










-  Y.M.C.A. Basketball Museum
-  Ambulance demonstration
-  Blood donation (for adults)
-  Mammography (for adults)
-  Medical examinations (for kids)
-  Football
-  Tennis
-  Tae Kwon Do
-  Table tennis

Note
The program of the event may be modified according to the number of registrations received.
The final program of the event will be formed after the closure of the registration procedure.



Join the game,
win at life!



In cooperation with:



The Cooperation Programme INTERREG V-A "Greece-Bulgaria 2014-2020" is co-funded by the European Regional Development Fund (ERDF) and national funds of the countries participating in it.

INFORMATION:

T: +30 2310 469 695 / 697
E: jts_grbg@mou.gr
cpapageorgopoulou@mou.gr
@interreggreebulgaria

www.greece-bulgaria.eu
www.ecday.eu/event/join-game-win-life

EUROPE IS



YOU 2019

PROGRAM: SUNDAY 22/9/19

Join the game,
win at life!





In cooperation with:







MORNING

SPORTS ACTIVITIES

10:00 – 10:30	Welcome & Teams organization/warm up	
	 FOOTBALL	 TENNIS
10:30 – 11:30	1st football game (age 7-11 years old)	Training and exercise with the guidance of coaches (age 12-15 years old)
11:30 – 12:30	2nd football game (age 12-15 years old)	Training and exercise with the guidance of coaches (age 7-11 years old)

☞ Registration is required (until 15/9/2019): <https://forms.gle/NaBbkhcepU44CsuU8>

INTERACTIVE LEARNING



12:30 – 13:00 & 13:30 – 14:00	 First Aid & Emergency Medical Services	 The significance of sports in fitness and health
	 Learning the flags of the European countries	 Learning about Europe and our neighbors

☞ Registration is required (until 15/9/2019): <https://forms.gle/NaBbkhcepU44CsuU8>

14:00 – 17:00 **BREAK** (light lunch and beverages)

AFTERNOON

SPORTS ACTIVITIES



	 TABLE TENNIS (PING PONG)	 TAE KWON DO
17:00 – 18:30	Introduction to the sport of ping pong (coach guidance & athletes demonstration) and kids' training (age 7-11 years old)	Introduction to the sport of tae kwon do (coach guidance & athletes demonstration) and kids' training (age 12-15 years old)
18:30 – 20:00	Introduction to the sport of ping pong (coach guidance & athletes demonstration) and kids' training (age 12-15 years old)	Introduction to the sport of tae kwon do (coach guidance & athletes demonstration) and kids' training (age 7-11 years old)

☞ Registration is required (until 15/9/2019): <https://forms.gle/NaBbkhcepU44CsuU8>

ALL DAY LONG




	Parallel sports activities at YMCA sports facilities with the contribution of trainers
10:00 – 20:00	Exhibition with interactive panels on European cooperation and its benefits to the citizens
	Music and gifts for the participants

ACTIVITIES

	Y.M.C.A. Basketball Museum tours		Ambulance demonstration
MORNING	10:30 – 11:00 11:30 – 12:00 12:30 – 13:00	MORNING	10:30 – 11:00 11:30 – 12:00 12:30 – 13:00
AFTERNOON	17:00 – 17:30 18:00 – 18:30 19:00 – 19:30	AFTERNOON	17:00 – 17:30 18:00 – 18:30 19:00 – 19:30

☞ Registration is required (until 15/9/2019): <https://forms.gle/NaBbkhcepU44CsuU8>

FREE OF CHARGE PREVENTIVE MEDICAL EXAMS

	Examinations for kids: • Dental • Otorhinolaryngology • Pediatric	MORNING 10:00 – 14:30	AFTERNOON 17:00 – 20:00
	Blood donation (for adults)	10:00 – 14:30	
	Mammography (for adults)	10:00 – 15:00	

☞ Parental consent is compulsory for the kids' medical examination.

Form of consent (will also be available during the event):

<https://drive.google.com/file/d/1mLnsHp9JqCHkdSgK7Y50ipbBywPdSNKO/view?usp=sharing>



PROGRAM: SUNDAY 22/9/2019

Join the game, win at life!

