

>>> NEWSLETTER <<<

PROMOTING YOUTH WELL-BEING THROUGH SPORTS

ERASMUS-SPORT-2023-SSCP

Project Number: 101133429



POW NEWS: POW TRAINING IN VOLOS

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In November, we moved to the next phase of the POW Project "Drop out: What to Do," focusing on a training centered on non-formal education (NFE) in sport, tailored for educators in the field. Participants from Greece, Italy, and Romania joined to enhance their understanding of how NFE can transform sports education. This approach empowered educators to act as facilitators rather than traditional instructors, creating a supportive environment where participants could explore, take risks, and embrace failure as part of the learning process. On the first day, we delved into the theoretical foundations of NFE, covering topics such as its principles, the competences it develops, and its application in sports and leisure. The second day shifted to practical aspects, including designing NFE activities, exploring facilitation strategies, and addressing challenges in this dynamic approach. This training reinforced the potential of NFE to shift the focus from competition to holistic learning and growth.



OUR FOCUS

NON FORMAL EDUCATION IN SPORT?

The POW Project is a collaborative effort designed to contribute in the youth empowerment and the overall transformation of societies that promote teamwork, leadership, and confidence.

Our primary objective is to create inclusive approaches that ensure no individual is excluded. We are committed to creating safe, challenging environments where sports serve as adaptable activities that aim to meet participant's needs.



youth empowerment-society transformation

UPCOMING...

»» FINAL VERSION OF POW HANDBOOK
ABOUT NFE IN SPORT & COMPENDIUM
OF METHODS

»» LOCAL EVENTS ABOUT THE
IMPLEMENTATION OF THE PREVIOUS

»» DISSEMINATION EVENT IN GREECE

»»» KEY STRATEGIES

Our baseline is focused on highlighting the impact of sport and physical activity on society, particularly in improving citizens' quality of life. We also try to empower youth and vulnerable groups by encouraging their active participation in sports. Making physical activity more engaging and accessible by combining traditional sports with creative, play-based activities, can indeed strengthen social bonds by equipping instructors with the tools to foster inclusive, supportive environments for at-risk youth.

