

Project

Let's play together at a volleyball session



AIM: To promote physical fitness, coordination, and teamwork among participants through volleyball training and matches, to increase the overall fitness level and teamwork skills.

OBJECTIVES:

- To use volleyball as a platform to promote physical health and wellness.
- To foster an inclusive environment in volleyball, where players of all genders, backgrounds, and skill levels feel welcome.
- To identify and nurture talented volleyball players who are interested in advancing to competitive or professional levels.
- To organize a series of friendly volleyball matches between local teams to promote healthy competition and camaraderie.

Mentees – Mihane Hoxha

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Mentor – Dr. Stavri Bello



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Achieved results of the project:

- Student selection for friendly matches and tournaments
- To use volleyball as a platform to promote physical health and wellness.
- To identify and nurture talented volleyball players who are interested in advancing to competitive or professional levels.
- Realized project, posters, paintings explaining the role of the sport in everyday life.
- Each player contributing in showing and increasing gender quality.

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Output(s) of the project:



Video

