



## Welcome to our BONTs newsletter!

In this number, we would like to present to you our latest BONTs publication - Recommendations for intergenerational adapted sport activities and local sport events organised in Austria, Serbia, Slovenia, Cyprus, Bulgaria and Croatia.



## SPORT MATTERS! AND SO DOES FAMILY! LET'S COMBINE THEM!

In November 2023, we developed a set of guidelines designed to create adapted activities from existing sports and games. The *Recommendations for intergenerational adapted sport activities* represent a thorough guide for sport organisations and trainers, helping them to adapt sports to meet the need of all family members, no matter their age, skills, background and physical condition.



**READ MORE ABOUT THE RECOMMENDATIONS ON OUR WEBSITE BY CLICKING HERE:**

These Recommendations contain valuable research on the importance of sports for families, insights into family psychology and a detailed step by step guide on how to adapt sports and games to make them more inclusive and enjoyable for all.

# OUR BONTS FAMILY EVENTS

Throughout 2023, we have organised a series of 7 sport events in Austria, Serbia, Slovenia, Bulgaria, Croatia and Cyprus. In Austria, we organised a serene family hike along the Danube, featuring mindfulness practices and yoga. Another event - fun hike, offered creative activities for kids, and ended in a joyful park picnic. In Serbia, we organised a family hike for families who had the opportunity to bond while surrounded by the stunning natural beauty of the Niš region.



In Cyprus, a unique family yoga session tailored for children under 7 and their parents combined fun, creative yoga poses. The instructor fruitfully blended humor and entertainment, offering a playful yet spiritually engaging experience. Bulgaria followed by celebrating International children's day in the greens of Youth hill, inviting families to play traditional games like "Drunken carrot" and "Bunny, what's the time?" with a modern twist. In Slovenia, a traditional running event was enriched by adding a new category for parents with children who ran together 300m distance and in Croatia, families of all shapes and sizes played together different variation of ball games.

