

IDENTIFICATION OF GOOD PRACTICES ON NON-FORMAL AND INFORMAL LEARNING IN NON-COMPETITIVE SPORT PRACTICES IN SLOVENIA

1. Legislation framework

In Slovenia the jurisdiction in connection to policies promoting innovative pedagogical approaches for the empowerment of mentally disordered people through sports falls under the jurisdiction of the Ministry of Education, Science and Sport and the Ministry of Labour, Family, Social Affairs and Equal Opportunities. In general, the mental health issues are also covered by the Ministry of Health.

A very important act in the field of mental health issues is the Mental Health Act which valid from 12th August 2009 which determines the system for health and social care in the field of mental health, operators of the services and the rights of people during the treatment under a special supervision at a psychiatric hospital, treatment in a secure departments of social care centres and supervised proceedings. (Uradni list RS, št. 77/08, 46/15 – odl. US in 44/19 – odl. US). The Act does not specifically mention anything in the connection with sports and people with mental diseases.

On 13th April 2018 the National Assembly passed the Resolution on the National Mental Health Program 2018-2028 (ReNPDZ18–28, published on <https://www.uradni-list.si/glasilo-uradni-list-rs/vsebina/2018-01-1046/resolucija-o-nacionalnem-programu-dusevnega-zdravja-2018-2028-renpdz18-28#>). The resolution identifies six priority areas: decentralization, promotion and protection of mental health, improving accessibility to mental health services, alcohol and suicide prevention programs, and promoting awareness through public education campaigns. The program also aims to improve access to primary care. Mental health services will be provided to patients through a network of 25 mental health centres for children and their families, and another 25 centres for adults. The resolution follows the directions of several other plans and strategies. The resolution will mostly contribute to the 1. developmental goal for Healthy and active life in the Slovenian Development strategy 2030. It also contributes to the Strategy for a Long-Lived Society, especially in the field of health improvement and decreasing the inequality in health and combating isolation in the field of improvement of physical and mental health, strengthening of mental health. Strengthening of the policies for encouraging about a healthy lifestyle and similar and in the field of systems of social protection, especially in the area of health promotion.

One of the areas covered in the resolution is also promotion of mental health and prevention of mental disorders with different target groups. Measure 3 of this sector covers the topic of ensuring an environment which is accessible and safe and at the same time

ensures integration of individuals into social (cultural, sports and other) activities, which strengthen mental health and intergenerational cooperation.

Another important part of the resolution is measure 4, which covers the area of implementation activities and programmes in connection to healthy lifestyle (exercise, healthy diet, healthy habits, socializing and similar).

2. Main social actors

As already mentioned in the legislation part of this paper, several ministries in Slovenia cover the area of mental health, but most areas are covered by the Ministry of Education, Science and Sport and the Ministry of Labour, Family, Social Affairs and Equal Opportunities and Ministry of Health.

The concern for the variety of sports in Slovenia is covered by Zveza za šport invalidov Slovenije – Paraolimpijski komite Slovenije (Slovenian Association for sports of handicapped – Paralympic committee of Slovenia - ZŠIS-POK). The association is formed out of several associations, including Sožitje - the Association of societies for assistance for people with troubles in mental development of Slovenia. The ZŠIS-POK is in charge of local and national development of sport-recreational and competitive form of sports for handicapped.

2.1 Special Olympics and Motor Activities Training Program (MATP)

Slovenia takes part in the Special Olympics, a global organization that serves athletes with intellectual disabilities working with hundreds of thousands of volunteers and coaches each year. Although this is a part of competition and does not 100% under the category of non-competitive sports, we should mention it here, since it enables people with disabilities, including people with mental health issues, regular sport activities, development of psychomotoric skills, higher quality of life, socializing with peers, as well as increased awareness of mental health issues among the public.

The Motor Activities Training programme (MATP) was developed as a part of Special Olympics and is organized for people with severe combinations of disorders. The purpose of the MATP programme is to enable people with severe issues a more individual approach for a better integration into sports activities, including the Special Olympics.

2.2 Association Sožitje

Association Sožitje, the Association of societies for assistance for people with troubles in mental development of Slovenia, is a non-profit, volunteer organization for individual and general progress in the field of care for people with mental health issues and their families. The association is formed out of 51 different local societies or associations that work in the field of mental health issues and Association for Special Olympics of Slovenia. It has over 15.500 members, people with mental disorders and their family members. The association covers the area of education, healthy lifestyle and social interaction.

Here are some programmes they carry out:

- National activities
 - Training of people with mental health issues for independent living: self-care seminars, seminars for boys and girls, camps for improvement of physical fitness and vitality and similar;
 - Training and lifelong education of adults with mental health issues for active life and work: activities in the field of computers, horse-riding, trekking, dancing, sport camps and similar;
 - Assistance for maintaining psychophysical skills of people with mental health issues and their families: organized spending of free time and bigger inclusion into the society;
 - Organization of sport and recreational activities
- Local activities
 - Lifelong learning activities: rhythmic and sports activities
 - Rehabilitation programs: therapeutic swimming, trekking groups, hippotherapy, training and developing in motor skills, dance lessons, exercise and similar.

3. Training opportunities

The institutions that deal with people with special needs, including mental health disorders, use several types of staff for carrying out sports activities. In 13,3% of cases, sports activities are carried out by a sport pedagogue, in 33,3% by professional workers (physiotherapists, occupational therapists, health workers, and in 53,4% by professional workers (social worker, special pedagogues and similar).

Most of the trainings in connection to work with people with special needs, including people with mental health issues, are carried out by the Association of Slovenian training organisations for persons with special needs. The association has 52 members, it works on volunteer basis and the establishment consensus act was signed by the Government of the Republic of Slovenia. Apart from other institutions, the association also includes various institutions that work in the field of mental health issues.

4. Best practice example

Title	Erasmus + project Bringing Sport to Children with Special Needs
Location	10 partner organizations from Slovenia, Spain, Greece, Poland, Croatia and Portugal
Organization/Institution	Coordinator: Ljudska univerza Rogaška Slatina (Slovenia) Partners: III. OŠ Rogaška Slatina (Slovenia), Elio Artič s.p. (Slovenia), 1o Eidiko Dimotiko Sxoleio Patras (Greece), Osnovna škola Josipa Matoša (Croatia), ADDJ (Portugal), UNIVERSIDADE DE COIMBRA (Portugal), IES La Puebla (Spain), 'Prime'sportstudio (Croatia), Gdynskie Centrum Sportu(Poland)
Contact data	info@lu-rogaska.si mvukovicmojca3@gmail.com
Target group/Context	Children and adults with special needs
Content/Learning Outcomes	<p>The project will create two intellectual outputs: guideline and Android application for teachers, counsellors, accompanying persons, trainers, coaches, parents and other interested parties in the field of education and sports which will contain material about the beneficial effects of sports on special need children and contain concrete examples and ideas about which sports exercise and activities are suitable for which disability or special need.</p> <p>As a part of the project, partners, led by the Gdynia Sports Centre, will develop and carry out practical training for the staff working with people with special needs in the field of sports activities. The developed training will be appropriate for all organizations that work with people with special needs and wish to raise the amount of sports for their users.</p>
Description of the Process	<p>The innovative part of the project will be an Android application The second intellectual output of the project will be an Android app, a software application running on the Android platform, designed for a smartphone or a tablet PC running on the Android OS.</p> <p>The app will enable the user to fill in the information in several sectors:</p> <ul style="list-style-type: none"> - specific special need of a child – in this case the app will calculate and show suitable and beneficial sports activities for this specific special need in several fields of sports, accompanied by the explanation of the beneficial effects of these activities (beneficial if the teachers/trainers/coaches/parents... are dealing with one individual child +with specific disability/special need); - specific sector of sports – in this case the app will calculate

and show various suitable and beneficial sports activities for various types of disabilities, accompanied by the explanation of the beneficial effects of these exercises (beneficial if the teachers/trainers/coaches/parents... are dealing with a group of children with different disabilities and they are covering a certain sector of sports at that specific time, like basketball, gymnastic, etc.;

- specific special need and specific sector of sports – in this case the app will calculate and show suitable and beneficial sports activities for a specific disability in a specific sports sector, accompanied by the explanation of the beneficial effects of these activities (for example the teachers/trainers/coaches/parents... want to carry out some sports activities with a child with autism in connection to basketball – the app will calculate which exercise precisely is suitable for this child.

The app will be available on the project website, Facebook page of the project, the websites of the participating organizations and on websites of other interested organizations, with their approval.

As for the element of innovation, our researches have shown that there are available applications for disabled children such as Autism Therapy with MITA, but they're focused on single disability and they are mostly connected with mental development of special need children. Our app will focus on physical activity – users will get “personalized” tips and examples of training by adding specific disability. Besides, a distinctive element of our application will be the languages – it will be prepared in 7 languages (of partnership) but also it will have a google translator.

At the same time the app will give immediate suggestions and practical examples to the teachers/trainers/parents and other users which enables a fast reaction and easier inclusion of special need children into any sports activities and at the same time reassures the teacher/trainer/coach... and reduced their fear of involving special need children into sports activities, which would be a very important impact of the app on the target groups. By using the app the teachers/trainers/coaches/parents and others would improve their knowledge and skills in the field of inclusion of special need children into sports activities.

The application is not only suitable for teachers/trainers/coaches... dealing with special need children, but also with children and adults who do not face any specific special need, since the teachers/trainers/coaches can get new ideas about carrying out different sports activities in everyday

	life.
Resources needed	Android phone Downloaded application
Evaluation of the methodology	<p>Project partner, University of Coimbra, has developed a Quality Management Plan with quality indicators and an evaluation grid.</p> <p>Indicators of achievement include participants' involvement and participation, creativity of the approach, user friendliness and appeal of the outputs, involvement of the wider community, quality of the produced material.</p> <p>At the same time, the following ways of quantitative assessment have been designed:</p> <ul style="list-style-type: none"> - Paper questionnaires distributed among the staff of the participating organizations after each project activity. They include the assessment of the activities carried out, children's reactions to them and similar. - Written and oral evaluation of the materials by the Universidade de Coimbra, experts in publications in the field of sports and special need education. - Paper questionnaires for teachers, measuring the improvements of children participating in the project activities (physical improvements, weight loss, improved cognitive function). - Another way of assessing the improvements from the previous point are personal observation assessments done by teachers, who will be working with the children prior to the project beginning until the end. - Simple forms made for special need children, evaluating the project activities with emoticons. - Report from parents about their assessment of the improvements of the children involved in the project activities. - Number of project activities carried out during the project duration. - Number of successful connections made among schools with special need children and sports organizations/clubs. - Questionnaires distributed among the members of the staff involved in the internal trainings done by the participants of the training in Poland. <p>Qualitative assessment will be done using quality indicators, which will measure the following:</p> <ul style="list-style-type: none"> • efficiency – concerning organizational and management skills at every project phase • economy – concerning the best use of timing and resources • transparency – concerning communication, control and dissemination of information • flexibility – concerning the ability to cope with new needs and change in the programme

It includes direct observation of the teachers' and students' progress, teachers' and students' feedbacks, discussion of results and exchange of best practices between the participants, observation of deadlines and other requirements. All these reports and indicators will be collected and analysed first by the internal project teams, who will forward the findings to the coordinator, to gather all the analysis and make interim reports about the reach of results. This analysis will be used to make necessary adjustments and changes in the material developed to reach the best possible version of the intellectual outputs. At the end the coordinator will make an overall conclusion and evaluation of the results.

Results and products will be monitored to assess the level of efficiency, economy, transparency and flexibility of the coherence between objectives and results, approach, transferability to other sectors, appeal and user friendliness, community involvement, numbers of highlights in media and participants.

The Quality Management Plan envisages the use of the following evaluation tools: questionnaire - evaluation grids, interviews and meetings.

The expert evaluation will follow a peer-to-peer evaluation model among the experts of the participating organizations and some other experts selected by the university partner, according to the specific expertise to evaluate the content of the catalogue for teachers/practitioners and the android application. A scientific paper resuming the catalogue main findings will be submitted for publication to the Scientific Journal of The Portuguese Federation for People with disabilities to validate the content and process of development of this catalogue.

Along with the expert evaluation technical validation will be conducted. The technical validation (android application) will focus on the elimination of bugs and software problems. This phase will also include an experimental period in which at least 25 persons of each partner country will test and evaluate the android application.

Sources:

Resolucija o nacionalnem programu duševnega zdravja 2018-2028 (ReNPDZ18–28), stran 3575: <https://www.uradni-list.si/glasilo-uradni-list-rs/vsebina/2018-01-1046/resolucija-o-nacionalnem-programu-dusevnega-zdravja-2018-2028-renpdz18-28#>

Zakon o usmerjanju otrok s posebnimi potrebami (ZUOPP-1): <http://pisrs.si/Pis.web/pregledPredpisa?id=ZAKO5896>

Diplomsko delo: Športne aktivnosti odraslih oseb z motnjami v duševnem razvoju v socialno-varstvenih zavodih na Gorenjskem: http://pefprints.pef.uni-lj.si/1681/1/DIPLOMA_Lucija_Jelov%C4%8Dan.pdf