

WORLD TABLE TENNIS FOR HEALTH CONGRESS

Erasmus + SWAN Project (EU) Case Study

Best practices from around the World

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Project ID: 101185590 / SWAN / ERASMUS-SPORT-2024-SCP

28-29 November
Helsingborg, Sweden



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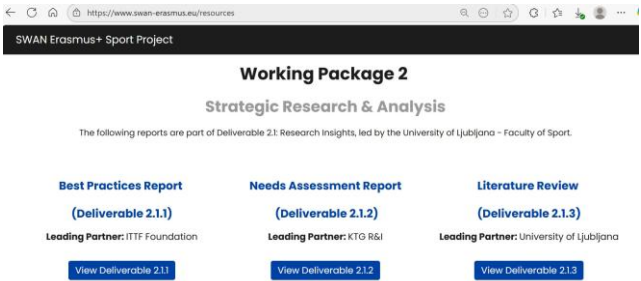
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Where to find the information?



SWAN in Numbers



Best Practices Report [↗](#) (Deliverable 2.1.1)

Leading Partner: ITTF Foundation

[View Deliverable 2.1.1](#)

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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3rd WORLD TABLE TENNIS FOR HEALTH CONGRESS
28-29 November 2025 in Helsingborg, SWE



SUMMARY

54 best practices collected
from 49 organizations
from 17 countries

<u>Activities focus</u> on Parkinson's Disease	34
on Alzheimer's	18
on Prevention programmes	12
on NDDs	06



SUMMARY

EU Partners' Countries

COUNTRY	Number
France	24
Spain	9
Slovenia	4
Greece	3
Bulgaria	2
Germany	2
Cyprus	1

EU Other Countries

COUNTRY	Number
Denmark	1
England	1
Malta	1
Poland	1
Sweden	1

Non EU Countries

COUNTRY	Number
Canada	1
Japan	1
USA	1
Zimbabwe	1

SUMMARY

Types of organisations

CATEGORY
Table tennis clubs with patient associations
Table tennis clubs with regional associations
Patient associations
Daycare centres
Sport clubs
Independent coaches
Clinics
Therapeutic table tennis organisations



SUMMARY

Total summary
Classed by
category of
organisations

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



BEST CASE N°1



Distrito 20 Tenis de Mesa Madrid & Fundación Red Parkinson (PD) - SPAIN

Target Group	Parkinson's
Participants	20 – 16 Men & 4 Women
Duration	120 minutes
Frequency	2 times/week
Supervision	3 coaches



BEST CASE N°2



Tennis de Table de La Baie Yffinac Languieux & France Alzheimer & France Parkinson (ALZ-PD-Prevention) FRANCE

Target Group	Alzheimer's & Parkinson's and Prevention
Participants	40 – 22 Men & 18 Women
Duration	60-90 minutes
Frequency	1 time/week
Supervision	1 coach + volunteers



BEST CASE N°3



VfL Fortuna Marzahn e.V (ALZ-PD-Prevention) GERMANY

Target Group	Dementia & Parkinson's and Seniors
Participants	26
Duration	120 minutes
Frequency	1 time/week
Supervision	1 coach + 1 assistant



BEST CASE N°4



Varna Daycare center (Alz+Dementia) BULGARIA

Target Group	Alzheimer's and Dementia
Participants	20 – 10 Men & 10 Women
Duration	30-60 minutes
Frequency	2 times/week
Supervision	1 coach + 1 rehabilitation specialist



THANK YOU !

TO ALL THE ORGANISATIONS

WHICH SHARED THEIR BEST PRACTICES



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For more information

SCAN
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