

GREEN SPORT

TRAINING (FOR COACHES AND FACILITATORS)



Schedule

10 March

18:00–19:00 Dinner

Wednesday, 11 March

9:00–10:00 Breakfast

10:00–13:00 Workshop I

13:00–14:00 Lunch

14:00–15:00 Break

15:00–18:00 Workshop II

18:00–19:00 Dinner

Sport as a bridge between generations

Objective: Integrate participants and create a safe, supportive space.

Activities include:

- Welcome and facilitated introductions (intergenerational pairs / small teams)
- Shared physical activities focused on cooperation rather than competition
- Simple team sports games adapted to different physical abilities

Reflection: how sport helps break down stereotypes

Day outcome: Building trust, opening communication, and actively including older participants in a shared space for action.

Thursday, 12 March

9:00–10:00 Breakfast

10:00–13:00 Workshop III

13:00–14:00 Lunch

14:00–15:00 Break

15:00–18:00 Workshop IV

18:00–19:00 Dinner

Coach competencies and working with age-diverse groups

Objective: Training for coaches and facilitators.

Activities include:

- Methodology for working with intergenerational groups
- Adapting activities to participants' age and physical abilities
- Practical component: coaches deliver model sessions and receive feedback

Day outcome: Improving the quality and variety of activities and strengthening coaches' skills in inclusive practice.

Friday, 13 March

9:00–10:00 Breakfast

10:00–13:00 Workshop V

13:00–14:00 Lunch

14:00–15:00 Break

15:00–18:00 Workshop VI

18:00–19:00 Dinner

Community, soft skills, and sustainability

Objective: Long-term impact and well-rounded participant development.

Activities include:

- Team activities developing communication, collaboration, and problem-solving
- An environmental/sustainability-focused block
- Joint planning of future community initiatives
- Final evaluation and wrap-up of experiences

Day outcome: Strengthening social integration, reducing intergenerational barriers, and highlighting sport as a tool for building social bonds.

Saturday, 14 March

08:00–09:00 Breakfast

After breakfast participants should leave the centre.

HOW TO GET HERE?



Ośrodek Społecznik, ul. Żywiecka 67, Międzybrodzie Bialskie, Silesian Voivodeship, Poland, 34-312

The accommodation provided is at the **Spolecznik Center** located in the picturesque Żywiec County, in the midst of the Silesian Beskid Mountains and in the vicinity of the Żywiec Lake.

All costs related to accommodation and meals are covered by the organizer. Reimbursement of travel expenses will be made by bank transfer, using the prevailing exchange rate and issued in euros (€).

In addition, no fees will be charged for participation in the conference.

CONTACT

If you have any questions, don't hesitate to ask!

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