

## About the Project

eSwimming is a European project funded with support of the Lifelong Learning Programme of the European Commission with the aim of promoting all over Europe swimming as a therapy for disadvantaged people.

The eSwimming project is coordinated by IPAK - Institute for Symbolic Analysis and Development of Information Technologies - Slovenia in cooperation with private and public institutions from Germany, Italy, Spain and Scotland.

The aims of the project are

- to increase the use of swimming as a therapy for disadvantaged people,
- to increase the number of swim trainers for disabled people,
- to promote swimming as a therapy.

The eSwimming web portal has been created to fulfil these aims and to give access to different educational and promotional materials especially designed for the different target groups of the project: trainers, swimmers and parents.

The educational materials are available in 6 languages – English, German, Italian, Spanish, Slovenian and Bosnian – and include a handbook for trainers, good practices and positive experiences, videos, PPT presentations, articles, 3D simulations, etc.

If you have any questions about the project and/or suggestions and ideas for the contents you would like to see on the web portal, please write an email to [eswimming@eswimming.eu](mailto:eswimming@eswimming.eu) or contact the project partner in your country:

- IPAK (SI) - Blatnik Stanko  
email: [stanko\\_blatnik@yahoo.com](mailto:stanko_blatnik@yahoo.com)

- ILI/FIM-NewLearning (DE) - Simon Heid  
email: [simon.heid@fim.uni-erlangen.de](mailto:simon.heid@fim.uni-erlangen.de)

- Amitié (IT) - Francesca Magrefi  
email: [fmagrefi@amitie.it](mailto:fmagrefi@amitie.it)

- Scienter España (ES) - Petra Sulovska  
email: [psulovska@scienter.es](mailto:psulovska@scienter.es)

- Going Nova (UK) - Howie Firth  
email: [howie@orkney.com](mailto:howie@orkney.com)



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# e swimming



Swimming as therapy.  
Supporting disadvantaged  
people on local, regional,  
national, and  
transnational level!  
Become a part of it!

[www.eswimming.eu](http://www.eswimming.eu)



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## Why Swimming

Anyone can do it! Regardless of your age, skill level, fitness level, swimming is a great choice for anyone including people with special need.

Swimming is a wonderful recreational activity for individuals and families, from the beach to your local pools.

You get socialise with your friends, meet new people, or have peace and relax your mind, all while exercising and getting in shape.

Makes exercising easy, improves your overall physical and mental health giving you benefits across the full spectrum of health.

## General Benefits

### Physical health

Water has more resistance than air making you work harder to move. That helps you build flexibility, endurance, cardiovascular health, and muscle strength.

### Mental health

Swimming is like a form of mediation because it is a focused activity that cannot be combined with other distractions such as watching television or listening to music. It forces to focus on your breathing and rhythm of your movement; reducing stress and leaving you feel relaxed.

### Longevity

Studies have shown that swimming helps you live a longer life. While looking at standard physiological markers associated with aging, scientists found them to be dramatically reduced in people who swims regularly.

## Benefits to People with Special Needs

Water's buoyancy relieves stress normally placed on muscles by gravity, giving a person a grander range of motion and coordination. Added effect is that the sensation of water on the body is also good for neurological development.

Another goal of using swimming as therapy for with special needs persons is to increase independence. Increasing their independence can increase their self-confidence. That self-confidence can lead to a better quality of life.

Kids that were participating in the program regularly according to their parents started socializing more in school and outside environment, not only amongst themselves but with the general public as well.

