

Press Release

Erasmus+ mobility of staff in sport, to attend the job shadowing “Along the trails of sport and social inclusion”

FYLI (GREECE) 17-20 OCTOBER 2024

A delegation made up of eight participants from Polisportiva Antroposport ASD took part to the 4-days Erasmus+ mobility project in sport to take part to an observation period and job shadowing titled “Along the trails of sport and social inclusion”, in Fyli (Region Attica, Greece), from Thursday 17 up to Sunday 20 October 2024, hosted by the local sport club “EPOS FYLIS”.

The mobility has been focused on the following activities:

- Thursday 17 October: the participants took part to a plenary theoretical session entailing a presentation of the hosting partner organization along with its sport and physical activities provisions, namely: hiking, mountaineering, trail running, climbing either through educational programs, or events and competitions or by simply making available their facilities, such as the climbing wall for adults and children.
- Friday 18 October: the participants observed how a climbing class for beginners can be conducted, from the selection of the appropriate level of wall, to climbing shoes and safety equipment;
- Saturday 19 October: the participants experienced an on-field session, with hands on the job, supporting the hosting organization in the preparation activities of the trail running event “Arma Parnithas”, organized on a yearly basis, encompassing the participation of hundreds of trail runners from Athens metropolitan area, Region Attica and other regions of Greece. This was a group activity, during which under the supervision of Epos Fylis’ instructors and members of the staff, the participants delivered race numbers and welcome packs, prepared water stations, positioned way marks on the race routes.
- Sunday 20 October: the delegation took part to the final preparation activities of the trail running event as well as the event itself.

As a result of participating in the mobility activities the participants have improved and extended, among others, knowledge and skills related to climbing, trail running, mountaineering, as follows:

- how to leverage outdoor sport practices to enhance protection and valorization of natural and cultural heritage: to be noted how the Municipality of Fyli and especially the Mount Parnithas forest was almost completely destroyed by wild fires in 2023 and especially the trail running event along with regular trekking and mountaineering activities helps both to keep on maintenance of trails and forest as well as to raise the interest and attention of citizens and institutions on this unique territory in terms of its cultural and natural heritage;
- using sport to help people staying physically and mentally fit and prevent or reduce the impact of health related conditions, helping to accept the principles of fair play, to establish healthy behaviors, mindsets and lifestyles, proposing these positive value to a territory and a community where social inequalities which cause social tensions and difficulties in people’s co-existence, that means providing sport practices useful to overcome social barriers.

Polisportiva Antroposport, as a grassroots sport organization operating especially in mountain areas, will embed and implement the newly acquired good practices and knowledge, gained during the mobility activity in Fyli to the benefit of the reference communities attempting to further increase the participation

to sport and physical activities leveraging natural and cultural heritage, reinforcing local identities and the spirit of belonging to the mountain territories, while also moving along in the aftermath of some major crisis of recent years such as for instance the dramatic seismic events of 2016 and 2017.

Especially newly acquired knowledge and skills connected to environmental sustainability will be adapted and implemented to decrease the ecological footprint of operations, for instance in connection to sport events.

www.antroposport.it/Mobilità.html

antroposport@yahoo.com

FOLLOWING pictures taken during the mobility in Fyli (Region Attica, Greece)



