



# National Conference in Bansko

27 – 28 April 2023



COME<sup>4.0</sup>  
PLAY



Co-funded by EAC/S09/2020 -  
Grassroots sport programmes  
and infrastructure innovation of  
the European Union

**Project: Come and Play 4.0**

**No: EAC-2020-0745**

**LOCATION:**

*Bulgaria, Bansko,  
Hotel Casa Karina*

**ORGANIZED BY:**

*Association “Sport Club  
Comac Sport”*

**STARTING TIME:**

*10 am. on 27 of April 2023*



## PROGRAMME

27 - 28 April 2023

### 27 April 2023

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|-----------------|--|
| 10: 00 – 10: 30 | Registration and Welcome of the participants                                       |
| 10: 30 – 10: 45 | Opening Remarks by the Association “Sport Club Comac Sport”                        |
| 10: 45 – 11: 00 | Keynote Speech: "The Importance of Sport for Inclusion and Health"                 |
| 11: 00 – 11: 15 | Coffee Break   |
| 11: 15 – 12: 00 | Presentation: "Introduction to the New Sport Program and its Digital Toolkit"      |
| 12: 00 – 13: 30 | Lunch  |
| 13: 30 – 14: 30 | Panel Discussion: Intergenerational Sports Programs – best practices               |
| 14: 30 – 15: 00 | Coffee Break   |
| 15: 00 – 16: 00 | Case Study Presentation: Successful Implementation of Inclusive Sports Initiatives |
| 16: 00 – 16: 30 | Q&A Session  |
| 16: 30 – 16: 45 | Break  |
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**16: 45 – 17: 30** Presentation: The Physical and Mental Health Benefits of Sports

**17: 30 – 19: 00** Workshop: Strategies for Promoting Healthy lifestyle through Sports and Physical activity

**19: 00 – 21: 00** Dinner

## **28 April 2023**

**08: 00 – 09: 30** Breakfast

**09: 30 – 10: 45** Presentation: "Education through sport: Case Studies"

**10: 45 – 11: 30** Expert Panel: Challenges and Opportunities in Promoting Inclusive Sports in remote settlements from Bulgaria's Southwest region

**11: 30 – 12: 00** Coffee Break

**12: 00 – 13: 00** Workshop: Building Partnerships for Sustainable Sports Initiatives

**13: 00 – 14: 00** Lunch

**14: 00 – 14: 30** Roundtable Discussion: Engaging Local Authorities and NGOs with sports and physical activity initiatives

**14: 30 – 15: 00** Summary of Key Learnings and Takeaways

**15: 00 – 15: 30** Closing remarks