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# Announcement of the European Project ASAL

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**ATHENS, May 25, 2019:**

The organization "EDRA" is announcing the start of the European project ASAL – "Advanced Skills for Active Living". ASAL is a project funded by the ERASMUS+ Sport Program, which is implemented in Greece, Italy, Spain, Czech Republic and Belgium. Its basic aim is to train professionals from the field of Sports Science and Physical Activity to develop skills needed in order to be able to engage and work in structures that target population with mental health illnesses, by providing high quality services and assisting the therapeutic process. The kick-off meeting of the project took place in Ancona, Italy on February 2019 organized by the Italian Partner, COOS Marche, where all the partners got together and planned the programs outputs and activities which are going to last until June 2020.

The project is part of an overall strategy which utilizes physical exercise and sport activities in the field of Mental Health. Based on the results of two very relevant initiatives, i.e. "MENS" (Mental European Network of Sport Events) and "EVENTS" (European Voluntary Events for Therapy through Sports), ASAL adds the training/ educational component to this strategy.

## The project has the following objectives:

- Identify good practices applied in the field, across Europe and assess the needs of the professionals as regards their engagement in Mental Health Units.
- Develop a comprehensive specialized training course, addressed to Sports Science and Physical Activity professionals, so as they will be in the position to properly adapt their educational background and support people with mental health issues.
- Equip the professionals who will participate in the training programme with new knowledge and skills as well as with important working experience through the 3-month internship in mental health structures.
- Raise awareness about the importance of specialised physical activity services for mental health patients among partner countries and at EU level in general.

## Partners

KSDEO EDRA, Greece (Coordinator) / COOS Marche, Italy / Fundacion Intrass, Spain / Fokus Praha, Czech Republic National and Kapodistrian University of Athens — School of Physical Education and Sport Science, Greece / Panellinios Athletic Club, Greece and ENAMLH European Network, Belgium.



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