



## Advanced Skills for Active Living – “ASAL”

Grant Agreement No: 2018-3708/001-001

### Final Conference of the Advanced Skills for Active Living – “ASAL” project

Co-organised by “EDRA” - Social Cooperative Activities for Vulnerable Groups and the School of Physical Education and Sport Science of the National and Kapodistrian University of Athens

15 December 2020

Link to join the conference via Zoom:

<https://us02web.zoom.us/j/86337293221?pwd=N0pzaXJ0UHpvZVRsUkdEZFc5Mk9adz09>

Meeting ID: 863 3729 3221

Passcode: 504821

## AGENDA

***Chair of Conference:*** Dr. Maria Koskoulou, Associate Professor - School of Physical Education and Sport Science, National and Kapodistrian University of Athens

10:00 – 10:10

### Welcome and introduction

**Maria Kerasoglou**, President of Board of Directors - “EDRA” - Social Cooperative Activities for Vulnerable Groups

**Prof. Konstantinos Karteroliotis**, Project Coordinator – School of Physical Education and Sport Science, National and Kapodistrian University of Athens



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10:10 – 10:30	<p><b>Presentation of the Advanced Skills for Active Living – “ASAL” project</b></p> <p><b>Eleni Sakellariou</b>, Project Coordinator - “EDRA” - Social Cooperative Activities for Vulnerable Groups</p>
10:30 – 10:50	<p><b>Findings from the research on physical exercise and sport activities in the field of Mental Health</b></p> <p><b>Prof. Konstantinos Karteroliotis</b>, Project Coordinator – School of Physical Education and Sport Science, National and Kapodistrian University of Athens</p>
10:50 – 11:10	<p><b>Results from the ASAL project in Czech Republic</b></p> <p><b>Jan Drobny</b>, Project Coordinator - Fokus Praha</p>
11:10 – 11:30	<p><b>Results from the ASAL project in Greece</b></p> <p><b>Dr. Emmanouil Skordilis</b>, Trainer - “EDRA” - Social Cooperative Activities for Vulnerable Groups</p>
11:30 – 11:50	<p><b>Results from the ASAL project in Italy</b></p> <p><b>Francesca Cesaroni</b>, Project Coordinator - COOSS Marche</p>
11:50 – 12:10	<p><b>Results from the ASAL project in Spain</b></p> <p><b>María Carracedo</b>, Project Coordinator - Fundación INTRAS</p>
12:10 – 12:30	<p><b>Break</b></p>
12:30 – 12:50	<p><b>Presentation of ASAL elearning platform</b></p> <p><b>Konstantinos Minos</b>, elearning expert</p>



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12:50 – 13:10	<b>Mental Health and Sports</b> <b>Alexandros Oikonomou</b> , Psychologist, President of ENALMH, Scientific Director at “EDRA”
13:10 – 13:30	<b>Sports and Active Living at local/ community level</b> <b>Ioannis Koutsandreas</b> , Child and Adolescent Psychiatrist, Municipality of Ilion
13:30 – 13:50	<b>Physical activity and mental health</b> <b>Komanthi Kouloutbani</b> , PhD candidate- School of Physical Education and Sport Science, National and Kapodistrian University of Athens
13:50 – 14:00	<b>Closing of the conference</b>



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