

Sovellettu judo Erasmus + Sport: *Vertaisvaikku/ VERKKU-projekti /Co-coach- / COCO-project

- **Budjetti: 30-60 000 €**
- **Hankeaika: vuosi 2022**

Aikataulu:

- Haku 17.6.
- Päätös lokakuun aikana
- Hanke alkaa 1.1.2022
- Päätös: Opintomatka Sveitsiin syksyllä 2022

- **Partners:**
- *Switzerland, Cecilia Evenblij, Swiss Adaptive Judo
- *Sweden, Tomas Rundqvist , Adapted Judo/ Swedish Judofederation
- *Finland, Headcoach of Adaptive Judo Tuula Holtti, Raision Ryhti & coach of Adaptive Judo Anu Stör, Shirokawa

Objects:

*Educate more coaches for inclusive judo *Increase
-the knowledge and the skills of inclusive judo coaches
-the number of inclusive judokas in clubs
-the number of judokas in Finland
-educate judokas with special needs to be co-coaches

=> inclusive judokas will actually be involved and take part in coaching

=> make judo in all of its forms accessible for individuals with disability / special need

Means/methods:

- *Exchanging training methods & best adapted sport tips (equipments/implements, exercises, digital applications etc.)
- *Webinars
- *Workshops
- *Participate Special Needs Judo Competition in Switzerland 2022
- *Produce a best practise guide for coaches (in Finnish, English, Swedish, German)
- *Contribute to the empowerment of disabled people => Inclusion
 - => Equality
 - => Equivalent
 - => Accessibility

Benefits of judo for individuals with physical/intellectual disabilities:

-physical activity and sports participation can have positive outcomes on self-esteem, self-efficacy, sense of belonging, social interaction, body image, quality of life, healthy lifestyle