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Sport and Wellbeing: Social Inclusion Through Golf

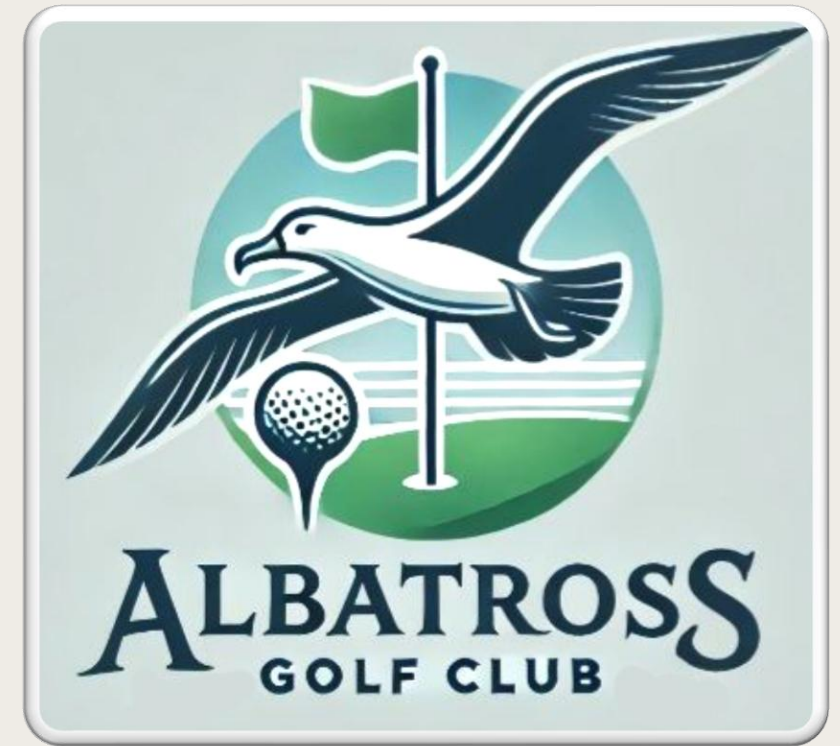
Our vision is to create a golf club accessible to all. We found that, although golf became an Olympic sport again in 2009, in Romania there is no inclusive approach to facilitate the access of children from disadvantaged backgrounds, potential future champions.

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ALBATROSS GOLF CLUB, SIBIU COUNTY, ROMANIA

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Project Goals: Inclusion and Wellbeing



Fostering Inclusion

Transforming our golf club into a more inclusive and accessible environment for children, women and all members by implementing

Increasing Professional Skills& European dimension

Improving the professional skills of our staff

Creating a vibrant international network



Reaching Underserved Communities

1 Target Populations

Individuals facing socioeconomic disadvantages and limited access to sports (kids, youth, and ladies).

2 Addressing Barriers

Overcome financial constraints, transportation challenges, and lack of awareness. Provide inclusive and accessible programs.



Golf: A Tool for Transformation



Physical Benefits

Improve cardiovascular health, strength, and flexibility. Encourage an active lifestyle and combat sedentary behavior.



Mental Benefits

Reduce stress, improve focus, and boost self-esteem. Promote mindfulness and cognitive function through golf.



Social Benefits

Foster social interaction, build friendships, and create a sense of community. Promote teamwork, communication, and sportsmanship.

Project Activities: Engaging the Community

1

Workshops

Educational sessions on golf techniques, rules, and etiquette. Promote skill development and knowledge acquisition.

2

Training Sessions&Job-shadowing

Hands-on coaching and practice opportunities with experienced instructors. Develop practical skills and build confidence on the course. Mobility in NDL and BG.

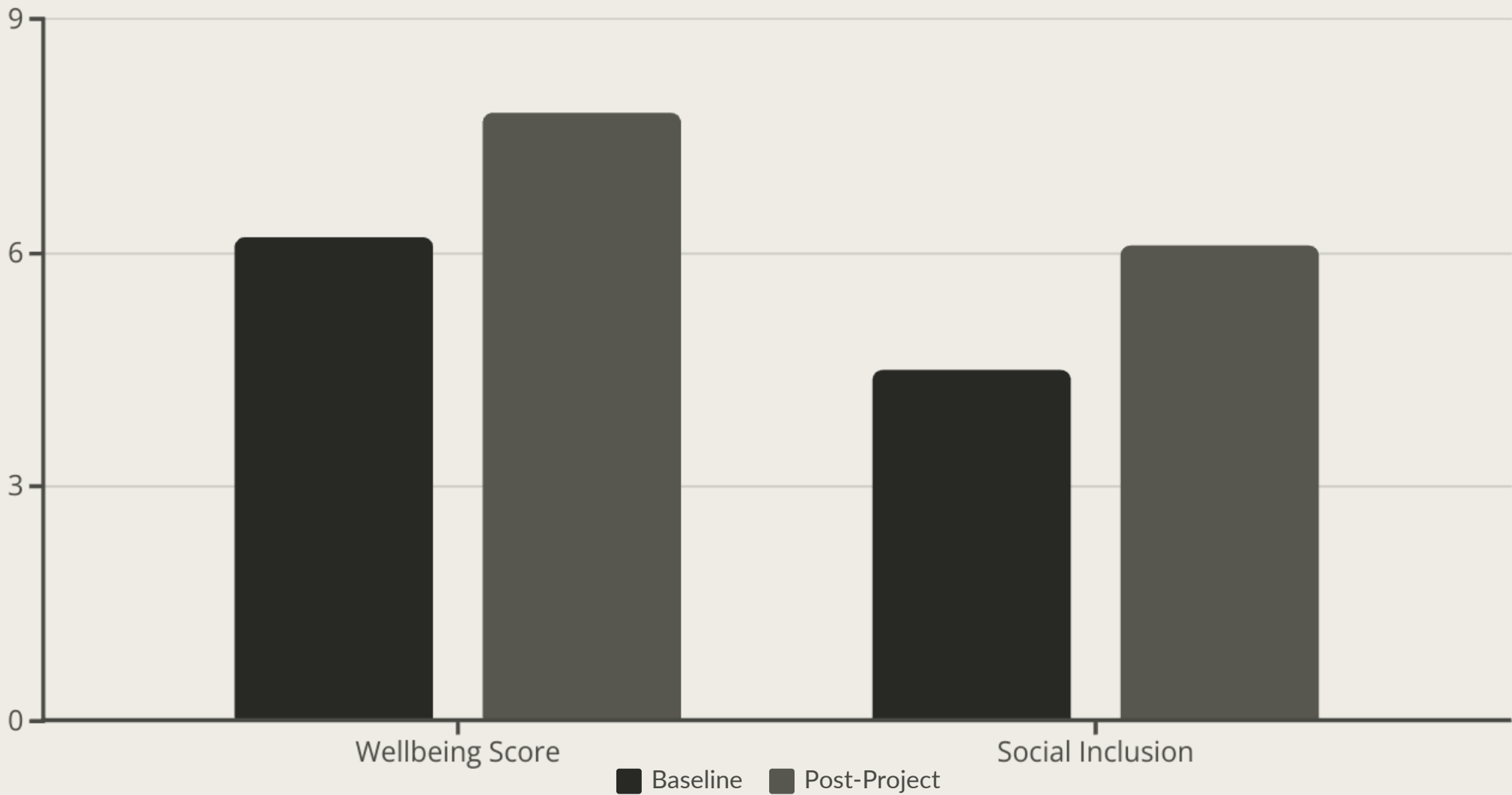
3

Community Events

Organize golf tournaments, social gatherings, and family-friendly activities. Celebrate achievements and foster a sense of belonging.



Measuring the Positive Effects by Check-points every 3 months.



Assess the impact of the project. Collect data on participants' wellbeing, social inclusion, and golf skills. Use surveys, interviews, and performance metrics. See the above example.

Celebrating Success: Transformations and Impact



Community Impact

Demonstrate the positive effects on the broader community. Showcase increased social cohesion, participation in sports, and overall wellbeing.



Kit for Trainers, practitioners, and public

A unique and innovative OER best practice kit in Romania that promotes the benefits of golf for physical and mental health

Future Directions: Expanding the Reach

1

Sustainability

Establish partnerships with local organizations, golf courses, golf clubs for Erasmus+ partnerships in Sport, and sponsors. Secure long-term funding and resources to sustain the project's impact.

2

Scaling the Program

Replicate the project model in other communities and regions. Adapt the program to meet the specific needs and contexts of different populations.