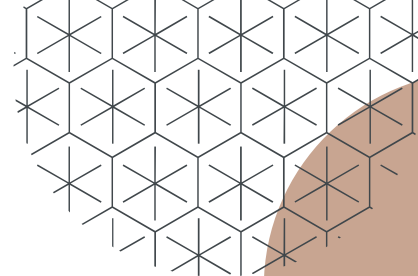




Co-funded by the
Erasmus+ Programme
of the European Union



Darts4Blind

Transnational Project Meeting Municipality of Lousada

REF: 613003-EPP-I-2019-I-TR-SPO-SSCP

ERASMUS+ SPORT SMALL COLLABORATIVE PARTNERSHIPS

Implementation

European Activities

European Week of Sport
Erasmus Days

Darts4Blind Activities

School activities

Brochures

Nº1
Nº2
Nº3

Tutorial

How to play

Teachers Meeting

Local meeting to present the project Darts4Blind

Webinar for families

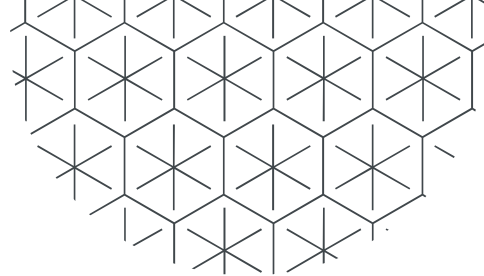
“The power of sport in inclusion”

Dissemination

Social Media
Web posts

Questionnaires

Nº1
Nº2



European Activities

Teachers Meeting

Local meeting to present the project Darts4Blind



EWOS
23-30/09/2021



Erasmus Days
15/10/2021

European Week of Sport

With the support of the county's sports clubs and associations, various activities took place during the week for the entire population.



23-30/09/2021

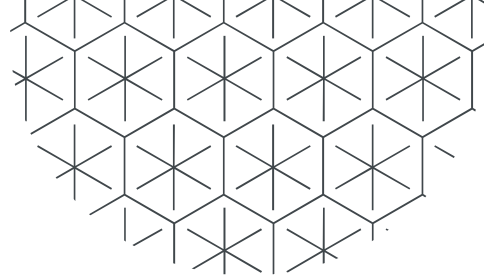


Erasmus Days



Due to the pandemic situation, the celebration of Erasmus Days took place in an online format.

16/10/2021



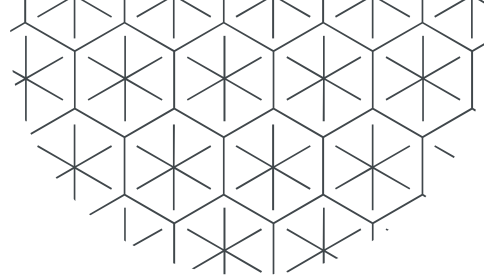
Darts4Blind Activities



Students with or without visual impairment can participate by simply covering their eyes and thus compete fairly with their blind or partially sighted peers. Physical education teachers are responsible for the development of the activities.

16/II/2021





Brochures



SPORT AND PHYSICAL ACTIVITY

SENIORS



WORLD HEALTH ORGANIZATION

Older adults (65 years and above) should do physical activity, at least, per week:
150' of moderate-intensity
75' of vigorous-intensity
Combination of both

Muscle-Strengthening
(major muscle groups)
2 or more days per week

Enhance Balance
(prevent falls)
3 or more days per week



People who can't do the recommended should be as physically active as their abilities and conditions allow.



Co-funded by the
Erasmus+ Programme
of the European Union



SPORT AND PHYSICAL ACTIVITY

SENIORS

Endurance

So you can



climb steps



dance the night
away



Strength

So you can



lift groceries



carry grandchildren



Balance

So you can prevent



falls and related injuries

TIP: Use a chair or
the wall
for support.



Flexibility

So you can



drive



get dressed



Beyond sports or planned exercise, physical activity includes activities in leisure time, walking, cycling, swimming or household chores.



Co-funded by the
Erasmus+ Programme
of the European Union

Brochure N°1 – Sport and Physical Activity for Seniors

15/11/2021



BALANCE TRAINING FOR EVERYONE

BALANCE



Balance depends on nerve signals from three systems (eyes, legs/torso and inner ear balance organs). It is a key component of physical fitness and can help anyone at any age. If something goes wrong with one of these three systems, it can make us lose our balance.

VISUAL SYSTEM

Your visual system gives your brain information about where your body is as you navigate through your environment. People with impaired vision may have balance difficulty for this simple reason. They cannot see where they are or how far an object is from them.



VESTIBULAR SYSTEM

Your vestibular system is located in your inner ear. It works to send information to your brain about how your head is positioned. As you move and turn your head, the fluid rushes to one side of the vestibular structure and activates the nerves there.



PROPRIOCEPTIVE SYSTEM

Proprioception allows you to sense your body's position and movements in relationship to your surroundings. This system relies on a group of specialized nerve endings in your muscles, tendons, and joints. These nerves send messages to your brain. They tell it when and how a muscle is working to create movement and what position you are in.



SINGLE LEG STANCE

It works the muscles in your **thighs**, **buttocks**, and **abdominals**. It can also teach you how to keep your hips squared and level even when balancing on one leg.

- Find something stable to hold onto, like a countertop or railing, and stand beside it.
- Bend your knees ever so slightly so that your knees do not lock.
- With one foot planted, lift your other foot in front of you or to the side of you.
- Hold this position for 30 seconds, with a focus on keeping your hips level.
- Repeat with the other foot, only lifting each foot as much as you feel stable and comfortable.

Start by doing five repetitions (reps) per leg. You can work yourself up to 10 reps per leg each day, or stick with five reps while gradually raising your leg higher as your strength and balance improve.

TANDEM WALKING

The exercise can be used to strengthen the connection between your visual and proprioceptive systems.

- Find a counter, railing, tabletop or something you can grab onto if you lose balance.
- Begin in a standing position beside the stable object.
- Slowly walk forward by placing one foot directly in front of the other.
- Walk forward 10 paces, slowly turn around, and walk back to your starting position the same way.

Your goal is to do this without any spaces between each foot. As you step, it's OK to watch your feet until you feel confident looking straight ahead.

WALKING WITH DIFFERENT HEAD MOTIONS

This exercise strengthens the connection between all three balance systems at once. It trains them to communicate quickly when your focus or attention abruptly changes.

- Make sure you are not too close to any objects—like counters, tables, or walls—that you could accidentally bump your head into.
- Start by standing with your eyes facing forward.
- Walk 10 paces while slowly turning your head left and right, and scanning the room with your eyes.
- Try different variations with this exercise; for example, instead of turning your head left to right, you can try nodding your head up and down.

You may be trying this exercise at home and feel like you still need to hold onto something. If so, ask someone you trust to walk next to you just in case you lose balance. Some people may also find it helpful to use a walking cane.

WALKING WITH DIFFERENT VISUAL FIELD

This exercise is a key to building the connection between your inner-ear and proprioceptive systems, and keeping you stable if you become wobbly or dizzy.

- Print out a checkerboard design, a spiral, or any other design pattern that seems to change or shift when you look at it.
- Tape this design to the wall so that it is level with your eyes.
- From three or more yards away, stand and slowly walk forward toward the design while staring directly at it.
- If you feel ready, you can then try walking backward while keeping your eyes on the design.

REFERENCES

- [illegible]

Brochure N°2 – Balance Training for everyone

25/03/2022



Co-funded by the
Erasmus+ Programme
of the European Union

OUTDOOR ACTIVITIES FOR VISUALLY IMPAIRED



Co-funded by the
Erasmus+ Programme
of the European Union



Brochure N°3 – Outdoor Activities for Visually Impaired

24/05/2022

TANDEM BIKES

- Tandem bikes allow the sighted participant to ride in the front of the bike, while the participant who is visually impaired rides in the back.
- The person in front is responsible for steering, peddling, and stopping.
- The person in the back is responsible for peddling.

<https://mte.apf.org/physical-education/articles/fitness-for-individuals-who-are-visually-impaired-or-deafblind>



Co-funded by the
Erasmus+ Programme
of the European Union

TETHER

- The tether is a short rope, a towel, or a shoelace held between the guide and the individual with a visual impairment.
- Wrapping the tether around each person's hand secures it from slipping.
- If a dangerous area appears, the guide pulls the runner/swimmer closer to avoid injury.
- With this technique also, the guide must be able to run/swim faster than the runner who is blind.

<https://mte.apf.org/physical-education/articles/fitness-for-individuals-who-are-visually-impaired-or-deafblind>



Co-funded by the
Erasmus+ Programme
of the European Union



Tutorial

The Municipality of Lousada developed the first action for families: The Tutorial "How to play darts for blind people". The aim is to include everyone, with or without disabilities, in social and recreational activities.

14/11/2021

TUTORIAL How to play Darts4Blind?



1 - Put the target on the wall.



2 - Hold the string attached to the target.



3 - Walk backwards and away from the target.



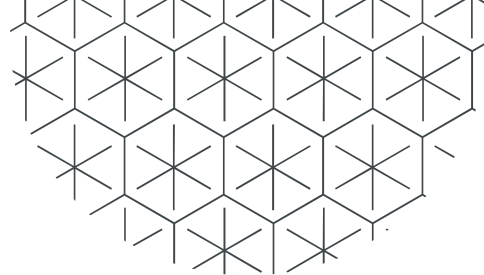
3 - Hold the dart and line up with the string attached to the target.



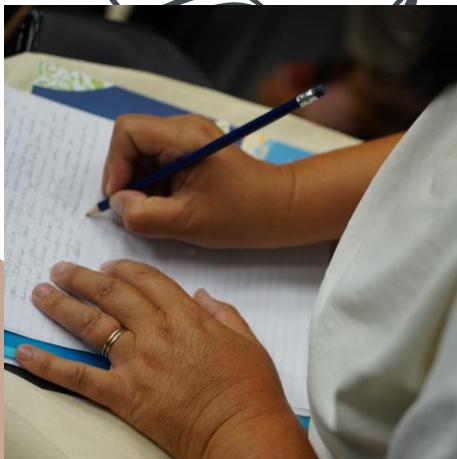
4 - Throw the dart.



6 - Approach the target and check the score.



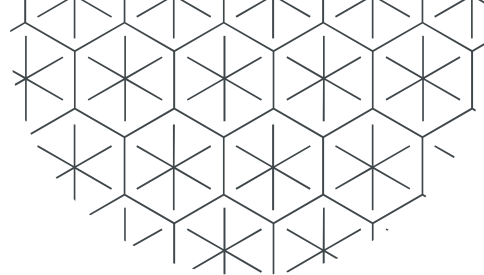
Teachers Meeting



Teachers learned how to implement darts activities in sport classes for the blind and visually impaired students but also for students without disability.

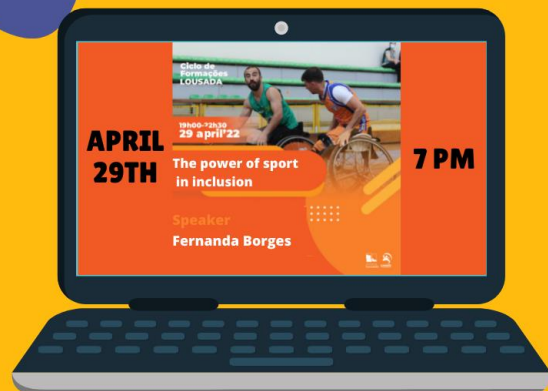
11/11/2021





Webinar For Families

ONLINE TRAINING FOR FAMILIES



The seminar of the Municipality of Lousada took place on the 29th april, 2022 with the theme: "The power of sport in inclusion", aimed at families of people with disabilities. About 60 people attended the seminar.

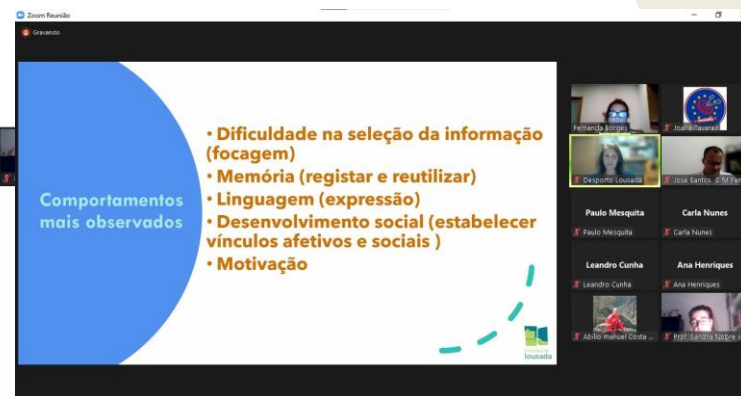
29/04/2022

Co-funded by the Erasmus+ Programme of the European Union

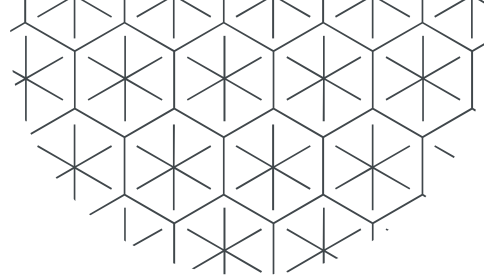


Lousada

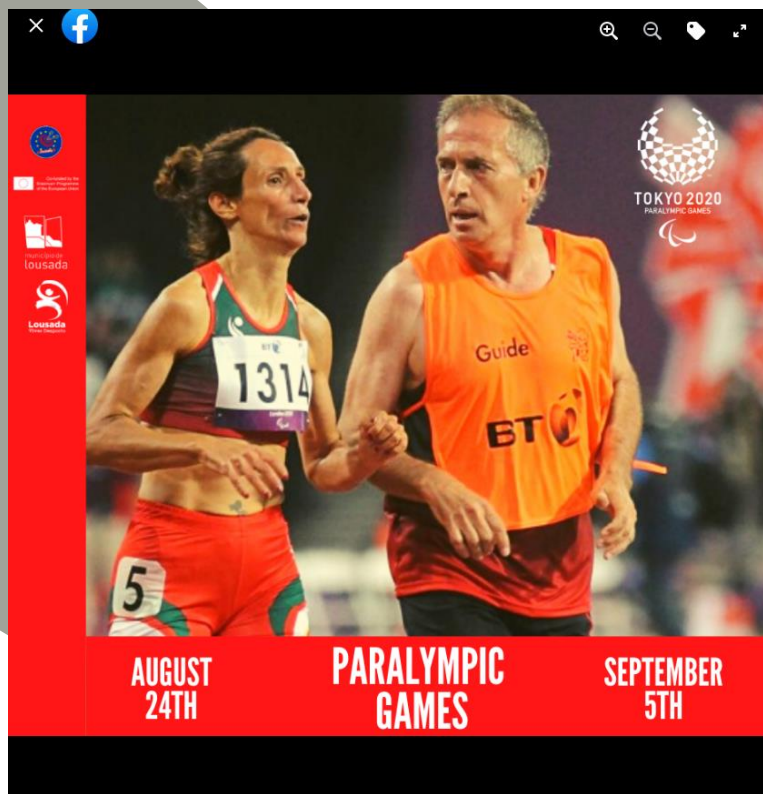
Zoom Reunião



Co-funded by the Erasmus+ Programme of the European Union

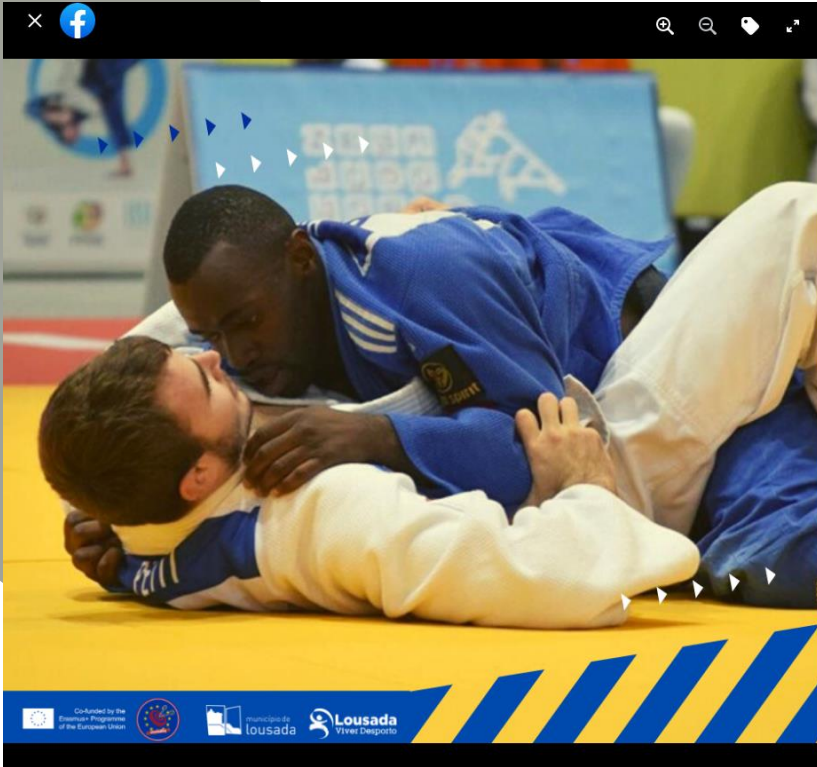


Dissemination



Paralympic Games

12/08/2021





**Darts4Blind**
Publicado por Carla Nunes ·
17 de agosto de 2021 ·

Benefits of physical activity for blind people:

- It is evident that children and young people who are blind or have low vision have lower levels of physical condition than their peers, at the same time needing to use more energy in their daily activities.
- Sports activity increases the notion of balance and coordination, as well as the cardiovascular condition in general.

Source: Portuguese Sports Federation for people with disabilities.
... Ver mais

Editar

 2

 Gosto

 Comentar

 Partilhar




 Comentar como Darts...




Prime a tecla Enter para publicar.

Benefits of Physical Activity for blind people

17/08/2021



Co-funded by the
Erasmus+ Programme
of the European Union

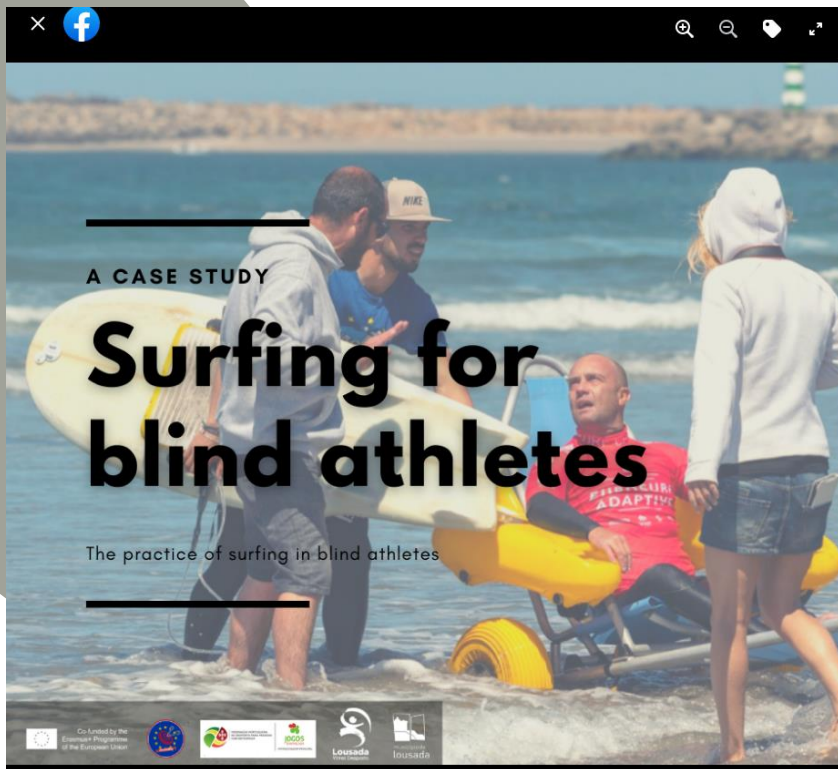


município de
lousada





Co-funded by the
Erasmus+ Programme
of the European Union



Darts4Blind
Publicado por Carla Nunes ·
17 de setembro de 2021 ·

The Portuguese Federation of Sports for People with Disabilities presented a study carried out by a group of universities on the impact of surfing on athletes with visual impairments, "The practice of surfing on athletes with visual impairments: A case study".

The results of the study indicate that the practice of Para Surfing plays a decisive role in the quality of life, social interaction and physical well-being of people with disabilities.

Study access link: <https://fpdd...> Ver mais

Editar

Tu e 3 outras pessoas

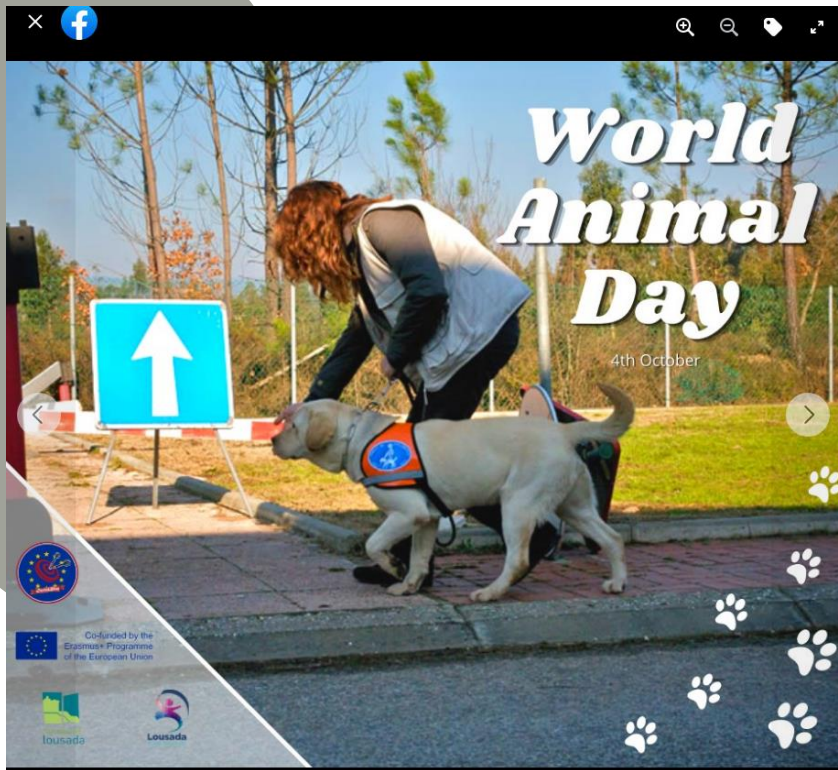
Gosto Comentar Partilhar

Comentar como Darts...

Prime a tecla Enter para publicar.

Surfing for blind athletes

17/09/2021



Darts4Blind
 Publicado por Carla Nunes · 4 de outubro de 2021 ·

Today is World Animal Day. In Portugal there is only one guide dog school, the Associação Beira Aguieira de Apoio ao Deficiente Visual.

Guide Dogs are animals specially trained to help blind and visually impaired people to leave the house and move around safely.

References to guide dogs date back to the Middle Ages, in a record illustrating a blind man led by a dog. The first training sites appeared in Germany during World War I to support war veterans. Over the years, guid... Ver mais

[Editar](#)

Tu e 3 outras pessoas

[Gosto](#) [Comentar](#) [Partilhar](#)

Comentar como Darts... [👤](#) [📷](#) [📺](#) [📱](#)

Prime a tecla Enter para publicares.

World Animal Day

04/10/2021

Darts4Blind
Publicado por Joana Tavares · 3 de dezembro de 2021 ·

International Day of Persons with Disabilities

Click here for the audio description for the visually impaired: <https://youtu.be/KqANQDgkAc>

"Pip" animated short film presented by Southeastern Guide Dogs -- A heartwarming tale for underdogs everywhere. Pip is the story of a small dog with a big dream—to become a Southeastern Guide Dog. Does she have what it takes?

Southeastern Guide Dogs

#Pip #PipFilm #SEGGuideDogs #SoutheasternGuideDogs
#erasmus #erasmusport #sport4all #disability #erasmusplus #erasmusplussport #sport
#lousadadesporto
#darts #blind #visualimpairment #socialinclusion #erasmusplussport #inclusivesport
#ErasmusPlus

Find out more at: <https://www.GuideDogs.org>

Film made possible by Gary and Melody Johnson.
Kahramanmaraş Sütçü İmam Üniversitesi
Município de Lousada
Budapest Association for International Sports
Sportski savez osoba s invaliditetom Grada Rijeke
@CooperHabile Cooperativa sociale onlus
REF: 613003-EPP-1-2019-1-TR-SPO-SSCP



YOUTUBE.COM

Pip | An Animated Film [Audio Description Included]

"Pip" animated short film presented by Southeastern Guide Dogs -- A heartwarming tale for u...

26
Pessoas alcançadas

7
Interações

Promover publicação

Tu e 4 outras pessoas



Gosto



Comentar



Partilhar



Comentar como Darts4Blind

Prime a tecla Enter para publicar.

Darts4Blind
Publicado por Joana Tavares · 3 de dezembro de 2021 ·

International Day of Persons with Disabilities

Hearts without Barriers

Over 3 months, 60 young people and adults hand-made 2.500 heart-shaped key-rings. They cut and sewed, filled the heart, attached the ring and assembled the packages. All the work was done with a lot of love.

They have already been offered to 3 municipalities with much affection: Município de Lousada, Município de Fátima, Município de Guimarães and to Quinta Avenida, a partner of ACIP.

The key-rings are now for sale at the Espaço Guimarães.

The value of the sale reverts to a trip of our talented youngsters to Lisbon.

With only 1€ you can make a difference.

Distribute love.

Offer a heart.

#erasmus #erasmusport #InternationalDayofPersonswithDisabilities #sport4all #disability #erasmusplus #erasmusplussport #sport #lousadadesporto

Kahramanmaraş Sütçü İmam Üniversitesi
Município de Lousada
Budapest Association for International Sports
Sportski savez osoba s invaliditetom Grada Rijeke
@CooperHabile Cooperativa sociale onlus
REF: 613003-EPP-1-2019-1-TR-SPO-SSCP



Município de Lousada ·
3 de dezembro de 2021 ·
Corações sem Barreiras
ACIP

28
Pessoas alcançadas

6
Interações

Classificação de distribuição

Promoção indisponível

Tu e 4 outras pessoas



Gosto



Comentar



Partilhar



Comentar como Darts4Blind

Prime a tecla Enter para publicar.



International Day of People with Disabilities

03/12/2021

Agrupamento de Escolas Lousada Oeste

30 de novembro de 2021 ·

No próximo sexta-feira, dia 3 de dezembro, comemora-se o Dia Internacional das Pessoas com Deficiência.

Nas aulas de Educação Física serão realizados desportos adaptados, com a presença de atletas da Associação Nacional de Amputados, Federação Nacional de Volei Paralímpico.

Estão convidados os alunos, que não têm Educação Física nesse dia, a assistirem das bancadas.

Esta atividade resulta da cooperação entre a equipa de Educação Especial, equipa PES e grupo de Educ... Ver mais

Tu e 29 outras pessoas

4 partilhas



Gosto



Comentar



Partilhar




Comentar como Darts...

Prime a tecla Enter para publicar.

Darts4Blind
Publicado por Cátia Nunes · 10 de dezembro de 2021

Everything is possible!

#darts4blind #erasmusplusport #lousada #skate
Kahramanmaraş Sıncı İmam Üniversitesi
Município de Lousada
Budapest Association for International Sports
Sportski savez osoba s invaliditetom Grada Rijeke
@CooperHabile Cooperativa sociale onlus
REF: 613003-EPP-1-2019-1-TR-SPO-SSCP



Revista CemporcentoSKATE
6 de dezembro de 2021 · Instagram

Superação em cima do skate é também superação na vida. É passar por cima de todos os obstáculos que aparecem na caminhada.
Essa é mensagem poderosa que nos transmite Nando Costa, também conhecido como o Skatista Cego.
#OSkateJunta
BV

19 Pessoas alcançadas · 4 Interações · Classificação de distribuição · Promoção indisponível

4

Gosto · Comentar · Partilhar

Comentar como Darts4Blind

Prime a tocar antes para publicar.

Everything is possible (Blind person skating)

10/12/2021



Darts4Blind
Publicado por Carla Nunes ·
29 de dezembro de 2021 ·

End the year in the best way and have an active New Year's Eve!

Start 2022 on the right foot and see our exercise suggestions at:
<https://europeanwalkingtour.eu/pt/outputs/videos/>

#darts4blind #erasmusplussport
#happynewyear #physicalactivity

Kahramanmaraş Sütçü İmam Üniversitesi
Município de Lousada... Ver mais

Editar

4

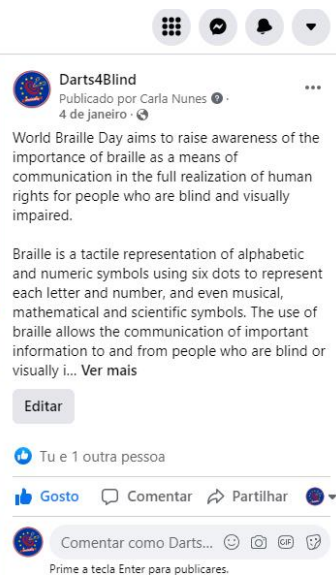
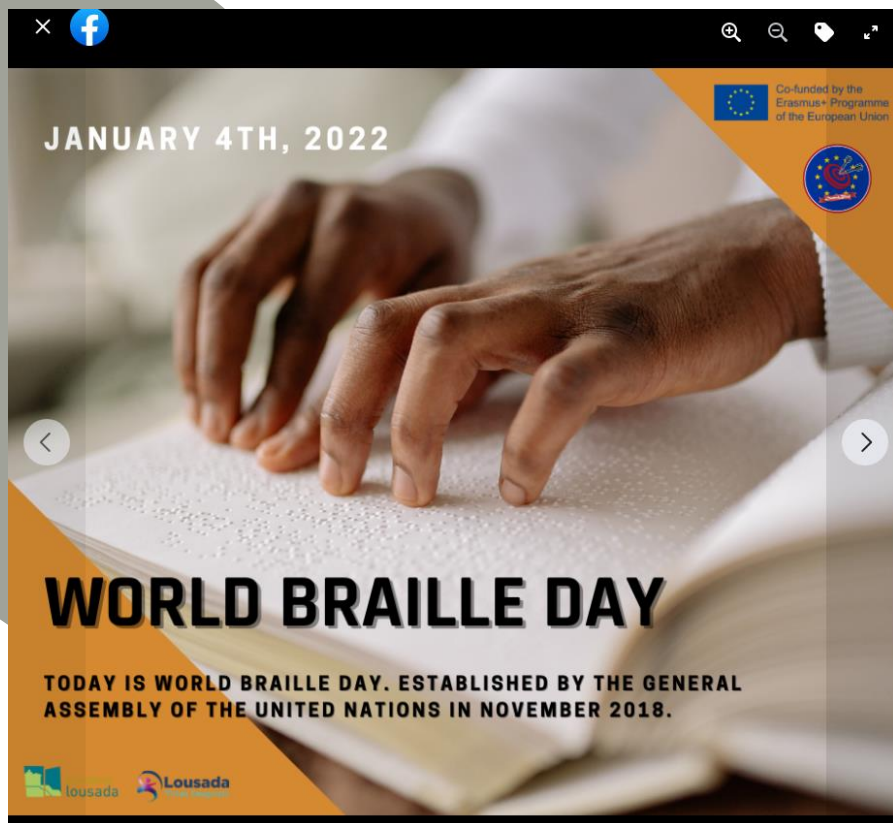
Gosto Comentar Partilhar

Comentar como Darts4Blind

Prime a tecla Enter para publicar.

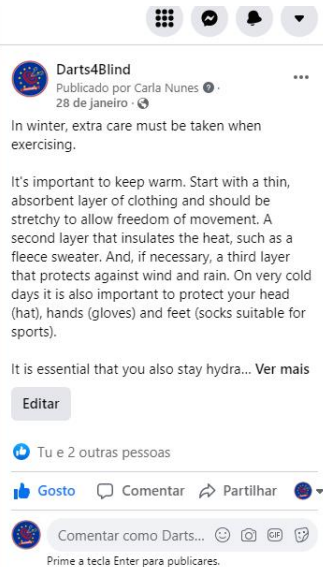
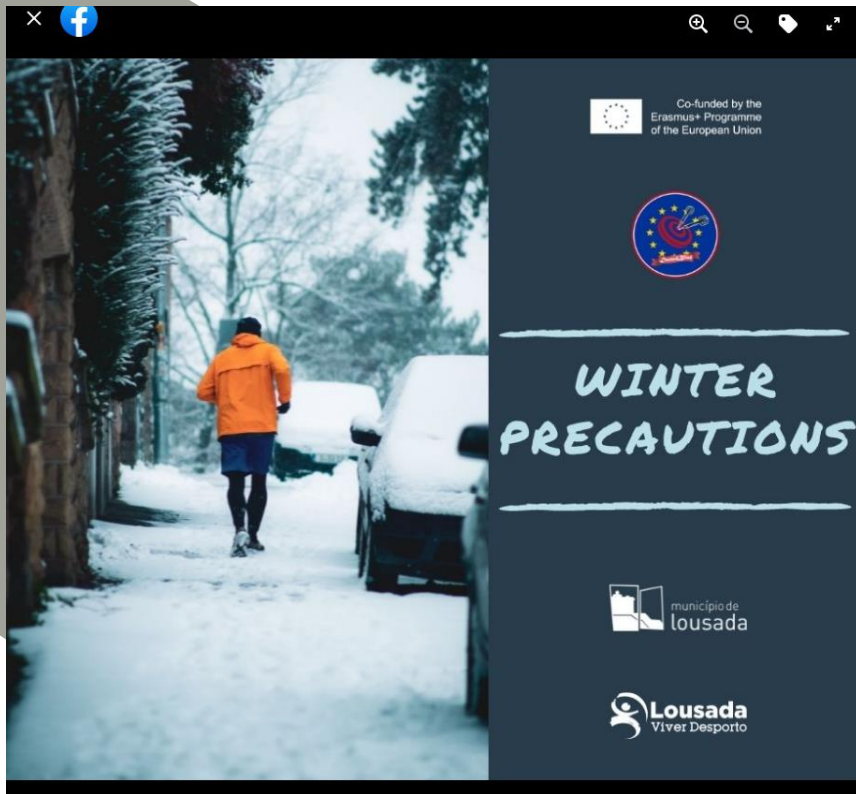
Happy New Year

29/12/2021



World Braille Day

04/01/2022



Winter Precautions

29/01/2022



Darts4Blind

Publicado por Carla Nunes ·
4 de fevereiro ·

World Cancer Day is the one singular initiative under which the entire world can unite together in the fight against the global cancer epidemic.

Exercise has many biological effects on the body, some of which have been proposed to explain associations with specific cancers. These include:

- Preventing high blood levels of insulin, which has been linked to cancer development and progression (20) [breast, colon]
- Reducing inflammation
- Improving immune system function
- Alte... Ver mais

Editar

Tu e 3 outras pessoas

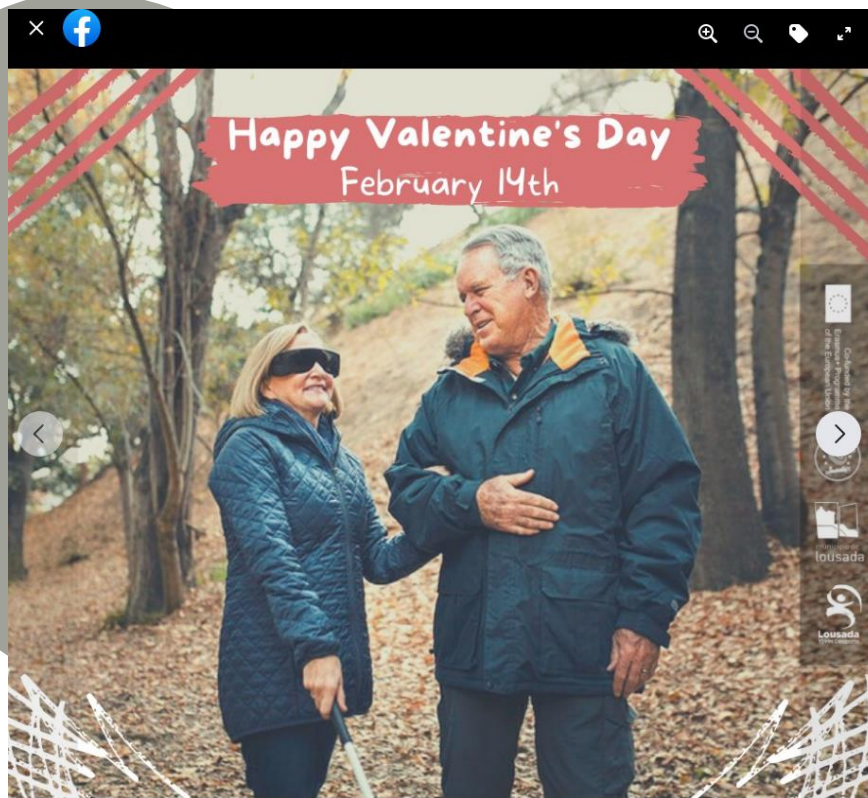
Gosto Comentar Partilhar

Comentar como Darts...

Prime a tecla Enter para publicares.

World Cancer Day

04/02/2022



Darts48blind
Publicado por Carla Nunes ·
14 de fevereiro ·

Happy Valentine's Day!

Everyone has the right to love and be loved.

#darts4blind #erasmusplussport #lousada #valentinesday

Kahramanmaraş Sütçü İmam Üniversitesi
Município de Lousada ... Ver mais

Editar

Tu e 3 outras pessoas

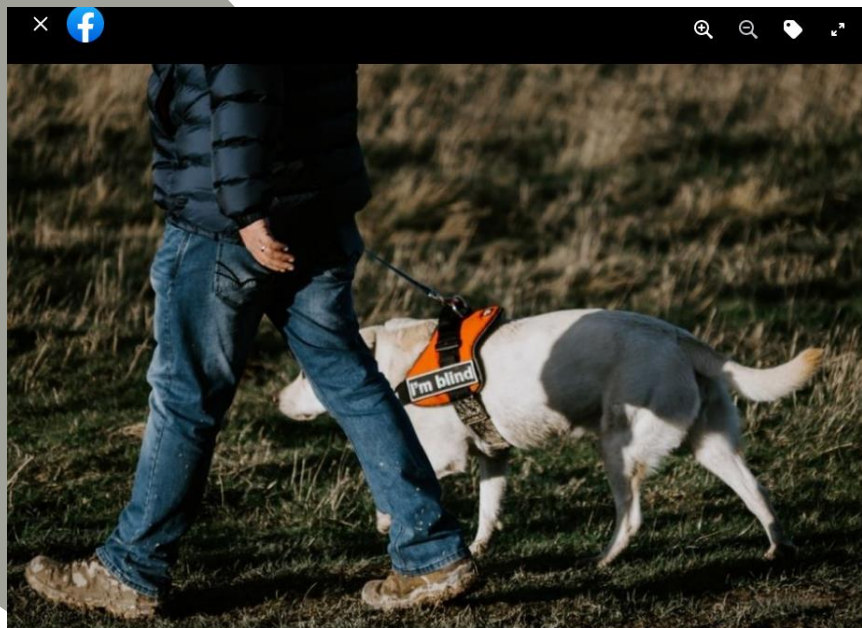
Gosto Comentar Partilhar

Comentar como Darts...

Prime a tecla Enter para publicar.

Valentine's Day

14/02/2022



World Obesity Day
4 March 2022



Co-funded by the
Creative Europe Programme
of the European Union



erasmus+
lousada



Darts4Blind
Publicado por Carla Nunes · 4 de março às 10:05 ·

Take action on World Obesity Day
March 4th, 2022

Obesity is a global problem, and it affects us all. 800 million of us are living with the disease, with millions more at risk. We know the roots of obesity run deep, and the only way we can make progress is by working together. That's why we're calling for action at the local, national, and global levels.

Find out more about:
<https://www.worldobesityday.org/>
 ... Ver mais

Editar

Tu e 2 outras pessoas

Gosto Comentar Partilhar

Comentar como Darts...

Prime a tecla Enter para publicar.

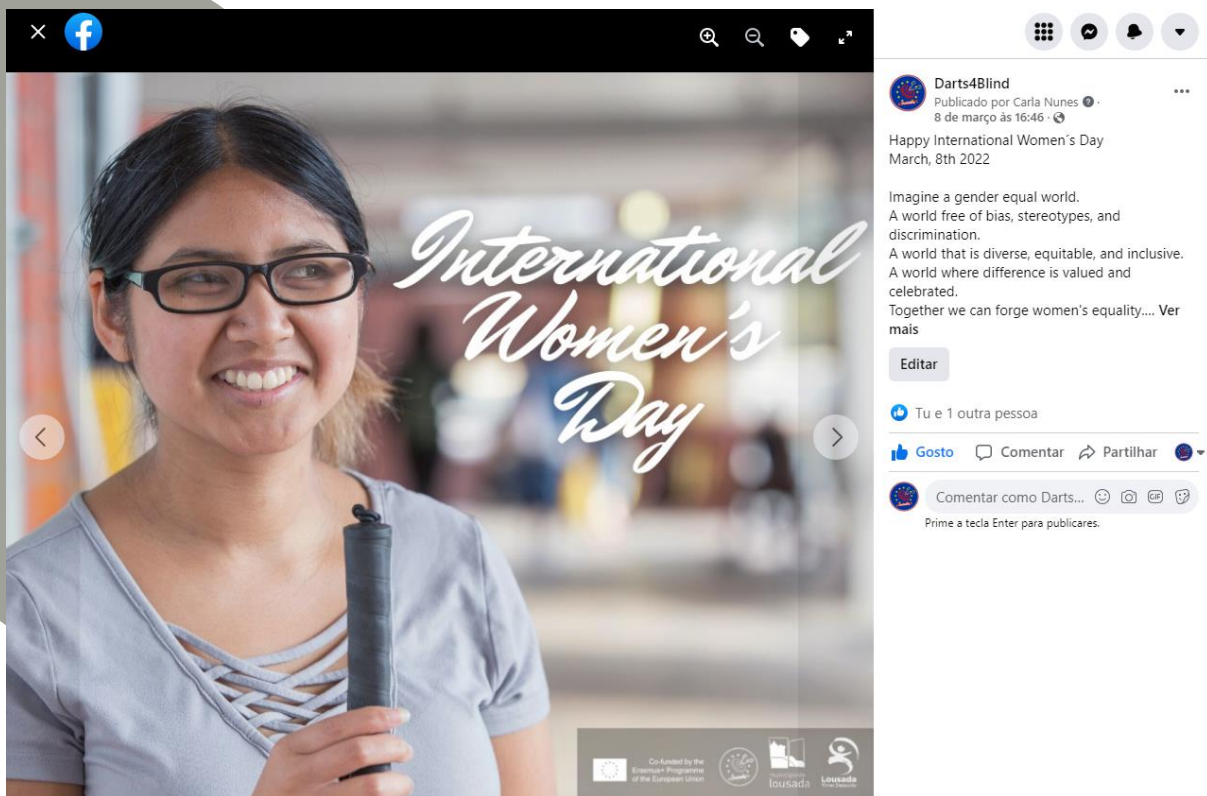
World Obesity Day

04/03/2022

município de
lousada



Co-funded by the
Erasmus+ Programme
of the European Union



Facebook post from Darts4Blind celebrating International Women's Day. The post features a photo of a smiling woman with glasses holding a darts shaft, with the text "International Women's Day" overlaid. The post includes a message about gender equality and a list of logos at the bottom.

Imagine a gender equal world.
A world free of bias, stereotypes, and discrimination.
A world that is diverse, equitable, and inclusive.
A world where difference is valued and celebrated.
Together we can forge women's equality.... Ver mais

Co-funded by the Erasmus+ Programme of the European Union

International Women's Day

08/03/2022

**STAY
HYDRATED
WHILE
EXERCISING!**



Darts4Blind

Publicado por Carla Nunes ·
22 de março às 17:31 · 🌐

...

World Water Day
March, 22nd 2022

Find out more about:

<https://www.worldwaterday.org/>

#erasmusplussport #worldwaterday
#physicalactivity #Lousadadesporto

#darts4blind #erasmusplussport #lousada
#worldwaterday ... Ver mais

Editar

👍 Gosto

💬 Comentar

🔗 Partilhar



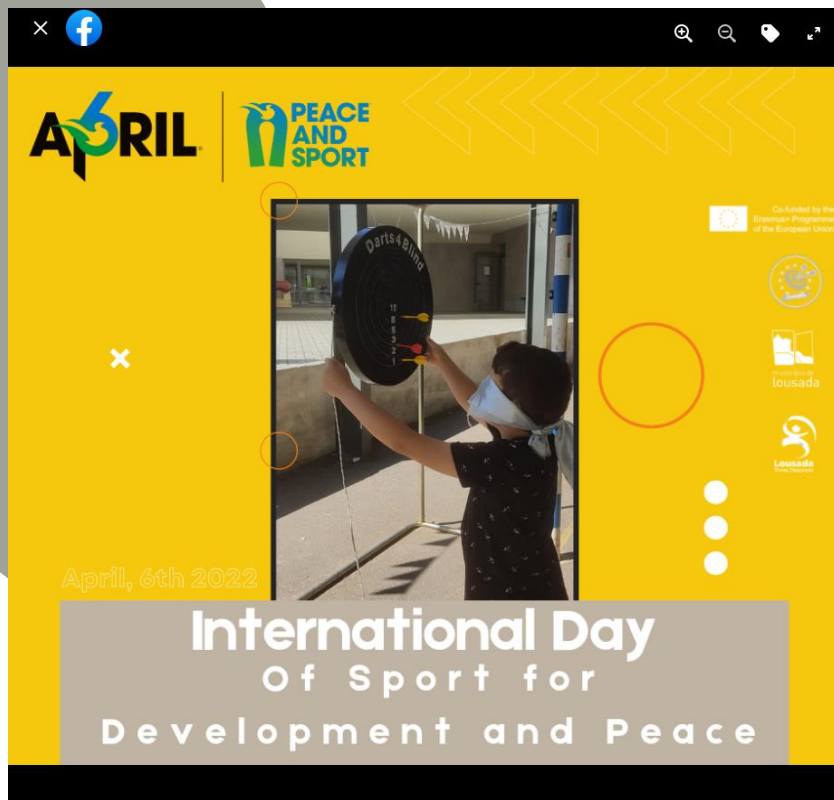
Comentar como Darts...



Prime a tecla Enter para publicar.

World Water Day

22/03/2022



International Day of Sport for Development and pesace

06/04/2022



Earth Day

22/04/2022



Darts4Blind

Publicado por Carla Nunes ·
17 de maio às 15:32 ·

World Arterial Hypertension Day (AHT) is celebrated annually on May 17, at the initiative of the International Hypertension League, with the aim of alerting, elucidating and raising awareness among the population and health professionals of a relevant public health problem. world.

In 2022, the theme is Measure Your Blood Pressure Accurately, Control It, Live Longer, focusing on combatting low awareness rates worldwide, especially in low to middle income areas, and accurate b... [Ver mais](#)

Editar

Tu e 1 outra pessoa

Gosto

Comentar

Partilhar



Comentar como Darts...

World Hypertension Day

17/05/2022



Darts4Blind
Publicado por Carla Nunes · 18 de maio às 11:37 ·

Small gestures that are worth big emotions!

The audience is silent so that the blind athlete can focus on the throw.

#basketball #blindathlete #Lousadadesporto #darts4blind #erasmussport

Kahramanmaraş Sütcü İmam Üniversitesi

Município de Lousada

Budapest Association for International Sports

Sportski savez osoba s invaliditetom Grada Rijeka

@CooperHabibe Cooperativa sociale onlus

REF: 613003-EPP-1-2019-1-TR-SPO-SSCP



SportsCenter

24 de março ·

This was amazing 🙏❤️

The crowd went silent so she could hear the hoop!

(via zeelandschools/TW | SportsCenter Next, ESPN)

29

Pessoas alcançadas

4

Interações

Classificação de distribuição

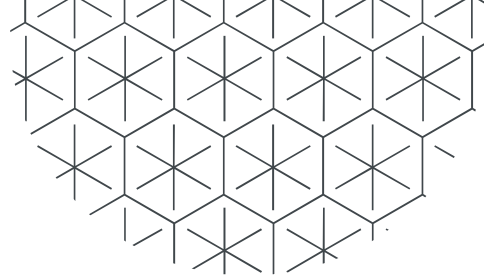
Promover uma publicação



Tu e 1 outra pessoa

Awareness video about sport and blind people.

18/05/2022



Questionnaires

Ist Questionnaires

Development	TK	Aug, Sep, Oct 2021
Translation	ALL	Oct, Nov 2021
Application	ALL	Dec 2021 (Mar 2022)
Analyses	TK	Jan 2022

DECEMBER 2021

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2nd Questionnaires



Development	TK	Aug, Sep, Oct 2021
Translation	ALL	Oct, Nov 2021
Application	ALL	May 2022
Analyses	TK	Jun 2022



Darts4Blind