

Activity Description – Please provide a detailed description of the activity

The epidemic of motor clumsiness and immobility are main generators of autoimmune diseases and degenerative diseases. The World Health Organization sustains on the importance of developing physical health through body fitness and healthy nutrition for gaining quality of life. More analytically, movement behavior is expressed as primitive, refined or authentic according to age, gender, sociocultural heritage, environmental factors & physical fitness. The harmonic development of movement behavior does not only concern physical fitness, but the movement effort (space, weight, time, flow), shaping, space harmony & body language. Those movement elements and expressive styles reveal the sociocultural background per person and highlight the importance of physical activity for gaining quality of life. Sports enhance physical fitness and mental health, dancing movement connects the physical self with tradition and local culture (the dancing movement) and outdoor physical activities boost the Eco-consciousness and connection with our common past (back to nature). Thus, by claiming to "be sustainable, sportive & Cultural" through movement behavior, we provide physical activities with evident the sociocultural and natural types of physical exercise. There is suggested movement behavior harmony as a main component of the project's activities: traditional and free dance, local history, customs & traditions. Practicing the dynamic elements of movement behavior, which imply to interconnection and interaction processes through self & environment, a stronger body-mind module could be developed.

The current project refers to disabled or disadvantaged youth & aims to develop a culture of quality of life (QoL) strongly related to & engaged with the social culture & Eco-environment per region. A team of experts of different fields are uniting their knowledge and expertise in behalf of implementing the current project, which is of high social value. Job opportunities will be provided to the volunteers as to start up being adapted in health lifestyles that will be evident of their personal development. A healthy lifestyle & QoL safeguard are main impact factors for developing skill competences & creating moody environments that will support the particular youth.

This ESC project supports the empowerment of self. Moreover, it gives opportunities for traineeships & jobs related to Eco-conscious self & QoL via sport, dance, healthy diet, self-protection skills & social work.

Please provide additional elements on the activity if you wish

The deeper meaning of that ESC project concerns a solidarity activity where we try to strengthen personal beliefs & the will of disabled population to enjoy their life in a more social context, smt that without support is not so easy to be managed. Self-management and a sense of freedom are major priorities; personal and professional development of volunteers is also of high priority. The establishment of safe-space with neutral and multipartial discussions and dialogues are also prioritized.

1. PARTICIPANTS' PROFILE

In the current ESC project we invite volunteers who:

- a) would like to support disabled population (i) to build their sociabilities profile as to be regularly socialized, (ii) to build on their self-assesment skills and competences and (iii) to be encouraged in getting involved in career challenges
- b) are connected to communities with disability (there is a close relative with disability, or studies in special education, work experience or volunteerism for disabled people, or even, high motivation to support disabled population)
- c) are connected to health-care background to make the difference to the project's impact
- d) face several learning difficulties and are "lovers" of arts or sports.

2. OUR SOLIDARITY ACTIVITIES

The main activity of the volunteer will be to involve people with disadvantages (lower income background, cultural minorities), to his/her project (empowering citizenship) and to include them to (i) entertainment through sports and arts; (ii) participation to several public events of ecological content, (iii) learn more about first aids, self management of diet and physical exercise, (iv) interaction with other peers for practicing their sociability skills and (v) other familiar activities that support quality of life and promote healthy lifestyles.

Through this activity the volunteers will also gain basic career competences, valuable for each profession:

- a) promoting our actions to the general public;
- b) attend how are organized several EERcomt activities from inside (job-shadowing);
- c) learn how to develop & update EERcomt English blog, Facebook and forums
- d) get in touch with several artists & attend seminars or lessons of their preference - free of cost-



- e) learn to use web2 tools;
- f) participate to EERcomt Annual Activities' technical support as assistant (welcoming the audience, delivering brochures, assisting, attending or participating in artistic, sports and ecological activities

h) training opportunities

2) visit other associations of Central-Macedonia;

3) create his own outdoor and indoor entertainment activities attended by children, elderly, social minorities or disabled population (for instance: mother language learning to local citizens, playing with children, entertaining elderly people, accompanying disabled people, etc.).

Generally, the hosted volunteer(s) shall have many opportunities to learn more about what is the core of quality of life & why EERcomt has so much concern for that, how to serve others for this purpose (social work for a common purpose) and how to get to that target for himself, that is, how to build a healthy lifestyle for himself. In the frames of good leaving EERco promotes healthy lifestyle of volunteers by offering dietics advisor services, fitness coach support, outdoor sightseeings' tours and training opportunities related to sustainable environment. Their lifestyle is expected to be a good prototype not only for the volunteers but and for those that they will be connected.

2. DESCRIPTION OF THE ACTIVITY

It is a common belief that behavioral patterns are fundamental as to evaluate quality of life. We aim to quality of life (QoL) of 1) DISABLED and disadvantaged population including them to a short environmental protection campaign with medians sport & cultural events and 2) of the volunteers' themselves introducing them to basic principles of QoL. In our ESC project volunteers with fewer opportunities will cooperate with disadvantaged & disabled youth and other young people with strong potentials in sports, arts and ecological activation and all together will learn & support activities related to inclusive culture. Within the short time period of volunteering they will create a facebook community for passing their experiences, ideas and hopes in the digital world, a contemporary practice for keeping a directory of the event and sharing their opinions with others. EERcomt hopefully will make available to the ESC volunteers sports equipment, chairs, easels, music instruments, theatrical clothes, etc. after related agreements related to the safety and good maintenance of this equipment. In the current mobility EERcomt cooperates with the affiliated partners: