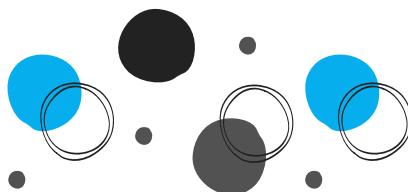


Spin for Well-being: Active lifestyles through therapeutic Table Tennis for individuals with Neurodegenerative diseases (SWAN)

Deliverable D2.1.1. Best Practices Report

Due date: 31st July 2025 (M8)



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DOCUMENT INFORMATION

Work Package	2 – Strategic Research and Analysis
Tasks	T2.1 Identification of good practices and successful cases The project partners will conduct a systematic search and analysis to identify good practices and successful cases within table tennis for health programs targeting individuals with NDDs. A template on where to search and what information to include will be circulated among project partners. This process will primarily concentrate on the participating countries while also encompassing select cases from other EU countries and beyond, including the United States.
Deliverables	D2.1 – Research Insights
Work package lead partner	University of Ljubljana
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Abstract	This document summarizes the list of prospective best practices of the use of table tennis for improving the quality of life of individuals with neurodegenerative diseases, identified thanks to the partners' network, from the EU and beyond.
Status	Final
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1. INTRODUCTION

a. Purpose

The aim of this report is to map the different practices in the European Union, especially in the partners' countries, and beyond, to understand how table tennis is implemented and to highlight the innovative cases we find. Indeed, depending on the structure of the organizations, it helps us understanding how to build projects of table tennis trainings for individuals with neurodegenerative diseases, including the socialization part.

b. Methodology

We decided to create a Word document to download or print it, so the respondents could have more time to gather all the information needed and feel free to explain in details their different activities.

Then, here is the list of the information we wanted to collect:

- Type of structure
- Collaboration between different organisms
- Targeted groups, to know the targeted disease or the type of actions implemented

Noted in the rest of the document as follow:

- **ALZ** for Alzheimer's disease as well as Dementia or Mild Cognitive Impairment
- **PD** for Parkinson's disease
- **NDD** for Neurodegenerative Diseases (with no specific mention of the disease)
- **Prevention** for any sport for health action for seniors, for fighting sedentary lifestyle or for people impacted by any other diseases or handicap
- Number of people per session
- Number of people who practiced in total
- In terms of organization: where the sessions are organized, who is supervising the sessions, the frequency, the duration, the price for the participants, the cost for the organizers of the sessions and if grants or any financial or equipment support is provided.
- Description of a session, to understand the types of exercise, how a session was organized, for example if moments of socialization were implemented
- Finally we asked for comments, testimonies and general feelings to receive more details and personal perceptions.

The form was translated in English, French, Greek, Slovenian and Spanish. Each partner used their network to collect at least one description form.

Finally, for the pictures, videos and names provided, we asked their permission to use personal data, as follows: "By submitting this form, you consent to the collection and processing of your personal data, including any images you provide, by the SWAN Erasmus+ consortium. This information will be used solely for purposes related to the SWAN Erasmus+ project. It may also be published on the official SWAN Erasmus+ website in the context of project dissemination."

c. Best Practices collected and selection

All forms received were considered as a source of information. We used them to analyse: the duration of a session and the frequency of the sessions. We would like to thank all the associations and people who shared with us information about their actions:

- ACBB Tennis de Table, **France**
- AFAR: Asociación de familiares de Alzheimer de la Ribera, **Spain**
- Aix Les Milles Tennis de Table, **France**
- Allilegii, **Greece**
- Alpha Table Tennis Klabb, **Malta**
- Alzheimer SORIA, **Spain**
- Amicale Pongiste de Ouistreham, **France**
- Amiens Sport Tennis de Table, **France**
- AO Dafnis Ymittou Well-Being & Sports, **Greece**
- AMEN: Archangelos Michael Elderly Nursing Home and Alzheimer's Rehabilitation Center, **Cyprus**
- AS Corbeil-Essonnes Tennis de Table & Halte Répit Alzheimer, **France**
- Asociación Parkinson de les Terres de Lleida, **Spain**
- Asociación Parkinson Madrid, **Spain**
- ASV Chatenay Malabry Tennis de Table, **France**
- Club Tennis Taula C.E.R. L'Escala, **Spain**
- CPF Aizenay, **France**
- Distrito 20 Tenis de Mesa Madrid & Fundación Red Parkinson, **Spain**
- Eastern Highlands Table Tennis Academy, **Zimbabwe**
- Es Plescop Grand Champ Tennis de Table, **France**

- Federacio Catalana de Tennis de Taula, **Spain**
- France Alzheimer 92, **France**
- GOK Charsznica, **Poland**
- Japan Table Tennis Therapy Association, **Japan**
- Kazanlak Nursing Home, **Bulgaria**
- Bourny Tennis de Table, **France**
- Le Mans Sarthe Tennis de Table, **France**
- Les Sables Vendée Tennis de Table, **France**
- Levallois Sporting Club Tennis de Table, **France**
- Manuel Bru Moya, **Spain**
- Marseille Tennis de Table, **France**
- Northwestern Medicine, **USA**
- NTK Vrtojba, **Slovenia**
- Ormesby Table Tennis Club, **England**
- PASKA: Hellenic Sports Club for Physically Disable People, **Greece**
- Ping Pong Club Kerhuonnais, **France**
- Rudersal Neuro Bordtennis Center, **Denmark**
- Saint-Cyr L'Ecole de Tennis de Table, **France**
- Saint Divy Sport Tennis de Table, **France**
- Savigny So Ping, **France**
- Spårvägen BTK, **Sweden**
- Steglitzer Tischtennis Klub Berlin, **Germany**
- Tennis de Table Clermontois, **France**
- Tennis de Table de La Baie Yffinicac Langueux, **France**
- The Trepetlika Society (Kranj, Ljubljana and Maribor), **Slovenia**
- Tennis de Table Essey-Seichamps, **France**
- Tennis de Table de Morières, **France**
- Varna Day Care Center, **Bulgaria**
- VfL Fortuna Marzahn e.V., **Germany**
- Vitality Pong Neuro Active Clinic, **Canada**

In total **49 organizations** sent one or multiple description forms. We received **54 prospective best practices**. By breaking them down per country, we have from the partner countries:



France **24**



Spain **9**



Slovenia **4**



Greece **3**



Bulgaria **2**



Germany **2**



Cyprus **1**

From other European countries:



Denmark **1**



England **1**



Malta **1**



Poland **1**



Sweden **1**

From countries outside Europe:



Canada **1**



Japan **1**



USA **1**



Zimbabwe **1**

Finally, among the 54 best practices, as some actions can regroup different diseases or targeted groups, there were mentioned in total:

- **34** actions for **PD**
- **18** actions for **ALZ**
- **12** actions for **Prevention**
- **6** actions for **NDD**

For the analysis, we decided to regroup the prospective best practices according to the type of the structure. Rather than gathering by the partner's countries, we think that taking into account the context of the organization is a more suited factor to compare the different prospective best practices. So, the different groups are as follow:

- Table Tennis clubs working with patients' association
- Table Tennis clubs or regional association
- Patients' associations
- Daycare centers or nurse homes
- Sport club
- Independent coach
- Hospital clinic
- Therapeutic table tennis organizations

Finally, we considered to be a best practice the description forms which provided details about either the table tennis trainings, the organization around the project or social aspects, as well as when relevant testimonies were shared.

2. BEST PRACTICES ANALYSIS

Category of BP*	Number of BP	PD	ALZ	Prevention	NDD	Duration of a session	Frequency
a. TT* Club with patients' association	17	13	7	3	0	90 minutes	ALZ: 1/week PD: 2/week
b. TT Clubs	17	11	3	5	3	90 minutes	1/week
c. Patients' Association	7	5	3	0	0	90 minutes	2/week
d. Nursing home or daycare center	6	0	4	1	1	60 minutes	2/week
e. Special cases in Europe	4	4	1	1	0	X	X
f. Special cases outside Europe	3	1	0	2	2	X	X

*BP: Best Practices

*TT: Table Tennis

a. Table tennis clubs working with patients' association

17 prospective best practices received:

- 9 actions for **PD**
- 3 actions for **ALZ**
- 2 actions for **PD** & **ALZ**
- 2 actions for **PD**, **ALZ** and **Prevention**
- 1 action for **Prevention**

Median duration of a session: **90 minutes for both ALZ and PD**

Median frequency: **1/week for ALZ and 2/week for PD**

Difference from other categories: there are more volunteers or staff during the training session, probably linked to the fact that there is a collaboration between the table tennis club, where the action is taking place, with a patients' association.

Information

Targeted group: **Parkinson**

Number of people per session: **20** (16 Men – 4 Women)

Duration: **120 minutes**

Frequency: **2/week**

Supervision: **3 coaches**

Cost for participants: **0€**

Description of a session

1- Approximately 20 minutes warm-up with specific exercises to work on mobility and joints

2- We divide the group into 3 subgroups of 6-7 players each with 1 trainer in charge and they rotate in 3 different activities:

A) physical: strength and coordination exercises (some of the players have expressly requested to do strength exercises as they have lost muscle mass and they want to do maintenance exercises). And they want to do maintenance exercises. We use rubber bands, small weights, speed ladders, fitness mats, skipping rope etc.)

B) table games: we work on skills with fun and entertaining games that are useful for players with Parkinson's disease for example, maintaining constant attention and avoiding repetition

C) technical part: more aimed at learning strokes and working on reflexes and speed with multi-ball exercises. We finish the training sessions with 15-20 minutes of individual matches, doubles, around the world and other games for the whole group as a whole.

Testimonies

"Red Parkinson is a great idea. It's helping me improve my movement skills and flexibility, and we're also having a great time-sharing experiences with colleagues." Rodolfo

"Solidarity, fun, and play. It may not seem like much, but for me it's essential. Solidarity: because when you experience something like that, it's very comforting when others help you. **Fun: because it's essential for those of us who have Parkinson's; it's our best medicine.** Play: because after a certain age, it seems like we no longer have that capacity, and for me, it gives me life to continue." Maria

"A large, modern, bright sports center with new tables. With competent coaches who know the details of our disease. Until recently, this was a dream for table tennis players with Parkinson's... now it's a reality called Red Parkinson." Javier



Photos from Distrito 20 Tenis de Mesa Madrid & Fundación Red Parkinson, Spain (PD)

Information

Targeted groups: **Alzheimer, Parkinson, Senior**

Number of people per session:

- ALZ: **5** Men
- PD: **14** (50/50)
- Prevention: **21** (50/50)

Duration:

- ALZ: **60 minutes**
- PD: **90 minutes**
- Prevention: **90 minutes**

Frequency: **1/week**

Supervision: **1 coach**, trained with “Sport for Health/Inclusion” module + **volunteers**

Cost for participants: **0€**

Description of a session

Physical exercises adapted to this type of population: exercises to maintain balance, coordination, upper and lower body strengthening, memory stimulation through specific workshops (games, counting, etc.).

At the end of each session, there's a time for sharing over a coffee to create links between participants, volunteers and professionals.

Other actions

Still with the aim of creating social connections, proposal will be made to the **participants to be part in the life of the club through voluntary work** if they wish, by contributing according to their skills: coaching youngsters, taking part in refereeing (training required, taking part in the club's highlights, meals, tournaments, etc.)

Proposal to take part in an annual trip to **strengthen the links outside the ‘sporting’ context.**

Proposal to the carers to have a session with a psychologist at least once a year.

Develop a mobility assistance system, which could provide rest for carers and make it easier for them to take part in activities.

Information

Targeted groups: **Alzheimer, Parkinson, Prevention**

Number of people per session: **14** (50/50)

Duration: **75 minutes**

Frequency: **2/week**

Supervision: **1 coach** trained with a module "Sport for Health"

Cost for participants: **150€** (includes the racket and a personalized t-shirt)

Description of the action

The club organizes sessions of Table Tennis for Health. The participants come thanks to the partnership with the table tennis club, the table tennis department association and the Sport for Health Home of the city of Savigny-sur-Orge (a national network). The targeted people have the following conditions: Alzheimer, Parkinson, obesity, cancer, asthma, stroke survivor with the caregivers, sedentary lifestyle, or any recognized long-term condition. **The Sport for Health homes pays only for the fees of the retired people.** And the table tennis club pays for the coach to the table tennis department association.

Description of a session

- 5 minutes to welcome the participants
 - 10 minutes for physical warm-up (joint, muscular and psychological) with music chosen by the participants.
 - 12 minutes: following the physical warm-up, work at the table with a theme chosen for each session. Learning to work with a basket of balls to carry out various exercises throughout the year.
 - 2*7 minutes : work on the theme, coordination, exercise with multiball
- e.g.: distribution in the forehand, the player has to aim and adjust the power of the shot to put successively in the hoops of three distinct colours in the opponent's half-table. Validate the first hoop before moving on to the second and so on. Count the cycles of 3 hoops.
- 10 minutes: set up a winners move up, losers move down rotation so that everyone can play each other.
 - 5 minutes: stretching, walking, debriefing about the session or upcoming events.

Other highlights in this category:

- Le Mans Sarthe Tennis de Table, France (ALZ), organizes once or twice a year a table tennis session **gathering the usual group of people with Alzheimer's and their caregivers, with the young players of the club**, in order to have an intergenerational activity.
- **The Fédération Française de Tennis de Table - FFTT (ALZ-PD) signed two national partnerships with France Alzheimer and France Parkinson**, in order to link the table tennis clubs and the local branches of the the two national associations.
- The FFTT developed a handbook of Table Tennis for Health (Guide Ping Santé) (**ALZ-PD-NDD-Prevention**). While some exercises are specific to certain disabilities or diseases, the majority of the exercises are focus on strengthening the upper or lower body or on different capacities (such as flexibility, balance, endurance and coordination). It was mentioned by Marseille Tennis de Table, France (PD), prospective best practice to explain how they structure their typical session.

Description of a typical session as per the FFTT Ping for Health Handbook

Time 1 - **Preparation of the room**: the instructor sets up the equipment.

T2 - **Start-up**: the participants are welcomed, the objectives of the session are presented, and there is time for an informative discussion.

T3 - **Warm-up**: with or without music, in the form of group activities (rounds, games, mini-circuits).

T4 - **Workshops**: either sequential (all participants do the same exercise successively, along a specific axis), or circuitous (each workshop addresses a different axis, with rotation of participants).

T5 - **Calming down and stretching as a group**: done standing or sitting, with or without equipment (chairs, elastic bands, balls, etc.).

T6 - **End of session**: personalised support, feedback, a friendly moment



Photo from Marseille Tennis de Table, France (PD)



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b. Table tennis clubs

17 prospective best practices received:

- 8 actions for **PD**
- 3 actions for **NDD**
- 2 actions for **Prevention**
- 2 actions for **ALZ**, **PD** and **Prevention**
- 1 action for **PD** and **Prevention**
- 1 action for **ALZ**

Median duration of a session: **90 minutes**

Median frequency: **1/week**

Difference from other categories:

- As it is not linked with any specific association, there are more diverse targeted groups and the different publics are usually playing together. We find also more actions related to Prevention
- As it is organized only by table tennis coach, sometimes the sessions can be too focused on improving the technique, even though it can be a wish from the participants in order to improve and enjoy playing.

Information

Targeted groups: **People with mild dementia and their relatives, sedentary people who want to strengthen their cardiovascular system and develop new social contacts, people with other neurodegenerative diseases such as Parkinson's**

Number of people per session: **2 groups of 11-13**

Duration: **120 minutes**

Frequency: **1/week**

Supervision: **1 coach and 1 assistant**

Cost for participant: **8€/month**

Description of a session

1.Welcome: the participants are given an overview of the exercise class and can contribute their own wishes.

2.Movement Ritual: a throwing game serves as a movement ritual and introduces the sporting part of the exercise class.

3.Coordination and Dual Tasks: the warm-up programme consists of coordinative exercises with and without table tennis bats that strengthen the body and mind.

4.Balance Prevention: this programme promotes balance skills. Table tennis materials are used, mostly in partner exercises.

5.Alternative Competition

6.Circular Cardiac Training: table tennis circuit variations get participants moving and strengthen the cardiovascular system.

7.Strength: is integrated into the exercises for coordination and fall prevention

8.Body Awareness and Recovery: body awareness is integrated into the movement ritual and coordination exercises. We sometimes do relaxation exercises.



Bild 1: Zieltraining auf A4-Blatt



Bild 2: Zieltraining auf farbige Becher



Bild 3: Spiel zu dritt



Bild 4: Partnerspiel



Bild 5: Gründungsversammlung 8.2.2022



Bild 6: Spiel zu viert



Bild 7: Herz-Kreislauf-Training



Bild 8: Herz-Kreislauf-Training



Bild 9: Herz-Kreislauf-Training



Bild 10: Herz-Kreislauf-Training



Bild 11: Herz-Kreislauf-Training



Bild 12: Herz-Kreislauf-Training



Bild 13: Herz-Kreislauf-Training

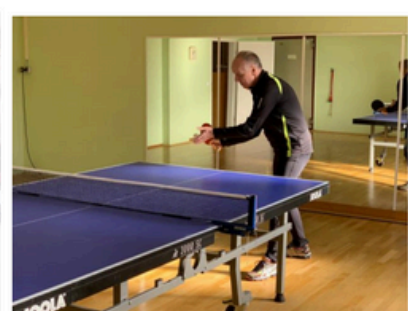


Bild 14: Aufschlagtraining



Bild 15: RH – Schlagtechnik



Bild 16: RH – Schlagtechnik



Bild 17: RH – Schlagtechnik

Photos from VfL Fortuna Marzahn e.V, Germany (**ALZ-PD-Prevention**)

Information

Targeted group: **people living with Parkinson's and their carers/spouses**

Number of people per session: **6-10** (50/50)

Duration: **90 minutes + 30 minutes of social time**

Frequency: **1/week**

Supervision: **volunteers**, some experienced players

Cost for participant: **£3/session**

Description of a session

We keep the format very simple.

The session begins at 10am, with coffee and social chat at 11.30-12.00.

We generally play on 5 tables, with access to more if we need them.

Everyone plays/rests as they wish, with more experienced players ensuring that everyone is involved. We play matches, practise, offer advice, receive informal coaching from more experienced players.

In some sessions we set up games/activities on a table to practise a table tennis skill (such as target practise for placement/accuracy) or to counteract a PD specific issue (e.g. freeing up the shoulder and raising the elbow by practising top spin forehand lob against a wall or deliberately hitting over the table).

We currently do not do a warmup. Another table tennis session runs concurrently with ours. They play music which makes it difficult to be heard. In the past we have tried doing a warmup in the coffee room, but this breaks continuity. However, I intend to reintroduce a warmup which is not voice led.

Testimonies

"It's fun with simple rules, there is no need to run far, short games so it's easy to stop when there's a need for rest whilst the focus is on table tennis, the sessions also provide an opportunity to seek advice and share experiences"

Testimonies

"I find table tennis very therapeutic. The first thing is it gets people out so social contacts and increased activity. Then there's the benefit of activity, the only intervention that reliably slows the progression of Parkinson's. Yes, we could all take up boxing or Tai Chi but table tennis is an equal member of the club. Finally, it is a demanding mental exercise where limb coordination is vital."

"I have found the Parkinson's **table tennis sessions have brought a new enthusiasm to my exercise and fitness regime.** I do play golf but need a buggy to get around the course, as I would be too fatigued to play a full round. The recent winter weather has meant I have been unable to play for 3-4 months.

However, table tennis is not weather dependent so I can play all year round.

Having never played table tennis previously I have found it to be very beneficial to improve my balance and fitness. I am impressed that it is a very reactive sport and allows quick movement without really thinking about it. I am now playing 2-3 times a week and find that I have improved quite a bit with the coaching and drills at these sessions. It has been great to make new very good friends. **Some of us have even formed a small contingent of doubles partners and are attending International Parkinson's table tennis tournaments.** Last year 4 of us attended The ITTF table tennis festival in France. It was a very humbling and enjoyable experience. It felt like ONE BIG HUG!

We are going to the Scottish Parkinson's Table Tennis Open in August and are registered to attend the next ITTF event in Sweden in November.

I have found that not only has my technique improved but also my endurance has improved and can play much longer without requiring rest breaks. I can't imagine my time without table tennis and the special friends I have made and play with. We have a great supportive camaraderie."

"I am 73 and was diagnosed two years ago. Without a shadow of a doubt playing table tennis is one of the best things I do as hurl utter defiance at this condition. Table Tennis is good exercise, boosts my confidence and the ability to confer with other sufferers of this cruel disease is most helpful!!!! Lynn and Ken should get a medal for this work, and I am very grateful for all they do for me and fellow sufferers."

Other highlights in this category:

- The Deutsche Tischtennis-Bund - DTTB (**ALZ**) created specific trainings for people with Dementia sponsored by the German National Olympic Committee and Deutsche Alzheimer Gesellschaft e.V., through the programme: **Sport bewegt, Menschen mit Demenz** (Sport gets people with dementia moving).
- Rudersal Neuro Bordtennis Center, Denmark (**PD**): the training sessions are organized by the players, so that it's a **pier to pier teaching**. They also added **fitness and boxing** to their physical activities. In total they organize per week:
 - 120 minutes of table tennis training
 - 90 minutes of fitness
 - 105 minutes of fitness and boxing

Also, one of the participants has another neurodegenerative disease which is Multiple Sclerosis

- Saint-Divy Sport Tennis de Table, France (**PD-Prevention**) organizes 2 activities:
 - For Parkinson: 80 minutes per week
 - For Prevention, of sedentary lifestyle: 90 minutes, 2/week

Both activities are recognised by the Health Regional Agency (Agence Régionale de Santé - ARS)

- Club Tennis Taula C.E.R. L'Escala, Spain (**ALZ-PD**): the participants are followed by the **Research Institute of the Fundació Salut Empordà, which assesses the evolution of the participants.**
- CPE Aizenay, France (**NDD-Prevention**): the coach who supervises the session shares the general perception of the participants: "**Most of the messages from the players are that they can't miss a session - it's a moment that has the same effect as taking their medication.**"

c. Patients' Association

7 prospective best practices received:

- 4 actions for **PD**
- 2 actions for **ALZ**
- 1 action for **ALZ** and **PD**

Median duration of a session: **90 minutes**

Median frequency: **2/week**

Information

Targeted group: **Parkinson**

Number of people per session: **4 groups of 6 players**

Duration: **45-90 minutes** as some participants decide to play in 2 groups in a row

Frequency: **1/week**

Supervision: **1 coach and 1 physiotherapist**

Cost for participant: **25€/month**

Description of a session

The sessions work on all the basic skills (strength, speed, endurance and flexibility), the basic skills related to Table Tennis (balance, hand-eye coordination, rhythm and reaction), the social integration and socialisation.

The 4 sessions are held on Thursdays and are divided according to the ranges of mobilities and technical level of table tennis. The exercises vary according to each group, for example:

Balance: Hold a ball on the racket without it falls, for 20 or 30 seconds, doing the yoga tree pose.

Coordination: 2 players, one player throws the ball with the racket from one of the corners of the nets (multiball exercise, which helps to improve concentration as well) and the other partner makes lateral movements from corner to corner on the table, hitting the ball, with his drive stroke.

Pace and reaction: multiball drills with cones, the coach throws the balls in various directions at a variable pace and the player must hit with a backhand or drive trying to throw as many cones as are on the other side of the table, in a given time.

The duration of the exercises varies at depending on the physical and mental state of the players. We work on socialisation by means of some group coordination game, for example: making a circle around the table and passing the ball with the racket without dropping it or doubles matches. This allows them to interact with each other.

Testimonies

"For me table tennis is a very fun way to exercise, and that is key to our disease."

"I never thought that something as simple as a paddle and a ball could make me feel so good."

"I train every week. **When I play, you can forget I have Parkinson's.**"

"It's not just the sport, it's the laughter, the group, the atmosphere..."

"The best thing is that you don't come alone to do exercise, you do it with other people"

"After each session I leave better physically and emotionally. **It charges me with energy.**"

"Nobody looks at you funny here. We all know what Parkinson's disease is."



Photos from Asociación Parkinson Madrid, Spain
(PD)

Best Practice n°2: The Trepetlika Society (PD)



Slovenia

It is a humanitarian and voluntary organization that brings together patients with Parkinsonism and other extrapyramidal disorders. It is located in 3 different cities: Kranj, Ljubljana and Maribor.

Information

Targeted group: **Parkinson and other extrapyramidal disorders**

Number of people per session:

Kranj: **15** (66% Men)

Ljubljana: **20** (13 Men - 7 Women)

Maribor: **20** (50/50)

Duration: **90 minutes** (up to 120 for Kranj)

Frequency: **2/week**

Supervision: **1 coach** and some **volunteers**

Cost for participant: **10€** in Kranj, **15€** in Ljubljana and Maribor

Description of a session

Kranj & Ljubljana: Playing table tennis. We take care on regular warm up before the activity. Various exercises are on schedule – on the table and off the table. Additional fun games for the participants. Social games are included in weekly program.

Maribor: Playing table tennis. Always warm up well beforehand. We do various exercises on the table, and often we also have some games, such as “round around the table” or something similar.

d. Nursing home or daycare center

6 prospective best practices received:

- 4 actions for **ALZ**
- 1 action for **NDD**
- 1 action for **Prevention**

Median duration of a session: **60 minutes**

Median frequency: **2/week**

Difference from other categories: the targeted groups are mostly for prevention and ALZ, dementia and mild cognitive impairment, as it is the public from these structures.

Information

Targeted group: **People with Alzheimer's and different types of dementia**

Number of people per session: **20**

Duration: **NC**

Frequency: **2/day**

Supervision: **1 rehabilitation specialist**

Cost for participant: **0€**

Description of a session

"The game I play with people with dementia at the Day Center begins with a full-body warm-up. The main purpose of this warm-up is to prepare participants both physically and cognitively for the upcoming exercises. We repeat the same movements until everyone begins to perceive and understand both the verbal commands and the actions demonstrated to them. The consistent repetition of the exercises is crucial for these people, as it facilitates their cognitive adaptation and the creation of new neural connections, which can improve their motor memory and concentration.

Once the participants are ready, we move on to a ball game, using a large Pilates ball first. As the lead specialist, I stand opposite the group, who are seated on chairs. The participants are positioned next to each other, which encourages social interaction and collective participation.

Description of a session

The game begins with slow ball passes, gradually increasing the speed and intensity of the passes. By the third or fourth rotation of the ball, the players are fully engaged in the process and begin to react more quickly and in a more coordinated manner. We then move on to a smaller ball, usually the size of a soccer or volleyball, applying the same progressive intensity to the passes. This exercise aims to improve precision of movement and develop greater alertness. In the next stage, we use an even smaller ball, the size of a baseball, repeating the exercise with a focus on eye-hand coordination.

Description of a session

Finally, we use table tennis balls, which the participants pass to each other by throwing them to the floor so that they bounce back to their partner. This exercise is repeated 20-30 times and proves to be particularly effective in improving reactions and motor coordination. In the last stage, the active player opposite me and I throw a ball at each other simultaneously, which further develops multitasking and coordination skills.

This game has a visible positive effect on the concentration of the participants. During the game itself, some symptoms characteristic of dementia, such as confusion and inability to focus, are eliminated. Participants demonstrate significantly better coordination, responsiveness, and engagement. These physical activities not only improve cognitive functioning in the short term but can also contribute to slowing the progression of cognitive deficits associated with dementia.”

“Before we start the exercise, I conduct a warm-up that is aimed at preparing both the physical and cognitive state of the participants. Each of the users sits or stands, holding a tennis racket with a ball placed on it. In the initial stage of the exercise, the goal is simply to keep the ball in one place without dropping it or losing balance. This process lasts about seven to ten minutes and is essential for building awareness and control over movements. Repetition and staying in one place help participants understand the task, gradually improving their concentration and motor skills.

After this preparatory stage, we place obstacles using tall cones in front of the participants. They must pass between these obstacles while holding the tennis racket with the ball balanced on it in their hand. The main goal of the exercise is to pass through the obstacles, bypassing the cones without dropping the ball. This task requires precision, coordination, and balance, as participants must coordinate their movements with both the obstacles and control of the racket and ball.

An immediate improvement in coordination and balance is observed in some of the users. They demonstrate a better sense of orientation and attention, managing to hold the ball and maneuver through the obstacles more successfully after several attempts. This exercise not only encourages physical activity but also supports cognitive processes related to spatial orientation and fine motor skills.”

Information

Targeted group: **Elderly residents, including those with early-stage Alzheimer's or other cognitive impairments**

Number of people per session: between **2 and 4**

Duration: **between 20 and 40 minutes**

Frequency: **Minimum 2/week**

Supervision: **3 fitness instructors**

Cost for participant: For residents staying at the facility, the program is included in the accommodation fees with **no additional cost**. For external participants attending the day center, the cost is **€10 per hour**, similar to other interventions offered.

Description of the action

AMEN used table tennis to enhance physical health, cognitive function, and social engagement among elderly residents. Instructors and caregivers work closely with participants, ensuring they feel supported while encouraging independence and skill development. Each session typically includes 4 participants, with two players on each side, guided by the instructor. For more severe or challenging cases, sessions are conducted with one player on each side, where one of the players may be the instructor/trainer. Participants include individuals of all genders.

Description of a session

Each session lasts approximately 40 minutes for one-on-one player activities and 20 minutes for two-on-two player games. However, the duration is always adjusted based on the condition and needs of the participants. A 5-10 minute break is always included in the middle of the session.

No warm-up is conducted as the program is adapted to the abilities of each participant and naturally incorporates light activity at a warm-up pace.

Testimonies

Caregiver's Feedback: "The program has significantly improved the mood and emotional conditions of participants." "They became more active and confident after sessions."

Patient's Feedback: "I feel young again" "I feel happier and more relaxed after playing"

Information

Targeted group: **Alzheimer**

Number of people per session: **12** (66% Women)

Duration: **60 minutes**

Frequency: **3/months**

Supervision: **1 coach**, trained with “Adapted Physical Activity” module, 1 assistant

Cost for participant: **0€** (included in the fees of the daycare center)

Description of a session

Welcome and warm-up – 5min

Physical warm-up (joint, muscular and psychological to get into the activity) - 10min

Continuation of the warm-up with balls without racket (e.g.: bounce the ball off the table and catch it with a certain number of bounces and one or two hands in order to work on coordination) - 12min

1st exercise with a partner, (ex: pass the ball with your hand and bounce it twice on the table. First without, then with a net to improve eye/hand coordination and reflexes) - 12min

2nd exercise with a partner (ex: one keeps throwing the ball with 2 rebounds on the table, the other has to shoot the ball with the paddle so that it makes one rebound on the table, finally the first one pick-up the ball with one or two hands. Further work on coordination and reflexes) - 12min

Calm-down exercise (e.g. hold the ball balanced on the racket for as long as possible. Work on proprioception of the wrist, concentration and calm).



Photos from AS Corbeil-Essonnes Tennis de Table & Halte Répît Alzheimer, France ([ALZ](#))

Other highlighth:

We will use this example to analyse the gender of the participants. Indeed, there are only 3 examples where there are more women than men:

- Halte Répît Alzheimer, France ([ALZ](#)), with a rate of women off 66%.
- Amiens Sport Tennis de Table, France ([ALZ-PD-Prevention](#)), with an action dedicated for people with cancers linked with the town hospital. There are 6 women and 4 men (60%).
- The Federació Catalana de Tennis de Taula ([PD](#)), having through out the year 18 women for 8 men, so a rate of women of 69%.

The statistics are:

- 3 actions where there are more women
- 12 actions where it's 50/50
- 22 actions where there are more men
- 22 actions where the gender was not mentioned

e. Special cases in Europe

Sport Club

Hellenic Sports Club for Physically Disable People – P.A.S.K.A (**PD**)



Greece

Information

Targeted group: **Parkinson**

Number of people per session: **7** (4 Men - 3 Women)

Duration: NC

Frequency: **1 to 2/week**

Supervision: **Table tennis coach and support staff**

Cost for participant: **0€**

Description of the action

General warm-up, balance exercises, strength exercises, special exercises through table tennis, individual training , free playing

Association

Allilegii (**ALZ-Prevention**)



Greece

Information

Targeted group: **People with Mild Mental Disorders**

Number of people per session: **16** (12 Men - 4 Women)

Duration: NC

Frequency: **1 to 3/week**

Supervision: **1 table tennis coach volunteering**

Cost for participant: **0€**

Description of the action

General and special table tennis warm-ups, individual training, free play, then cooling down. **At some periods, we emphasis on dual task and memory exercises.**

Independent Coach

Manuel Bru Moya is a table tennis promoter and trainer specialising in **Parkinson's disease** and physical activity for people over 60s.



Spain

Information

Targeted groups: **Parkinson, senior**

Number of people per session: **20** (50/50)

Duration: **120 minutes**

Frequency: **2/week**

Supervision: **1 coach specialized in Parkinson's disease**

Cost for participant: **30€/month**

Description of a session

Warm-up gymnastics. Table ball, from slower to faster speed, quick, diagonal and parallel. Fast movements (sprint start using gravity imbalance for quick start) with very short run and braking balancing position.

Training exercise for reflexes: Two players standing about 6 metres apart throw a ball with their hands at each other's head, who must keep their arms down until the partner releases the ball, at which point they raise their arms and catch the ball (first with their arms down, then behind their backs). Techniques for winning points, different strategies, concentration and automation, psychology for key moments, end of set, behaviour in matches.

Testimonies

Josep (participant): For me, table tennis has improved my reflexes, my mobility, meeting people with the same problem and sharing experiences with the group, it is a group of help and at the same time therapeutic.

Jaume (participant): Belonging to the Parkinson +60 Group has allowed me not only to enjoy playing table tennis and improve many of my motor symptoms. **In addition, I have met a group of special people with whom we live special situations, which helps me emotionally, motivating me to leave the house to train, go to tournaments with others, etc.**

Information

Targeted groups: **Parkinson**

Number of people per session: **26** (18 Women - 8 Men)

Duration: **75 minutes**

Frequency: **1/week**

Supervision: **1 coach, 2 assistants and 4 sparring partners**

Cost for participant: **12€/month**

Description of a session

Each session lasts 1h 15', the participants have the option to arrive earlier and play freely. We usually have about 4 sparring partners (veteran people with low level who collaborate on a voluntary basis and are also there before the session to play).

We start with a gentle warm-up of the joints for about 7'.

Afterwards I name the table that each player is going to and who he/she plays with. In general I do a lot of changes of partners (I think they like it a lot) and everybody spends some time with a sparring.

In general, there are 3 levels of play. We work with mutliballs on each table.

There is a first part of continuity work and then we basically work on the intention: that each ball has a specific intention (not just to return it), either using variation of placement or a change of rhythm.

Sometimes I've tried coordination exercises (touching the nose, if the ball is white to the right, if it's orange to the other way round...) but the truth is that what they like most are the usual table tennis exercises, basically continuity.

We don't usually play games in training.

We use elements such as hoops and cones to define the placement of the balls.

We have tried small uncertainty work (1 or 2 to the right, 1 fixed to the back), but apart from the higher level group, the others find it quite difficult.



Photo from Federació Catalana de Tennis de Taula, Spain (PD)

f. Special cases outside Europe

Clinic



Illinois, USA

The Northwestern Medicine hospital based community has a ping pong program for individuals with **Parkinson's disease** offered at the Northwestern Medicine Lake Forest Health and Fitness Center, Lake Forest IL and in Northwestern Medicine in Chicago, IL.

Information

Targeted group: **Parkinson**

Number of people per session: **25** (20 Men – 5 Women)– **15** (12 Men – 3 Women)

Duration: **120** minutes

Frequency: **2/week**

Supervision: **2 coach and 1 volunteer, or 1 coach**

Cost for participant: **0\$**

Description of the action

We designed the ping pong program with the intent of engaging individuals with Parkinson's disease (PD) in physical, mental, and social activities. Surveys completed by both the instructors and participants were used to evaluate the program providing valuable insights and outcomes.

According to the survey results from the participants, as well as observations made by the instructors, the ping pong program has shown improvements in hand-eye coordination, reaction time, balance, and stability among the participants.

The participants also noted that the ping pong program has had a significant positive impact on their mood.

Participants see it as a form of “play” vs as a form of exercise.

The ping pong facilitates lots of laughter and smiles. Many friendships were built by the participants.

Description of a session

Open play for one hour followed by ping pong drills/instruction, then tournament style play.

Therapeutic Table Tennis Organization



Canada

Vitality Pong Neuro Active Clinic is a specialized incorporated table tennis clinic combining recreational sports with neurological health intervention. We serve as a therapeutic clinic integrating table tennis training to restore function using cognitive stimulation, and neurorehabilitation for people of all ages, including patients with **Parkinson's, Alzheimer's, stroke recovery, dementia, youth brain development, and general wellness.**

Information

Targeted groups: **Seniors, including Parkinson's, Alzheimer's, Dementia and Multiple Sclerosis patients**

Number of people per session: NC

Duration: **60-90 minutes**

Frequency: **2-3/week**

Supervision: 1 coach with ITTF Level 1 certified coach and certified table tennis coach with neurological rehabilitation training + medical staff (kinesiologists assistants, medical advisors: neurologists, physical therapists) + volunteers and caregivers

Cost for participant: **30-150\$**

Description of the action

The program integrates table tennis as a functional neuro-fitness tool, offering evidence-based physical and cognitive benefits for people with neurological conditions, as well as youth development and senior wellness. Sessions combine movement coordination, balance, reaction training, cognitive stimulation, and social engagement, promoting brain plasticity, mental focus, and motor function improvement.

We also collaborate with neurologists and healthcare providers to educate medical professionals about table tennis as a valuable neuro-rehabilitation activity to recommend to their patients.

NeuroActive Training: Light table tennis drills focusing on hand-eye coordination, balance, fine motor skills, reflexes, and concentration. Activities include rally drills, multi-ball exercises, reaction games, movement training, and cognitive dual-task exercises.

Testimonies

"I've seen remarkable improvements in my balance and confidence." (Parkinson's participant)

"This is a fun way to keep my brain sharp and stay socially connected." (Alzheimer's caregiver)

"Our patients love it. We are impressed with the engagement and functional outcomes and it gives our patients a joyful alternative to standard therapy." (Neurologist)

"A unique combination of science, sport, and fun." (Medical visitor)

"This is a great concept, and I will definitely recommend to my clients" (Occupational Therapist)

"My dead arm came to Life" (Parkinson's participants)

"I got my Drivers Licence back thanks to my improved reflexes" (Stroke recovery participant)

"Peter can shave his full face before it was only his right side" (After stroke survivor)



Photos from Vitality Pong Neuro Active Clinic, Canada ([NDD-Prevention](#))

3. ANNEXES

a. Provided documents

Videos:

- Issy-les-Moulineaux, France (**ALZ**):

https://www.youtube.com/watch?v=Dn_PqtL9-CA

- Le Mans Sarthe Sport Tennis de Table & Laval Bourny Tennis de Table, France (**ALZ**):

<https://www.youtube.com/watch?v=HmJl91fQ1tc>

Handbooks:

- Guide Ping Santé (Ping for Health Handbook) from the Fédération Française de Tennis de Table (**ALZ-PD-NDD-Prevention**):

<https://www.calameo.com/read/0042240891fe5d9e3e458>

- Sport bewegt, Menschen mit Demenz (Sport gets people with dementia moving Programme) from the Deutsche Tischtennis-Bund (**ALZ**):

https://cdn.dosb.de/user_upload/richtigfitab50/Downloads/dttb_menschen-mit-demenz_DIGITAL_barrierefrei.pdf

Following documents:

1. Flyer from the Sport bewegt, Menschen mit Demenz project (**ALZ**)
2. Planning of a session for people with **Parkinson's disease**, elaborated by Saint-Divy Sport Tennis de Table, France
3. Planning of a session for prevention ("**Fighting sedentary lifestyle**") elaborated by Saint-Divy Tennis de Table, France

Über das Projekt

„Sport bewegt Menschen mit Demenz“ ist ein in vier Teilprojekte gegliedertes Projekt des Deutschen Olympischen Sportbundes im Rahmen der Nationalen Demenzstrategie in Zusammenarbeit mit der Deutschen Alzheimer Gesellschaft, welches vom Bundesministerium für Familie, Senioren, Frauen und Jugend gefördert wird. Der Deutsche Tischtennis-Bund übernimmt eines der vier Teilprojekte. In dem Teilprojekt bieten fünf Sportvereine Tischtennis für Menschen mit Demenz und deren Angehörigen an. Die teilnehmenden Vereine sind in Berlin (2x), Stuttgart (2x) und Mandelsloh ansässig und bieten in diesem Jahr 2021 jeweils zwei Sportkurse an.

Wer kann mitmachen?

- ▶ Menschen mit leichter bis mittelschwerer Demenz gemeinsam mit einem Angehörigen
- ▶ Personen jeden Alters
- ▶ Tischtennisvorkenntnisse sind nicht erforderlich!
- ▶ Qualifizierte Übungsleiter*innen passen die Kursstunden individuell auf die Teilnehmer*innen an.



Ausführliche Informationen

erhalten Sie bei folgendem Verein:

 Steglitzer Tischtennis-Klub Berlin
 Heesestr.15, 12169 Berlin
 Margrit Hohwald
 Übungsleiterin
 margrit.howald@freenet.de

STTK
BERLIN

und bei:

Deutscher Tischtennis-Bund
Gabriel Eckhardt
Otto-Fleck-Schneise 12
60528 Frankfurt

Telefon: +49 69 / 69 50 19-38
E-Mail: eckhardt.dttb@tischtennis.de



www.tischtennis.de

www.nationale-demenzstrategie.de

Alle Fotos sind bei Präventionsangeboten im Gesundheitssport Tischtennis im Jahr 2017 und 2019 entstanden.

DEUTSCHER
TISCHTENNIS
BUND



 **GESUNDHEITS
SPORT**

Tischtennis für Menschen mit Demenz und Angehörige

Stand: Januar 2021, Fotos: DTTB
Gestaltung: amgrafik GmbH, Seligenstadt

**SPORT BEWEGT
MENSCHEN MIT DEMENZ**



 Deutsche Alzheimer
Gesellschaft e.V.
Selbsthilfe Demenz

Gefördert vom:
 Bundesministerium
für Familie, Senioren, Frauen
und Jugend

So gelingt Tischtennis jedem

- ▶ größere Bälle für ein leichteres, langsames und abwechslungsreicheres Tischtennisspiel
- ▶ individuelle Einzel- oder Partnerübungen
- ▶ Lehre der wichtigsten Schläge
- ▶ Hilfestellung durch den Trainer / die Trainerin

Der Kurs bietet uns

- ▶ gemeinsame Freude am Sport
- ▶ eine Aktivierung des Gehirns durch Denkaufgaben
- ▶ eine verbesserte Fitness
- ▶ Trainingserfolg, der das Selbstvertrauen stärkt



Aufbau einer Kursstunde

1. BEGRÜSSUNG:

Die Teilnehmer*innen bekommen einen Ausblick auf die Übungsstunde und können eigene Wünsche einbringen.

2. BEWEGUNGSRITUAL:

Eine Wurfspielrunde dient als Bewegungsritual und leitet den sportlichen Teil der Übungsstunde ein.

3. KOORDINATION UND DUAL-TASKING-AUFGABEN:

Das Aufwärmprogramm besteht aus koordinativen Übungen mit und ohne Tischtennisschläger, die Körper und Geist stärken.

4. STURZPRÄVENTION:

Hierbei wird die Gleichgewichtsfähigkeit gefördert. Zum Einsatz kommen Tischtennismaterialien, die zumeist in Partnerübungen zur Anwendung kommen.

5. HERZ-KREISLAUF-TRAINING

Tischtennis-Rundlaufvariationen bewegen die Teilnehmer*innen und stärken das Herz-Kreislauf-System.

6. KRÄFTIGUNG:

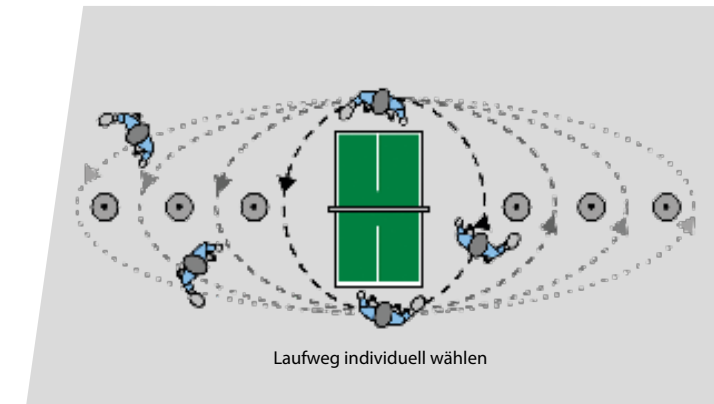
Rückenschonende Positionen mit Folgeübungen zur Muskelkräftigung fördern das muskuläre Gleichgewicht.

7. KÖRPERWAHRNEHMUNG/ENTSPANNUNG:

Leicht erlernbare Übungen zur Körperwahrnehmung leiten die Erholung ein.

Beispiele Ausdauertraining

VARIO-RUNDLAUF



Man benötigt pro TT-Tisch:

- 5 bis 6 Spieler
- Sechs Markierungs-Kegel
- Alle Spieler TT-Schläger und TT-Ball

Gezieltes Training mit verschiedenen Bällen



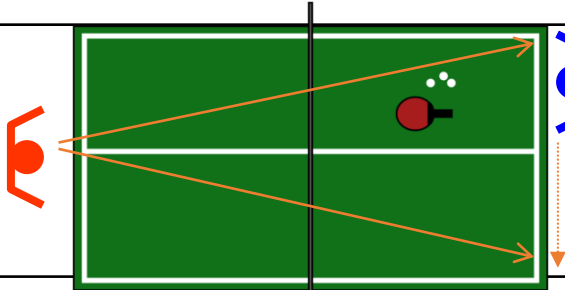
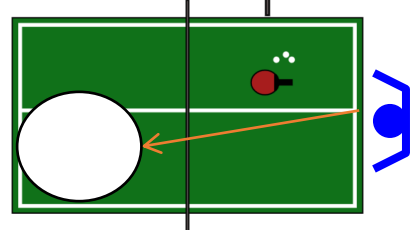
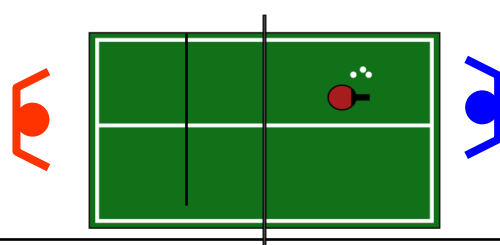
Das Spiel wird verändert durch:

- größere Bälle
- Softbällen als langsamere Alternative zum Plastikball
- unterschiedliche Ballfarben

Objectif de la séance : Séance pour des personnes atteintes de la maladie de parkinson

Effectifs : 16

Matériel: Plots, cerceaux, corde, raquettes, balles.

durée	Objectif de la tâche	Description de la tâche / consignes	schéma	critères de réussite et réalisation	Variantes
20 MIN	Eveil du corps	Après un échauffement articulaire. Réalisation de 4 ateliers sur de la proprioception. 30 sec par atelier 30 sec de pause. Faire 2 cycles. Exemple : marcher sur une corde fine, tenir sur une jambe. Le faire à côté d'une table pour qu'ils se tiennent en cas de déséquilibre.		La personne est stable à la réception.	Tenir en plus de l'atelier une balle en équilibre sur la raquette.
15min	Apprentissage du service Coordination	Par 2. Le joueur A effectue des services en croisé puis en ligne. Joueur B est muni d'un panier de balle vide. Il doit réceptionner les balles envoyées par le joueur A. 2 temps		Coordination du bas du corps et du haut du corps. Joueur B doit se déplacer en pas chasser.	Le joueur A doit viser le joueur B et le toucher. Le joueur B doit esquiver la balle.
15min	Amplitude du mouvement	Par 2. Le joueur A sert sur le joueur B. Le joueur B doit viser un cerceau posé sur la table.		Mettre de l'amplitude de l'épaule avant de toucher la balle.	Si c'est trop facile, réduire la taille de la cible et inversement si c'est trop difficile.
15 min	Relâchement	Une corde est mise pour séparer une demi-table en deux. L'obstacle est de jouer une fois après la corde une fois avant. Penser à jouer sur le relâchement du corps à l'impact de balle.		La balle change bien de longueur une fois sur deux.	
15/20 min	Social / Plaisir	Jeu libre avec le joueur qu'il souhaite. Un café à la fin de la séance est mis à leur disposition pour échanger.			

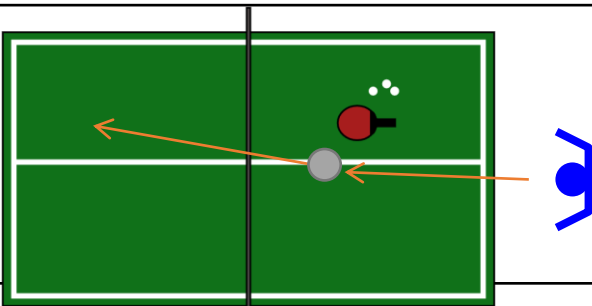
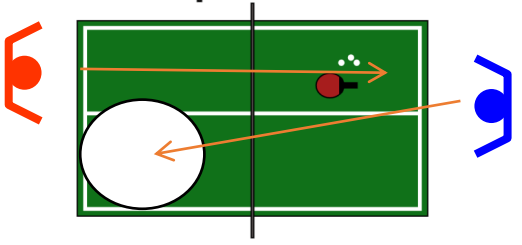
Objectif de la séance : Séance diagnostic

Compétences attendues : équilibre, coordination, adresse

Effectifs : 10

Comportements attendus : réagir rapidement après une prise d'information

Matériel: Balles, tables, panier, cerceau, plots, échelle au sol

durée	Objectif de la tâche	Description de la tâche / Consignes	schéma	critères de réussite et réalisation	Variantes
15 MIN	Eveil du corps	Après un échauffement articulaire. Réalisation de 4 ateliers sur de la proprioception. 30 sec par atelier 30 sec de pause. Faire 2 cycles.		La personne est stable à la réception.	Tenir en plus de l'atelier une balle en équilibre sur la raquette.
15MIN	Apprentissage des règles du service	Être capable de faire un service réglementaire : Lancer la balle à avec un minimum de hauteur (16cm) Service derrière la table et non au-dessus		La balle touche chaque partie de la table.	Si c'est trop simple, ajouter une cible de plus en plus petite de l'autre côté de la table
40MIN	Savoir le niveau du joueur	Par 2, 4 ateliers : 1. Coup droit 2. Revers 3. Attaque 4. Top spin Coup droit Sur chaque atelier, le joueur A envoie la balle à l'endroit demandé (ex : Coup droit), le joueur B doit renvoyer la balle de l'autre côté de la table.		Compter le nombre de renvois d'affilés réussis.	Si c'est trop facile, le joueur A et B effectue les ateliers en pratiquant des échanges
20MIN	Apprentissage des règles de tennis de table lors d'un match Etirement	Match. 2 services chacun et le premier à 11 points gagne la manche. Etirement léger sur les zones sollicitées		Vérifier que les règles sont bien suivies. Temps calme pour l'étirement pour redescendre la tension.	Le faire au temps, c'est-à-dire que lorsqu'il veut l'éducateur stop le score.

Photos received with the Best Practice Description Form:



AFAR: Asociación de familiares de Alzheimer de la Ribera, Spain
(ALZ-PD)



ASV Chatenay Malabry Tennis de Table, France (PD)



CPF Aizenay, France (NDD)



Kazanlak Nursing Home, Bulgaria (ALZ)



Levallois Sporting Club Tennis de Table, France (ALZ-PD)



Parkinson +60 Group with Manuel Bru Moya, Spain (PD)



Rudersal Neuro Bordtennis Center, Denmark (PD)



Saint-Cyr L'Ecole de Tennis de Table, France (PD)



Saint Divy Sport Tennis de Table, France
(PD-Prevention)



Alzheimer SORIA, Spain (ALZ)



Tennis de Table de Morières, France (PD)

b. Best Practice Description Form



GOOD PRACTICE DESCRIPTION FORM

Name of the person of contact:

Contact info (email address and telephone number):

Link to your website:

Name(s) of the structure(s):	
Description of the structure(s) (e.g.: Federation, club, association, retirement home, etc...):	
Country:	

Name of the action:	
Description of the action:	
Targeted people:	
Number of people per session: (Men/Women/Nonbinary/Other)	
Total number of people who benefited from the action: (Men/Women /Nonbinary/Other)	
Description of a session or specific activities (please describe as much as you can this section) :	

Human Resources:	
Logistics:	
Frequency and duration:	
Cost for the participants:	
Cost for organizing:	

Grants (if yes, please describe):	
-----------------------------------	--

Comments and/or feedbacks from participants, caregivers, health or sports professionals:	
Message you would like to share:	

If you would like to share one or several pictures of your action, the group of players, please send it with the form or upload them on this document.

Use of Personal Data

By submitting this form, you consent to the collection and processing of your personal data, including any images you provide, by the SWAN Erasmus+ consortium. This information will be used solely for purposes related to the SWAN Erasmus+ project. It may also be published on the official SWAN Erasmus+ website in the context of project dissemination.

→ Please, send it to the following address: lhure@foundation.ittf.com

THANK YOU

For inquiries, please contact:

: <https://www.swan-erasmus.eu/>

: [SWAN Erasmus+ Sport Project](#)

: [SWAN - Erasmus+ Sport Project](#)

Mark Lewis | swan@foundation.ittf.com

