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Less4more

Dissemination Plan & Report

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“LESS FOR MORE” dissemination plan & report

Presentation of the Dissemination Plan in partner countries

Over the past decades, there has been a growing understanding that access to and participation in sport and physical education is not only a right in itself but can also be used to promote a number of important developmental goals through facilitating democratic principles, promoting leadership development, and encouraging tolerance, respect and social networking.

All areas of development can be influenced by sport, including health, education, employment, social inclusion, political development and peace and security. Our Dissemination Plan includes the efforts of all partners as we need to have as much as women we can recruit. Our target groups are women over 30 and in order to reach them a Dissemination plan was designed and developed equal to their needs.

Purpose of outreach the target group

Many women in our day's stays home as mothers or wife's or even unemployed personnel. The need for expressing our self's and improves both physical and mental health is growing under these conditions. “Less4More” through its dissemination plan result to outreach the target group of all these women and involve them to the sports. Six partner countries join forces to achieve this goal.

To reach our target group, all partners design and develop activities in their countries. We train the trainers and they train the trainers in their countries. Our purpose was and will be to widen our group of women in order to promote the idea of been active, health and medically wealth.

Methods to use

To promote the purposes of our project we needed to reach local community. In order to reach local community we needed the trained staff of trainers to be fully educated about the sports of Football, Beach Volley and of course the new sport of Catchball. Specific we develop group of “train the trainers” training courses starting from Vienna. The group of trainers that were trained there delivers training courses in the partner countries.

We took advantage of the EWoS and train in all three sports more than 30 women as trainers. We create triathlons with the same teams in order to teach them all three sports and widen the network of our women. We develop Posters with all the necessary details of every event we create in order to inform the local community about the location and the time. We use Digital means like Social media as Facebook, Instagram, Viber and Whatsapp groups.

Radio interviews and local newspapers were used in order to disseminate our events and to reach more easily the local community. Press conferences were delivered in different places like Municipals or local public events that were created by stakeholders. And last but not least the women them self's spoke to their friends and recruit them to the sports. They create friends through sports, had fun and they spread the meaning of "Be Active".

Message to share

Our message to all women was to discover sports regardless age, regardless body shape and to make friends as much as possible. There is no good timing to start athletics. The only you need is your good motivation and strong will for change.

Evaluation of the success of the dissemination results

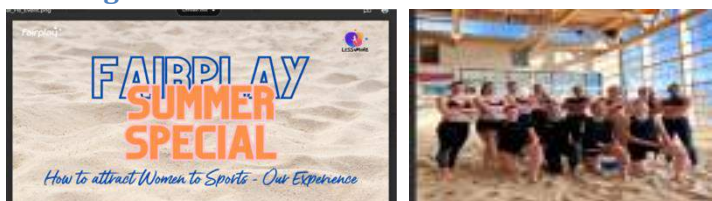
AUSTRIA

Posters were created for "Train the trainers" training course that took place in Vienna, in August 2023 at the first semester of our project. All partner countries gathered their group of pioneer trainees in order to train and educate them. Three session of Beach Volley, Football and Catchball were implemented. More than 50 ladies were participating in all sports events.

"Train the trainers" Training sessions



Training sessions - Local



Dissemination Events

- Education and training events: Presentation of manual at official Trainers Edu. "Bergstrand" was hosting the official training for all trainers of the Austrian volleyball federation which want to educate themselves on different topics in volleyball. Michaela presented the manual.
- Conferences: Discussion of manual at conference. Discussion of the manual and the project scope at the Upper Austria Advantage Ladies conference (part of the women Tennis tour).
- Conferences at European University Sports Association (EUSA). Presenting and discussing the concept of Less4more for the University Sport at the European University Sports Association (EUSA) Conference on November 16th.
- Education and training events. Presentation of manual and the project scope of L4M as part of the first big tournament "Kabul bis Wien".

Final Less4More sport and dissemination Event in Austria

- 17 May 2025, Vienna

Catch´n Serve

Beachvolleyball

Football

Less4More Info table

CYPRUS

Training sessions

Eurosuccess partner from Cyprus developed training sessions for catchball.



GREECE

Training sessions

Pythia partner in order to disseminate the objectives and the scopes of the project developed a campaign. The EWoS of 2023 and 2024 was the first step to make public the training sessions about the three sports. Many women were recruited there and many Catchball teams were created as it was the easiest sport for most of the women.



Dissemination Events

- Conference: "Presenting Less4more" in Enerdeca. Make project visible to National, Regional and Industry investors. We present less4more to Enerdeca and discuss about the objectives of the project. We had this at woman's day! Conference took place in Hotel Galaxy in Kavala, on 8th of March 2023.
- Conference: Presenting "Less4More" in Municipal of Limnos Island. Conference took place for the women of local society and to be informed about the scopes and objectives of women in sports. This creates the Catchball team of the island of Limnos.
- Meetings: Presentation in Municipal of Drama-24 Sept 2024. Presentation of Less4More project in Sports Authorities in Municipal of Drama. Established new collaboration in Drama, Nevrokopi and Prosotsani.



- 5 Newsletters were created, one every six months, as part of the dissemination activities of the project and our goal is to reach as many women we can.

HUNGARY

Dissemination Events

- L4M as practical site for Recreation B/M students. L4M coordinator and Course director, HUSS agreed in May 2023: sports programs of the project will be one of the offered practical sites for Recreation major Bachelor and Master Students.
- Education and training events: Making L4M goals join 2 local community sport program. 2 local community sport programs (Budapest District 12 and HUSS Healthy Campus) incorporated L4M project goals into their programs delivered to women age 19-45 and economically needy.
- Collaboration with EU-funded projects: Synergy w/EU project Move the Mind. SYNERGY was established between two EU-funded projects of HUSS. Move the Mind project (623082-EPP-1-2020-1-DE-SPO-SCP) close to complete (2023). Have already many outcomes that worth to channel in L4More.

ROMANIA

Training sessions

Dissemination Events

INCS

- Meetings: ERASMUS+LESS4MORE: New Horizons, New Opportunities. Opportunities in LESS4MORE project. Presentation of the Train for Trainers Manual. Sharing Best Practices among project partners. Presenting LESS4MORE events organized during EWoS 2023.
- Conference: Less4More @ “Be Active” Info Day. Dissemination of L4M during “Be Active” Info Day, Bucharest, March 26th, 2024. Presentation of manuals, activities, further program of trainings and competitions. Audience: 76 persons from sport area.
- Education and Training Events: Catchball training HP. The Romanian team presented the project objectives and results to the HP community



Corporate Games

- Erasmus projects at Winter Corporate Games 2024. At Supercenter, participants discussed gender equality and the best solutions to implement this policy.

- Conference “Corporate Games Erasmus 2024”. This event was focused on presenting Corporate Games project status. Less4more objectives, target group, consortium and deliverables were presented (training for football, beach volleyball and events)
- Clustering activities for Less4more @ Winter Corporate Games. Catchball was used in the social integration activities of women through sports, promoting gender balance and active involvement in the community.
- Conference LESS4MORE - Erasmus funding opportunities. Disseminating the activities and the manuals/guides developed in the project. Cases how the general Erasmus context and other Erasmus-funded projects in sport.

SPAIN

Training sessions

Dissemination Events

- Meetings: Presenting the “Less4More” project to the Council Sport Board in Arona. The Arona volleyball club is part of the decision-making committee of the sports board of the Arona town council. At the meeting of the committee all the actions carried out by the project were announce
- Synergy w/EU project EUMamanet. The Arona Volleyball Club participated with a team in the Flamenco Festival tournament of the European project MAMANET FESTIVAL 2023: an EU-wide non-profit event to promote gender equality in sport.
- Synergy/EU project: Catchball tournament on the beach organized by EU Mamanet project. Our women from Less4More project participate as a team.

MISSION ACCOMPLISHED

At the last month of the project, all partners delivered all requirements. Each partner recruit many women after present all the scopes and objectives in any place we can imagine. Conferences, meetings, trainings and education events took place for all local population and civic society to learn and informed about the Less4More project.

Presentations in Universities, in Municipals or even Sports Vendors results to have a large amount of women that had never trained before. Many women loved the new sport of Catchball. Most of them got information from Social Media, others from their friends. But the results for us were the same.

The most popular among our sports was the new sport of Catchball. Many teams were created in Greece from our Greek partner Pythia. More than 6 teams were created and continue to play this sport. In this way, the only we can say is:

Mission accomplished!!