

THE PROJECT



“Walk for all for life” is a project funded by the Erasmus+ Sport Programme of the European Union. The project intends to promote the activity of walking as a means to build healthier individual lifestyles amongst adolescents, chiefly VET trainees aged 14-25 years old.

W4AL APP

Among the planned activities of the project, there will be the creation of a dedicated app

Walk for All for Life is a Multiplatform Web Application, and you can download it on every type of Smartphone and Tablet with Android and IOS operating system.

This app is designed for people who enjoy walking outdoor, an activity that is accessible and suitable for everyone regardless of “physical condition”, without or with a very low economic impact, which can be used in different environmental contexts, from the city to the mountains.



WHY WALK FOR ALL FOR LIFE?

1

Improving users health, because walking has positive benefits for the entire community. In fact, walking is the most sustainable form of transport and brings economic benefits to both urban and rural areas.

2

Walking is an activity that contains a multiplicity of aspects: effort, engagement in training to progressively reach the goals, preparation; but also the chance to discover ourselves, our “traveling companions” and surrounding territory.

3

Walking is an opportunity to socialize, meet new people and make new friends. This social aspect also contributes to improve the mental health and well-being of the participants.

Welcome to our first newsletter of the Erasmus+ collaborative partnerships Walk for All for Life - W4AL



bit.ly/walk4al



Partners of the project

CSI - Centro Sportivo Italiano

CSI is a no-profit association, based on voluntary work, promoting sport as a moment of education, growth, social engagement and aggregation, prompted by the Christian vision of man and history at the service of the people and the territory.

www.csi-net.it

SCF - Scuola Centrale Formazione

SCF is a private no-profit organisation joining together 46 organisations managing about 100 VET centres distributed in 11 regions in the North, Centre and South of Italy. SCF works primarily to offer a representative support and an effective coordinating action to all associates, with a specific interest on methodologies, innovation, training of the trainers, and transfer of best practices.

www.scformazione.org

The Northern Greece Physical Education Teachers' Association (E.G.V.E.)

E.G.V.E. was founded in 1954. It's is both a professional and a scientific representative of all Physical Education aspects in Greece and it attributes to more than 9.000 members. It is the only official bearer of education and information for the Physical Education graduates in Macedonia and Thrace, extending its activities all over Greece and Cyprus.

www.egve.gr



Generalitat de Catalunya (Government of Catalonia)

The Generalitat de Catalunya (Government of Catalonia) – P4 is structured in different ministries responsible for the various areas of government.

The Departament d'Ensenyament (Regional Ministry of Education) is the administrative body of the Government of Catalonia in education matters and is responsible for the proposal and implementation of general non-university educational policy, training and recruiting trainers and the management of training centres. The Direcció General de Formació Professional Inicial i Ensenyaments de Règim Especial (DGFPIERE) is a part of the Regional Ministry of Education of the Government of Catalonia. It deals

with all the actions involving school-enterprise links. It has the control on 45% of the pedagogical curricula for VET. In close co-operation with local companies and professional associations, the Regional Ministry of Education of the Government of Catalonia sets up training programmes for VET students and supports training centres (400 in the region).

Ensenyaments Esportius (Education Department)

Escola Catalana de l'Esport (Catalan Sport Council)

The Secretaria General de l'Esport, through the Consell Català de l'Esport (Catalan Sports Council) - P5 develops the exclusive competencies of the Generalitat de Catalunya in the field of sports and leisure, in accordance with article 134 of the Estatut d'Autonomia de Catalunya and is the organ of direction of the Sports Administration of the Generalitat de Catalunya, assigned to the Departament de Presidència (Presidency Department), whose competency are assigned to sports. The Escola Catalana de l'Esport (Sports Catalan School) was created in 1982 with the aim of regularizing and standardizing the training and certifications of Sports Technicians in Catalunya.

Escola Catalana de l'Esport (Catalan Sport Council)

InterCollege

InterCollege is an international oriented social enterprise within the field of education, training and consultancy. InterCollege has a young international team with different educational backgrounds and interests, located across four independent offices in Denmark, Norway, Germany and The United Kingdom.

www.intercollege.info

CJD

CJD is social NGO working all over Germany on almost every issue which is related to the social sector. 9,500 full-time employees and numerous volunteers at over 150 locations provide help, support and education/training for more than 150.000 people in need each year. This work is based on the Christian conception of what it means to be human, with the vision: "Let no one fall by the wayside!" The CJD was founded in 1947 by the pastor Arnold Dannenmann. He wanted to give a fresh start to people who had been left homeless and directionless by the war by means of communal living and vocational training in a village for young people.

www.cjd-bbw-frechen.de

MEETING



The **kick-off meeting** of the project was held at Rome (CSI) on 18 February 2019. During the meeting, the partners met and shared the work that each of them performs within their own association. We then moved on to the study of the administrative and financial rules to be followed for the purposes of proper reporting, as well as the sharing of ideas for the

development of the APP, planned to support project activities. From the 10th to the 12th of April, EGVE, the Greek partner, hosted the **second meeting** of the W4AL project at the "Municipality of Ambelokipi – Menemeni". The working group was able to discuss the project activities that started after the kick off of Rome. In particular: the research and the

collection of good practices of the Walking activities in the partner countries and the revision of the surveys to be distributed to young people of ages between 14 and 25, to identify activity and sedentary levels.

During the meeting it was organized the program of the training event of the operators / trainers / coaches of the project, which will take place in Trento from the 8th to the 10th of July, to deepen, both in theory and in practice, the discipline of Walking. Furthermore, the first version of the APP that is being developed will be presented. In Thessaloniki the prototype of the APP was shown which will be available on smartphones and tablets, and it will be a support tool for operators/trainers to organize and manage the walking activities as well as a monitoring and sharing tool for the users.

MULTIPLIER SPORT EVENTS

From Friday 12th April until Sunday 14th April was organized, in parallel twentysecond International Congress on physical education and sport, the first **Conference for ERASMUS+ Sport Programme W4AL - «Walk For All for Life»**.

The first project conference was held in front of an audience of technicians and experts in physical education from all over the country.



UPCOMING EVENTS

W4AL JOINT TRAINING IN TRENTO, ITALY 8th-10th JULY

The joint training event for Italian and European coaches, involved in the Erasmus + sport W4AL project, will be held in Trento from 8th to 10th July. A total of 22 trainers from Italy, Spain, Greece, Germany and Denmark will participate in the two days of specific training on Walking. Classroom and practical lessons will alternate, in which the knowledge on Walking activity will be deepened: techniques, methodologies, physiology, organization of groups and walks.

THIRD MEETING IN BARCELONA, SPAIN 5th-7th NOVEMBER 2019