

## AGENDA

13 - 17 December 2023

Düzce, Türkiye

Time	Activity	Responsible Partner
<b>Day 1, 13th of December</b>		
10.30 am	Getting to know each other	
11.00 am	Theoretical presentation on basic movement skills	
12.00 pm	Lunch	
13.00 pm	Practical application examples for basic movement skills	
15.00 pm	Institutional Visit	
16.00 pm	Daily Evaluation	
<b>Day 2, 14th of December</b>		
10.30 am	Theoretical presentation on methods to develop sports skills in individuals with Intellectual and Developmental Disabilities (IDD)	
11.30 am	Coffee break	
11.45 am	Q&A session about GANTT Chart	
12.30 pm	Lunch	
13.30 pm	Practical application examples on teaching methods used in children with IDD	
15.00 pm	Coffee break	
15.15 pm	Q&A session about GANTT Chart	
15.30 pm	Daily Evaluation	
<b>Day 3, 15th of December</b>		
10.30 am	Theoretical training on acquiring self-care skills through sports	
11.15 am	Coffee break	
11.30 am	Q&A session	
12.00 pm	Lunch	
13.00 pm	Practical training examples on acquiring self-care skills	
14.30 pm	Coffee break	
14.45 pm	Q&A session	
15.00 pm	Mini volleyball training	
16.00 pm	Daily Evaluation	

<b>Day 4, 16th of December</b>		
10.30 am	Theoretical explanation on interpersonal relationships, communication, and psychomotor skills development techniques	
11.15 am	Coffee break	
11.30 am	Q&A session	
12.00 pm	Lunch	
13.00 pm	Practical examples of training for interpersonal relationships, communication, and psychomotor skills development	
14.00 pm	Coffee break	
14.15 pm	Yoga training	
15.30 pm	Evaluation	
18.00 pm	Next steps	
<b>Day 5, 17th of December</b>		
10.30 am	Activities for spreading best practices among partner institutions in partner countries	
11.15 am	Coffee break	
11.30 am	Q&A session	
12.00 pm	General evaluation meeting about project works with local press	
13.00 pm	Lunch	
14.00 pm	Cultural Tours	
16.00 pm	Farewell show by İzle Sports Club	
16.30 pm	Daily Evaluation	

Equipments needed for games:

- Inflatable Dice (with +/- values)
- Numbered floor discs with numbers or dots
- Beanbags
- Letter tiles or cut and laminated letters
- Printed and laminated shapes or items of different shapes
- Foam/coloured shapes
- Colour floor markers
- Colour balls(plastic ball pool balls) coloured hoops
- Large box
- Gym balls
- Floor marker
- Ball of wool or string
- Cones
- Sacks or large bags
- Tennis rackets (or similiar)
- Martial arts belts or ropes
- Sticks and balls
- Plastic plates
- Emotion cards or floor discs

- Music player