



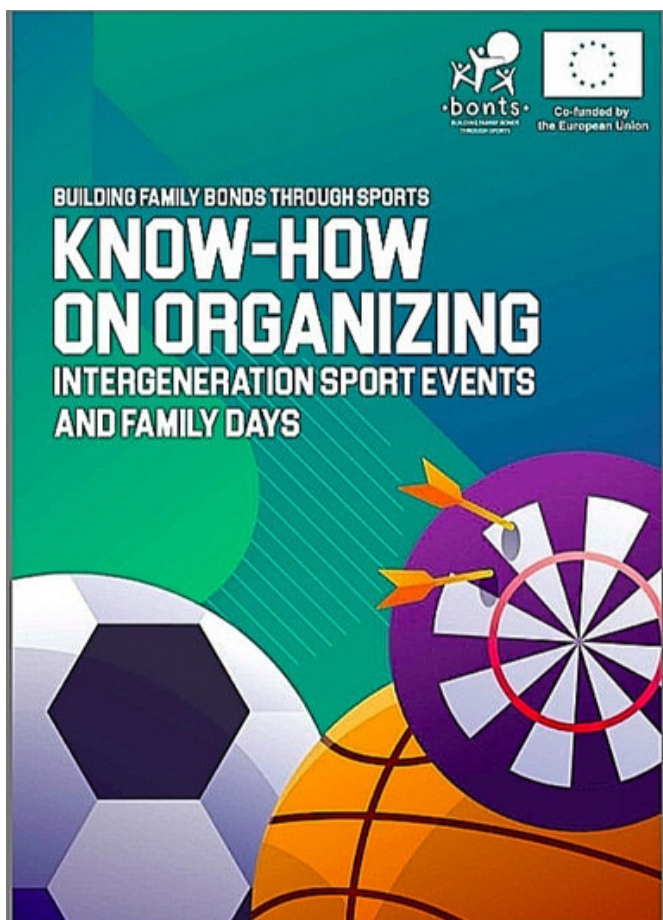
Welcome to our BONTs newsletter!

In this number, we would like to present to you our latest BONTs updates!

WISH TO ORGANISE AN INTERGENERATIONAL SPORT ACTIVITY, BUT NEED ADVICE?

If you are planning to organize a sports event that is appropriate for all ages, but you are not sure how, our BONTs guidebook is here to help. Our teams from Bulgaria, Austria, Slovenia, Croatia, Cyprus and Serbia present to you the KNOW HOW ON ORGANIZING INTERGENERATION SPORT EVENTS AND FAMILY DAYS.

The guide consists of advice, tips and tricks that our partners have discovered from implementing them throughout their events throughout the BONTs project.



 [CLICK ON THE GUIDE TO LEARN MORE](#)

OUR NEW PILOTING EVENTS

In the previous BONTS newsletter we did mention of some family events the teams have organised locally. In 2024, we continue our mission to unite families. During April and May, the partners organised more events on a local level.



ACTIVE Austria piloted two activities: hiking combined with mindfulness and yoga for children aged 4-9 and urban trekking with games for toddlers. Both events were led by skilled instructors, adapted to participants' needs, and held at pre-visited, accessible venues, with the hiking event being slightly too long for one family with a stroller.

The Bulgarian partners, along with their stakeholder "Veselata Kushta", organized "A Walk in the Park" event on April 29th. They aimed to show participants that family sports time can be cost-efficient and simple, focusing on traditional games like "The Balloon is Expanding" and the sucker ball game, which allowed teams of one adult and one child to engage and adjust the pace as needed.

The Cypriot partners, taking advantage of the beautiful sun and beaches has organized "Beach Tennis" event with children aged 4-6 years old. The activity gave the opportunity to parents to play together with their children in an entertaining and fun environment. Active Zone Outdoor team has also chosen to organize 'Orienteering' with families which not only sharpens children's problem solving skills but also map-reading skills.



Partners from Slovenia organized swimming for children with special needs and their parents. The event was held in cooperation with the Velenje Swimming Club. It should be emphasized that people with disabilities do not have special needs or abilities. They have the same needs as everyone else, but their abilities are at a different level. There are no DISABILITIES but THISABILITIES. When we realize this, the work becomes easier. Parents were invited to practice with the children. Using Halliwick method child and parent work together as a couple.

OUR NEW PILOTING EVENTS

The Serbian partners organized an event in collaboration with the football club »Nacional« from Nis, Serbia. Since they noticed that the relationship between single fathers and their kids is affected by a lack of time and obligations, they came up with the idea to organize an event that would involve single fathers and their kids, allowing them to spend quality time together and engage in physical activity.



Two activities were piloted in Croatia in 2024, both organized at a community center in Zagreb that promotes activities for all ages and diverse interests. These activities were created by teams of trainers and youth workers. The first activity involved children aged 5-13 years and their older relatives, such as parents and siblings. Participants tested various fun variations of football. The second activity included children aged 8-11 years and their parents, who played adapted versions of padel and fencing. Basic ideas for modifications were initially provided, and additional modifications suggested by different age groups of family members were also tested. For both events, written rules of the modified sports were provided, allowing parents extra time to prepare their children. This preparation helped children become more immersed in the activities. Families appreciated the opportunity to engage in sports they were not familiar with, which facilitated discussions about the history of the sport, equipment, and other related topics during breaks.