

Project partners

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INFOREF - PARTNER (BELGIUM)

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www.ittralee.ie



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Four-minute barriers

Programme SPO - Sport Action SCP - Collaborative Partnerships

Contract n. 613251-EPP-1-2019-1-BG-SPO-SCP

Period of project implementation:
1 Jan 2020 - 31 Aug 2022

4 minute barriers

<https://www.4mbarriers.eu>

What we aim at

The "Four-minute BarrierS" project aims to include visually impaired young people, organising sport activities that involve sighted and visually impaired people.

The project is based on the idea that encouraging a VIP, particularly a child, in getting involved with sport is fundamental for:

- their locomotor development and the related motor skills;
- mental development such as space recognition, movement construction;
- psychological wellbeing, increasing the self-confidence and love toward themselves;
- social skills development connected with a high-quality inclusion in the sighted society high level health quality.

The project objectives

Like Roger Bannister tore down an invisible barrier when he ran a mile in less than 4 minutes, this project aims to tear down barriers creating a new sport: "Visiball" involves sighted and VIP playing on the same court at the same time, creating real inclusion and interaction. To better understand the challenges, solutions, and their implications in the life of VIP, the project will also involve the development of a Portfolio containing methodologies, knowledge and good practices in the areas of sports and physical activities for VIP, as well as MOOCs.

"The "Four-minute barriers" project addresses the social inclusion through and within sport, aiming at creating and disseminating new and revisited tools for people with impaired vision and the network of family, friends, supporters, teachers and trainers around them in order to fulfil its inclusive purpose. The Project focuses particularly on children with impaired vision in its objective of supporting the European Commission conclusion regarding the need for a more inclusive Sport in Europe and for bringing people with disabilities together with the rest of the society.

Project results

Intellectual output 1: Handbook

Development of the idea of the new mixed sport - VisiBall - into a handbook containing information about possible versions of the game: rules, movements, tactics, necessary equipment, field parameters, etc. The Handbook will be created not only on the basis of the partners' visions and ideas, but following testing sessions with mixed teams in all partner countries, giving feedback and advice in order for the sport rules to be fine-tuned and the game to be charged with potential to gain popularity across Europe and beyond.

Intellectual output 2: Portfolio

Researching and presenting existing, modified or new methodologies, knowledge and good practices related with physical activities and sport for people with v.i. into the form of a portfolio – easily accessible and usable by children, youth and adults with impaired vision, as well as by the "net" of family members, teachers, trainers, friends, etc. around them.

Intellectual output 3: E-learning platform containing 3 MOOCs

The platform will display 3 MOOCs (massive open online courses):

- "Benefits of sport for VIP",
- "New mixed sport from peer to peer",
- "New mixed sport a new inclusive opportunity".

Access them here: www.4mbarriers.eu/visiball