and games that are suitable for children and young people with different abilities. This includes information on how to modify games to make them accessible to everyone, as well as guidance on how to create a safe and supportive environment for all participants.

The Digital Map of EU Sports & Games is a powerful tool for promoting physical activity and healthy lifestyles among children and young people. They can help to build confidence and self-esteem, and promote social skills and teamwork. The Digital Map also provide opportunities for children and young people to learn about different cultures and traditions, and to develop a sense of respect and understanding for others.

In conclusion, the toolkit is designed to promote inclusive sports and games using the Digital Map of EU Sports & Games. The toolkit provides a range of resources and guidance to enable trainers and teachers to create safe and supportive environments for all participants, regardless of their abilities, gender, or cultural background. The Digital Map is an effective tool for promoting physical activity, healthy lifestyles, and social skills among children and young people. The Digital Map of EU Sports & Games is an interactive and child-friendly tool that allows young people to learn while having fun, and provides a wealth of information on the history and geography of the partner countries, along with useful sustainable tips.

Before you start, make sure to...

Consider a practical approach, often referred to as the TREE model, that takes into consideration the teaching style, rules, equipment, and environment utilised when delivering a sports session. This model is often employed by teachers and coaches to help modify and adapt activities, making them accessible for all of their participants. Below you'll find examples for each of these elements, specifically related to sports that appear on the digital map.

T - Teaching/Coaching Style

R - Rules

E - Equipment

E - Environment

Teaching / Coaching Style

Teaching style refers to the way the game is communicated by the coach/teacher/instructor to the students/participants. The delivery of this sport and games to a group can have a significant impact on how inclusive it is. Using a combination of strategies will help you to ensure that communication is effective and appropriate.

- Keep instructions simple and concise.
- Use visual demonstrations and whistles.
- Encourage participation, teamwork and problem solving.
- Make questions to check if the student/participant understands your message.

Rules:

Changing, adapting and simplifying rules where necessary and re-introducing them as participant skill levels increase.

- Give a demonstration of the game and have a practice round;
- Begin the game with few rules and a straightforward approach;
- Adapt the rules of the game and sport to ensure everyone can participate equally;
- As participants gain familiarity with the game, add in rules one at a time;
- Rules are meant to keep the game safe and fun .

Equipment:

This relates to changing the equipment used to play the game or sport.

- Consider using equipment that makes noise, especially when working with individuals who have visual impairments;
- Change the way you use your equipment, for example, you can use a balloon or beach ball to slow or speed a game up;
- Increase or decrease the size, length and weight of the equipment;
- Change the colour to ensure the equipment is visible and contrasts with the area of play;
- Be creative, consider upcycling and crafting your own equipment.

Environment:

You can adapt where activities take place and remember to consider whether or not the playing area is suitable for all abilities.

- Make sure that the surface of the floor is designed to enable smooth movement of wheelchairs and other mobility aids;
- For participants who encounter challenges in standing or walking/running, they can engage in activities from a seated, kneeling, or side-lying position on the floor;
- To make activities more feasible and accomplishable, playing areas can be expanded to provide more room for manoeuvring tasks. For instance, increasing the size of a indoor/outdoor court.

Practical example:

Let's play Bilharda.

Place the participants in a semicircle, so they can easily watch and hear the teacher's or coach's instructions.

Make sure your instructions are short, concise and visual. Ask questions to make sure they understand. If the game is too complex, do not be afraid to simplify the rules.

Pay particular attention to safety issues! Participants may unintentionally hit other participants with the sticks. Keep the size of your environment in mind!

Make sure your group is getting the best out of the game, give them short feedback to ensure that the safety of everyone involved is guaranteed and that the game is played according to the rules.

If you think that the equipment is not suitable for the age of the participants, consider using their hands or arms as a bat and a small ball instead of the small sticks. We're sure it will work.

If you don't have a field, no problem! Adapt the environment and bring the game inside.

If you are playing indoors, it would be better to use a soft ball to replace the sticks. Protect the surroundings, you might break a lamp. Use rackets or anything available that suits the purpose of the game. Recycling material is sustainable and suitable to replace any equipment in any sport or game.

When it comes to digging, think outside the box!

Get out of your comfort zone! Prefer playing open air when possible, and get your group to be creative to adapt rules and equipment, they could be better than you.

Don't forget! Everybody can participate! Make sure the rules are fair for everyone. Consider the abilities of your participants and adapt the equipment as needed.

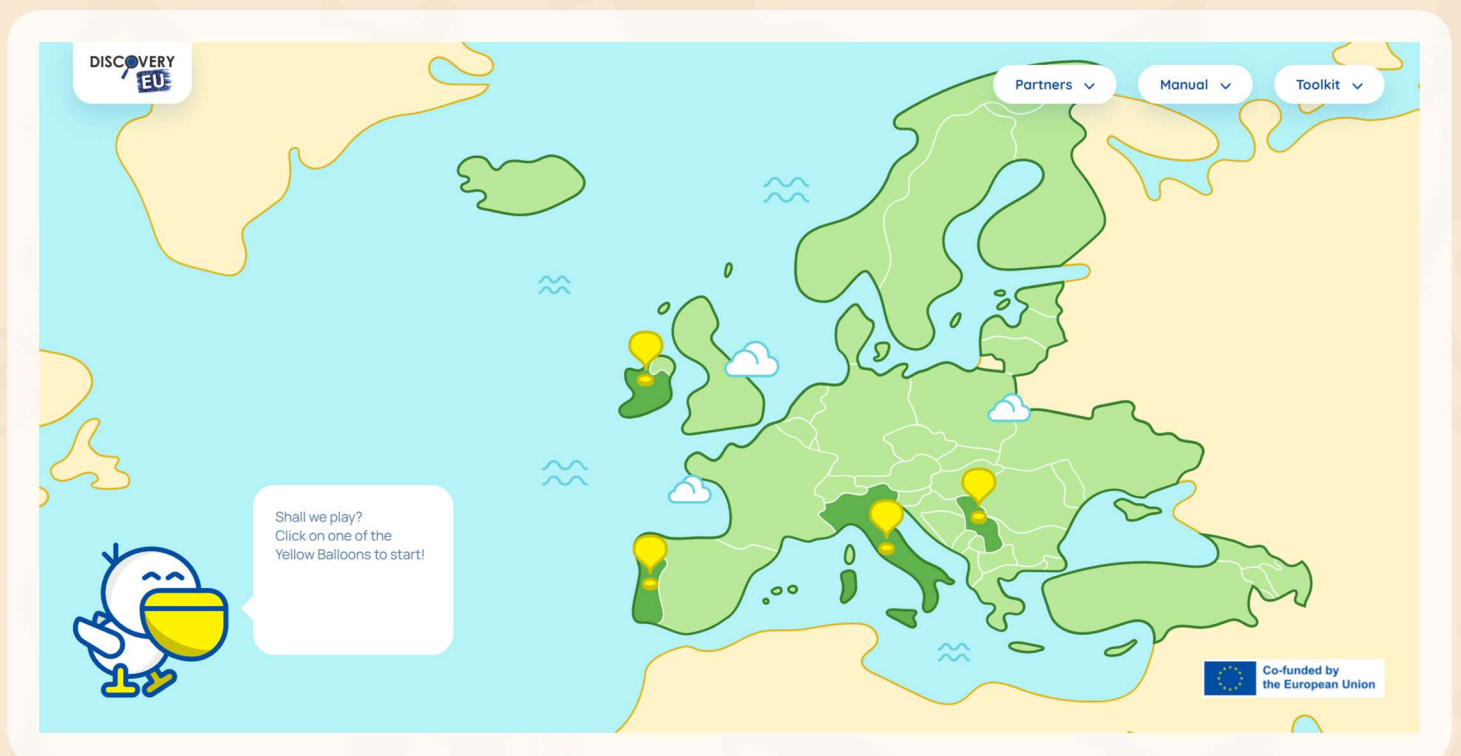


Instructions and guidelines

To access the Digital Map of EU Sports & Games open a browser on your computer, tablet or smartphone and go to the address:

<https://discovery-eu.geacoop.org/>

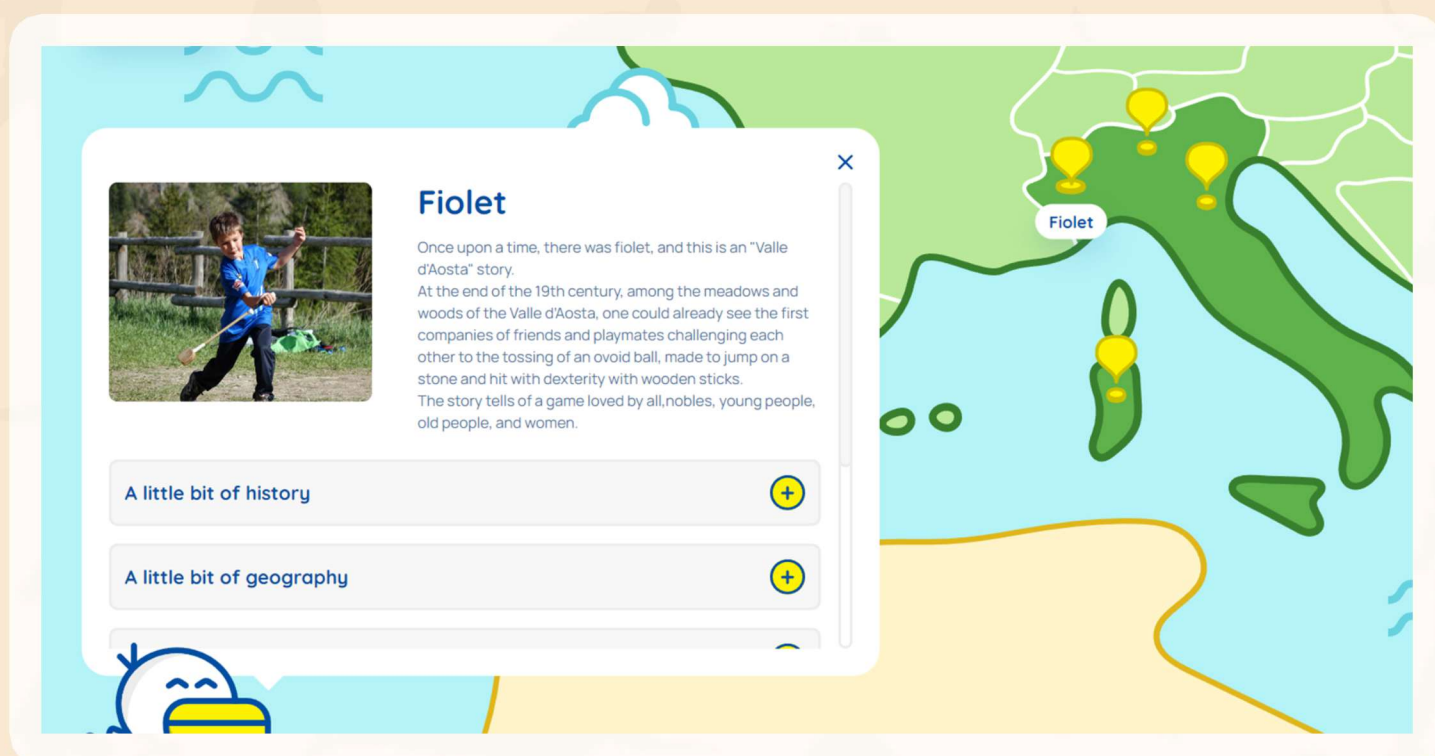
1. The home page of the Digital Map of EU Sports & Games will open with the map of Europe. You can notice our Pelican assistant which will be there for users to help them navigate through the map. The first message from the Pelican assistant is “Shall we play? Click on one of the Yellow Balloons to start!” which means that users can access the sports and games from one of the four partner countries by clicking on the one of the four balloons displayed above the each country on map (Portugal, Ireland, Italy and Serbia).



2. Once the user click on the selected country on the map, the map will zoom in to the selected country and show more yellow balloons across its territory. Our Pelican assistant is giving us the message “You chose *COUNTRY NAME*! Click one of the balloons to discover more about "COUNTRY NICKNAME". Every yellow balloon represents different sport or game which can be discovered by clicking on them. In every moment user can click on the button BACK which will bring them back to the HOME page where they can select different country.



3. By clicking on one of the yellow balloons user is opening the specific sport or game. The new box with drop-down list will appear with the name of the sport or game, short introduction and a photo. Here users can get familiar with a sport and game origin and development. Bellow the game introduction there is a drop-down list which contains sections: **A little bit of history, A little bit of geography, Rules and equipments, Accessibility, Sustainable tip, Ask to our experts!**. By clicking on the any of the sections the chosen section will expand and user will get the access to the section content. In every moment user can click on the button BACK which will bring them one step backwards.



4. **A little bit of history** – this section in the Digital Map provides a fun and engaging way for kids and young people to learn about the history of various European countries. This section is designed to highlight some of the most fascinating and lesser-known stories and events from the country's past. By presenting history in an accessible and engaging way, this section aims to inspire kids and young people to take an interest in learning more about the world around them. Whether they're exploring a new country or just curious about the past, the "A little bit of history" section provides a great starting point for discovery and learning.

A little bit of history ✕

Before the Unification of Italy, Valle D'Aosta, was part of the Ducato di Savoia which also included part of France.

Did you know that French is the official language of Valle d'Aosta? And is it still used today? Valle d'Aosta was the first government authority to adopt Modern French as the official language in 1536: imagine, even three years before France itself!

Nowadays, since 1946, Italian and French are the region's official languages and are used for the regional government's acts and laws. Would you like to learn French too?

A little bit of history ✕

Before the Unification of Italy, Valle D'Aosta, was part of the Ducato di Savoia which also included part of France.

Did you know that French is the official language of Valle d'Aosta? And is it still used today? Valle d'Aosta was the first government authority to adopt Modern French as the official language in 1536: imagine, even three years before France itself!

Nowadays, since 1946, Italian and French are the region's official languages and are used for the regional government's acts and laws. Would you like to learn French too?

A little bit of geography +

Rules & equipments +

Accessibility +

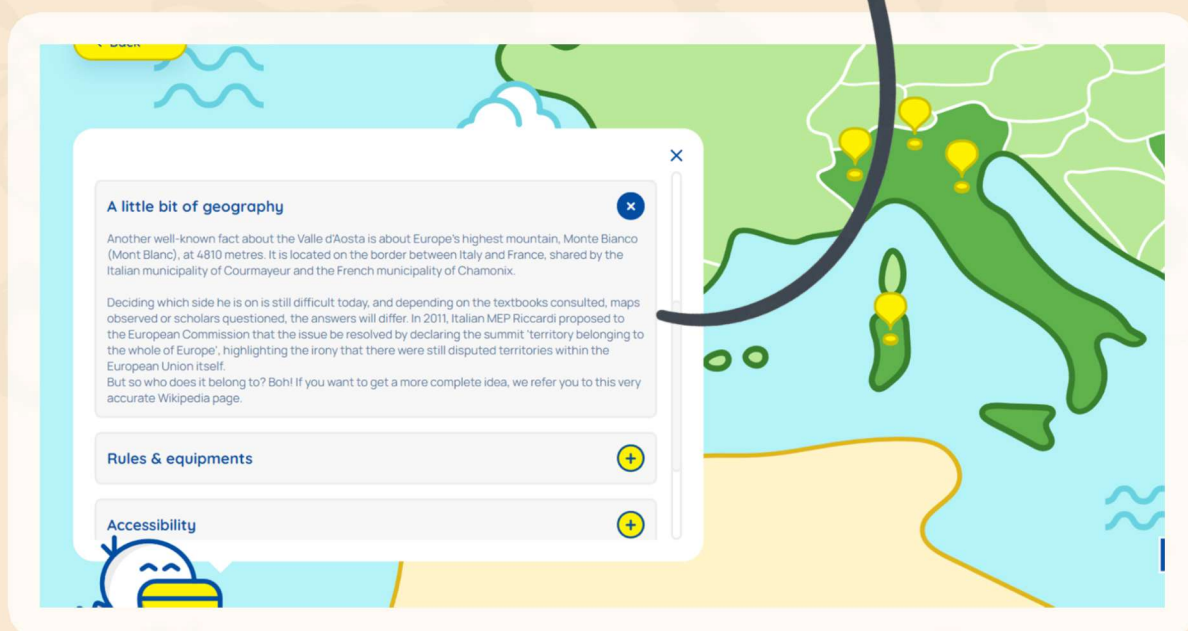
5. **A little bit of geography** - this section in the Digital Map is a fun and educational way for kids and young people to learn about the geography of selected country. This section provides interesting and unique facts about the country's physical features, landscapes, and climate. The "A little bit of geography" section is written in a way that is easy to understand and engaging for children, and it aims to inspire curiosity and a desire to learn more about European geography. By providing interesting and informative facts about the geography of different European countries, this section helps kids and young people develop a greater understanding and appreciation of the natural world.

A little bit of geography

Another well-known fact about the Valle d'Aosta is about Europe's highest mountain, Monte Bianco (Mont Blanc), at 4810 metres. It is located on the border between Italy and France, shared by the Italian municipality of Courmayeur and the French municipality of Chamonix.

Deciding which side he is on is still difficult today, and depending on the textbooks consulted, maps observed or scholars questioned, the answers will differ. In 2011, Italian MEP Riccardi proposed to the European Commission that the issue be resolved by declaring the summit 'territory belonging to the whole of Europe', highlighting the irony that there were still disputed territories within the European Union itself.

But so who does it belong to? Boh! If you want to get a more complete idea, we refer you to this very accurate Wikipedia page.



6. Rules and equipments - this section in the Digital Map provides a comprehensive guide to playing a particular sport or game. This section is designed to give kids and young people a detailed understanding of the rules, equipment, and other important aspects of the game. User can find the basic rules of the game, including how to score points, the number of players required, equipment required, surface or court required to play the game, and any specific rules or restrictions that must be followed. This section also includes information on the duration of the game and any variations that may exist. In addition to text-based information, the "Rules and equipments" section also include videos that show the gameplay in action. This can help kids and young people understand the rules and structure of the game more easily. By providing a clear and detailed guide to playing a particular sport or game, the "Rules and equipments" section in the Digital Map aims to help kids and young people develop the skills and knowledge they need to enjoy playing the game to the fullest.

Rules & equipments

Number of participants needed: both individually and in teams of 5.

Equipment needed:
a smooth, rounded stone (the pyre), an ovoid ball (the fiolet) and a stick called (eima) with an enlarged end (maciocca) to better hit the fiolet.

Facility/playing surface:
The playing field is at least 150 metres long. On the ground, starting from the stone from which the fiolet is thrown, concentric semicircles are drawn with a rope, 15 metres apart; the poles, i.e., the rods marked with progressive numbers from 1 to 13, allow the points obtained after each throw to be counted.

Other:
The player places the fiolet on the stone, hits it lightly on the "beak" to make it splash in the air, then hits it on the fly and throws it as far as possible. The distance from the stone to the end point of the fiolet determines the score. Each team consists of five players, who take it in turns to throw; their victory or defeat is determined by the sum of the scores achieved by each athlete, who has thirty throws.

Discovery EU

< Back

Discovery EU_IL_FIOLET con Associazione Valdôtaine Fiolet

Fiolet was already being practised in the Valle d'Aosta in the late 1800s. Our great-grandparents played it when they met on Sundays and spent the day competing against each other.

Accessibility

Discovery EU_IL_FIOLET con Associazione Valdôtaine Fiolet.

Copy Link

Fiolet was already being practised in the Valle d'Aosta in the late 1800s. Our great-grandparents played it when they met on Sundays and spent the day competing against each other.

0:37 / 5:42

YouTube

7. **Accessibility** - this section in the Digital Map provides information on how to make a particular sport or game more inclusive for people with different disabilities. This section outlines adaptations that can be made to the rules, equipment, and playing environment to ensure that everyone can participate and enjoy the game. The "Accessibility" section is designed to help promote inclusivity and ensure that everyone has the opportunity to participate in sports and games regardless of their abilities. By providing information on adaptations that can be made to the game, the Digital Map helps to break down barriers and create a more inclusive environment for all.

Accessibility ✕

No adaptations are known about violet, but it is desirable the possibility of placing a rise at the base of the stone on which the ball rests to give the opportunity to any players in wheelchair to participate too.

A screenshot of a digital map interface. On the right, a map of a region with green land and blue water features several yellow location markers. A dark blue arrow points from one of these markers to a larger, detailed view of the 'Accessibility' section. This detailed view is a white box with a blue border and a close button (✕) in the top right corner. It contains the following text:

- A little bit of geography +
- Rules & equipments +
- Accessibility** ✕
No adaptations are known about violet, but it is desirable the possibility of placing a rise at the base of the stone on which the ball rests to give the opportunity to any players in wheelchair to participate too.
- Sustainable tip +
- Ask to our experts! +

At the bottom left of the detailed view, there is a small cartoon character of a blue duck wearing a yellow life preserver.

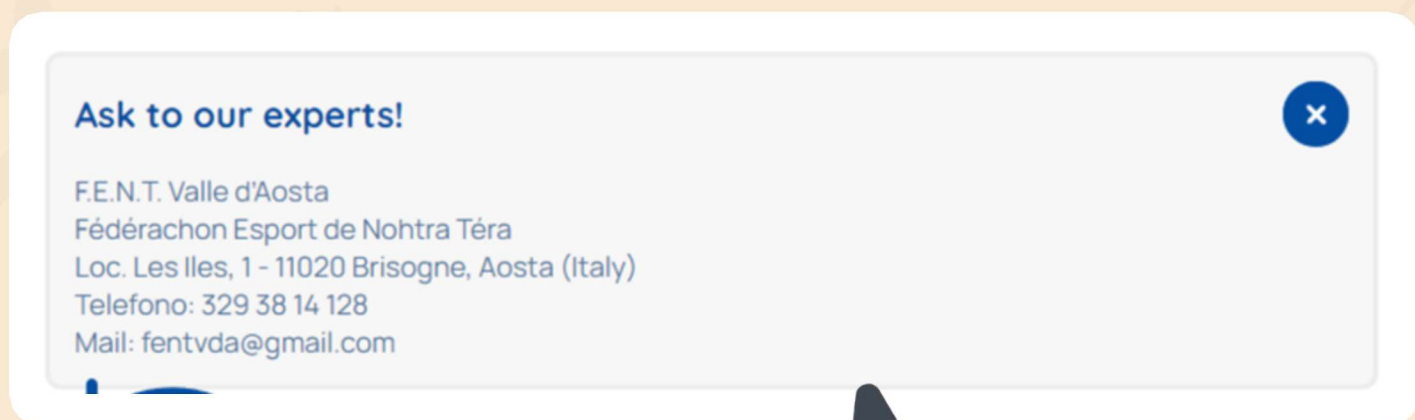
8. **Sustainable tip** - The "Sustainable tip" section in the Digital Map provides suggestions on how kids and young people can take care of the environment while playing sports and games. This section offers tips on recycling, reusing, reducing waste, and other eco-friendly practices that can be incorporated into gameplay. By providing practical tips and suggestions on how to reduce our environmental impact while playing sports and games, the "Sustainable Tip" section aims to empower kids and young people to take an active role in protecting the environment and promoting sustainable practices in their everyday lives.

Sustainable tip ✕

Fiolet it's already a Sport which forces you to play in the open air. Nature, what a wonderful view. Since the creation and availability of the equipment very unique what about creating an exclusive lab: "How to create Fiolet Equipment with recyclable materials". Give space to your fantasy!

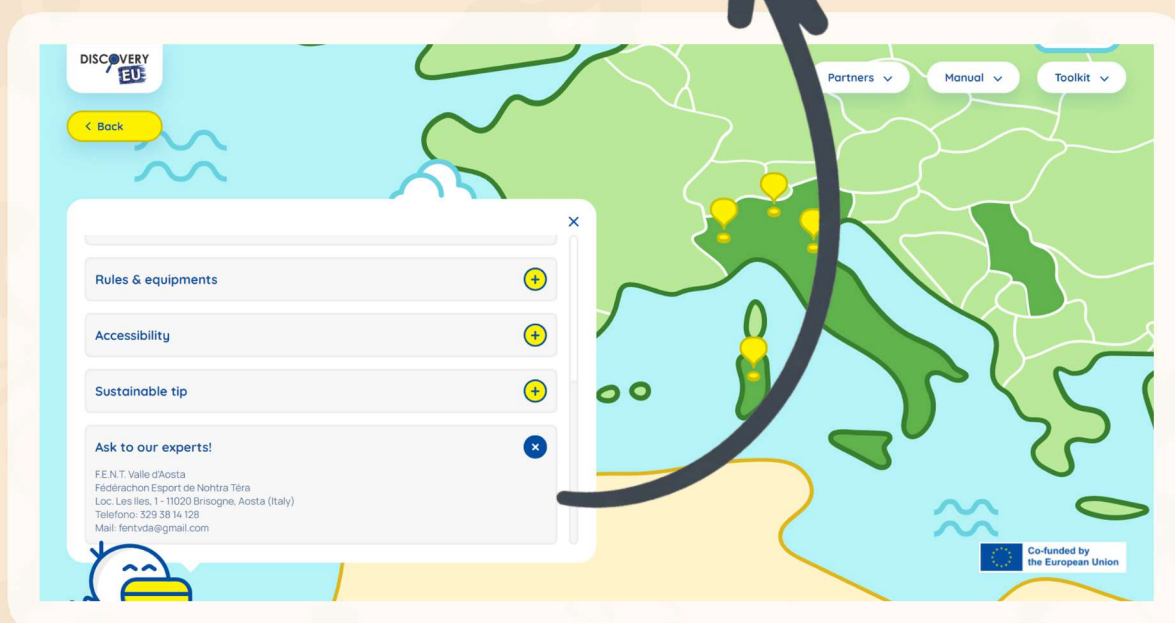
The screenshot shows a digital map interface with a sidebar menu on the left. The menu items are: 'A little bit of geography', 'Rules & equipments', 'Accessibility', 'Sustainable tip', and 'Ask to our experts!'. The 'Sustainable tip' item is highlighted with a blue 'x' icon. A large black arrow points from this menu item to the 'Sustainable tip' callout box shown in the previous block. The map background shows a stylized map of Europe with yellow location markers. The interface includes a 'Back' button, 'Partners', 'Manual', and 'Toolkit' dropdowns, and a 'Co-funded by the European Union' logo.

9. **Ask to our experts!** – provides contact information of organizations and individuals who are involved in a particular sport or game. This section is designed to help users to connect with experienced and knowledgeable individuals who can provide guidance and advice on various aspects of the sport or game. Whether you have questions about rules, equipment, or strategies for playing, the "Ask to our experts!" section provides a way to reach out and get answers from those who have the expertise and experience.



Ask to our experts!

F.E.N.T. Valle d'Aosta
Fédérachon Esport de Nohtra Téra
Loc. Les Iles, 1 - 11020 Brisogne, Aosta (Italy)
Telefono: 329 38 14 128
Mail: fentvda@gmail.com



DISCOVERY EU

Partners Manual Toolkit

< Back

- Rules & equipments
- Accessibility
- Sustainable tip
- Ask to our experts!**

F.E.N.T. Valle d'Aosta
Fédérachon Esport de Nohtra Téra
Loc. Les Iles, 1 - 11020 Brisogne, Aosta (Italy)
Telefono: 329 38 14 128
Mail: fentvda@gmail.com

Co-funded by the European Union

10. In every moment users can find the information about partners of the project and access the manual and this toolkit. By clicking on the button **Partners** the drop-down list will appear with the names of the each partner organisation involved in the Discovery EU project. Clicking on a wanted organization name will redirect the user to a organisations website. By clicking on the button **Manual**, users can access the manual created within the project, with all the games and sports detailed explained. The manual is available in four different languages: English, Italian, Portuguese and Serbian. By clicking on the button **Toolkit** users can access this toolkit which explains in detail how to use the Digital Map of EU Sports & Games. The toolkit is available in four different languages: English, Italian, Portuguese and Serbian.

Partners ▾

GEA Coop (Italy)

KOM 018 (Srbija)

I.W.A. Sport (Ireland)

ADCS Carvalhais (Portugal)

Manual ▾

English

Italiano

Português

Srpski

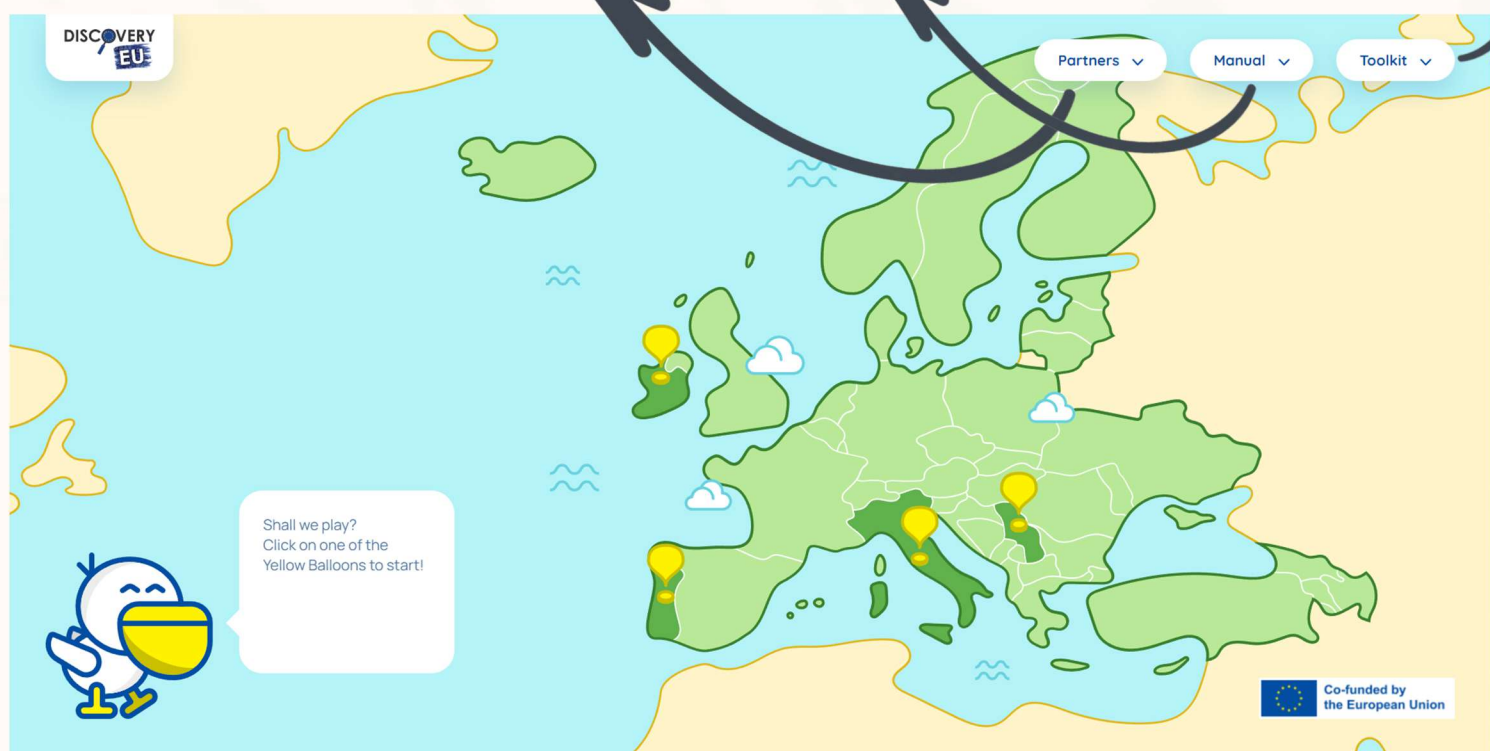
Toolkit ▾

English

Italiano

Português

Srpski



Erasmus+ Sport

The general objective of the Erasmus+ programme in the field of sport is to contribute to the development of the European dimension in sport, especially amateur sport. The new generation of the Erasmus+ programme (2021-2027) promotes mobility for the purpose of teaching sports staff, cooperation, quality, inclusion, creativity and innovation at the level of sports organizations and sports policies. Unlike the previous generation of programmes (2014-2020), the field of sports in the new programme is a part of the three key activities (KA) into which the programme is divided, with the important note that mobility projects in sports (KA1) are not available in the Call for 2021 .

In the sports component of the Erasmus+ programme, the emphasis is on international projects dealing with the inclusion of the general population in sports and physical activities, participation in physical activities as a means to maintain and improve health, promoting integrity and values in sports, education in sports and through sports, volunteerism in sports, the mobility of coaches, managers, volunteers and staff of non-profit sports organizations, as well as the fight against negative phenomena and challenges in sports, such as violence, racism, intolerance and discrimination.

In the sports component of the Erasmus+ programme for 2021, the Call is announced for three types of projects within key activity 2:

- Partnerships for cooperation in the field of sports
- Small partnerships in the field of sports
- Non-for-profit European sporting events

Learn more about Erasmus+ Sport by visiting the link:

DISCOVERY



EU



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be held responsible for them.”