



Welcome to our BONTs newsletter!

In this number, we present to you some updates about the Final Cyprus conference and our newest handbook

WE ARE PROUD TO ANNOUNCE THE OFFICIAL PUBLICATION OF THE HANDBOOK OF FAMILY-ADAPTIVE SPORT ACTIVITIES, A KEY DOCUMENT GENERATED IN OUR PROJECT



The Handbook contains 12 adapted sport practices and activities aiming at enhancing family connections among younger and older family members, promoting a healthy lifestyle. The Handbook serves as a comprehensive guide for sport experts and youth workers interested in incorporating adapted sports and outdoor activities for the whole family, fostering an inclusive environment where everyone can participate regardless of their physical condition. Each activity described in the handbook has been carefully designed, adapted, and tested to accommodate the needs of various age groups and fitness levels, ensuring inclusivity, entertainment, and enjoyment for all.

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

FINAL CONFERENCE IN CYPRUS



A training activity and conference took place in Larnaca, Cyprus from September 27 to 29, 2024, coordinated by Active Zone Outdoor. The event brought together 18 dedicated youth workers, educators, and sports professionals from partner countries, fostering a collaborative environment for sharing insights and ideas

The whole training activity gave the opportunity to the participants to become aware of the tangible outcomes of the project as well as to gain practical experience and skills in the design and implementation of family oriented sport events.

Aiming at promoting the project in different communities and target groups, the project consortium organised sports activities in different locations in the city and province of Larnaca. A key activity related to the visit at Kamares Primary School, where pupils and parents had the opportunity to participate together in an adaptive beach tennis training session. Through the activity, bonds between family members were strengthened, promoting teamwork and the social nature of sports.



To promote social inclusion for people with disabilities, the Dikeoma Elpidas Center organized adaptive activities like beach tennis, football, yoga, and seated volleyball to foster community and interaction. The Center also hosted the BONTS conference, where stakeholders discussed the project's outcomes and ways to ensure their long-term impact.

Finally, a family adapted orientation activity was organised in the village of Agios Theodoros with the participation of children of different ages and parents. The game was designed to enhance teamwork, communication and cooperation between the members of each family, while providing entertainment and education, allowing the contestants to get to know the main points of interest of the picturesque village.