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Less4more

PROJECT NEWS LETTERS

Call ERASMUS-SPORT-2022-SCP
Type of Action ERASMUS-LS
Acronym LESS4MORE
Number 101089803
Duration 30 months
Start 1 Dec 2022
WP4 / D4.2

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LESS4MORE

NEWSLETTER #1

02/02/2023

1st Kick of Meeting – Online event



Details: <https://les4more.eu/news/1o-kick-of-meeting>

31/03/2023

Seminar on empowering women



Details: <https://les4more.eu/news/the-project-leader-incs-bucuresti>

8-10/08/2023

Partner's meeting in Vienna & "Train the trainers" training sessions for Beach volley, Football and Catchball



Details: [Day 1](#), [Day 2](#), [Day 3](#)

20/7/2023

New game CATCHBALL rules – PUBLICATIONS



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NEW GAME CATCHBALL
MANUAL OF PRACTICING

Details: [Catchball - Manual for practice](#)

29/8/2023

Train the trainers – PUBLICATIONS



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Train the Trainers
Manual

Details: <https://les4more.eu/learn-from-us/train-the-trainers-manual-2>



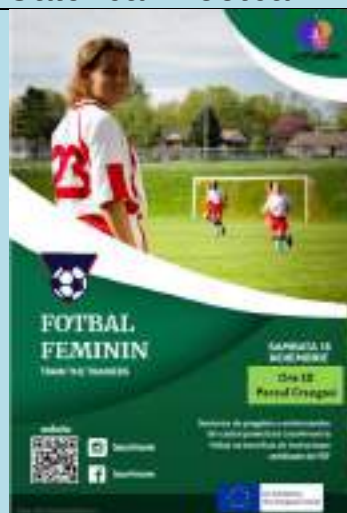
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NEWSLETTER #2

Sept –Dec /2023

Catchball-Football-Volley Ball Training sessions in Romania



Details: [Catchball Training](#), [Beach Volley Training](#), [Football Training](#)

Sept –Dec /2023

Beach Volley Ball Training sessions in Austria



Details: [Beach Volley training](#)

Sept –Dec /2023

Catchball-Football-Volley Ball Training sessions in Greece



Details: [BeachVolley Training](#), [Catchball training Orestiada](#),
[Football Training Kavala](#)

Sept –Dec /2023

Catchball-Football-Volley Ball Training sessions in Tenerife, Spain



Details: [Catchball-Beach Volley and Football training.](#)



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NEWSLETTER #3

Jan – June /2024

Catchball-Beach Volleyball Training sessions in Spain



Details: [Catchball Training, Beach Volley Training,](#)

Jan – June /2024

Dissemination Event in Brasov, Romania



Details: [Dissemination Event-Be Active Competition Brasov, Romania](#)

Jan – June /2024

3rd Partners meeting in Cyprus – April



Details: [Partners meeting](#)

Jan – June /2024

Catchball Training sessions in Cyprus



Details: [Catchball training](#).

Jan – June /2024

Deliverables – Learn from us!

[Play safe! Manual for sport feminine events](#)

[Risk Evaluation and mitigation plan](#)

[Manual of Women Sport Event Management](#)



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NEWSLETTER #4

July – Dec 2024

4th Partners Meeting in Kavala



Details: [4th Partners meeting in Kavala](#)

July – Dec 2024

Conference in Kavala in Greece



Details: [Conference](#)

July – Dec 2024

HUSS team in Kavala - EWoS 2024 in Hungary



Details: [HUSS Team in Kavala](#), [EWoS 2024 - Hungarian partner - Triathlon competition](#)

July – Dec 2024

Demo Triathlon in Kavala Greece



Details: [Demo beach volley](#), [Demo football](#), [Demo Catchball](#)

July – Dec 2024

Family Games in Drama Greece



Details: [Let's play](#), [Family Games](#)

July – Dec 2024

Catchball Training sessions in Romania



Details: [training session Blaj](#), [Turda](#), [Sibiu](#)

July – Dec 2024

EWoS 2024 in Spain



Details: [Catchball](#), [Football](#), [Beach Volley](#)

July – Dec 2024

Fairplay Summer Special in Vienna



Details: [Fairplay Summer Special](#)

July – Dec 2024

EWoS 2024 in Kavala Greece



Details: [Catchball](#), [Football](#), [Beach volley](#)

July – Dec 2024

Deliverables – Learn from us!

[Manual of Sport for Women in Non-sport Organizations](#)

[Guidelines for a national women league in Recreative sports](#)

[Guidance Lines for Sustainability of Women Sports](#)



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NEWSLETTER #5

Jan – May 2025

Final Partners meeting in Tenerife



Details: [Final Meeting](#)

Jan – May 2025

Dissemination event in Komotini in Greece



Details: [For the memorial day against Breast Cancer](#)

Jan – May 2025

Dissemination events in Greece



Details: [Nikisiani](#), [Woman's Day1](#), [Woman's Day 2](#),

Jan – May 2025

Dissemination event in Myrina in Limnos Island Greece



Details: [Myrina Limnos](#)

Jan – May 2025

Conference in Comitetul Olimpic și Sportiv in Romania



Details: [Dissemination](#)

Jan – May 2025

Dissemination Tournament in Romania



Details: [Dissemination](#)

Jan – May 2025

Dissemination event in Brasov & Team HUSS from Hungary participate



Details: [Hungary team in Brasov](#)

Jan – May 2025

Dissemination event in Neos Skopos Serres Greece



Details: [Dissemination](#)

Jan – May 2025

Deliverables – Learn from us!

[Dissemination Plan & Report](#)

[Declaration of Affiliation – Pilot Affiliation Network](#)

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