

## NEWSLETTER No. 8

HRIC PROJECT
PROJECT CODE 101090110



# Workshop: HRIC Local Trainings: From Testing to Real Impact®

As part of the HRIC project, partners successfully tested the Training Format through local workshops, transforming theory into real-world practice. Across several countries, Sport Coaches and Social Operators were trained to apply Education Through Sport (ETS) combined with psychological techniques to support young people facing mental health challenges such as anxiety, depression, PTSD, and emotional distress.

#### **Local Training Activities Across Partner Countries:**

- Italy (Verona FIPAV): Sitting Volleyball
- 13 participants (aged 19–30) participated in inclusive sitting volleyball sessions, combining teamwork, physical activity, and emotional regulation exercises.
- Italy (Luserna S. Giovanni MVNGO): Athletics Training
- 12 participants (aged 16-40) engaged in running-based activities focused on promoting mental well-being, resilience, and physical health.
- Croatia (Rijeka Judo Club Rijeka): Judo Sessions
- 10 participants (aged 16-30) worked with certified judo instructors and mental health professionals, focusing on balance, stress reduction, and confidence-building exercises to support anxiety and PTSD management.
- Portugal: Karate Mental Health Session

Karate workouts blended breathing exercises, dynamic movements, and mindfulness to improve emotional stability, mental focus, and stress control.

Slovenia: Mindful Walking & Meditation

Participants practiced mindful walking, meditation, and breathing techniques to balance physical and mental health, enhance relaxation, and promote overall well-being.













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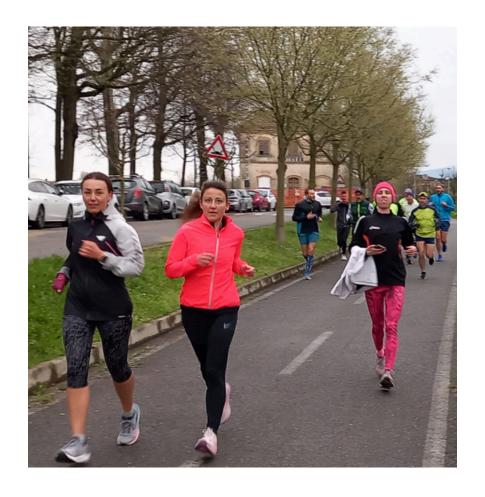


### **Visuals From the Local Workshops**















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