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## EU TeqGames Open Days





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# 1 - SUMMARY OF THE OPEN DAYS

In order to raise awareness of the various Teq Sports that can be played, each partner club held at least one open day at various different venues and facilities in their cities. This was used as an opportunity to reach out to the communities in which the partner clubs are located and engage as many people and especially children as possible in the teq sports. A lot of the clubs held the open days at school premises where they are actively conducting Teqball training sessions. Other open days were held at the sports clubs' facilities or in public areas, such as in the European square in Zagreb. All open days were free of charge for attendance and participation and there was no obligation on any of the participants to sign up for any membership to any existing Teqball sector.

The purpose of the open days was to expose as many people as possible, especially children (being the main target group of the project), to the sport and to get them to try out the sport. By having as many children as possible as well as adults try the sport and to gain some interest, these open days were a perfect opportunity to find interested children who would like to continue to train and the clubs train and be part of the EU Teq Games.

In addition to the actual sporting activities, nutritional well-being and awareness was also a priority for the day. The partner clubs were given guidelines how to promote healthy living with nutritional food and drinks and where possible, have a professional nutritional expert give workshops to those participants present.



## 2- NUTRITIONAL GUIDELINES AND WORKSHOPS

Nutritional wellbeing is essential to all people and is especially emphasised in children and adults who play sport, in order to keep up their energy, whilst at the same time using taking care of their bodies from the inside. Healthy food habits are essential for the emotional and physical wellbeing of any person, but especially for children who are still developing and growing into adults. Due to this essential aspect of anyone's wellbeing, in addition to playing Teqsports, nutritional guidelines were given in various different manners at the respective open days.

The manner in how these guidelines were shared with the participants on the open days as well as how they were implemented, differed from club to club. This was largely due to the manner and place in which the open days were held. Where they were held in closed school environments, the clubs were able to conduct a mini workshop as the environment was contained and it was a lot easier for the children to pay attention. For those clubs who held the events outdoors at either their facilities or public areas, they elected to rather provide guidelines in the manner of banners, pamphlets for the children and parents to take home, and providing the type of healthy food and drinks that constitute a healthy and nutritious dietary lifestyle.

The awareness raising around nutrition and leading a healthy lifestyle was part of the open days and definitely added to making the open days a success. It was important to incorporate the "academic" side to a healthy lifestyle in a fun manner and each club proceeded as was best based on their circumstances.



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### GOOD IDEAS

#### What you CAN eat and drink



#### What do I drink?

Drink a lot of water. If you want to make water more interesting and to have more flavour when drinking it, consider putting fruit in the water to add natural flavour.

#### What snacks should I eat?

It is always a good idea to eat healthy foods that not only taste good but also provide you with essential proteins and healthy carbohydrates. Below is a list of some snack ideas for you:  
 - Apple slices or carrot sticks / Orange slices / Bananas / Berries / Trail mix - seeds, nuts and raisins (NOT to be used if you are allergic to nuts) / Yogurt / Cheese and whole grain crackers / Granola bars.

These bars are packed with nuts, whole grains and sometimes dried fruit. But just check there is not too much sugar.

#### How can you help save the planet by eating and drinking as suggested above?

Reusable water bottles and food containers should be used as much as possible so as to avoid adding more plastic into our planet.

### NOT SO GOOD IDEAS

#### What you should NOT eat or drink



**Sugary drinks:** Try avoiding sports drinks, artificially flavoured water (not like the naturally flavoured water as suggested above), juice and sodas.

**Sweets and salty snacks:** Try to avoid cookies, candy, cupcakes, fruit snacks, chips, power bars, and granola bars filled with candy or chocolate.

Guidelines on GOOD and NOT SO GOOD food and drink choices

# NUTRITION



## 3 - INDIVIDUAL PARTNER'S RESPECTIVE OPEN DAYS

### 3-1 - Aalborg Boldspilklub AF 1885 ( Aalborg) Aalborg, Denmark

Aalborg held their open day in early May at their training facilities at their club. They had a relatively low turnout of 52 children who attended. Of these children, aged between 7 and 14 years, only 3 girls participated in the day. The certified coaches taught the children the general rules of the game and showed them how Teqball specifically works. Teqball is the most popular of the Teq sports at Aalborg, and this was the main focus for the children.



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# AALBORG



## 3 - INDIVIDUAL PARTNER'S RESPECTIVE OPEN DAYS

### 3-2 - STICHTING FEYENOORD FOUNDATION (Feyenoord) Rotterdam, Netherlands

Feyenoord held their open day on 2 May 2024 at the Feyenoord Sports Plaza. Up to 130 children took part in the open day, of which 85% were male participants and the remaining 15% were female. The children ranged between the ages of 6-12 years of age. Unfortunately, no disabled children sought to take part in the event. Fruit and water was provided to all the participants, as well as the coaches – leading by example!



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# ROTTERDAM



## 3 - INDIVIDUAL PARTNER'S RESPECTIVE OPEN DAYS

### 3-3 - HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU (HASK Mladost)

#### Zagreb, Croatia

The Open Day held in Zagreb was on 18 May 2024, on the European Square, with over 120 children officially taking part in the event. Holding the event outdoor helped generate interest in the sport from people passing by which was an added benefit. The age group of the children ranged from approximately 6 – 17 years of age, 75% of which were male.

Despite the challenge of an outdoor area, a short talk about nutrition was given to those in attendance, and over 300 pamphlets were handed out to the participants, parents and passing crowds.



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# ZAGREB



## 3 - INDIVIDUAL PARTNER'S RESPECTIVE OPEN DAYS

### 3-4 - SOCIETA SPORTIVA LAZIO TEQBALL A.S.D. (Lazio Teqball) Rome, Italy

Lazio Teqball collaborated with 2 schools to conduct the open days at their premises. This enabled them to make full use of the tables they obtained for the project (1 table per school) and then to also have 2 separate open days at the 2 schools. At both schools, the open days were split into 2 separate days, with one being a theoretical day and the other practical. The theoretical day showed the children some basic rules of the games, and also contained the nutritional workshop for the children. The practical day was where the children got to play the teq sports and put into practise the rules shown to them. At all the days, not only were the children at the school thought how to play Teqball and Teqsports, but coaches, teachers and other adults got involved as well, creating a festive atmosphere for all in attendance. Even some elderly people over 60 took part.

The first open day took place at a school in central Rome from Mid-October (theoretical) to Early November (practical days) (12 October 2023 and 9 November 2023). The second school open day took place in an area called Tor Bella Monaca from late February 2024 (theory) to mid-March 2024 (practical) (21 February 2024 and 13 March 2024). In total, almost 430 people (children, adults and elderly) took part in the very successful open days. It was also good to see that the average split in participation between male and female was almost half so a lot of females were interested and took part in the open days. Lazio Teqball was also one of the few partners who had a small number of differently abled people partake, once again showing the reach of the game and that it can be played by everyone.

It is significant that such a large number of children and people are interested in Teqball in Rome as this is where the second Euro Teq Games will take place and the more people that are aware of the sport, start playing the sport and watching it, the more people the event will attract in 2025 during the games.



# ROME



## 3 - INDIVIDUAL PARTNER'S RESPECTIVE OPEN DAYS

### 3-5 - SDRUZHENIE LEVSKI SPORT ZA VSICHKI (Levski Sports for All) Sofia, Bulgaria

Levski Sport for All held 2 Open Days at 2 different schools in their community. One day was held on 25 April 2024, whilst the other was held in May 2024. In total, they reached 270 participants, with 120 on the first open day and 150 on the second open day. The participants included predominately children but also some adults. Levski Sport for All also provided each participant with a participation certificate which provided the children with a sense of belonging and achievement. The gender split was approximately 60% males partaking with 40% female participants.

The events were held in under privileged regions of the city. Nutritional wellbeing was a big part of the open day with banners displayed everywhere, pamphlets for the children and their parents and of course, healthy food and drinks being served. The schools have also permanently placed these banners and pamphlets on walls throughout the school building to continue with the educational aspect of nutrition and healthy living.





# SOFIA



## 3 - INDIVIDUAL PARTNER'S RESPECTIVE OPEN DAYS

### 3-6 - OLYMPIACOS SYNDESMOS FILATHLON PIREOS (Olympiacos) Piraeus, Greece

On 13 May 2024, Olympiacos conducted the Open Day successfully with more than 230 children and some adults attending the event. T-Shirts were given to the participants with the project logo and participating clubs listed thereon. In addition to this, the nutritional guidelines were placed on banners and reinforced by the organisers at the outdoor event. Fruit such as bananas and oranges were providing, as well as water as refreshment. The event was very well received by the participants, which will stand in good stead for the upcoming 1st EU Teq Games which will take place in Piraeus, Greece later this year (2024).





# PIRAEUS



## 4- PROMOTIONAL VIDEOS

To promote Teq sports, we conducted a series of dynamic promo videos featuring highlights from our Open Days events.

EMCA, as the coordinator, produced an engaging video showcasing the excitement and community spirit of these events, which was shared across all their social media platforms.



Additionally, HAŠK Mladost created two impactful videos: an interview video explaining what Teqball is, how to play it, and how to participate in the project, and a short, energetic promo video to capture the essence of the sport and attract more participants. All of these videos you can watch by clicking on the button 'play'. Other partners also contributed with their own videos and photos from the Open Days, all available on their social media accounts. These collective efforts have significantly amplified the visibility and appeal of Teq sports across Europe.

## 5- STATISTICS

# 1224

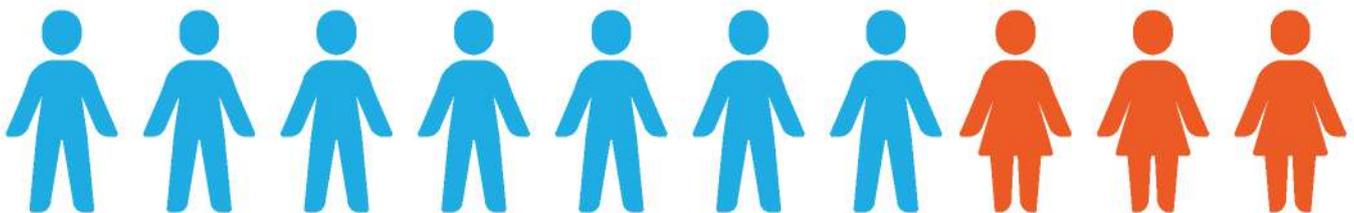
TOTAL  
NUMBER OF  
PARTICIPANTS



## GENDER OF ALL PARTICIPANTS

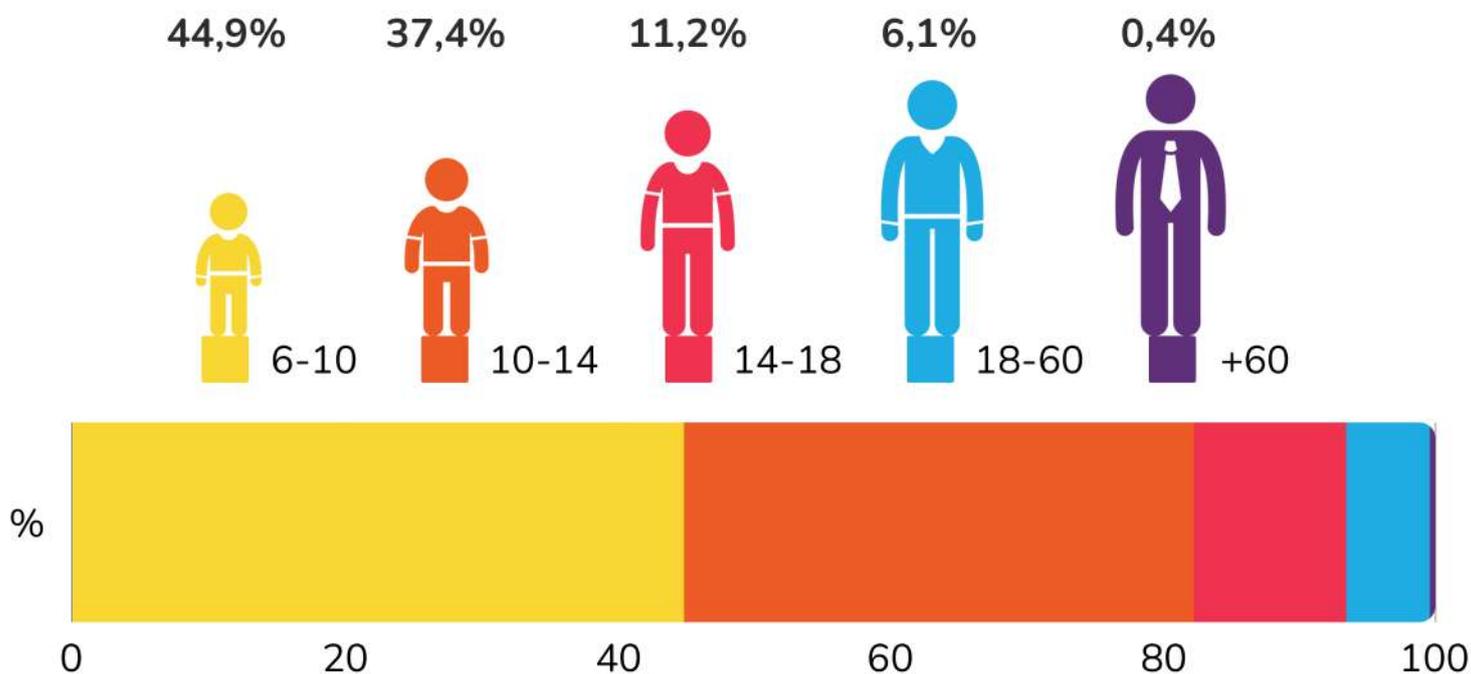
MALE - 73%

FEMALE - 27%



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# AGE GROUPS OF ALL PARTICIPANTS



# DIFFERENTLY ABLE PARTICIPANTS

Only one partner reported having differently abled participants in their open days, of which there were only 6 people out of 422. This amounts to less than 1.5% of that partners club having such participants. As the other partners did not report having differently abled persons take part in their open days, the average percentage of differently abled participants is negligible.



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## 6- PARTICIPANTS SATISFACTION FEEDBACK

General surveys and discussions were conducted with the project coordinators and coaches, who liaised with the various participants after the open days to get a better understanding how the participants felt about the days in general and if they had an interest in the sport and continuing with it. Based on the questions posed, our satisfaction survey revealed the following details about the events overall and we have provided some comments from the coordinators as well.

### POINT

1

## MOST PARTICIPANTS WERE INTERESTED AND EAGER TO TRY OUT TEQBALL.

Some clubs however found that the participants were initially a little intimidated by the game, especially when played with the strict rules, which when relaxed resulted in better participation and greater excitement and enjoyment.

*“The students showed curiosity and were excited to try this new sport”*

*“The game was a little difficult for the little ones at first, but by introducing that the ball had to touch the ground, the game became more fluid”.*

### POINT

2

## ALMOST ALL CLUBS REPORTED A MUCH HIGHER INTEREST IN THE SPORT FROM BOYS THAN GIRLS.

The girls preferred to try TeqVolley instead of Teqball. The older age groups of participants understood the rules easier than the younger ones, and interestingly, one club reported that the girls understood the game a lot quicker than the boys did.

*“The girls could immediately see the game could also develop their technical skills in the normal football game.”*

*“Younger participants seemed more eager to try Teqball compared to older ones, who were sometimes more hesitant”.*



POINT  
3

## COACHES GENERALLY FOUND IT EASY TO ENCOURAGE THE PARTICIPANTS TO TAKE PART IN THE OPEN DAYS AND TRY OUT THE SPORT.

As they are professionals, they understand how to encourage people on an individual level to try the sport by explaining the game in general and explaining the rules a bit later. There were however reports that the coaches had to get creative as to how to get the participants to play the game as a lot struggled with the rules and rather wanted to play around with the ball over the table.



*“In the end, the coaches decided that the children would not compete against each other but would instead try to pass the ball to each other as much as possible”*

*“Our coaches found it very easy to involve the students in the open days as they were very interested and it was spontaneous for them to try out these new sports”.*



POINT  
4

## OPEN DAYS HELD AT SPECIFIC SCHOOLS, MADE IT A LOT EASIER TO RAISE AWARENESS OF THE OPEN DAY AND TO ENCOURAGE CHILDREN TO PARTAKE.

For those clubs who held outdoor events, promotion of the event was a challenge in order to get sufficient participants, with one club rescheduling the event in order to generate more interest. Another club however reported having so many participants, there were long waiting times for participants to play the game. Overall, the raising of awareness and the interest shown after the event from certain children showed that the point and purpose of the Open Day was achieved.



*“The theory was more challenging as we had to maintain the attention of the students. Another challenging aspect was also appealing to the girls”*

*“In terms of communication, it was a bit of a challenge to get children to participate, as they don't know about the game.”*





POINT  
5

## SOME COACHES AT THE SCHOOLS WANT TO MAINTAIN TEQBALL AS AN ACTIVITY IN THE SCHOOL CURRICULUM.

Whilst the feedback was positive from all clubs, from both parents and children and adult participants, the feedback in terms of taking up Teqball as a sport or continuing with it at schools was varied. For some clubs, there contact from a few parents expressing interest from their children to join Teqball clubs, which is exactly what we wanted to achieve from these days.



*“Many expressed interest in continuing with Teqball and inquired about future events and training sessions.”*

*“...especially on behalf of the teachers, as they would like to continue to play teqball within school hours dedicating a part of their physical education lessons to it.”*



POINT  
6

## THE OPEN DAY MET AND EXCEEDED THE CLUBS EXPECTATIONS AS TO HOW MUCH FUN WAS HAD AND INTEREST WAS GENERATED,

All Teqsports were shown and played but the interest was especially in Teqball, which was found to be popular and interesting. This was also an opportunity for some clubs to see where they may be lacking in promoting the sport and to look at how to improve awareness and participation in the sport.



*“We're also looking at getting out and showing Teq Ball where you can try it in places other than the club.”*

*“We stayed almost an hour extra for some children that wanted to play a bit more.”*



## 7- CONCLUSION

The Open Days were a resounding success with all clubs. Even though Aalborg had the lowest turnout, they have had interested players since 2023. In total however, the club largely exceeded the original target of 700 participants, with 1224 participants taking part overall. The days took place at different times for each club depending on the availability of the schools or sporting facilities, as well as the various religious holidays that occurred in April and May.

As the project consortium established early on in the project that the participants for the 2 EU Teq Games would be children, the majority of the open days were held at schools and/or related facilities so as to reach the required target group. By having the support of selected schools, the outreach was higher than expected and created greater exposure to the sport. That being said, the clubs that held their open days at their sporting facilities or at public outdoor areas also generated a lot of interest and had a high number of participants. This can largely be contributed to the good marketing and awareness created beforehand.



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Based on the feedback received from the various project coordinators and coaches, the children and all other participants really enjoyed learning about the new game and trying out the sport offerings. Teqball as a specific sport was by far (on average 80-90%) the most popular of the Teq sports disciplines. The other Teq sport that was of interest, specifically to the girls that took part, was Teq Volley. Whilst the aim of the project is to promote all the Teq sport disciplines, as Teqball is the one to be played at the Euro Teq games, it will help with recruitment for teams to train and to partake in the games. Some partners reported back that soon after the open days they had calls from parents whose children wanted to join the Teq clubs (some of which are yet to be formed at the partner clubs), but hopefully will be formed based on the level of interest.

In addition to the actual sporting activities, nutritional well-being and awareness was raised throughout the various days. This was done by not only promoting healthy and nutritional food and drinks but providing healthy food and refreshments for the children. Where the facilities and place of the open days allowed for it, nutritional experts provided brief workshops emphasising the aforementioned need for good food and drinks.





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Taking your game  
to the next level



# THE OFFICIAL RULES AND REGULATIONS OF TEQBALL

