

# AGAIN HEYDAY OF HEALTH

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## MANUAL OF GOOD PRACTICE

Choise of eight countres

The images are the responsibility of countries involves.

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# FOREWORD

The Grundtvig Learning Partnership project named “Again Heyday of Health” was implemented by a few private and public institutions from Turkey (Coordinator), Romania, Portugal, Austria, Poland, Italy, Hungary and Lithuania.

The good practices handbook includes activities, various examples about the sports and losing weight healthy in the countries cooperating in the project “Again, heyday of health” during the period of 2011 - 2013. The themes presented in the manual (Dances, Sports, Combating stress) comprise activities with national approaches to train a large number of people and capitalize on tradition and modernity in their development.

Dances and sports, combating stress and leisure activities they all help us recover after long days of intense activity.

Exercising helps us develop emotionally as well as intellectually, and implicitly aid forming the human character and personality, increase our observational spirit, stimulate thinking and logical rational. Creating a behavioral change is not a simple task. The new approach, methods and ideas contributed along with data towards the development of multidisciplinary and intercultural interventions.

Along with healthy and balanced eating, movement is needed to maintain health. Usually the lack of exercise leads to obesity and other serious diseases. This manual aims to popularize in every country traditional dances, traditional sport and various methods for combating stress.

The project “Again, Heyday of Health” has encouraged participants from the eight partner institutions to adopt healthy lifestyles by integrating physical activity and care through nutrition in everyday activities, promoting human development, health and well-being. This

partnership has strengthened the values of active citizenship by a rich exchange of experiences and intercultural dialogue.

In a day by day live governed by a sedentary lifestyle the project has succeeded in increasing the awareness and in some cases also decreasing the effects of obesity, diabetes, stress and cancer by including in the target group diet health eating habits.

Moreover the project has managed to promote European cooperation among partners in the techniques, methods and activities belonging to the project.

Creating a behavioral change is not a simple task. The new approach, methods and ideas contributed along with data towards the development of multidisciplinary and intercultural interventions.

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**TURKEY**



# Dances

## 1. The KOLBASTI DANCE



In 19th and 20th centuries, as all works of art in the world, local cultural products became meta in culture industry. Kolbastı dance is one of the best examples to show as an supportive effect of losing weights in culture industry. It is inevitable to learn it positively.



**Kolbastı** is a popular Turkish dance. It was originally created in the 1930s in the seaport of Trabzon on the Black Sea coast of north-eastern Turkey. Loosely translated, ‘kolbastı’ means ‘caught red-handed by the police.’ According to legend, the name comes from nightly police patrols of the city to round up drunks, who made up a song with the

lyrics: ‘They came, they caught us, they beat us’ (in Turkish: ‘Geldiler, bastılar, vurdular’).

In the past few years this dance has grown very popular and is spreading in popularity outside the region. These days this dance is mostly used for weddings or by youngsters who like to show off and attract girls. Kolbastı never disappeared from Trabzon (a city located in the Black Sea Region). It’s always been part of local culture.

What’s new, though, is that people from outside the region have taken to the dance.

## Music



Nejat’s kolbastı melody and musical repertoire of Bukhara compiled by Trabzon was the melody. The sound is so rhythmic and similar to popular dance music. In the music, the horon (traditional music instrument in the Black Sea Region of Turkey) is highly used to give enthusiasm to the dancers during the performance.

**A fiddle (Kemence)**

## Performance

Kolbastı, the name of the game today is known as the arm Anatolia played the game much faster and both games are different in terms of figurative works and stepping technique. There are some of figures rowing, swimming, net browsing, fishing, net drawing, fishing, good deeds which are suitable for the region, such as indigenous peoples are attempts to symbolize the arrival of the alleged in Kolbastı.

Since it is so rhythmic, people having a problem with obesity and weights prefer to play this dance. According to the survey, it is alleged that Kolbastı dance can be helpful to lose weights and also it can be more



effective than do plates. It is a fact, if it is played for about 30 minutes, it is said that you will be able to lose 500-600 calories in total. But it has become a vibrant and more active due to gaining popularity of the game in recent years. It is fun to play, but hard to come movements, a game that gives pleasure to follow the kolbastı, it has been recently published on Youtube as clips.

It is played with 6-9 dancers and one of the dancers goes to the middle of the platform and the other dancers circle the dancer, and he/she can dance and show his/her figures in the middle of platform.

## 2. The BELLY DANCE



**Belly dance** or bellydance is a Western-coined name for “solo, improvised dances based on torso articulation” originating from the Middle East, especially. Other names which are sometimes used for the dance in English speaking countries include **Oriental Dance, Turkish Dance,** Egyptian Dance, Arabic dance or Middle Eastern dance. The waves of interest for belly dancing has been increasing day by day all over the world and the most of women have started to learn how to do it in order to lose their weights. It is considered to be a strong and good effect and on losing the calories and body types, ages, and health problems during being performed.

Belly dance takes many different forms depending on the country and region, both in costume and dance style, and new styles have evolved in the West as its popularity has spread globally. The term “belly dance” is a translation of the French term “danse du ventre”, which was applied to the dance in the Victorian era, and originally referred to the Ouled Nail dancers of Algeria, whose

dance used more abdominal movements than the dances described today as “belly dance”. It is something of a misnomer, as every part of the body is involved in the dance; the most featured body part is usually the hips.



## Technique and movements

### Movements found in belly dance



Many of the movements characteristic of belly dance can be grouped into the following categories:

**Percussive movements** - Staccato movements, most commonly of the hips, which can be used to punctuate the music or accent a beat. Typical movements in this group include hip drops, vertical hip rocks, outwards hip hits, hip lifts and hip twists. Percussive movements using other parts of the body can include lifts or drops of the ribcage and shoulder accents.

**Fluid movements** - Flowing, sinuous movements in which the body is in continuous motion, which may be used to interpret melodic lines and lyrical sections in the music, or modulated to express complex instrumental improvisations, as well as being performed in a rhythmic manner. These movements require a great deal of abdominal muscle control. Typical movements include horizontal and vertical figures of 8 or infinity loops with the hips, horizontal or tilting hip circles, and undulations of the hips and abdomen. These basic shapes may be varied, combined and embellished to create an infinite

variety of complex, textured movements.

**Shimmies, shivers and vibrations** – Small, fast, continuous movements of the hips or ribcage, which create an impression of texture and depth of movement. Shimmies are commonly layered over other movements, and are often used to interpret rolls on the tabla or riq or fast strumming of the oud or qanun (instrument). There are many types of shimmy, varying in size and method of generation. Some common shimmies include relaxed, up and down hip shimmies, straight-legged knee-driven shimmies, fast, tiny hip vibrations, twisting hip shimmies, bouncing ‘earthquake’ shimmies, and relaxed shoulder or ribcage shimmies.

## Health and belly dancing



Belly dance is a non-impact, weight-bearing exercise and is thus suitable for all ages. It is a good exercise for the prevention of osteoporosis in older people. Many of the moves involve isolations, which improves flexibility of the torso. Belly dance moves are beneficial to the spine, as the full-body undulation moves lengthens (decompress) and strengthens the entire column of spinal and abdominal muscles in a gentle way. Dancing with a veil can help build strength in the upper body, arm and shoulders. Playing the zills trains fingers to work independently and builds strength. The legs and long muscles of the back are strengthened by hip movements. Paffrath researched the effect of belly dance on women with menstruation problems. The subjects reported a more positive approach toward their menstruation, sexuality, and bodies. Beginning in the late 1990s, belly dance hit the mainstream marketplace with fitness videos/DVDs by such artists as Veena and Neena, Rania Bossonis, and Dolphina. These videos are still popular throughout the world and have been credited with

opening a new market of belly dance fitness classes throughout the US and abroad.

## Sports

### 1. THE OIL WRESTLING



**Oil wrestling** (Turkish: *yağlı güreş*), also called **grease wrestling**, is the Turkish national sport. It is so called because the wrestlers douse themselves with olive oil. It is related to the Uzbeki kurash, Tuvan khuresh and Tatar köräş. The wrestlers, known as pehlivan (meaning “hero” or “champion”) wear a type of hand-stitched lederhosen called a kiset (sometimes kispet), which is traditionally made of water buffalo hide, and most recently has been made of calfskin.

Unlike Olympic wrestling, oil wrestling matches may be won by achieving an effective hold of the kiset.

Thus, the pehlivan aims to control his opponent by putting his arm through the latter’s kiset. To win by this move is called *paça kazık*. Originally, matches had no set duration and could go on for one or two days until one man was able to establish his superiority, but in 1975 the

duration was capped at 40 minutes for the baspehlivan and 30 minutes for the pehlivan category. If there is no winner, play continues for another 15 minutes—10 minutes for the pehlivan category, wherein scores are kept to determine the victor.



The annual Kırkpınar tournament, held in Edirne in Turkish Thrace since 1362, is the oldest continuously running, sanctioned sporting competition in the world. Oil wrestling festivals also take place in northern Greece in the Eastern Macedonia (Serres region) and West Thrace (Rhodope Mountains). In recent years, this style of wrestling has also become popular in other countries, particularly the Netherlands and Japan.

# Combating stress

## SUFI DANCE

In Turkey, it is highly known that people prefer watching and doing Sufi Dance when they are highly in stress or pessimistic situation against life.



**Sufi whirling** (or **Sufi spinning**) is a form of Sama or physically active meditation which originated among Sufis, and which is still practiced by the Sufi Dervishes of the Mevlevi order. It is a customary dance performed within the Sema, or worship ceremony, through which dervishes (also called semazens) aim to reach the source of all perfection, or kemal. This is sought through abandoning one's nafs, egos or personal desires, by listening to the music, focusing on God, and spinning one's body in repetitive circles, which has been seen as a symbolic imitation of planets in the Solar System orbiting the sun. As explained by Sufis:



In the symbolism of the Sema ritual, the semazen's camel's hair hat (sikke) represents the tombstone of the ego; his wide, white skirt represents the ego's shroud. By removing his black cloak, he is spiritually reborn to the truth. At the beginning of the Sema, by holding his

arms crosswise, the semazen appears to represent the number one, thus testifying to God's unity. While whirling, his arms are open: his right arm is directed to the sky, ready to receive God's beneficence; his left hand, upon which his eyes are fastened, is turned toward the earth. The semazen conveys God's spiritual gift to those who are witnessing the Sema. Revolving from right to left around the heart, the semazen embraces all humanity with love. The human being has been created with love in order to love. Mevlâna Jalâluddîn Rumi says, "All loves are a bridge to Divine love. Yet, those who have not had a taste of it do not know!"



A Semazen

## 2. THE Eurasia Marathon



Eurasia Marathon is the result of hope and enthusiastic expectations for athletics. At the beginning, the main intention was simply to organize a marathon event. Being a unique city in terms of history and geography, Istanbul deserved a unique marathon. Despite the financial and logistical problems, an initial project was set up for the Eurasia Marathon. In 1978, the officials were informed that a group of German tourists would visit Istanbul the next year, who run marathons in the countries they visited, the Nile Marathon in Egypt being the most recent race they participated. It was then decided to realize the Eurasia Marathon project.

Having solved the problems with the course and the traffic, the organizers invited the elite Turkish athletes to the event as well. Finally, all preparations were completed and the marathoners whom 34 of them were from the 74-person tourist group gathered at the starting point, 700 meters behind the Bosphorous Bridge on that historical day. Thus, the Bosphorous Bridge witnessed a marathon for the first time in its history, which the runners crossed from Asia to Europe. That was the beginning



of an important event. The first Eurasia Marathon was won by Hasan Saylan, a Turkish athlete from the city of Zonguldak, in a time of 2:35:39. Being organized for 30 years, one of the most important features of the Eurasia Marathon is that it aims friendship and peace since day one. The race course changed three times over the years, therefore winning times vary in those periods. Well known athletes such as Ian Thompson and Terry Mitchell participated in the Eurasia Marathon, which also became a testing ground for Turkish athletes, many of whom went on to run at international races.

The distinguishing features of the city of Istanbul are its geographic location, unique natural beauty, and the great historical and cultural heritage which has come to symbolize the city. Istanbul is located on the Bosphorus peninsula, with Halic (Golden Horn) in the northwest of the country. It is the only city placed on two continents: European and Asian Regions.

With a unique location, between the Balkans and Anatolia, the Black Sea and the Mediterranean, Istanbul embraces both western and eastern cultures.



The meeting point of European culture and traditional eastern values, Istanbul has been the capital of three magnificent empires in history: Roman Empire (330-395), Byzantine Empire (395-1453), and Ottoman Empire (1453-1922). Thus, the city has been known with different names throughout history: Byzantium, Constantinople and Stambul are the most widely-known names associated with the city. However, there are also many other names given to the city like Augusta Antonina, Second Rome (New Rome), Kostantiniyye, Islambol. The Byzantine Empire used expressions such as ‘The Great City’, ‘City of Emperors’. Actually, Istanbul did not lose any value even with the establishment of Ankara as the capital of the modern Republic of Turkey in 1923.

**Note :** About Images and Information sources used in the book: They are obtained from the websites about the topics.

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# UNIVERSIDADE DOS TEMPOS LIVRES PORTUGAL



# Dances

## CORRIDINHO



The **corridinho** is a form of Portuguese dance, namely in the Algarve. It is danced with the pairs always embraced, forming a circle, girls inside and the boys outside the circle. By rotating the circle the pairs evolve side by side. At a certain time, when the music has a stronger beat, their feet hit the floor more intensely, stopping the rotation, to resume afterwards. Further away in the dance, the pairs embraced waltz by spinning in the same place. Next the circle starts rotating again always for the right side. It is a very traditional dance in Portugal that Portuguese people like doing. Besides, you also see people enjoying the dance in the colonial states like Goa, Daman and Diu, Dadra and Nagar Haveli, small part of Ceylon (Sri Lanka) and Macao (China).

### FANDANGO

From the musical point of view the “fandango” is similar to “vira” but it is danced in a different way; more over the present “vira” is possibly the old fandango, now danced in cross. This dance came to

us from Spain and took root in Portugal where it is danced in almost all country for a long time. As a dance “fandango” is still danced in Douro Litoral, Minho, Trás-dos-Montes (region of Miranda), Beira Litoral, Beira Alta, Beira Baixa, Estremadura, Alentejo e Algarve. However, the regions where the fandango is more danced and enjoys the greater preference of people are Ribatejo, the border lands of Minho, and Beira Baixa (Castelo Rodrigo e Idanha-a-Nova) and the inner lands of Beira Litoral (Pombal, Ansião, Figueiró dos Vinhos, etc). Old Spanish dance, the Fandango is also a very old Portuguese dance. The regions where the “fandango” is best dance are Ribatejo, Beira Litoral in the border lands of Minho, Beira Baixa, some parts of Alentejo and Algarve. In Ribatejo it is danced to the sound of harmonica or bagpipe; however in Ferreira do Zêzere, Tomar, Mação, and Borba it is danced in circle. There is a dance that is a mixture of the “vira” and the “fandango”: “vira afandangado”.

The true “vira afandangado” seems to be the one of Ribatejo where, very often, it is danced on the tables. The “vira afandangado” of Minho, Galician “vira” is of vocal root and it is danced in pairs, and in circle.



## VIRA

The “vira” is one of the oldest Portuguese folk dances. Indeed the “vira” is a traditional dance of Minho, although it is danced in Nazaré and Ribatejo but in a different way. Nowadays the “vira” is danced as in Minho in almost the whole county. The “vira” is seen, in general, as the most popular Portuguese folk dance. There are several variants both musical and in the way of dancing it: “vira de roda”, “vira estrepassado”, “vira afandangado”, “vira valseado”, “vira-flor”, “vira de trempe”, “vira galego”, “vira ao desafio”, “vira poveiro (from Póvoa de Varzim), etc. From the musical point of view the “vira” can be smaller or larger and it is very similar to the “fandango”; nevertheless the “fandango” is danced in a different way. The “vira minhoto” is similar to “malhão” and “chula”. The “vira em menor” is not from Minho. The “vira” has no chorus. The chorus repeats the versus of the singers, in third or only in two verses and “larai”. It is Minho tradition to start singing the second verse. The “vira” can be distinguished of the “fandango” by the verse of the song, longer in the “fandango” the “vira” of Régua is called “chula”.



# Sports

## Futsal



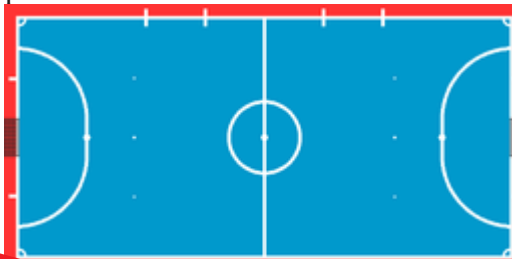
**Futsal** is a variant of football that is played on a smaller pitch and mainly played indoors. Its name is a portmanteau of the Portuguese *futebol de salão*, which can be translated as “hall football” or “indoor football”.

As international governing bodies of futsal, FIFA is responsible for maintaining and promulgating the official rules of the sport.

Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor football, the game is played on a hard court surface delimited by lines; walls or boards are not used. Futsal is also played with a smaller ball with less bounce than a regular football. The surface, ball and rules create an emphasis on improvisation, creativity and technique as well as ball control and passing in small spaces.

The kit is made up of a jersey or shirt with sleeves, shorts, socks, shinguards made out of rubber or plastic, and shoes with rubber soles. The goalkeeper is allowed to wear long trousers and a different coloured kit, to distinguish himself from the other players in the team and the referee. He is also allowed to wear elbow pads because the surface is about as hard as a tennis court or basketball court. Jewelry is not allowed, nor are other items that could be dangerous to the player wearing the item or to other active participants.

The match is controlled by two referee, who enforces the Laws of the Game. There is also a third referee and a timekeeper, who are provided with equipment to keep a record of fouls in the match.



A futsal pitch is made up of wood or artificial material, or similar surface, although any flat, smooth and non-abrasive material may be used. The length of the pitch is in the range of 38–42 m and the width is in the range of 20–25 m in international matches. The ceiling must be at least 4 m high. A rectangular goal is positioned at the middle of each goal line. The inner edges of the vertical goal posts must be 3 m apart, and the lower edge of the horizontal crossbar supported by the goal posts must be 2 m above the ground. Nets made are attached to the back of the goalposts and crossbar. The lower part of the nets is attached to curved tubing or another suitable means of support.

In front of each goal is an area known as the penalty area, this marks where the goalkeeper is allowed to touch the ball with his hands. The penalty mark is six meters from the goal line when it reaches the middle of the goalposts. The second penalty mark is 10 meters from the goal line when it reaches the middle of the goalposts. A penalty kick from



the penalty spot is awarded if a player commits a foul inside the penalty area. The second penalty spot is used if a player commits his team's sixth foul in the opposing team's half or in his own half in the area bordered by the halfway line and an imaginary line parallel to the halfway line passing through the second penalty mark; the free kick is taken from the second penalty mark.

Any standard team handball pitch can be used for futsal, including goals and floor markings.

A standard match consists of two equal periods of 20 minutes. The length of either half is extended to allow penalty kicks to be taken or a direct free kick to be taken against a team that has committed more than five fouls. The interval between the two halves cannot exceed 15 minutes.

Unlike football, there is no offside rule in futsal. Attackers can get much closer to the goal than they can in the traditional outdoor version of football.

## Misconduct



Yellow and red cards are both used in futsal. The yellow card is to caution players over their actions, and, if they get two, they are given a red card, which means they are sent off the field.

A player who has been sent off must leave the vicinity of the pitch. A substitute player is permitted to come on two minutes after a teammate has been sent off, unless a goal is scored before the end of the two minutes. If a team with more players scores against a team with fewer players, another player can be added to the team with an inferior number of players. If the teams are equal when the goal is scored or if the team with fewer players scores, both teams remain with the same number of players.

Portugal has already won several international honors in this sport like a 3<sup>rd</sup> place in the 2000 world cup and 2<sup>nd</sup> place in the 2010 European

championships. Also Benfica, a Portuguese team, won the European male title in 2010.

In 2012 Portugal lost in the final of Women's Futsal World Tournament to Brazil and won the silver medal.



## **ROLLER HOCKEY**

Roller hockey is a form of hockey played on a dry surface using skates with wheels. The term “Roller Hockey” is often used interchangeably to refer to two variant forms chiefly differentiated by the type of skates and sticks used. There is traditional “Roller hockey”, played with quad roller skates, and “Inline Hockey”, played with inline skates.

The most popular variation is Roller Hockey (Quad) and has been played in sixty countries worldwide and it's the sport described here.

It enjoys significant popularity in a number of Latin countries and was a demonstration rollersport in the 1992 Summer Olympic Games held in Barcelona. There have been many world championships, Latin countries dominating the sport since the 1940s: Portugal, Spain, Italy and Argentina. Other countries, such as France, Brazil, Germany, Switzerland, Andorra, England, Chile, United States or Angola are regular international competitors, but rarely overcome the traditional powers.

One of the major problems is that it's a very fast sport, which may create a problem for TV transmissions, and obviously affects its popularity. Because of that, new rinks are built using blue or white pavement to make the ball more visible on TV.

It is played by two five-man teams (four skaters and one goalkeeper) who try to drive the ball with their sticks into the opponents' goal. The ball can only be put in motion by a stick. The game has two 25-minute halves, with the clock stopping when the ball becomes dead. Each team has a one-minute timeout in each half. Each team has a minimum of six players (a backup goalie is required) and a maximum of ten.

The rink has usually a polished wooden surface, but any flat, non-abrasive and non-slippery material such as treated cement is acceptable.

It can have one out of three standard sizes (a minimum of 34x17 meters, an average of 40x20 and a maximum of 44x22) or any size between the minimum and maximum values that has a 2:1 size ratio with a 10% margin of error.

The rink has rounded corners (1 m radius) and is surrounded by a 1 m wall. The wall also has a wooden base. Behind the goals there is a 4 m high net, even if there are no stands (to avoid the ball bouncing back from a wall and hitting a player). If the ball hits the net, it's considered to be out of bounds.

The markings are simple. The halfway line divides the rink into halves, and 22 m from the end wall an "anti-play" line is painted. The area is a 9 X 5.40 m rectangle, placed from 2.7 to 3.3 m ahead of the end table. It has a protection area for goalkeepers, a half-circle with 1.5 m radius. All markings are 8 cm in width. The goal (painted in fluorescent orange) is 105 cm high by 170 cm wide. Inside the goal there is a thick net and a bar close to ground to trap the ball inside (before, two extra referees stayed behind the goal to judge goal decisions). While not attached to the ground, it is extremely heavy to prevent movement.

The clothing used to play is similar to that used in football—socks up to the knee, shorts and a shirt and sticks are different for skaters and goalkeepers. They can be of any material approved by the CIRH

although wooden sticks are still most often used.



The ball is made of vulcanized rubber, has a 23 cm in circumference, and weighs 155 g.

The skates must have two pairs of wheels, with a minimum diameter of 3 cm. Players are allowed to use brakes in the front of the skate, with a diameter or larger side not larger than 5 cm.

Protective material includes shin guards, knee caps, jock strap and gloves. Goalkeepers use protective padding on the torso (plus shoulders) (the maximum amount is being regulated, since, as in ice hockey, many goalkeepers have been using massive protection to make them larger and broader), neck guard, large shin guards (not longer than 75 cm), gloves protecting the whole forearm and a helmet with either a grid or unbreakable transparent material. Unlike the Roller Hockey (Inline) Goalie who uses a Catch Glove to catch the shot on goal, the Roller hockey (Quad) Goalie uses a flat batting glove that provides rebound characteristics when blocking a shot on goal.

The first recorded Hardball Roller Hockey game was played in 1878 at the Denmark Rink in London, England. And the first national League was played in the United States of America in 1882 and in 1884 the league was already operating with 14 teams. Organized roller skating sports developed as the popularity of roller skates increased in the late 19th and early 20th centuries. Roller hockey teams were playing

throughout Europe as early as 1901, being a portuguese team, Benfica the only club to practice it without interruption.

The first European Championships in roller hockey was held in Hern Bay, England in 1926 and the first World Championships in roller hockey were held in 1936 in Stuttgart, Germany. The most successful country with 15 World and 20 European titles is Portugal, followed by Spain (15 World and 16 European titles), Italy (4 World and 2 European titles), Argentina (4 World titles) and England (2 World and 12 European titles).

## SAILING



**Sailing** is a sport that consists on the propulsion of a vehicle and the control of its movement with large foils called sails. By changing the rigging, rudder, and sometimes the keel or centerboard, a sailor manages the force of the wind on the sails in order to move the vessel relative to its surrounding

medium, typically water, and change its direction and speed. Mastery of the skill requires experience in varying wind and sea conditions, as well as knowledge concerning sailboats themselves and an understanding of one's surroundings

There is a broad variety of kinds of races and sailboats used for racing. Much racing is done around buoys or similar marks in protected waters, while some longer offshore races cross open water. All kinds of boats are used for racing, including small dinghies, catamarans, boats designed primarily for cruising, and purpose-built race boats. The Racing Rules of Sailing govern the conduct of yacht racing, windsurfing, kitesurfing, model boat racing, dinghy racing and virtually any other form of racing around a course with more than one vessel while powered

by the wind.

Sail races are governed with flags and sound signals to indicate flag changes. The flags used are taken from the International maritime signal flag set. During a race and for any signal concerning the race, these flags are defined in the ISAF Racing Rules of Sailing but the signal can be modified by the Sailing Instructions.

There are several race formats, like the Oceanic racing where several fully crewed round-the-world races are held, including the *Volvo Ocean Race* or the *Global Challenge*; the Offshore races the ones who are held over long distances and in open water, such races usually last for at least a number of hours; the Coastal/Inshore racing ran in unprotected waters but along and generally within sight of land or from land to nearby islands, as distinct from offshore racing across open water and oceans; Short Course Racing, the most common and the format used in Olympic competitions

These short Course Races are harbor or buoy races conducted in protected waters, and are quite short, usually taking anywhere from a few minutes to a few hours. All sorts of sailing craft are used for these races, including keel-boats of all sizes, as well as dinghies, trailer sailors, catamarans, skiffs, sailboards, and other small craft. A sailing competition is known as a regatta, usually consists of multiple individual races, where the boat that performs best in each race is the overall winner.

This kind of race is most commonly run over one or more laps of a triangular course marked by a number of buoys. The course starts from an imaginary line drawn from a 'committee boat' to the designated 'starting' buoy or 'pin'. A number of warning signals are given telling the crews exactly how long until the race starts. The aim of each crew is to cross the start line at full speed exactly as the race starts. A course generally involves tacking upwind to a 'windward' marker or buoy. Then bearing away onto a downwind leg to a second jibe marker. Next another jibe on a second downwind leg to the last mark which is called

the 'downwind mark' (or 'leeward mark'). At this mark the boats turn into wind once again to tack to the finish line.

Sailing has been one of the Olympic sports since the Games of the I Olympiad, held in Athens, Greece, in 1896.

Current Olympic sailing disciplines are: Soling, Tornado, 49er, 470, Star, Finn (men only), Laser, Europe (women only) and Mistral (windsurf).

Despite not being a sailing power, Portugal already won several Olympic medals. The first in London 1948 when the Bello brothers (Duarte and Fernando) won the silver medal in the swallow class. In 1952, Helsinki, Joaquim Fiúza and Francisco Andrade reached the bronze medal in the Star class. In 1960, the Quina brothers (José and Mário) won the silver medal in the Star class. In Atlanta 96 Nuno Barreto and Hugo Rocha won the bronze in the 470 class.

# Combating stress

## Oil Painting



Art is one of the most beautiful ways of relating to the world.

The oil painting is an artistic technique, which uses oil paints applied with brushes, spatulas or other means, on cloth (fabric) canvas, wood surfaces, or other materials.

The popularity of oil painting attributed to the extraordinary versatility that it gives the artist giving outstanding results in traditional techniques (such as color mixing and brightness) and excellent and consistent quality. Today the chromatic palette of oil paints comprises about 114 available colors providing a harmonious combination of spectral colors and high level of intense pigmentation with excellent painting properties. A wide variety of intermediate colors, among many factors, assessed in changing certain characteristics of oil paints as consistency, texture, gloss and a rate of dryness/fixing.

Oil on canvas painting is a technique of plastic arts.

It consists of using oil paints diluted in linseed oil and turpentine. In this case the support of the piece is the canvas, which may be made of unbleached linen or other fibers. To mix the colors, the desired shades, we use a wooden pallet. Formerly the great masters made their own paints.



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# Dances

## 1. The Viennese Waltz

Made popular thanks to the music of Strauss dynasty, the Viennese Waltz is a genre of ballroom dance typically performed in a closed hold position with your partner, the so called 'waltz' position. Emerging from the German dance and the *Ländler*, a folk dance very common in Austria, its popular sensual movements shocked many before becoming fashionable in the ballrooms of Vienna, around the second half of the 18<sup>th</sup> century.

The vivid dancing style marked a new way of dancing and matched a more liberal lifestyle. The dancers were finally able to express freely their emotions while dancing. This is why Eduard Hanslick once called it the 'Marseillaise of the heart', a dance that represented a new era of freedom.

Today the Viennese Waltz is one of the oldest ballroom dances with many practitioners all around the world. But this fresh dance full of life and emotions is more than a combination of quick turns and change steps fascinating its admirers. It can also be an excellent way to relax with a certain amount of excitement that will keep you motivated.



Image 1: *Couple dancing Viennese Waltz*

### *The Dance*

The Viennese Waltz is a faster-paced rotating dance, at about 180 beats to the minute, where the dancers are constantly turning either toward their right or toward their left, in a clockwise (natural) or anti-clockwise (reverse) direction, interspersed with non-rotating change steps to switch the direction of rotation.

Unlike other waltz, a properly danced Viennese Waltz only consists of turns and change steps and couples, turned towards each other in closed hold position, do not pass, but turn continuously left and right while traveling counter-clockwise around the floor following each other.

The final turn of the dancing couple is the highlight of the Viennese Waltz. The rotational movement is simple and elegant. The rise and fall action is abrupt and shallow, and the steps are small and compact.

Although the Viennese Waltz is to be danced with a partner you may be able to practice many of the moves on your own.

#### *Viennese Waltz Tips*

1. Never look down, always look at your partner's face or where you are travelling to in a turn.
2. The faster the music, the smaller your steps should be.
3. The hands of one partner should be placed on the hips of the other.
4. Avoiding gripping you partner too tightly. This will make the movements more fluid.

#### *Things to remember*

- Make sure that you have enough space available so you can dance as freely as possible, putting away all objects that you could fall over.
- Although the Viennese Waltz is to be danced with a partner you may be able to practice many of the moves on your own.
- No special physical condition or equipment is required to dance this waltz. As another exercise, always do a full warm-up before and a cool-down after dancing so that your body can get used to starting and stopping dancing and you may be able to prevent any injuries.

## 2. Polka dancing

Polka dancing is another energy-releasing dance that will make you travel around the room. The lively couple dance originated in the 1800's in Bohemia and is part of the folk dances of many Central European countries. From steps of the schottische and other folk dances, the Polka reached Prague and spread around Eastern Europe. From here, quickly became popular in ballrooms and theatres throughout Europe, North and South America.

Today, polka is still worldwide danced and is one of the most joyful Austrian folk dances. Because of its wide distribution and amazing ability to adapt and combine elements, there are several styles of Polka dancing, some more energetic than others, and even competitive ballroom dancing styles with skilled and precise movements.

No matter its variations and your personal style and abilities, this cosy, high-energy and easy flowing dance is fun and pleasant to learn.



Image 2: *“Folk dancing in traditional dress. Courtesy Austrian National Tourist Office, New York”*

## Basic Polka steps



Most styles of Polka dancing incorporate short half steps and bounces. The basic Polka dancing step is done in four counts and a half-step or hop usually precedes the first step. Couples face each other such as in the Waltz position or stand side-by-side, with one partner's arm around the other partner's waist, who has its hand on the other partner's shoulder. Then, you will move across the dance floor with great energy and joy.

At the sound of its characteristic music, featuring accordions, bass, drums and trumpets, Polka dancing can move very fast. Its rhythm, a fast  $\frac{2}{4}$  Polka or duple time is frequently marked by an accent on the second beat followed by a rest.

### *Not to forget*

- Polka refers to the dance itself, as well as the music which is also fast and lively.
- As recommended before, this high-energy dance requires a full warm-up before and a cool-down after dancing.
- It also requires some space. Be prepared to conquer all the room as the dance follows.

### 3. The Schuhplattler dance

The Schuhplattler (shoe-slapping) is one of the most characteristic folk dances of the Alpine regions of Bavaria and Austria. Despite its tradition and popularity, it is difficult to know the exact origin and history of the dance. Most probably, the Schuhplattler evolved from the Ländler folk dance and was invented by farmers, hunters and woodsmen.

The dance started as a courtship dance that was used to impress girls, with each boy trying to outdo the other's powerful leaps. The word 'Schuhplattler' refers to the fact that the dancer strikes the soles of his shoes ('Schuhe') with his hands held flat ('platt'). The boys courted the females by flapping their wings and kicking up their feet around a circle. In the beginnings, there were no rules and the dance was freely-improvised.



Image 3: *“Schuhplattler is a traditional Austro-Bavarian folk dance evolved from the Ländler”*

Over the years, the dance evolved to almost an all-male dance. The dance moves also became increasingly standardized and 'group plattln' came into its own. At the present, there are more than 150 Schuhplattler dances and women are dancing it again too.

Wherever the way this dance is performed, it is more than an art form. The Schuhplattler represents a way of good living transmitted through the times.

*Some tips to do the Schuhplattler*

It is danced in slow  $\frac{3}{4}$  time of a Ländler. Characteristically dancers rhythmically strike their thighs, knees and soles, clap their hands and stamp with their feet.

- The hands should be held high, elbows at 90. The beginner should place their hands a little lower and raise them with the practice. The knees bent very slightly, not bent back (hyperextended);
- The posture is also very important and should be able maintain balance and distribute the weight;
- It is very important that you go through the dance motions very slowly, working your speed up gradually;
- Watch their fellow plattlers in order to maintain perfectly synchronous movement to the music.

Most important, enjoy and do the dance without thinking of each and every hit. Let it flow and relax!

# Sports

## 1. Skiing

Skiing is a recreational activity and competitive sport in which the practitioner uses long runners or skis to travel on top of the snow. Its history dates back almost 5 millennia. Yet modern versions of skiing originated in the 19<sup>th</sup> century.

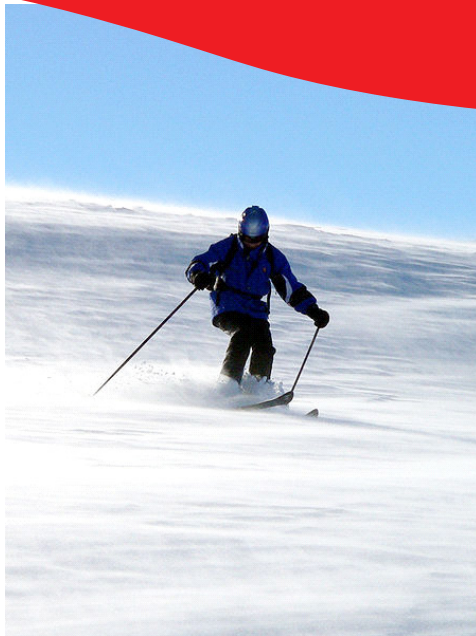


Image 4: “Skier”

*Skiing is one of Austria’s national sports and is part of Austria’s history and culture. It became popular around 1900 when many clubs were formed. In this period, stands a notable Austrian skiing legend Hannes Schneider, who was responsible for structuring the modern skiing techniques.*

There are many different skiing resorts in the Alps region, most of



them well known, attracting tourists from everywhere. The most popular skiing destinations are in the Northern Kalkalpen of Tyrol and Salzburg; they include towns like Lech, St. Anton and Kitzbühel. Because the Austrian Alps are well inhabited, there was no need to create artificial skiing resorts, instead existing towns adapted to host visitants, keeping its cosy atmosphere.

The skiing areas are very well organized, offering all sorts of transportation and many valleys are connected to one another. It is not rare that you start skiing in one valley in the morning and end the day in a totally different one. Some areas offer so many lifts and tracks, that even after a week you have not seen them all. For all this, skiing in Austria is a very positive experience for all.

Skiing season starts in late November, but generally around Christmas, and It lasts until around April. Austrian professional skiers are at the top of the world rankings and it is difficult to find an Austrian who does not practice it. In Austria, is not unusual to do skiing even for very young children.

In one sentence, Austria in wintertime means primarily one thing: skiing!

## 2. Ice stock sport

Ice stock sport, also known as Bavarian Curling, is a popular and sociable winter sport similar to curling. This sport has its origins in a centuries-old Alpine tradition, being mostly practised in southern Germany, Austria and Trentino-Alto Adige / Südtirol. It became an organised sports activity in the 1930s and today is a very popular sport in the region.



Image 5: “Icestocker”

The sport is traditionally played on an ice surface in the winter and on asphalt or other surfaces during the rest of the year.

The principle of the sport is simple: competitors slide ice stocks over an ice surface and try to slide their own stock as near as possible to a target, or to cover the longest distance. Ice stocks have a gliding surface, to which a stick (30 cm) is attached.

There are several disciplines in ice stock sport, of which only target shooting and distance shooting are contested in international championships. In target shooting, two teams of four players each take turns in aiming for a target, the so-called *Daube*. Points are gained by being closest to the *Daube* after all four players have thrown their stock. In distance shooting, the aim is simply to slide away the ice stock as far as possible.

Due to the incalculable ground and the numerous sticks of the opponents, it is not as easy as it seems and can be a truly competitive and exciting sport.

### 3. Dolomitenmann

Dolomitenmann is a team race held yearly in September, in the East Tyrolean, or Dolomite Mountains of Austria, near the city of Lienz. It was founded in 1998 by Werner Grissmann, a former World Cup skier, and is considered by some as “the world’s toughest team relay race”.

About 110 teams typically start the race each year. Each team consists of a mountain runner, a paraglider, a whitewater kayaker, and a mountain biker, racing in that order. Each year, the course changes slightly according to weather conditions.



Image 6: Starting Red Bull Dolomitenmann race

#### *Race stages:*

(1) The mountain runner typically runs and climbs a few thousand feet from a start line that is already far above sea level, running around 12 kilometres, but that is far less challenging than the change in elevation. When the runner makes the hand-off to the

(2) team's paraglider, he must also run, with his whole equipment, to the first take-off point. After descending by air to Moosalm, the paraglider runs to a second take-off point, descending to Leisach where the kayaker is ready and waiting.

(3) The Kayaker teams swims across the river Drau where his boat is stationed. His first manoeuvre is an "alpine-start", or a drop off a 7 metres ramp to the river. After the jump the kayaker must navigate a difficult white water track on the river Isel before handing off to the mountain biker.

(4) The mountain biker typically climbs 1300 metres or more, over a distance of about 27 kilometres. After the climb, the mountain biker must ride a downhill track to finish the race.

*In 2012, the race celebrated 25 years of existence. During these years, it has attracted top athletes from 20 different countries. If this is a great event to follow, to participate on it you have to be a top athlete.*

# Combating stress

## Combination of sports+nature+yoga



Image 7: “Hike beautiful Tirol”

### 1. Walking on Austria’s Alps

There are numerous ways to explore and experience a destination but none as relaxing as taking the time to do it on foot.

Walking on Austria’s Alps can be a truly relaxing experience. Outdoor activities in Austria benefit from breathtaking sceneries and an alpine climate with clear mountain air.

Walking and hiking in the Austria’s Alps will get you close to nature and allow you to get to know the amazing flora and fauna of the country. It is a magical combination of stunning Alpine vistas, pastoral landscapes and picturesque villages. All this makes Austria one of Europe’s most popular walking destinations, suitable for all ages and physical conditions.

Walking routes are very diverse. It is possible to cross almost all Austria’s national parks because of the walker-friendliness of its trails. In Austria there is an excellent network of ‘hut to hut’ walking trails, where walkers can relax after a long walking, have access to accommodation

and food, even on the most remote mountainous areas. One of the most famous of these hut-to-hut walking treks is the Stubaier Höhenweg in the Stubai Alps, considered one of the best routes to do in the Alps.

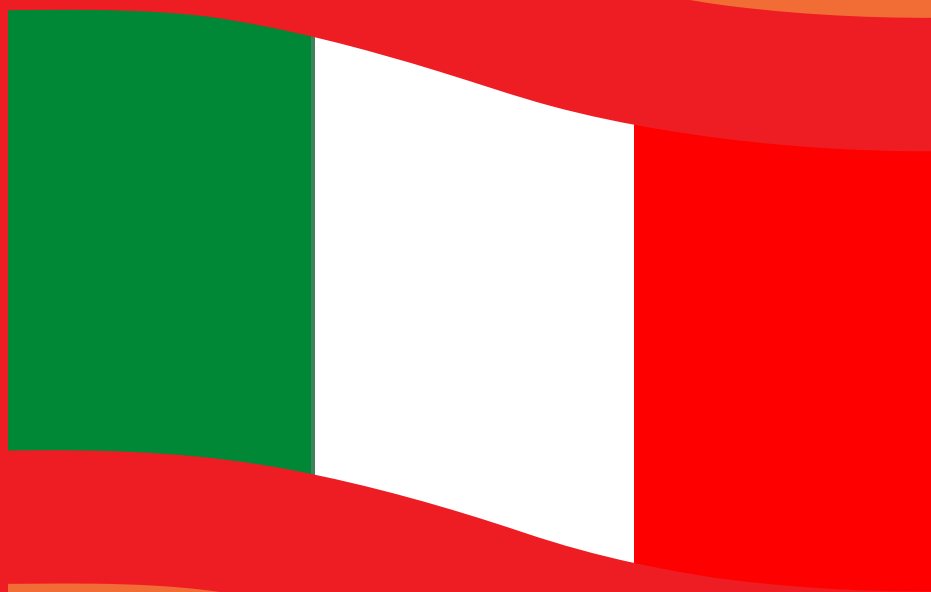
There is a lot to explore. In Austria, it is possible to ‘gain’ weeks and months exploring its walking trails. It will be an amazing experience.

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**ITALIY**



## Dances

### 1. SARDINIAN DANCE

Sardinia is today one of the regions of Italy that has kept alive the tradition of ethnic dance, especially in the central areas of the island.

Since ancient times the Sardinian dance was performed for various reasons, often for rites, which have a good seed, and then a good harvest, and so on.

The Sardinian dance was performed also as a moment of leisure and social gathering. The dance, in principle, took place in the streets near the square in front of the churches. The origins of the Sardinian dance, according to some scholars, are to be found in the age nuragica (1500 A.C.).



The ancients thought that the dance had magical qualities, so that could affect the nature, about the gods and the spirits. Then there were the dances of love, war, and just picked the latter were made to influence the phenomena of nature.

In Sardinia are performed different types of traditional dances but



the real national dance is the one that comes in the country called round dance (dance tundu). It 'performed by people of both sexes, holding hands, form a circle that rotates clockwise.

It is a joyful dance that is performed in virtually any party, festival or event.

It runs with at least six pairs of dancers holding hands with arms folded tight and elbows and making a double step cadence of his right foot. The dancers are arranged in a circle (tundu = round), which comes off to turn a couple dancing placing in evidence

The basic movement, is a rhythmic succession similar to a jolt which participates especially the trunk, on which are grafted on the different steps, each of which corresponds so closely to the rhythm of music, and that must be made with composure: the upper part of the body must be kept rigid, while mobility is entrusted exclusively to the lower limbs.

The Sardinian dance is accompanied by launeddas players (ancient Sardinian instrument), accordion and harmonica



(our private Photos)

## 2. THE PIZZICA

The history of pizzica begins a long time ago, according to historical sources was already known in ancient Greece. This dance, as well as being present in the moments of celebration, was the main accompaniment of ritual etnocoreutico of tarantism.



Tradition says that after the bite of the tarantula is falling into a state of shock from which only the music had the power to awaken. The tarantolata danced to the rhythm of music to totally get rid of the poison of the insect that had plucked. The ritual was a collective moment during which the community is alienated from moral constraints and rules imposed by society. It was a liberating moment in which everyone could participate.

With the advent of Christianity, the pinch took on the connotation of therapeutic ritual that can free us from evil, and was joined to the figure of St. Paul.

This dance is now known far beyond the borders of Salento. There are so many schools throughout Italy where you can train to the rhythm of pinches; yes: train, because the pinch, as well as being a dance full of charm, it helps to stay fit in body and in spirit.

With the pinch

- will improve coordination and endurance,
- you lose weight,
- become firmer legs and buttocks,
- you fight stress.
- is a dance and emotional release, it is fun, improves mood, relaxes.

Few and simple are the “basic steps” typical of this dance, in which more that the steps are the real “intentions” and the emotions of the dancers (and of course their ability to bring them out) to make the moment magical and fascinating dancing.

On the basic steps then - made up of a corpus of hops, on themselves or on the go, on two or three times - the dancers embroider above, even inventing extemporaneously, a variety of steps and movements, which are rocking the dance between phases calm, knowledge of the other person, or to wait more hectic stages are characterized by strong beats of the feet on the ground (more typical of men), fast and swirling turns on themselves (characteristic of women), short chases, removals and sudden approaches and crosses between the two dancers.

All this is accompanied by the euphoria of sounds and cries that are unleashed by the patrol, which is the typical circle, composed of musicians, aspiring dancers or curious, which forms spontaneously giving birth at the time of the dance.

Characteristic of the pinch is the “handkerchief”, which was used in the moment of dancing to invite, waving it, the partner of choice. It ‘also likely that it be used to animate more dance.

In the dance of pinches roles, sexes and their representation were and are very marked. Notwithstanding that both dancers, both men and women, held during the dance and consists of an upright posture, the steps that they perform vary and alternate between moments and moments mirror “complementary.”

Women should be responsible for giving the best, even though the typical accessories of women’s clothing (skirts, scarves, shawls), her beauty and femininity, with steps much more compounds than those of men, although there are moments of euphoria with short strokes and turns on itself.

Woman's hands often are firm to hold the long skirt, and in any case his arms are always closed, or leaned slightly forward. But man, of course, has the duty to express, during the dance his own manhood, his strength, his agility athletic; performs this task with higher jumps and more pronounced, with the driest and sudden movements, with their arms outstretched and open as if to encircle or embrace the woman at a distance. In any case, to make more or less lively dancing is the woman, who through small leaks, flashes, sudden, breaks and shooting wild, teases the man to pursue it, to "braccarla" gently, and then deal with games of feet and looks.



(our private Photos)

# Sports

## 1. FOOTBALL

Football is the most popular sport in Italy following of fans and enthusiasts. The Italian national football team is among the holders in the world, second only to Brazil.



It is the most popular sport and followed by the public and the media, the one in which it invest more money and which professionals are the most famous.

In every town, however small, there is a football field or at least a patch of lawn to have fun with the ball.

Most people consider the year 1898, the starting point of the history of Italian football, as this is the time when the first games were played officers, although there was not a single championship throughout the country, because the teams playing in regional tournaments at a semi-professional.

In 1929, however, was formed a major championship, which gathers the best regional teams, making them meet head to head in

what would soon become the Serie A, governed by the Italian Football Federation.

It was in this period that the title of champion of Serie A received the appellation of “Scudetto” and mark the current sampled with the small picture of a shield with the Italian flag on the jerseys of the team placed first in the standings.

The right of primogeniture in Italian football has always been claimed by Genoa, officially founded in 1893 but somehow without trappings of officialdom already active since 1890. Certainly, the Genoa is the oldest Italian company still practicing football, as well as the only one to present his suspicions with original documents that certify the foundation year.

Football is also very popular among women.

The year 1968 is the year that saw the birth of the Italian Federation of Women’s Football and the dispute of the first championship in two groups. But it will be in 1970 that comes the real Series A female.

Physical benefits.

Increase muscular strength, endurance, dexterity. The average distance of a football player in the field is about ten thousand feet in an hour and a half.

One thing that it makes understand how resistance and short breath are essential. The other element that characterizes the football effort is the intermittently: explosive power for a few seconds, recoveries, alternating aerobic and anaerobic activity.

Benefits personality

Develops a sense of discipline, cooperation and strategic capabilities



(photographs from websites calciodonne.it and FIGC - Italian Football Federation)

## 2. CYCLING

According to a survey conducted by Legambiente and Irp Marketing, the use of bicycles in Italy has increased by three times on weekdays. The reasons that drove this boom? A greater environmental awareness, the affirmation of a healthier lifestyle, and a greater cost savings. Cycling is a sport ideal that allows anyone, from children to the elderly, to remain in good health without having to undergo grueling workouts.



What are the benefits of cycling?

- Surely the first part of the body that benefits some training in bicycle is the heart. The cardiac muscle in fact through a constant activity it is able to become stronger and to mostly withstand the work. Just thanks to this the cardiac frequency decreases and the pressure also lowers. Therefore the bicycle can be considered a natural anti-hypertensive truth!
- Even the capillaries benefit from this activity. The bicycle is in fact able of improving the venous and lymphatic circulation in the lower limbs, helping to prevent the formation of swelling in the legs.
- Through this wonderful sport it can tone, without swell too,

- calves, buttocks and lower back muscles of the spine;
- Cycling is slimming sport par excellence. The two wheels are an aerobic sport and therefore suitable for those who want to lose weight. The body begins to burn fat after about 20-25 minutes of physical activity. The calories burned depend on the intensity of the ride, the length and difficulty of the course. At a good pace will burn about 400 calories per hour. To get results, however, must have perseverance. Only with regular activity and a healthy diet it can lose weight;
- The peculiarity of the position taken when cycling makes sure that the bicycle is also indicated for those suffering from disorders such as low back pain. More than 50% of body weight in fact is discharged on the buttocks and on the saddle without stressing the knee, femur and ankles. That's why it is a sport suitable for elderly people and with a few extra pounds;



(Our private photo)

Trieste <http://www.ulisse-bici.org>



## TEKKING

The trekking or hiking on foot, is a non-competitive sport that involves walking along paths and routes of varying length and difficulty, primarily in the mountains, but also in the hills and plains. No particular technical difficulties and can be practiced at any age, always taking into account the difficulty of the route, with enormous health benefits.



Su Gorropu [www.trekkingsardegna.it](http://www.trekkingsardegna.it)

Recent medical investigations have confirmed that those who practice trekking reduces by 30% the risk of hypertension by 50% to cardiovascular disease, obesity, diabetes and osteoporosis in women.

Walking also helps to discharge stress and tension because the body increases the production of endorphins and serotonin, substances which act as antidepressant and mood-enhancing.

Trekking is also culture. Walking in nature it means looking at the scenery, learning about the flora and fauna, the physical characteristics of the territory. Not a challenge to nature, the search for a record performance or a run for the win but go slowly and curiosity, in solidarity with fellow adventurers without disturbing and upsetting and without polluting the environment. In this sense, the trek is also a form of eco-tourism,

environment and traditions of the place.

In short, trekking, culture and socialization on the one hand and well-being and physical fitness on the other, go hand in hand and make this discipline a highly formative experience, especially for younger people.

In Italy is possible to practice this sport, from north to south of the peninsula, including the islands.

Specifically, Sardinia is literally littered with interesting routes, with appropriate signs or the wildest and most inaccessible. A paradise of trekkers is certainly the central-eastern Sardinia, where they are wonderful places like the throat of Gorropu, Cala Luna and the mountains of Gennargentu. Hiking really striking you can do in the direction of Monte Tiscali, on the wild Corراسi Oliena, on the Costa Paradiso or Tavolara Island, which you can walk to the top.



Cala Goloritze <http://www.ogliastraontheweb.it>

# Combating stress

## BIODANCE

Biodanza was created by Professor Rolando Toro, psychologist, anthropologist, musician and poet from Chile.



In 1965 Professor Rolando Toro worked at the psychiatric clinic of Santiago de Chile and was experimenting with different techniques of development in order to ‘humanize medicine’, including psychotherapy group along the lines of Carl Rogers as art therapy (painting, theater) and piscodrama.

During these experiments selected a series of music and dance that could strengthen the sense of identity. He noticed that, depending on the music and the movements induced by this music, different results were obtained while anxious patients had positive effect on the slow movements induced by music sweet, patients with strong dissociations were integral euphoric movements induced by rhythmic music.

Biodanza means dance of life, a direct way to reconnect with self

and its inner balance

The biodance is based on some main tools

- **Music:** The music in Biodanza has the function of helping the emotions to express themselves through our movements more spontaneous and natural.
- For this in BIODANZA it learns to listen to music with our whole body.
- The music is chosen based on the emotions they evoke and experience that is proposed
- **Movement and dance:** The music evokes emotion and emotion movement. When all this happens without blocks and naturally we dance: it is an authentic expression of our feelings.

In Biodanza is very frequent hugging

The impulse to hug is innate. It comes when we see another one of our “like”, and share a strong emotion. Can have many different shades, from the sharing of a pain, as in the case of a death, that of a joy, as the face of good news. It is interesting to observe that the impulse not born only to people who already know, but to all those to whom we recognize “united” for some reason.

In Biodanza group experience is constantly oriented toward the encounter, relationship, communication and contact with others as well as themselves. The group is a generator of life, in which the energy which converges to its internal produces a potential greater than the sum of its parts. In the group are reflected and projected emotions, desires, physical sensations of great intensity.



(our private photos)

**PONTUS IUVENTAE FOUNDATION  
HUNGARY**



# Dances

## Hungarian folk dances

In Hungary the folk dance has a long and rich history. See a folk dance evening is very nice, splendid and joyful experience and helps you discover the Hungarian traditions and the way of life and temperament of the people of the Hungarian villages.

The Hungarian State Folk Ensemble, the Danube Folk Ensemble, and the Rajkó Folk Ensemble (founded in 1951, 1952, and 1957 respectively) are three of the best Hungarian folk ensembles with the longest tradition in Hungary. They regularly give performances both in Hungary and abroad. Each ensemble consists of 30 artists. The choreographies are based on authentic dances, some of them were collected in small villages and date back hundreds of years. Through the performances you can gain insight into the folk music dance and costume heritage of Hungary and areas inhabited by Hungarians.

## Csárdás

Csárdás, is a traditional Hungarian folk dance, the name derived from csárda. The origin of the Csárdás can be traced back to the 18th century Hungarian verbunkos, used as a recruiting dance by the Hungarian army.

A courting dance for couples, it begins with a slow section followed by an exhilarating fast section. The individual dancers carry themselves proudly and improvise on a simple fundamental step, their feet snapping inward and outward, the couples whirling. The music, often played by a Gypsy orchestra, is in 2/4 or 4/4 time with compelling, syncopated rhythms.



## Palotas

The Palotás or “Palace” Dance has its origins in the 15th century with the development of an extensive life at court. The Palotás reached its peak in popularity during the reign of Rákóczi Ferenc II, and it was in this period that the dance became so famous.

The Palotás was generally performed in front of the King in his Court, where young nobility and military men would get a chance to flaunt the lovely ladies they were courting. It generally highlights the men and allows them a chance to display themselves to the King, as they danced with confidence and an air of arrogance.



Source: <http://www.heliconsociety.com/html/palotas.html>

## Verbunkos



This is an 18th-century Hungarian dance and music genre. The name is derived from the German word Werbung. Initially a genre of Hungarian dance music of the late 18th and early 19th centuries. It arose in connection with the induction of recruits into the army in Hungary, during which dances with a characteristic musical accompaniment were performed.

The verbunkos was based on the verbunk dance. The music was performed primarily by gypsy ensembles; it merged heterogeneous national elements reflected the influence of German and Italian professional music.

The verbunkos is typically in a pair of sections, slow, with a characteristic dotted rhythm, and fast, with virtuosic running-note passages.

Source: [encyclopedia2.thefreedictionary.com](http://encyclopedia2.thefreedictionary.com)



# Sports

## Riding a horse



Hungarians often declare themselves as the “riding nation”.

It is quite fair from historical point of view. Horses and horse riding played important role not only at the ancient time, during the migration of nations (from 400 to 1000 AD) when Hungarians occupied the land where Hungarian Kingdom was established. At that time, the famous Hungarian horseback archery frightened the whole Europe. But horses played a central role in Hungary over centuries not only in military affairs but in everyday life as well. Ancient Hungarians had relatively small, strong horses with strong survival capabilities, since the environment of their origin was poor in food and weather conditions were also strong.

This kind of horse became extinct at about the 17th-18th century, mostly due to the Turkish invasion. (The Turkish occupation period lasted one and a half century from the mid of the 16th to the beginning of the 18th century.)

Source: <http://magyar-lovaskultura.hu/eng/index.htm>

## Horse Archery



A horse archer, horsed archer, or mounted archer is a cavalryman armed with a bow, able to shoot while riding from horseback. Archery has occasionally been used from the backs of other riding animals. Mounted archery was a defining characteristic of the Eurasian nomads during antiquity and the medieval period, including Iranian peoples (Scythians, Sarmatians, Sassanids) and Indians in antiquity, and by the Mongols and the Turkic peoples during the Middle Ages. By the expansion of these peoples, the practice also spread to Europe (via the Sarmatians and the Huns) and to East Asia. In East Asia, horse archery came to be particularly honoured in the samurai tradition of Japan, where mounted archery is called Yabusame.

The sport of Horse Archery and the art of Handcraft run deep in the Hungarian culture and beyond. These traditions have been passed down for thousands of years and stem from all over the globe. Please visit these sites to learn more about the people and crafts stemming from Mongolia to Hungary.

Source: Wikipedia

## Carriage Driving



Combined driving (also known as horse driving trials) is an equestrian sport involving carriage driving. In this discipline, the driver sits on a vehicle drawn by a single horse, a pair or a team of four. The sport has three phases: dressage, cross-country marathon and obstacle cone driving, and is most similar to the mounted equestrian sport of eventing.

### Competitors

**Driver:** The person who controls the horses and carriage through the use of the reins, whip and voice. The driver may speak to the horses at any time without penalty.

**Groom:** The groom is indispensable to the driver who, for reasons of safety, must stay on the carriage to hold the reins and control the horses while they are hitched or put to the carriage. The groom sits on the carriage either beside or behind the driver for the dressage and cones phases and may stand on the back of the carriage for the marathon (and may stand in all phases in indoor driving trials). The groom, who must be able-bodied, helps the driver to hitch or put the horse to the carriage –

and helps unhitch – can jump off the carriage to adjust the harness or to correct a problem if required to do so by the driver (although doing this while actually in the competition arena or in an obstacle is penalized). When the competitor is performing dressage and in the obstacle cones driving phases, the groom may not speak or assist the driver except in very specific circumstances. Normally all types of turnout carry one groom except four-in-hands which have two.

Navigator: Navigating the course and obstacle routes on the marathon phase is an important part of the groom’s job and usually, on a four-in-hand carriage, the navigator stands on the carriage immediately behind the driver and a second groom stands behind the navigator and has the task of keeping the carriage upright. The navigator reminds the driver where to go and usually keeps the time with a stopwatch or two: during the marathon phase and in the obstacles the grooms can speak and signal to the driver. A single groom combines navigating routes with timing and keeping the carriage balanced. The step or steps on the carriage behind the driver are called the backstep and the grooms are also called backsteppers.

Although there is a seat next to the driver on some marathon carriages – called the suicide seat – this is not generally used except in training or to thrill a sponsor.

### Horses

The horse or pony may be of any breed, although warmbloods are often seen at the highest levels of competition. Morgans are also popular. The horse must be responsive, have a good mind, and be reliable. If multiple horses are used, they should be of similar height, build, and movement, and preferably similar color. When using multiple horses, it is important to choose the most suitable horse as a “wheeler” or “leader”. Leaders are often flashier and have greater presence than wheelers.

### Carriages

For the presentation and dressage phase, carriages and harness are often leather, built along traditional lines, and designed for attractive appearance. The Spider phaeton is one of the more commonly used types of carriage for dressage. Competitors may use either 2-wheeled or 4-wheeled vehicles, but 4-wheelers are most often used in modern competition.

Source: Wikipedia

# Combating stress

## Hiking in Hungary



Hungary has centuries-old tradition of hiking, walking and cross-country. All the mountains and hills are criss-crossed by generally well-marked hiking routes and paths. Most of them can be find at Western and Northern hilly regions of Hungary, but there are some trails through the Great Hungarian Plain and other lowland areas as well. The National Blue Trail connects almost all the famous spots making a large circle hiking trail in our country.

Although there are no “dramatic elevations” both the surface and the material of the Hungarian hills are amazingly differ from region to region thus creating very diverse habitats for vegetation

and wildlife. Western hills are actually the easternmost parts of the Alps mainly consists of highly crystallized rocks covered by conifers and deciduous woods, while parts of the Northern Hills belong to the Carpathian Mts. are either built up from limestone or from different type of volcanic rocks. Even within the boundaries of the capital there are surprisingly lot of caves and hills in the Buda-side.

**STAROSTWO POWIATOWE W  
BEDZINIE  
POLAND**



# DANCES

Poland is considered as a country deeply rooted in the culture, religion, traditions and history. One of the distinctive elements of Poland in comparison to other European countries is dancing. One of the most simplest and the most important dance in the Polish culture is Polonaise.

## 1. Polonaise



Picture 1. **Polonaise, Polish national dance**

“Polonez” is a Polish national dance that had its origins in the 18th century. It had developed from the dance called “chodzony” (a walking dance) as its figures consist of walking around the dance hall.

It is danced in the meter of 3 - slowly and nobly, with the characteristic knees bowing before the first step. Heads were put up high and turned once to the partner, once to the people around and hands put in the air on the side (ladies) and on the hip (gentlemen).

“Polonez” (French: polonaise, the same in English) had been



originally performed on the weddings of Polish gentry and lesser aristocracy with the bride I the first pair and the groom in the second one. At the beginning, the music was sung but later, when Polonaise came into the upper class' courts, it was accompanied with music of the best instrumentalists.

The clothing for Polonaise depended on the region of Poland but both men and women clothes were very rich and marvelous.

Polonaise is being danced nowadays at the beginning of many ceremonials, e.g. in schools and colleges as a first common dance before the graduating ceremony.

Polonaises were being composed by many remarkable artists, among who there are Bach, Beethoven and Schubert, but it was the Polish greatest composer - Fryderyk Chopin, who made it popular and unforgettable.

## 2. Krakowiak

“Krakowiak” is a lively Polish folk dance from the city of Krakow and the region Malopolska. It is ranked as a Polish national dance. Its English common name is cracovienne (taken from French language).

The dance's origin dates back to the 16th or 17th century, while its name to the 18th century.

The name of “Krakowiak” refers to a city of Kraków - in fact, many Polish folk dances had been called the same way (e.g. “Kujawiak” from Kujawy region). Sometimes their names were also taken from the most characteristic



Picture 2. Krakowiak, Polish national dance

figures used in the dance like “chodzony” from walking or “dreptany” from toddling.

The “Krakowiak’s” metre is counted on 2/4 with characteristic, syncopated rhythm. At the end of the 18th century the rhythm of “Krakowiak” appeared in symphonic music and in the next century - in scenic and instrumental music, as it was becoming more and more popular all over the country.

Clothes used in “Krakowiak”:

Men - striped trousers, long coats of dark colors, belts with metal elements and characteristic caps called ‘rogatki’ with the peacock’s feathers.

Women - long skirts with flowers ornament, white aprons, boleros with color ornaments, wreath of flowers, usually with color ribbons.

Krakowiak’s rhythm was the musical base of several compositions of many famous Polish composers, e.g. F. Chopin’s Krakowiak op. 14 for the piano and the orchestra (1828), I. J. Paderewski Fantastic Krakowiak, K. Szymanowski Krakowiak for the piano and many others.

### 3. Kujawiak

“Kujawiak” is a Polish national folk dance that had its origin in the region of Kujawy. Its present name Kujawiak appeared in 19th century.

From the very beginning “Kujawiak” was a dance which was to show the dignity of dancers. It had been created as a simple slow dance. Although its meter is 3, it was being danced slowly, which made it dignified.

“Kujawiak” was being danced in a circle of pairs which were moving around it without any particular progression or tempo changing.

“Kujawiak” existed in two main forms: one was the regional folk dance, more lively and with lots of varieties of tempo, steps and figures, and the second one was an national dance - one of the five Polish national dances.

Clothes in “Kujawiak”: Men - characteristic red shirts, blues coats

and trousers, sometimes the cap is being worn.

Women - long, blue skirts, blue boleros and white aprons tided at the back.



Picture 3. Kujawiak,  
Polish national dance

## Sport

Poland is one of the countries in which sport is especially liked.

Football is the most important discipline of sports done by Polish people. Although our national team is not successful in this field, each match is watched by thousands of fans who are faithful to their teams.

It is worth mentioning that Polish footballers are valuable players not only in Poland, but also abroad. Some of them play in German, English, Italian, or Turkish clubs. Polish people always keep their fingers crossed, as even though the goals are shot abroad, they are still Polish whom we are proud of.



Pic 4. Robert Lewandowski,  
football player



Pic 5. Artur Boruc,  
football player



Pic 6. Adrian Mierzejewski,  
football player



Pic 7. Jerzy Dudek,  
football player

Among winter sports skiing is the most popular in Poland. Lots of Polish people go to the Polish mountains in winter where they ski, thanks to the infrastructure prepared to the best level.

The Polish always wait with a great pleasure for competitions in ski jumps and ski running, as in these disciplines our fellow countrymen win medals, including Piotr Żyła, Justyna Kowalczyk, and until recently Adam Małysz.



Pic 8. Justyna Kowalczyk



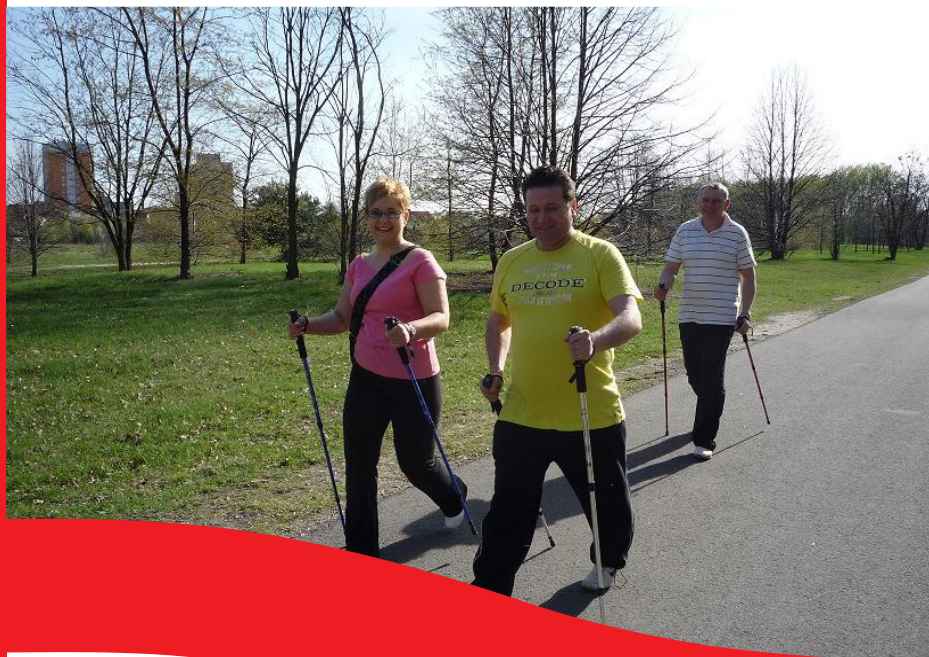
Pic 9. Adam Małysz



Pic 10. Piotr Żyła

## Combating stress

Stress is a part of our lives, but its excess can have a negative influence on our physical and psychological health. For these reasons, the residents of the Będzin's county are trying to combat the stress, especially by physical activities and doing sports.



Pic 11. Members of the District Academy of Health

Będzin's county is located in the vicinity of several reservoirs and forests. That is why, the residents of this region do recreational sports willingly, like nordic walking, jogging or sailing.

The local authorities take care of the sport infrastructure, thus they build bicycle tracks, or gyms in the open space that are open for all residents and organize numerous activities promoting a healthy lifestyle. In the scope of the project „Again, Heyday of Health”, the county organized The County Academy of Health” which main point was to

conduct classes and trainings for people who wanted to fight with their obesity.

Some of the classes were organized in the form of nordic walking ones by Pogoria Lake.

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**ECOMOND ASSOCIATION**  
**ROMANIA**



# Dances

## Romanian dance types

Any “dance” is a combination of elements: formation, regional style; motifs, musical rhythm, choreography and the social occasion. A change in one or more of these elements can give another dance, sometimes too subtle for a visitor to understand.

As newer dance formations become fashionable these combine with elements of the existing music and dance repertoire to give new local variants. New melodies may be used for old dances and new dances. Dance formations have their routes in different periods of history and have mostly been maintained to the present day. This allows easy categorizations into:

- chain dances including the basic social dances, men’s dances, and a large repertoire of fixed sequence dances
- Ceată men’s group dances with includes many ritual dances
- Couple dances which have a more recent origin old melodies.



## 1. Folk dance

Folk dance is one of our cultural values, one of the traditions with which we identify ourselves as a people and country. Romanian folk dance has always interwoven with community life and individual as each occasion involving manifestation of affective states, song and dance occupied a leading role.

Romanian folk dances will always be part of our lives and the parties often cannot be conceived without “hore” and “sarbe”

Oltenian dance:

Oltenian dances are fast, dynamic, requiring subtlety and virtuosity. It runs fast with cross steps and syncopated beats, fluttering legs and spurs. Variety of dances drawing gives a special position in the Romanian dance scene.

## 2. Calusarii

Is considered to be one of the fastest and most spectacular dances in the world and in the list of non-material masterpieces of world culture has been passed prominently. In 2005, it was included by UNESCO in the immortal World Heritage. We try of course a strong sense of pride ... speaking of the authentic Romanian dance.

It is a ceremony full of spectacle, grandeur, rhythm and life, perhaps the most representative old traditional dance of the Romanian lands. It is a Romanian creative, exuberant and sublime act, a ritual that invokes healing and protection.

The dance origin is ancient. It is believed that the dance is rooted in pre-Christian fertility rites and that brings happiness, luck and health in villages in which it is practiced. Calusarii dance dates back to pre-Christian age, ethnographers say, and its existence in its current form is related to the ancient cult of the Sun. Also, the etymology of this dance refers to objects that fill the mouth, thus forcing the magical silence and secrecy. In addition, the colors of the dancers' flag consists of white and red (colors full of sacredness in Dacians view) are references to ancient Zamolxe's rituals. Current goal is to protect people from evil effects of evil spirits, protect crops, animals and farms and to cure diseases of body and mind.

Dancers in odd number (7, 9, or 11) led by a bailiff, carrying with them sticks inlaid with traditional motifs, wearing shoes with spurs and bells, hats adorned with lace, beads and gilded butterflies.

### 3. The brau dance

Brau dance is a folk dance of Wallachia and it can be danced in a circle or in pair, and the rhythm is alert. At choreography in a circle, each dancer supports his hands on the shoulders of others, the arms are stretched and they moving from left to right. With feet slightly apart, left foot rises to the right, then right to left, follow the three steps in the right side. These steps are repeated and more experienced dancers can perform more complex movements, but the pace and rhythm remain the same.



Image1: The brau dance



Image 2: The hora dance

# Sports

## 1. Rounders

Our national sport is rounders, forerunner of the most famous American baseball. Rounders was mentioned for the first time in chronicles in 1364, during the reign of Vlaicu Voda, when the sport was already widespread in Wallachia. In 1899, Spiru Haret, then the minister of education, has decided to play Rounders in Romanian schools and high schools at the sport classes. He organized the first annual oina tournament. Romanian Federation of Rounders was born in 1932, was reactivated in 1950 after being dissolved during the Second World War.

Today, there are two national federations, one in Bucharest and one in Chisinau.

Rounders rules preceded those of American baseball, but largely, they are quite similar. Each team consists of 11 players, one of them “to beat”, while the remaining opponents are “to catch”. The purpose of each team depends on their position. The player who is about to hit the ball, must hit it with a wooden bat and cross all the bases until he reaches the finish line while the catchers must catch the ball and try to hit the opponent with it. Rounders still retains some of the old Romanian traditions.

Thus, the team captain is called baci and how the hitting team is determined is connected to another Wallachian custom. Two players will grab a bat in his hands, each placing one hand over the opponent, until one of them is capable of reaching the top of the bat with at least four fingers. At that point, the player is declared the winner and is entitled to send his team to hit. Currently, in Romania is being organized

The Rounders National Championship, The Romanian Cup, The Romania Super Cup and National Junior Championship.

In addition to these four major competitions, there are many tournaments in which teams can compete. FRO (Romanian Federation of Rounders) is trying now to “export” the Romanian national sport.

On the playground

Rounders game takes place outdoors on flat ground with a length of 70 meters, touchline - and a width of 32 meters - beat line (for children, the field is smaller), and it consists of two teams of 11 players. The two halves of the game have not exact duration depending on the professionalism of players.

The beating and the bottom area – at 5 meters from the line of battle and the bottom line are traced parallel lines. The spaces between the two lines make up the mentioned areas.

**Lanes** - the pitch is divided by a dotted line in two equal parts: departure lane (left field) and turning lane (right field).

**Circles** – on the rounders field are marked nine circles. This is the place of middling (at 15, 30 and 45 m on the middle line) and peripheral (15, 30 and 45 m on the side line).



Image 3: Oina

Semicircle - point of intersection of the center line of the battle line. This - marked only inside land - represents the protection surface of the player who knocks the ball.

3 quarters space - the area between hitting line and the three-quarters line. The space between three quarters line and the bottom line delineates the area of obtaining additional points by beating the ball with the stick.

Waiting line - 14 m behind the escape line, along with this, is drawn a 10 meters line. Players from batting team are waiting their turn to beat the ball.

Squares - the space between midfield and peripheral.  
Triangles - spaces between leaders, the first midfielder and the first peripheral or the quarterback, the third midfielder and third peripheral.

In winter it can be practiced indoors and this year a regulation for women was developed and adapted.



Image 4: The oina game

## 2. Aerobic

Aerobic exercises represent a complex of movements that develop all muscle groups, with a beneficial effect on the body. It is accessible to people of all ages, regardless of sex, location: at home or at the gym, individually or in groups.



Image 5: Aerobic

It is of great importance in emotional and spiritual education of children and youth, developing spontaneity and naturalness of movement necessary in everyday life. Tangent with music and dance, contribute to the development and enhancement of artistic taste and spiritual horizon.

ABT (thighs, buttocks, abdomen)

General description: aerobics class exercises that require only done through muscle thighs, buttocks and abdomen. After heating for about 5 minutes, which is composed of classic aerobics choreography specifications, proceed to the execution of strength exercises that require mainly three muscle groups. It begins with movements such as squats, lunges and continues with the exercises aimed at toning the buttock



and abdominal muscles. You can use aids such as bars, dumbbells and steppers. The exercises can be performed standing or at the mattress and their order involves working for big muscles: thighs at first and then middle and low muscle - the buttocks and abdomen. As with other classes, the end consists of exercises for relaxation and / or breathing type stretching, but especially for the three areas targeted muscle.

Aerobic:

- regulates the cardiovascular and respiratory systems;
- regulates metabolism;
- develop flexibility and suppleness but also strength and endurance;
- is the fastest way to get rid of cellulite and excess weight - you can burn over 800 calories per hour;
- the results are fast and visible.

Types of aerobic exercise

Aerobic exercises include many activities such as:

- Walking (especially in the mountains)
- cycling
- Swimming (which trains especially arms and back muscles)
- Jogging (it is recommended that it be followed by some stretching exercises, keeping a good general physical condition).

### 3. Kangoo Jumps

A new way to do sports, “Kangoo Jumps”. “Kangoo Jumps” are some special shoes, like rolls, only that instead of wheels, have a bow. Initially, they were designed to rehabilitate people who have had various surgeries.



Image 6: Kangoo

“Kangoo Jumps” can be used for running, fitness, correction and prevention of many health problems, games, dancing and pure fun.

In Romania the most popular sport is football with over 100,000 players legitimated and 3,000 clubs enlisted in professional sports federation. Along with football other sports can be found, also loved by the Romanians among which we can mention handball, basketball,

rugby, tennis and gymnastics.



Image 7: Kangoo activities

# Combating stress

## Exercises of relaxation

Although some experts believe that stress has good parts (sharpen the senses and mind), too much stress harms physical and mental health. At the same time, relaxation can do wonders and restore balance in a person's life and diminishes some of the health risks associated with stress.



Image 8: Stress at work

### **10 relaxation techniques which act quickly against stress**

If the hectic lifestyle of a person has become stressful, experts say relaxation techniques can help to restore balance - and some of them even work in less than five minutes. Children must go to school, your partner cannot find their pants, your boss has scheduled an online appointment and your best friend desperately needs your help and all happening at the same time.

No wonder you cannot find a moment of relaxation. In fact, most

women forget to relax. And although some experts believe that stress has good parts too (sharpens the senses and mind), too much stress harms physical and mental health. At the same time, relaxation can do wonders and restore balance in a person's life, as well as, diminishes some of the health risks associated with stress.

Here are 10 relaxation techniques that can be used almost anytime and anywhere to reduce tension in a person's life:

- Meditation - If a person believes that to meditate is to sit in uncomfortable positions for an hour to say “ommm”, is wrong. Any repetitive action can be a source of meditation: walking, swimming, painting and knitting - any activity that can calm and relax. If a person is thinking of things from work, the concerns of its relationship or is just kind of worried, experts recommend emptying the mind of these thoughts and replay repetitive activity. Only 5-10 minutes of meditation a day are sufficient to reduce stress levels.



Image 9: Relaxing

- Imagine relaxing - Too many thoughts cross your mind to relax? Try to visualize a relaxing painting, a landscape. For

everything to be as concrete, one can create mental images of places as distant from reality: a favorite vacation spot, a fantasy island or anything else that might give rise to pleasurable sensations, such as reaching silk blouses. The basic idea is that the mind to release stress and tension to be replaced with an image that triggers a feeling of peace and calm. The more a person will be able to dream with open eyes (colors, images, sounds, etc.), the more will be experienced even faster relaxation.

- Deep breathing - A stressed person will breathe superficially while a calm one will breathe deeply. So to transform tension into relaxation, breathing should be changed. The following strategy could be adopted: expire deeply all the air in the chest through slightly pursed lips, like a long sigh. Then imagine that the center of the lower abdomen is a deep, important place. Inspire normally and expire the air again, still as a sigh, removing it all from the chest until breathing becomes deeper and the stomach and back are contracted. Control your every inhalation and exhalation, while your mind stays focused on the lower abdomen. Exercise is repeated 10 times, and with each exercise the feeling of relaxation will be stronger.
- Look around you - how a person is rooted in the present and lives each day could fill them with life, to make them more important. Attention should focus on a single activity but not on more simultaneously. It is essential that each person can see things around them; their mind is not always concerned with finding solutions. When a person lives in the present, they will be able to avoid anxiety and depression. Outdoors, everyone should enjoy the shape and colors of the flowers, hear the birds singing or see the beauty of a tree. When one's mind is focused on an actual thing, stress will diminish.

- A cup of hot tea - If you are a coffee consumer you should change this habit and replace it with a cup of hot tea. Coffee increases stress hormone, cortisone, while green tea offers health and beauty. Chamomile tea is a traditional favorite for calming the mind and reducing stress. Black tea may be a suitable alternative in fighting stress. Some studies have shown that in the case of people who drank green tea regularly the cortisone values had lower and a sense of relaxation was installed after 6 weeks of stressful situations than those who consumed a placebo drink with the same amount of caffeine.
- Manifest your affection - The feeling of relaxation can be induced by pet comfort, through the embrace of a friend or family member, spouse caress or talking to a friend about the good things in your life. Why do these actions reduce stress levels? Experts say that social interaction helps your brain to think better, encouraging finding new perspectives and solutions to situations that seemed impossible to solve. Studies have shown that physical contact (caressing dog or cat) can be helpful in lowering blood pressure and cortisone levels in the body.



Image 10: Meditation

- Try self-massage techniques - When muscles are tense and do not have time to visit a professional to disconnect a simple self-massage technique can be tested to obtain relaxation:
  - Put both hands on the shoulders and neck;
  - Press with fingers and palms;
  - Massage thoroughly, keeping the shoulders relaxed; Place one hand on the forearm of the other;
  - Squeeze and batter muscles with all fingers of the hand;
  - Massage the area up and down and vice-versa from the elbow to the hand;
  - Repeat with other arm.
- Take a break - Adults need breaks, especially when they feel they are about to burst. Experts suggest finding a quiet place to rest and to remove stress. In this place breathe deeply a few times; attention will be focused on the release of squid blood and heart rate. Relax the mind and entire body and inside the mind should persist the following sentence: Time is always on your side and stress should disappear.
- Relaxation Music - Music can calm the heartbeat and soothe the soul, experts say. So when things get worse, you can leave yourself enveloped by musical sounds and heartbeat will be soothed by the slow tempo of a relaxing song. Classical music is also appropriate. Researches show that listening for 30 minutes of classical music may produce calming effects equivalent to 10 mg of Valium.
- Take an attitude break - Thirty seconds are sufficient to pace the heart. Therefore, experts recommend hiring your heart and mind into positive thinking. You can start by viewing with your mind's eye anything that might trigger positive feelings: the image of your child, spouse, pet, the image of a pleasant holiday or anything that would make you breathe slowly, to relax your tense and strained muscles and smile. Positive emotional attitude can calm and balance heart rate, contributing to feelings of relaxation and peace.



## Images surces

1. Image 1: The brau dance: <https://www.google.ro/search?q=imagini+dansuri+populare>
2. Image 2: The hora dance: <http://folklore-roumain.voila.net/index.html>
3. Image 3, 4: Oina : <http://vacantaminunata.blogspot.ro/2010/10/bizara-lume-sporturilor-traditionale>
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5. Image 6: Kangoo jumps: <https://www.google.ro/search?q=poze>
6. Image7: Personal photo
7. Image 8: Stress at work: <https://www.google.ro/search?q=poze+ioana&hl=ro&client=firefox-a&hs=oJh&rls=org>.
8. Image 9, 10: Relaxing: <https://www.google.ro/search?q=poze+ioana&hl=ro&client=firefox->

**STAKLISKIU VIDURINE MOKYKLA**  
**LITHUANIA**



# Dances

Folk choreography as well as other branches of the folk art has always been closely related to the mode of life, work and customs of the nation. The life of the Lithuanian nation, its character and morals are reflected in the content of Lithuanian dance. Every movement and step has its purpose. They always mean something or show something. It is even the slightest change of mood that can be expressed by movement of the dance. Dance movements are subjective; visible expression is based on emotion. Lithuanian folk choreography can be classified into four groups: polyphonic singing dances, ring or circle dances, games and other dances.



**Polyphonic singing dances (Sutartinė šokiai)**

Sutartinės are unique archaic polyphonic songs. About a third of these songs have accompanying dance elements. The movements are quite simply and easy to perform. Three or four women perform a circular or quadrille type dance as they sing. (Example “Šokinėjo žvirblalis po pievų”- “Sparrow danced in the grassland”).



### Ring dances, circles (Rateliai)

The number of participants in such a dance is unlimited. The dancers themselves sing the lyrics without any instrumental accompaniment. Stepping around in a circle, the participants perform various movements which sometimes illustrate the song's text. But usually, these are just simple movements repeated again and again: linking elbows and turning, weaving circles, and other figures. Ring dances have several forms: simple circles (ex. "[Gražus mūsų jaunimėlis](#)" - "Our nice youth"), double

circles, rows (ex. "[Esu dailiai išmokyta](#)" – "I am daintily taught"), bridges (ex. "[Upytėlė teka](#)" - "The river streams"), chains and gates. Circles are typical for: unlimited number of participants, accompaniment by participants singing the song themselves, and during one part of the music the dancers walk a simple step or execute actions in place. There are several forms of circle dances: the circle, the circle with a center, double center, lines, bridges, chains, gates and variations of these forms.

### **Games (Žaidimai).**

Dances - games are rarely sung, and when they are, they do not follow strict rhythmical patterns. These games hinge on creative improvisation, spoken text or dialogue and the performance of "tasks".

### **Dance "Our nice youth"**

The movements illustrate the text, which is sung. The circle is danced in couples. The music consists of three parts: the first part is slow, it consists of 8 bars, time 3/4; the second part is calm, it consists of 4 bars, time 2/4; the third is livelier, time 2/4; the melody of four bars is repeated as many times as wanted.

The sequence of the circle - all couples stand in a big circle and join hands in a simple way. All dancers in a circle are turning the circle round in some direction (one step every crotchet). The dancers stop, let their hands free, and turn to the center of the circle. Everyone claps their hands twice in front of them. Singing dancers are standing in the same place, and in the 4 bar they stamp one or another foot. The couples turn to each other and start weaving a willow, giving each other in turn right and left hands. This way they go round the circle, passing each other in turn round their right and left shoulders, until meet their partners.

# Sports

In Lithuania there are a big variety of sports that help people to keep fit. Every person chooses be himself/herself what sports he/she wants to do. But of course if to talk about most popular sports in Lithuania I want to mention – basketball, swimming and athletics.

## Basketball



It is like Lithuanians' visiting-card because if people are not playing it so they are watching it for sure. Amateur basketball is played to keep fit and healthy.

It is a team's sport. It is played in a court with the ball in which players of two teams. Each team has five players on court and may have

as many as five substitutes who can replace any other player when it is needed. A player being subbed off MAY be put back into the game any time a coach wants. The purpose of the games is to throw the ball through the basket. One team throughs at the basket at one end of the court and the other team at the other end. If a player makes five fouls in a game he cannot play any more in that game.

If a foul is made on a player who is trying to score and the he misses, the player is given free shots from the free-throw line. Each foul shot is worth one point. After the last shot is taken, the game goes on as if it were a normal shot. There are two ways a team may move the ball up the court to a shooting position – by dribbling with one hand or by passing.

In Lithuania basketball became known in 1921. And from then it is well – known sport. In Lithuania there are many good basketball players.

This sport is useful because it helps to develop joints, muscles of legs, improves breathing, heart and vascular system's work. Moreover, it helps to improve reaction and movement. Also, trains agility, stamina and increases the sportsmanship.

## Swimming



It is more leisure activity than a sport in Lithuania. People like swimming in the lakes or pools and to spend their free time in such way.

Swimming improves muscles, joints mobility, supports your weight, builds muscular strength and endurance, improves cardiovascular [fitness](#). Moreover, it helps to keep your nerves calm. Permanent swimming hardens the organism and person is healthier. This activity fits to everyone, no matter of the age or state of health. People can go swimming even after difficult traumas; it helps them to recover faster.

There is indoor and outdoor swimming. More extreme is outdoor swimming especially in winter. People who wants to stay healthy and do permanent swimming, do not stop doing that even in winter or cold weather. Those who swim permanently, they are more healthy because it is good way to strengthen your body and system.



## Athletics



Most popular form of it in Lithuania is running or jogging. And nowadays more and more popular becoming Nordic walking. It is because it does not require big expenses.

Jogging – form of running at a slow or leisurely pace. This is perfect way of increasing physical fitness with less stress. It might also be used as a warm up or cool down for runners.

Moreover, it gives positive effect to us. It helps to increase human lifespan and decreases the aging. It is very beneficial for cardiovascular system. Jogging is great way for fighting obesity and staying healthy and fit.

# Combating stress

Stress – it is English word that means bigger tenseness. It might be different forms that depend on intensity of reactions, length or adaptation possibilities of our body.

Also stress could be called as reaction to environment and its' factors which makes the threat of human's welfare, health. These factors also destroys the normal psychophysical balance. Stressors are the factors that generate environmental stress and they might be negative or positive. Negative – are dangerous for us, positive – activates and motivates to struggle with difficulties. Everyone can feel stress no matter of age or sex. We cannot avoid stress but we can reduce it or to find ways that help us to remove it. Such ways can be – deep breathing, laughing, walking in the fresh air, sports, aroma therapy or meditation. One of meditation's methods is "Source".

## "Souce"

Imagine strong and clear source, coming out of high rock. You are looking at the water that is so clear and shining and surrounding is very clean and calm, that you have not seen before. You come to the source of water and try some. After trying some fresh water you feel that good energy of water penetrates into your body. Now stand under the source and feel the water. Imagine how water washes you and comes into every your cell, even though your feelings and mind... Feel how water washes all your grievances, bad emotions, sorrows, fears, instability. And you start to feel that the source cleanliness is your cleanliness, its' energy is yours energy.

At last feel that coalesce with the source. And you become clear, light, shining in the sun. Slowly breath and open your eyes.

**MANUAL OF GOOD PRACTICE**

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HEALTH**

**DANCES  
SPORTS  
COMBATING STRESS**

