



# HEALTH LIFE ACADEMY BOOKLET



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*Live your life healthy*





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# HEALTH LIFE ACADEMY ASSOCIATION



There is growing awareness of the importance of physical activity and sport for the health and quality of everyday life. Numerous studies suggest that promotion of sports habits among the population is an excellent way to prevent poor health. This applies especially to the youngest population. The benefits of sports and body activities highlighted by experts in contemporary society are finally recognized so physical activity has now become part of current public health policy. Based on these insights, with a strong desire to continually reduce activities that disrupt sports and health, the Health Life Academy (HLA Association) was established.

## ABOUT US

Health Life Academy Association is a Croatian NGO established in 2014 with the aim of promoting, developing and improving physical and mental health of children and youth. Basic goal of the HLA Association is general change of awareness for the importance of youth sports. By encouraging the most diverse sports and educational activities, the Association aims to be the center of unique projects that directly affect changes in the targeted and broadest community.

Health Life Academy Association with the persistent encouragement of mutual cooperation brings together top experts who are committed to the community sensitization for the importance of sport activities for the young population. Through organization of diverse sports activities followed by educational, scientific, cultural and entertainment content, HLA Association strives to provide young people personal development through sport and integration into the overall social life. By promoting the value of healthy living through sport and physical activity, the HLA Association systematically points to the importance of sustainability principles at all levels.





## MISSION

Mission of Health Life Academy is to systematically develop positive values of healthy living and promote physical activity and its long-term positive effects for the youngest population.

## VISION

Vision of Health Life Academy is to establish a new dimension of social responsibility through the development of sport equality for all children, including children with developmental difficulties.







# GOALS

**Basic goal of Health Life Academy is general change of awareness about the importance of youth sports.**

**Goals include:**

- Development and promotion of sport for children with disabilities;
- Organization of seminars and workshops to improve healthy living;
- Preventive actions, improvement and protection of health;
- Strengthening cooperation with similar organizations in Croatia and abroad;
- Publishing manuals, books and magazines in the segment of sport and medicine;
- Inclusion of children with disabilities in sport;
- Socialization and new friendships through play and sport competitions for children.





# ACADEMY


Through its activities and projects, Health Life Academy Association systematically encourages sport activities on all levels including inclusive projects relating to sporting competitions, co-operation, socializing and new friendships of children, regardless of their abilities.

Health Life Academy Association has the capability to organize and implement a variety of different sport programs with additional content. Sport programs include:

- Tournaments - Local, national, international, football, handball, american football, multi-sport etc
- Events - Organized sport events with a variety of additional content
- Symposiums and Conferences - Educational programs for coaches, parents and professional associates working in sports
- Training camps – Hosting memorable training camps in Croatia and Europe for both professional athletes and amateurs
- Inclusive Sport Programs - Providing inclusive sport programs for all types of vulnerable groups
- Voluntary Work - Supporting volunteering as an example of non-formal learning for young people

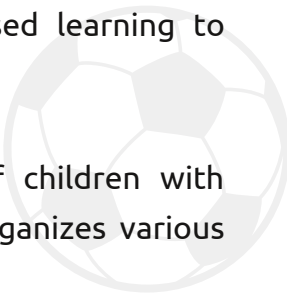






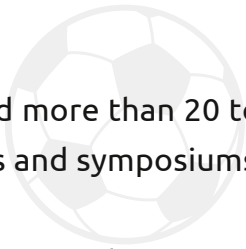

From small local events to international multi-sport tournaments, from symposiums to worldwide conferences, from education through sport & values-based learning to inclusive sport programs, HLA expertise can make it all happen.

The importance of sport is also a key factor in the education of children with disabilities. For this reason, the Association as part of its projects organizes various professional seminars dealing with this issue.



Our staff has many years of experience in sport industry and has developed key contacts in Europe in order to provide a memorable sport experience.





During the last 6 years, Association successfully organized more than 20 tournaments and events along with educational programs, conferences and symposiums.

Health Life Academy has more than 40 different partners and associates who are continually involved in project activities, such as international associations related to sports and social inclusion, CSIT, EASPD, IWA, ISCA, Croatian Football Association (HNS), Croatian Handball Association (HRS), professional and amateur football, handball and tennis clubs, centers and schools for education and learning for people with disabilities, associations of parents, autism and down syndrome associations and others.



# PROJECTS

Health Life Academy Association promotes sport and social inclusion on national and international level by engaging in numerous project proposals, either as a Coordinator or Partner. By connecting and working with leading associations, HLA seeks to provide young people integration into society by promoting healthy living through sport and physical activity.





# YOUTH MOVEMENT POWER



Youth Movement Power (YMP) is an umbrella project whose aim is to increase international popularization of sports activities and to develop general awareness of the importance of healthy lifestyle from the earliest age.

YMP is a socially responsible and educational project with the goal of encouraging children to develop social skills and healthy habits through sports and fair play, divided into 3 categories: Croatia Trophy, Special Power League and Symposium.





# ROVINJ



# POREČ



# PULA





## A) CROATIA TROPHY

The main part of the YMP project is Croatia Trophy Tournament. International sports tournament hosts every year more than 3000 young players from 9 to 17 years old competing in handball and football. Croatia Trophy 2020 introduced a new sport – American football.





More than a hundred sports teams from Austria, Italy, Hungary, Germany, Croatia, Slovenia, Bosnia and Herzegovina, Serbia, Spain, Denmark and even Hong Kong participated in the 6 competitions so far.





## B) SPECIAL POWER LEAGUE

In 2018, the association initiated the Special Power League project, a sports program for children with disabilities, which in the same year grew into the Croatian Football and Handball League for children with disabilities.

The project is intended to children with disabilities, and is designed based on the fact that children with disabilities aged 9 to 17 are not sufficiently involved in the currently available programs of recreational sports activities.



## C) SYMPOSIUM

The educational component of Youth Movement Power project is a symposium on social and sports integration of children with disabilities.

The main topic of the symposium is 'Educational program for coaches, parents and professional associates working in sports with children with disabilities'.







## The logo for the Special Power League. It features a stylized soccer ball in the center, composed of green and white hexagonal panels. Overlaid on the ball is a large, yellow, stylized figure of a person in a dynamic, jumping or kicking pose. The figure's limbs are thick and curved. The text "SPECIAL POWER LEAGUE" is written in a bold, black, sans-serif font, curving around the bottom and sides of the soccer ball. Above the logo, the word "LEAGUE" is partially visible in a large, blue, sans-serif font.

The basic idea of the project is to motivate children with disabilities to actively integrate into society through sports activities. The project was designed based on the fact that children with disabilities do not have the opportunity to adequately play sports.



The basic goal of the project is the integration of children with disabilities into society through continuous sports activities.



### **For children and youth:**

- Continuously include children with disabilities in sports through the development of new sports programs;
- Eliminate marginalization and increase the social inclusion of children with developmental disabilities;
- Socializing and new friendships through play and sports competitions of children from different parts of Croatia and Europe, regardless of the type and degree of physical and mental disability;
- Developing independence and help in the group, socializing, joy and general acceptance in the group;

### **For clubs and sports teams:**

- Encourage the establishment of sections for children with disabilities within sports clubs;
- Provide trainers with specific expertise and knowledge for working with children with disabilities with the help of professional associates and partners from education centres;
- Organization of seminars, workshops and meetings of children in order to improve healthy living;
- Development of manuals for working with children with disabilities in sports;

### **For society:**

- Popularization of sports among children and young people regardless of the level of physical and intellectual development;
- Public awareness or development of positive perceptions of society towards children with disabilities and their involvement in physical activities;



The goal is to enable children with disabilities to play football and handball equally for their beloved club together with other children, help children with disabilities improve their energy, psychological well-being and quality of life by enhancing their ability to perform daily activities.



AMBASSADOR of the  
Special Power League is the famous  
Croatian National Team football  
player Mateo Kovačić.





The project also contains its own anthem „Kao sva djeca/Like all children“ written by singer-songwriter Maya Sar performed by Vanna, Maya Sar, Neno Belan, Jacques Houdek & djeca Muzickog ateljea Maya Sar/ children from musical atelier Maja Sar.

Sport helps bring people with similar disabilities closer together, enables the individual to share their experiences and make friends with people who understand their daily struggles.

SPECIAL POWER LEAGUE  
project won the UEFA  
Silver Award for the best  
disability initiative in the  
2020 UEFA Grassroots  
Awards.



The awards recognize leaders, clubs and projects throughout Europe for their outstanding commitment and contribution to grassroots football, celebrating some unsung heroes at the bedrock of the game.



# EU PROJECTS

In collaboration with leading associations in Europe in sports and social inclusion, Health Life Academy initiated and implemented multiple EU projects with the goal of promoting equal opportunities for people with disabilities.

## A) TEAM UP!

The TeamUp! project aims thus to promote social inclusion and equal opportunities in sport by improving access to sport for PWID in mainstream structures. Raising awareness, training activities and community building process are therefore needed to stop discrimination and stigma that PWID faces in the sports sector and facilitate their access to mainstream sport. The project activities are then designed to support the correct implementation of European policies on sports, in particular the White Paper on Sport, the EU Physical Activities Guidelines, the Council's Recommendation to promote health-enhancing physical activity (HEPA) and the European Disability Strategy 2010-2020.





## B) INSIDE



INSIDE project aims to promote social inclusion and empowerment of people with intellectual disabilities (PwID) by enhancing their access and participation to sport activities. A number of EU policies (e.g. European Accessibility Act; 2019) focuses on the actions needed to be taken for the promotion of equal opportunities to people with disabilities. World Health Organization recognizes PwID as an extremely vulnerable population often subjected to discrimination and neglect, calling for further actions. When referring to sport activities, the statistics indicate that PwID are not offered the same opportunities with the general population. In fact, they lack sport opportunities adapted to their level, needs and capabilities organized by specialized trainer. The partnership highly recognizes the need for offering organized adapted physical activities to PwID in order to promote equal opportunities, social inclusion and empowerment as well as a healthy lifestyle.





## C) HI – ABILITY



Our project wants to “open the doors to new spaces of education”, promoting an education for autonomy, independent and inclusive life for adults with intellectual disabilities (ID), in a context still not very accessible such as hiking and eco-tourism.



Hi-Ability puts the natural environment at the centre of the activities, becoming the theatre of an original methodological approach of a therapeutic-rehabilitation programme based on the socio-educational value of the natural environment.

Our project’s general objective (GO) will be to promote the empowerment and the social inclusion of people with cognitive disabilities, by enhancing their abilities in the field of outdoor touring and hiking.







## D) YOUACA 2.0



Starting from the first experience of the Eu funded small collaborative partnership project YOUAca, the project YOUAca 2.0, with a partnership of 6 National sports organizations, coordinated by an International Sports Confederation, from 6 Eu Countries (Austria, Italy, Spain, Finland, Estonia and Croatia) aims at delivering the first edition of Youth Academy of Grassroots Sport, preparing a new generation of young leaders in grassroots sport at national and international level. This objective will be pursued implementing the Academy in order to develop skills of youngsters and young adults in grassroots sports management by the delivering of the training modules developed during the first edition of the project. The Academy will be implemented during 2 transnational meetings and an internship, engaging globally 50 youngsters and young adults and 27 experienced senior sports leaders. The key strategies of the entire project are the “learning by doing” approach and the intergenerational dialogue method.





## E) YOULEAD

The project proposal of CSIT named “YOULead. Developing new sport practices from young leaders to youngsters” exchanges good practices, confronts ideas and methods in different areas relating to new sport practices and physical activities attracting youngsters so to promote their access to sport. A special attention will be given to all sport practices

and physical activities aimed at promoting social inclusion and equal opportunities in sport.

The project is based on the “transgenerational dialogue” method, in order to promote the interactions between seniors of CSIT and the CSIT



members organisations partners of the project and the young staff people of those organisations. The project “YOULead” from one side intends to empower the voice of young people already involved into sport organisations to continue to renovate their activities/ offers. From the other side, the project is aimed at strengthening the cooperation between young and senior components of the sports organisations so to effectively face together new challenges with new and fresh ideas combined with vision, methods, expertise and historical background.







## F) LET'S ALL CHILDREN PLAY INCLUSION

Since 2012, Around Sport has been working on projects aimed at involving people with disabilities in sport activities together with people without disabilities in order to promote their social inclusion. In order to reach this goal of a better inclusion for people with disabilities we use two tools they firmly believe in, Grouping and Mentoring methodologies.

HLA, UCEC and AICS already have developed adapted and innovative inclusive sports addressed to children and children with disability.

The aim of the project is then to promote a common methodology in order to design innovative adapted sports aimed at promoting social inclusion of children with motor and cognitive disabilities together with not disabled children (up to 12 years old).





## G) MUNDIALEU



Recently the European Commission have shown a growing interest in the role of coaches in society as, just like teachers in schools, they are said to play a crucial role in the process of personal growth and holistic development of their participants, helping them to overcome the challenges of the society they live in. As it is not very common to find coaches who are naturally gifted with this kind of skills, this project aims at promoting a set of skills that will enable the participants to have that important impact on people's life as they are supposed to. In order to do so, the participants will take part to workshops and together with some experts they will have the chance to work on these aspects of their job that too often are not taken into consideration. What better setting for this project than a not for profit cultural and sport event with 1.000 participants every year and in which teams are entirely composed of migrants. In fact, all the workshops will be held during "MundiaLido", a football tournament for migrants organised since 1999 by Club Italia in Rome, that is at its 21st edition and is aimed at social inclusion. Anyway, this is not the only objective, as the project wants to promote a set of skills also for the managers. The aim is, starting from the Italian experience "MundiaLido", is the exchange of good practices. The managers participating in the project will have the chance to attend to the organisation of a sport event for social inclusion, getting a concrete insight of what it takes to organise such an event and learning from Club Italia's experts the skills required to do so. Once they will be back in their home country, they will have the experience needed to implement such an event on their territory too, adapting it to the needs of their environment and turning this way a national event like "MundiaLido" into a European not for profit sport event for migrants and EU natives, "MundialEU".





## H) EYOUACA

eYOUAca has the objective of developing an innovative e-learning academy (MOOCs) addressed to 75 young people – aged between 18 and 30 years old – through the engagement of a team of young leaders who has been already trained during the first 3 past small collaborative partnership projects.

eYOUAca project aims at developing an innovative curriculum of “young leader in grassroots sport management at national and international level”. The curriculum is composed of e-training modules and 1 e-internship module in which young trainees are asked to cooperate with their organisations in order to put in practice what they learned developing innovative sport activities for children from 5 to 11 years old.

# eYOUAca

## Youth Academy of Grassroots Sport







## I) EUROPEAN MILE

The European Mile is a new ISCA- developed event concept that supports organisers to stage running or walking events all over Europe which are accessible to all. More than 1000 events will take place during 2021. with the main celebration on 5. June 2021. collectively celebrating the joy of MOVING.

The European Mile is a fun and easy way to get moving again and reconnect with people around Europe by sharing miles and donating them towards a common cause. People from all walks of life can join one of the physical or virtual European Mile events, or donate their moved miles in support of selected grassroots sport or physical activity initiatives.

Anyone can register an event or even join in with a self-organised activity. Participants simply share their run, walk or roll with the hashtag #FindYourMile to take part – every MOVE counts!



## J) ESSD

The European School Sport Day (ESSD) is a school day dedicated to having fun, playing together and promoting physical activity and health for everyone. The Day is an opportunity not just to encourage students to #BeActive, but to empower students as leaders and advocates for health and fitness. The Day is part of the European Commission's response to the alarming decline in sport and physical activity across all Member States.

Participation in the Day requires getting schools to #BeActive for at least 120 minutes by running, playing games, dancing, skipping rope or any other kind of physical activity. It is a celebration which provides the opportunity for schools to:

- Raise the profile of physical education (PE) and school sport
- Create fun and enjoyment through physical activity initiatives for young people
- Promote health and wellbeing for lifelong learning
- Foster social inclusion and develop social competences among their students.

ESSD is open to any kind of physical activity that has the aim to encourage children to be active for at least 120 minutes per the day or to run or walk the distance of the given year (e.g. 2016 metres in 2016).





# TRADITIONAL SPORT GAMES



In cooperation with Istarski pljočkarski savez (IPS), Federation from Croatia who is a full member of the “European Association of Traditional Games and Sports”, AEJeST - Association Européenne des Jeux et Sports Traditionnels based in Lesneven France, initiated projects involving social inclusion of children with intellectual disabilities through traditional sport games.

The main challenge of the initiative is the general popularization and promotion of traditional sports and culture among young people and people with disabilities.

The general goal of the program is to promote physical activity through sports programs related to traditional games and at the same time establish new / old methods of exercising that will encourage intergenerational cooperation and raise public awareness of the importance of social inclusion in society.



**Polai**  
UDRUGA ZA TRADICIJU,  
KULTURU I SPORT







# CHAMPIONS BOWL



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# MEDIA

All projects and events organized or participated by Health Life Academy Association are covered by the media reports. HLA uses various platforms to engage with partners, participants, followers, sponsors, friends and people directly and indirectly involved in the activities. All informations are available on Health Life Academy official page, Facebook page<sup>15</sup> and Youtube channel.





**More information and media background can be found on the links below:**

**Official video**

<https://www.youtube.com/watch?v=3pzzr6mnCJk>

**Youth Movement Power 2019**

[https://www.youtube.com/watch?v=3E\\_P\\_1\\_UzIQ](https://www.youtube.com/watch?v=3E_P_1_UzIQ)

**Youth Movement Power 2018**

<https://www.youtube.com/watch?v=XISFhzpvm9A>

**Symposium report and video**

<http://www.regionalexpress.hr/site/more/glavni-dananji-zdravstveni-problem-ovjeanstva-je-debljina-i-pretilost>

**Local TV report**

<http://www.tvistra.hr/snaga-djece-u-pokretu/>

**NOVA TV Croatia**

<https://www.youtube.com/watch?v=h4dwUDHcKX0>

**Glas Istre: ROVINJ: Danas počinje natjecanje "Snaga djece u pokretu"**

<https://www.glasistre.hr/istra/rovinj-danas-pocinje-natjecanje-snaga-djece-u-pokretu-586071>

**24sata: Snaga djece u pokretu: Tisuće mladih sportaša dolaze u Istru**

<https://www.24sata.hr/sport/snaga-djece-u-pokretu-tisuce-mladih-sportasa-dolaze-u-istru-619775>

**Regional Express: Rovinj: Svečano otvoreno jubilarno 5.Youth Movement Power**

<http://www.regionalexpress.hr/site/more/rovinj-svecano-otvoreno-jubilarno-5.youth-movement-power>

**Gol.hr: Jubilarno peto izdanje projekta Youth Movement Power / Snaga djece u pokretu**

[https://gol.dnevnik.hr/clanak/rubrika/ostali\\_sportovi/jubilarno-peto-izdanje-projekta-youth-movement-power-snaga-djece-u-pokretu---511783.html](https://gol.dnevnik.hr/clanak/rubrika/ostali_sportovi/jubilarno-peto-izdanje-projekta-youth-movement-power-snaga-djece-u-pokretu---511783.html)

**RTL.hr: Okupio više od 3 tisuće mladih sportaša: Svečano završeno šesto izdanje projekta 'Snaga djece u pokretu'**

<https://www.rtl.hr/vijesti-hr/novosti/zanimljivosti/3438649/okupio-vise-od-3-tisuce-mladih-sportasa-svecano-zavrseno-sesto-izdanje-projekta-snaga-djece-u-pokretu/>

**RTL.hr: Svečano otvoreno jubilarno peto izdanje Youth Movement Power / Snaga djece u pokretu**

<https://www.rtl.hr/tv/tv-novosti/2980747/svecano-otvoreno-jubilarno-peto-izdanje-youth-movement-power-snaga-djece-u-pokretu/>

**Sportnet.hr: Završeno šesto izdanje Snage djece u pokretu**

<https://sportnet.rtl.hr/vijesti/523060/ostali-sportovi-ostalo/zavrseno-sesto-izdanje-snage-djece-u-pokretu/>





**Gol.hr: Mateo Kovačić podržao projekt "Snaga djece u pokretu"**

<https://gol.dnevnik.hr/clanak/rubrika/nogomet/mateo-kovacic-podrzao-projekt-snaga-djece-u-pokretu---555697.html>

**SPTV: SNAGA DJECE U POKRETU** <https://sptv.hr/izdvojeno/snaga-djece-u-pokretu-2019-04-23>

**Grad Rovinj-Rovigno: Započelo je 6. izdanje projekta "Snaga djece u pokretu"**

<https://www.rovinj-rovigno.hr/novosti/zapocelo-je-6-izdanje-projekta-snaga-djece-u-pokretu/>

**Jutarnji List: FOTO: Dvije i pol tisuće djece ovog tjedna na sportsko-zdravstvenom projektu 'Snaga djece u pokretu' u Rovinju, pridružio im se i Mirza Džomba**

<https://www.jutarnji.hr/vijesti/hrvatska/foto-dvije-i-pol-tisuce-djece-ovog-tjedna-na-sportsko-zdravstvenom-projektu-snaga-djece-u-pokretu-u-rovinju-pridruzio-im-se-i-mirza-dzomba/7187595/>

**Index.hr: Kovačić pomaže djeci s teškoćama, podržao veliki turnir u Poreču**

<https://www.index.hr/sport/clanak/kovacic-pomaze-djeci-s-teskocama-podrzao-veliki-turnir-u-porecu/2076159.aspx>

**Net.hr: 5. obljetnica međunarodnog sportsko-zdravstvenog projekta „Snaga djece u pokretu“**

<https://net.hr/promo/danas/hrvatska/5-obljetnica-medunarodnog-sportsko-zdravstvenog-projekta-snaga-djece-u-pokretu/>

**SPL**

**SPL Anthem**

<https://www.youtube.com/watch?v=BKE1SgVbZEE>

**SPL UEFA Award**

<https://www.uefa.com/insideuefa/about-uefa/news/0263-10e213e2de06-61f5a75cd3be-1000--the-2020-uefa-grassroots-awards/>

**SPL Video 1**

<https://www.youtube.com/watch?v=zK0Z0WoowNM>

**SPL Video 2**

[https://www.youtube.com/watch?v=xYBseCJcF\\_E](https://www.youtube.com/watch?v=xYBseCJcF_E)

**SPL – TVN News**

<https://www.youtube.com/watch?v=2kKXDjkbQn4>

**SPL –HNTV News**

<https://www.youtube.com/watch?v=uSpaWl0B9sg&t=90s>



## SPL

### SPL Tournament 8

[https://www.glasistre.hr/istra/special-power-league-snaga-djece-u-pokretu-za-bolju-inkluzivnost-projekta-666596?fbclid=IwAR2Oj\\_RT1I4BVkJ28d6rV1PolmezJeXRS6BokT7ZDa8F9TVU-AWHyaO0djs](https://www.glasistre.hr/istra/special-power-league-snaga-djece-u-pokretu-za-bolju-inkluzivnost-projekta-666596?fbclid=IwAR2Oj_RT1I4BVkJ28d6rV1PolmezJeXRS6BokT7ZDa8F9TVU-AWHyaO0djs)

<https://www.rovinj-rovigno.hr/novosti/u-rovinju-odrzano-7-izdanje-projekta-snaga-djece-u-pokretu/>

<http://vjerujem.net/gradovi-svi/rovinj/u-rovinju-odrzano-7-izdanje-projekta-snaga-djece-u-pokretu/>

### SPL Tournament 7

<https://prigorski.hr/foto-7-special-power-league-odrzano-u-koprivnici-sest-ekipa-provelo-vikend-pun-zabave-i-sporta/>

<https://drava.info/2020/02/special-power-league-najava/>

[http://www.centar-istark-os.skole.hr/galerija\\_fotografija?show=album&id=167](http://www.centar-istark-os.skole.hr/galerija_fotografija?show=album&id=167)

<https://splitskidnevnik.rtl.hr/fotogalerija/galerija-hajduk-special-power-league/>

<https://hajduk.hr/vijest/hajduk-sudionik-projekta-special-power-league--s-velikom-radoscu-dolaze-na-svaki-trening-/12476>

<http://udrugapogled.hr/2020/02/02/nogometni-turnir-special-power-league-u-koprivnici/>

<https://www.nkistra.com/en/istra-1961-team-participated-7th-special-power-league-tournament/>

### Other Tournaments

<https://hns-cff.hr/news/19535/odrzano-turnir-za-djecu-s-teskocama-u-razvoju/>

<https://hns-cff.hr/news/20757/u-cakovcu-odrzano-turnir-za-djecu-s-teskocama-u-razvoju/>

<https://hns-cff.hr/news/19100/special-power-league-projekt-za-djecu-s-teskocama-u-razvoju/>

<https://gol.dnevnik.hr/clanak/rubrika/nogomet/odigran-prvi-turnir-za-djecu-s-poteskocama-u-razvoju-oduvijek-sam-zelio-igrati-za-dinamo---538255.html>

<https://hns-cff.hr/news/20880/hns-odrzao-sedmi-turnir-za-djecu-s-poteskocama-u-razvoju/>

<https://nk-osijek.hr/vijesti/20808/nastavljena-special-power-league/>

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# SEMINARS, SYMPOSIUMS AND PUBLICATIONS

In the synergy with sporting competitions, since sport changes the perception of society towards persons with disabilities, education of adults is a key factor in their successful upbringing. Therefore, Health Life Academy strives to provide educational component on its platform by discussing current topics and sharing new information, findings, studies and experience from international and national societies, associations, institutions, sport experts and professionals etc.







## 2021

### The professional seminar on the topic of Social and Sports Integration of Children with Developmental Disabilities

#### Topics and lecturers:

- Monika Vandero - Kako se nositi sa stresom i kontrolirati emocije / How to deal with stress and control emotions
- Nevenka Popec Fuchs and Silvija Kovač – Latice – aktivnosti, projekti i doprinos za pomoć osoba s teškoćama u razvoju / Latice - activities, projects and contribution to help people with disabilities
- Kristian Batelić – W-Life projekt /W-Life project





## 2020

### The professional seminar on the topic of Social and Sports Integration of Children with Developmental Disabilities

#### Topics and lecturers:

- Aleksandar Kovačević and Ph.D. Bojana Miličević - Iskustva sportskih organizacija iz regije u radu i funkcioniranju s osobama s invaliditetom tijekom trajanja pandemije COVID-19 / Experiences of sports organizations from the region in working and functioning with people with disabilities during the COVID-19 pandemic
- Silvija Kovač - Implementacija i provedba on-line sportskih aktivnosti i treninga za djecu s teškoćama u razvoju / Implementation of online sports activities and training for children with disabilities
- Predrag Marinković and Dario Jagić - Individualni edukacijski program za osobe sa teškoćama u razvoju / Individual educational program for people with disabilities





# 2019

## International seminar “Educating coaches, parents and professional associates to work in sports with children with disabilities.”

### Topics and Lecturers:

- Anamarija and Marko Dragičević – Fitnes autizam i pristup trenažnom ciklusu / Fitness autism and access to the training cycle
- Ana Kotzmuth – Mentalni trening / Mental training
- Ph.D. Bojana Miličević - Rad sa djecom s teškoćama u razvoju u malom fudbalu / Working with children with disabilities in indoor soccer
- Mag. Mihaela Nešić Karaselimović– Psihoterapija i osobe s teškoćama u razvoju / Psychotherapy and people with disabilities

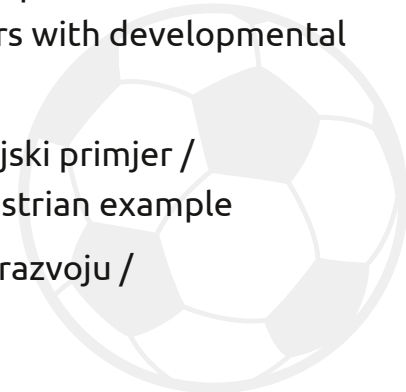


# 2018

## International seminar: "Integration of children with disabilities into sport and role of parents, educators, trainers and associates"

### Topics and Lecturers:

- Ph.D. Višnja Popović - Sportske aktivnosti za sportaše s intelektualnim teškoćama / Sports Activities for Athletes with Intellectual Disabilities
- Sandra Bašić – Priča o sportskom uspjehu moje kćeri / My Daughter Sport Success Story
- Borivoj Gačeša - Pristup trenažnom procesu rukometaša s poteškoćama u razvoju / Access to the training process for handball players with developmental difficulties
- Urlike Skala - Sport za djecu s teškoćama u razvoju: austrijski primjer / Sports for Children with Developmental Disabilities: an Austrian example
- Ana Kotzmuth - Mentalni trening za djecu s teškoćama u razvoju / Mental training for children with disabilities

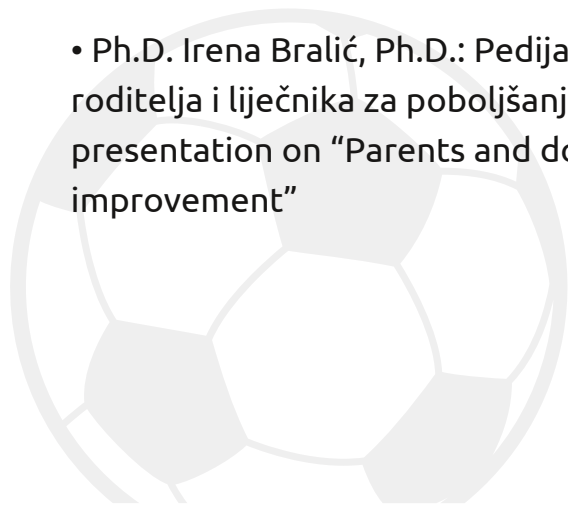


# 2017

## Public Health Forum „ Socialization of children with rare diseases “

### Topics and Lecturers:

- Aida Mujkić, – Uvod / Introduction
- Saša Ilić, potpredsjednik udruženja za MPS (multiple skleroza), Srbija / Vice President of the Association for MPS (Mucopolisaharidosis), Serbia
- Dr. Zoran Dimeski, , Udruženje građana za rijetke bolesti „Život sa izazovima“, Makedonija / The Association of Citizens for Rare Diseases “Life With Challenges”, Macedonia
- Ph.D. Irena Bralić, Ph.D.: Pedijatrijski govor, prezentacija na temu „ Partnerstva roditelja i liječnika za poboljšanje zdravlja djece“ / Pediatric Speech, presentation on “Parents and doctors’ partnerships for children’s health improvement”





# 2016

## Public health forum: “More sports – less obesity”

### Topics and Lecturers:

- Professor Davor Štimac: Pretilost - Epidemija modernog doba / Obesity - Epidemics of Modern Times
- Professor Goran Palcevski: Dječja pretilost - Ne zatvarajmo oči pred problemom / Childhood Obesity - Let's not Close our Eyes to the Problem
- Ph.D. Sanja Klobučar Majanović: Komplikacije pretilosti - bolje je spriječiti nego liječiti / Complications of Obesity - Better Prevent it than Treat it
- Ph.D. Dario Rahelić - Pretilost i dijabetes idu “ruku pod ruku” / Obesity and Diabetes goes “hand in hand”
- Mirela Marić, Mag. - Pravilna prehrana za zdravlje / Proper Nutrition for Health





# 2015

## Public health forum: Obese children – obese adults / course omtf

### Topics and Lecturers:

- Ph.D. S. Musić Milanović - Epidemiologija debljine u djece / The Epidemiology of Obesity in Children
- Ph.D. S. Severinski - Endokrinološki pristup debelom djetetu / Endocrinological Approach to Obese child
- Ph.D. V. Škrabić - Mogućnosti liječenja debljine u djece / Treatment Options for Childhood Obesity
- Ph.D. O. Žaja - Posljedice neliječenja debljine u djece / Consequences of not treating childhood obesity
- Ph.D. D. Rahelić - Debela djeca – debeli odrasli / Obese Children – Obese Adults
- Ph.D. M. Mišigoj Duraković - Uloga redovite tjelesne aktivnosti u prevenciji pretilosti u djece i adolescenata / The Role of regular Physical Activity in Prevention of Obesity in Children and Adolescents
- Ph.D. Ž. Krznarić, S. Cobal - Uključivanje u međunarodne projekte za borbu protiv debljine u djece / Participation in international projects for fighting childhood obesity
- Ph.D. H. Toplak (Austria) – Procjena pretilog pacijenta / Evaluation of the Obese Patient
- Ph.D. D. Micić (Serbia) - Lijekovi koji se danas koriste u pretilosti / Medicines Used in Obesity Management Today
- Ph.D. C. Tsigos (Greece) - Upravljanje pretilošću u gerijatrijskoj populaciji / Obesity Management in the Geriatric Population
- M. Fried (Czech Republic) - Europske smjernice za metaboličku kirurgiju / European Guidelines for Metabolic Surgery
- V. Yumuk (Turkey) – Medicinsko praćenje post-bariatrijske kirurgije / Postbariatric Surgery Medical Follow Up



# MEMBERSHIPS AND PARTNERS











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