



KAYAK CREWS 4 YOUTH

FINAL REPORT 2024



Co-funded by
the European Union

Disclaimer: "Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the EACEA. Neither the European Union nor the EACEA can be held responsible for them."

**This project is prepared under *Erasmus+ Sport*
project number 101134197 - Kayak Crews 4 Youth**

December 2024



Official Project Name
Kayak Crews 4 Youth



Project Acronym
Kc4u



Project Number
101134197

The publication constitutes one of the deliverables of the *Kayak Crews 4 Youth* project.



**Co-funded by
the European Union**

Disclaimer: Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Table of Contents

<u>Introduction</u>	02	<u>International Mixed K4 Camps</u>	31
<u>Proposed project</u>	03	<u>Beach Clean Up & Art Project</u>	47
<u>Project Background</u>	06	<u>Foreign Language Learning</u>	52
<u>Activities</u>	11	<u>Key Findings & Results</u>	65
<u>School Events</u>	14	<u>Operational Overview</u>	73
<u>Open Days</u>	24	<u>Contact Us</u>	81
<u>National K4 Day</u>	27		



Introduction



It has been a privilege for the team from **Kajak Klub Zlatorog** (KKZ) and **Circolo Nautico Oristano** (CNO), to conceptualise, develop, and implement *Kayak Crews 4 Youth* (Kc4u) as part of the EU's **Erasmus+ Sport** program.

Involving **755 active participants** from disadvantaged regions of Slovenia and Italy, while also reaching wider local and international communities, Kc4u began with the simple idea of bringing girls and boys together from two countries in four-person kayaks (K4s).

This final report explores how this unique team sport approach to the predominantly individual and nationalistic sport of sprint kayaking was expanded into a comprehensive program of mixed-nation, mixed-gender sporting, cultural, educational, and environmental activities. These included in-school events, international K4 camps, open days, a K4 competition, language courses, art projects, and a beach clean-up. Additionally, the publicly available educational resources and guides developed during the project, will further enhance EU priorities and facilitate the widespread replication of this successful program.

We highlight how these innovative and diverse components fostered collaboration, gender equality, intercultural exchange, adaptability, innovation, skill development, and multilingualism at all stages. Ultimately, these resulted in significant and measurable impacts on young participants - with and without prior kayaking experience, as well as the coaches, teachers, and other sports organisations involved.

The collaboration between KKZ and CNO exemplifies the power and potential of cross-cultural teamwork in overcoming challenges and growing participation in youth sports. With all its objectives met or exceeded, Kc4u continues to evolve, standing as a compelling example of the transformative power of sport in uniting diverse people and shaping the future of younger generations.

We trust this report, along with our additional resources will provide valuable guidance and a practical foundation to assist your organisation in engaging more fully with young people.

The Kc4u Team

Proposed Project

Kayak Crews 4 Youth (Kc4u) aims to empower young athletes to become ambassadors for a more united and inclusive Europe through mixed-nation and mixed-gender K4 kayaking, whilst increasing youth sports participation and inspiring more athletes to compete in K4s (4 person kayaks).



Activities

Bringing together children (9-18yrs) from clubs and schools in rural Slovenia and regional Sardinia (ITA), Kc4u's proposed activities included:

- ▶ 6 x K4 School Events
- ▶ 1 x K4 Open Days
- ▶ 1 x National K4 Day Slovenia
- ▶ 2 x International K4 camps
- ▶ Sport-specific & general language courses
- ▶ Beach Paddle-Clean Up & Art project

Additional Activities & Resources

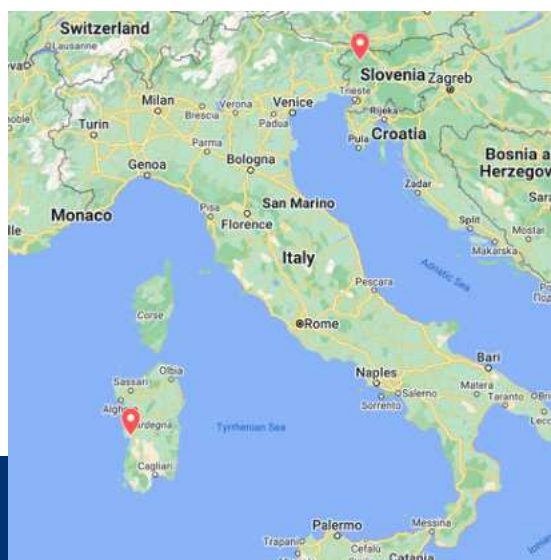
Over the course of the project, the following additional activities and resources were added:

- ▶ Additional K4 open days & School Events
- ▶ Project T-shirt design competition
- ▶ Live Language Quiz & KKZ Italian School
- ▶ National K4 Day website

Resources

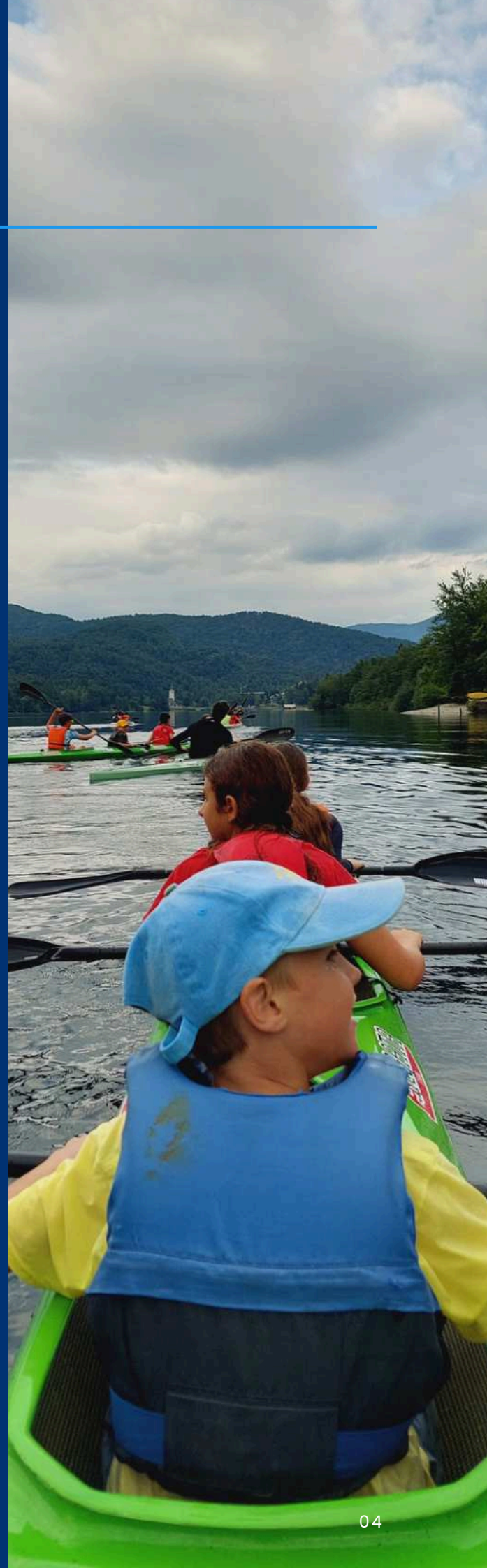
Kc4u proposed to develop the following resources:

- ▶ School Event Guide for Kayak Clubs
- ▶ School Event Guide for Sports Clubs
- ▶ K4 Technical exercise guide
- ▶ Tri-lingual sport-specific language course
- ▶ Final report
- ▶ Project website



Kc4u Goals & Objectives

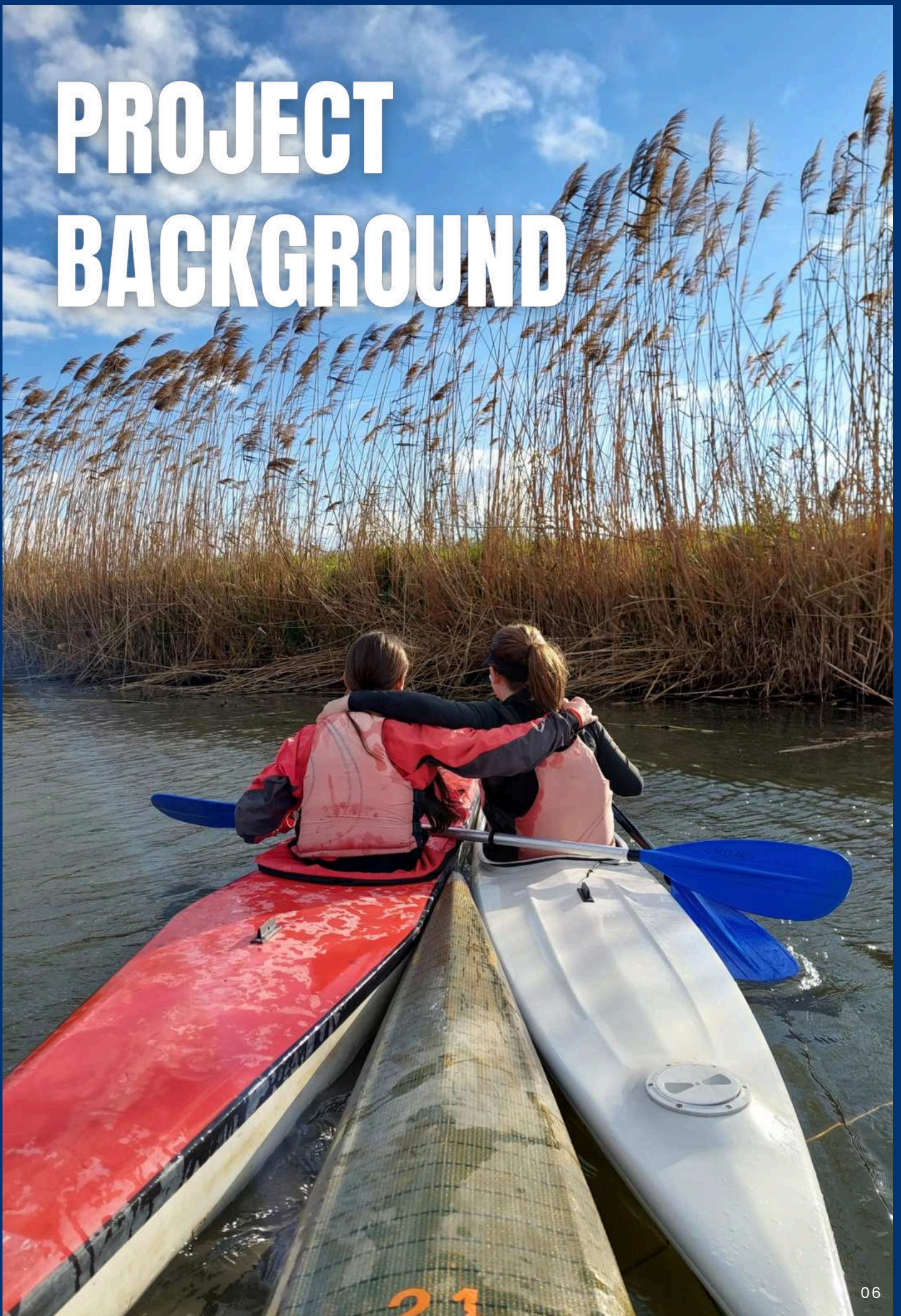
- Promote a **more cohesive Europe** with on and off-water experiences encouraging a sharing of cultures, languages, and historical heritage
- Promote and prioritise **gender equality**
- Provide **new opportunities** to socioeconomically and geographically **disadvantaged youth**
- **Enhance linguistic proficiency** through digital learning and personal interactions
- Help **improve social, physical and mental well-being of youth** through the team sport of crew kayaking, and develop a lifelong love of physical activity
- Connect participants to the natural environment, **raise awareness of water pollution**, and encourage personal action to eliminate it
- Create an international alliance between sports clubs, schools & their communities, using sport as a transformative tool to help develop well-rounded, active EU citizens
- **Increase coach mobility**, widen the international networks of participating organisations, and facilitate the development of innovative practices, training methods, and resources via the exchange of knowledge, competences, and ideas
- Demonstrate the benefits of including K4's in club programs and competitions
- Assist sporting organisations across Europe to replicate the project (or its elements), ensuring **long term sustainability** and **expansion** of the project's benefits.



Kc4u Project Timeline

- **Jan-March 2023** Project development
- **22 March 2023** *Erasmus+ Sport Proposal Submission*
- **24 August 2023** Acknowledgement of EU funding
- **3 Nov 2023** Kick-off Meeting (online)
- **Nov 2023-Feb 2024** Tri-lingual kayak language course development, KKZ language school, and language courses completion
- **18-24 Feb 2024** International K4 Winter Camp, Cabras - Sardinia
- **19-21 Feb 2024** School Events Italy
- **23 Feb 2024** Open Day CNO
- **24 Feb 2024** Beach Clean Up & Art Project
- **19 April 2024** School Events, Slovenia
- **22-30 April 2024** Open Week KKZ
- **23-30 June 2024** International K4 Summer Camp, Slovenia
- **29 June 2024** National K4 Day, Slovenia
- **July-Nov 2024** Development of Educational Resources
- **Dec 2024-Jan 2025** International distribution of the Kc4u deliverables

PROJECT BACKGROUND





Project Background

Kc4u was conceived and developed by an international group of coaches determined to drive positive change in youth sports and sprint kayak education

The connection between **Kayak Klub Zlatorog (KKZ)**, Slovenia, and **Circolo Nautico Oristano (CNO)**, Italy, was formed in 2022 at CNO's International Kayak and Canoe Competition / *Giganti dello Sprint*. In 2023, when KKZ returned to Sardinia for a training camp, the two clubs made an impromptu visit to Cabras Elementary School. During their presentation, coaches invited groups of four children to the stage to try air-paddling in the K4 position, resulting in an unexpected wave of excitement.

This simple yet powerful demonstration sparked a shared vision between the clubs: to develop a unique program which makes crew kayaking accessible to a diverse range of youth. A program that would not only grow the sport, empower young athletes, and teach the technical skills of K4 kayaking, but also instill values of cross-cultural collaboration, and teamwork.

Home to national team coaches and athletes at every level, from novices to elite competitors, KKZ and CNO encounter similar challenges in attracting members and implementing youth sports programs. These difficulties stem primarily from geographic isolation, small populations, and socioeconomic factors. Kc4u offers new and inclusive sporting opportunities to these disadvantaged communities, whilst establishing a model which can be replicated in regions facing comparable difficulties.

	KKZ: Most na Soči - Slovenia	CNO: Cabras, Sardinia - Italy
Population municipality	10,953 (Tolmin)	8,760 (2022) (Cabras)
Population of province	Goriška: 118,356 (2021)	Oristano: 155,674 (2020)
Population density of province	51 people p/km2 (2021)	53.7 p/km2
Local wages	9% lower than national average	Oristano ranked 76th out of 106 Italian provinces for yearly wage (2021)
Geography	rural, mountainous	island



International Team Sport

Benefits of Team sport during adolescence

The many benefits of participating in team sport during adolescence have been widely researched and documented. This research shows that playing team sport can play a vital role in; *“promoting physical, psychological and social health, as well as the development of physical-, academic-, self-regulatory- and general life skills”* 1.

Additionally, team sport in contrast with individual sport, has been shown to be associated with *“lower levels of anxiety and depression and improved emotional/social support, a sense of belonging, self-esteem, and social interaction”* 2.

Sabiston et al. reveal that these benefits are long lasting, demonstrating that *“youth who engaged in team sports throughout high school reported fewer depressive symptoms later in life, but the same did not apply to individual sports”* 2.

1) Drop-out from team sport among adolescents: A systematic review and meta-analysis of prospective studies. Center of Research on Welfare, Health and Sport, Sweden. April 2022, Psychology of Sport & Exercise 61.

2) Team Sport Athletes May Be Less Likely To Suffer Anxiety or Depression than Individual Sport Athletes. September 2019, Journal of Sports Science & Medicine.

Benefits of Mixed Nation Sports teams

While mixed-nationality teams are quite prevalent in professional sports, they are currently rare in many non-professional sports, such as sprint kayaking. Although the emergence of mixed-nationality teams may appear to be a recent trend linked to the commercialisation of sports, the concept actually has a much longer history. Even as far back as **1896 to 1904, the Olympic Games welcomed mixed-nationality teams** in various disciplines, including tennis, football, and rowing.

The numerous benefits of mixed-nationality sports teams in fostering social inclusion are increasingly recognised. These teams bring together individuals from diverse cultural backgrounds, enabling them to share unique perspectives and learn from one another. This cultural exchange not only enriches the sporting experience but also cultivates a greater understanding and appreciation of different traditions and values and can lead to innovative strategies and a more dynamic approach to the sport. Furthermore, mixed-nationality teams can break down stereotypes and prejudices, promoting unity and collaboration both inside and outside the sporting arena.

Mixed-nation K4s

As a non-professional Olympic sport, sprint kayaking has remained largely nationalistic. While some international competitions allow for mixed-gender K4 teams, mixed-nation K4 teams are not currently permitted.

In the context of youth sports, participating in mixed-nationality crews can have profound developmental benefits and therefore sits at the heart of both Kc4u International K4 Camps.

Paddling in mixed-nation, mixed-gender K4 crews provides the perfect vehicle for promoting a European identity, gender equality, and working towards a more cohesive society through sport.

These crews create numerous learning experiences for young athletes from diverse backgrounds as they:

- ▶ Offer an enjoyable way to introduce young people to the sport of kayaking and the principles of working together in harmony for a common goal, despite individual differences
- ▶ Require crew members to adjust to teammates with different levels of physical strength, skill levels, and techniques, fostering a growth mindset, physical and mental adaptability, and teamwork abilities
- ▶ Help them navigate language barriers to communicate effectively (and avoid capsizing), thereby enhancing their communication skills
- ▶ Expose them to different training methods from coaches abroad, which may challenge them to go outside their comfort zones
- ▶ Demonstrate how diversity can be a source of strength and inspiration, equipping young people to thrive in an increasingly globalised world



Gender Equality

Sprint kayaking has traditionally been a male dominated sport. While some countries - including Italy, have made progress towards achieving greater gender equality, Slovenia still faces significant challenges regarding female representation at all levels, from federation management to club coaches and athletes. In 2022, Slovenia ranked third lowest among the 30 nations with more than eight athletes competing at the Junior & U23 World Sprint Kayak Championships in terms of female representation.

Both KKZ & CNO are rare in their strategic commitment to gender equality across all club activities, and their success in raising the number of girls competing in sprint kayaking. KKZ is currently the kayak club with the highest ratio of female athletes in Slovenia, and was also the winner of the EU's 2022 #BeEqual award for their girls sporting initiative ***PaddlePWR-GirlPWR***.

As the Kc4u partners are already actively implementing several dedicated girls-only programs, it was deemed beneficial for Kc4u to include children of all genders, aiming for a minimum of 50% active female participants. This approach allows for the opportunity to train with mixed-nation, mixed-gender K4 teams.

Mixed-Gender K4s

Engaging youth in mixed-gender crew kayaking for training and competitions creates numerous opportunities for advancing gender equality in sports and within society as a whole. This practice can:

- help dismantle gender stereotypes
- grow mutual respect and improved communication between young male and female athletes
- improve physical and mental adaptability and skill levels by exposing athletes to paddling in more physically diverse crews.



Coaches

Coaches play a crucial role in guiding the mixed K4 process. Their influence on how children interact with the opposite gender, especially regarding how boys treat girls in training settings, can significantly impact girls' continued participation in sport during their teenage years.

It is essential that both female and male coaching staff ensure that:

- girls always have an equal voice
- all children treat each other with respect
- there is zero tolerance for behaviours which exhibit toxic masculinity and discrimination.

This approach not only benefits the athletes but also positively influences the broader community, promoting a culture of equality and respect.

ACTIVITIES



Project T-shirt Competition

Art meets democracy

Throughout the project, the Kc4u team consistently explored innovative ways to boost active engagement and foster connections between participants from both countries.

Instead of having a graphic designer produce the project shirt as originally planned, the Kc4u staff drew an original black and white line drawing, then organised a colouring competition for all confirmed Kc4u camp participants.

The design features two mixed K4s along with two iconic local landmarks; Lake Bled in Slovenia, and Tharros in Sardinia. Participants had the option to colour the design either manually or digitally. A total of **22 entries** were submitted, and all hand-coloured designs were digitised by the staff prior to voting, ensuring an equitable comparison.

The winner of the competition was chosen by the participants through the online voting platform Poll Unit. Each participant cast votes for their top three designs (using 1, 2, or 3 hearts). This provided a unique opportunity for participants to gain a deeper understanding how preferential voting works.

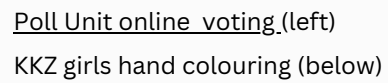
It is noteworthy that the two entries with the highest scores incorporated both Italian and Slovenian flags, which were added to the designs by the participants.

The project t-shirt was worn for all Kc4u school events and official occasions. It continues to be worn casually by many participants since the conclusion of the activities.



Leja Roner from KKZ emerged from voting as the clear winner. Initially, her design had all the female paddlers in pink shirts and all the males in grey. The staff held a discussion with participants on how this enforces gender stereotypes, after which the colours were mixed for a more inclusive look.

All submitted entries can be viewed on Instagram via the following link: [T-shirt entries](#)



SCHOOL EVENTS



Kc4u School Events

In 2024 Kc4u successfully hosted in-school crew kayaking events for over 600 children in Italy and Slovenia. 83.5% of the participants were in the target age range of 10-14 years.

These events provided children with the opportunity to engage in a team challenges at a series of 10 activity stations, including a K4 ergometer, introducing many to kayaking for the very first time. One of the keys to the success of these exciting events was the involvement of Kc4u participants and other club athletes as demonstrators and coaches at each of the stations.



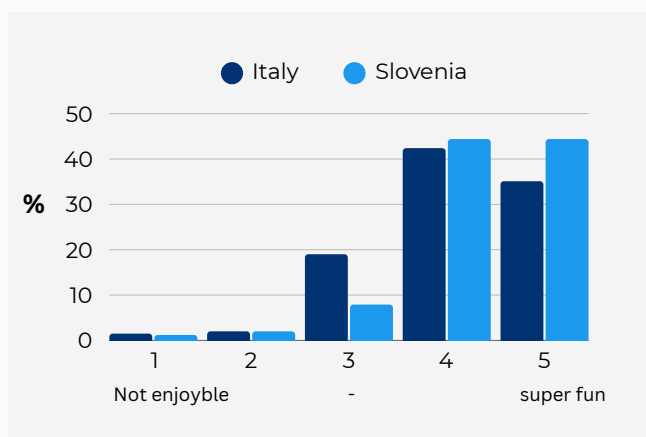
TOTAL EVENTS & PARTICIPANTS

Italian Events: Planned 3, Delivered 14
Participants: 421

Slovenian Events: Planned 3, Delivered 5
Participants: 160

PE teachers involved: 7 (5 ITA, 2 SLO)

PARTICIPANT ENJOYMENT OF KC4U SCHOOL EVENTS



TOTAL NUMBER OF SCHOOL PARTICIPANTS

581

GOAL PERCENTAGE

138%

TOTAL NUMBER OF ATHLETE- COACHES (10-18 YRS)

39

ITA: 27 SLO: 12

School Event Training Workshop

Held on the **18th of February**, 2024, at CNO, the Introduction & Training Workshop was attended by **37 athletes, and 7 staff** (5 CNO, and 2 KKZ).

The athletes included all 16 Kc4u K4 Camp participants and an additional 21 athletes from CNO who would either help out with the school events, or who just joined for the day.

As athletes from CNO were still in school term during the winter program, they were only able to assist with the school event on the day it was held at their school. KKZ athletes attended all school events in both countries.

For the training workshop, participants were divided into groups per school. Each group learnt and practiced the activities for the 10 stations, and were tested to see who was most suitable to demonstrate and coach each one.

In addition to this group training day, the KKZ athletes had a short preparatory workshop to prepare their speaking role in the event introductions.





School Event Structure

Group Size

- **20-60 participants** per event, with an average of 31
- We recommend groups of 40-80 for the future

Event Length

- **35-50 mins** (ideal length was found to be 45 mins)
- The majority of events were held during regular PE sessions

Timetable

Event Welcome

TIME:
5 mins

- Team introduction
- Introduction to sprint kayaking and kayak related questions
- K4 Kayak Ergometer demonstration by Kc4u athletes

Team Division

TIME:

3-5 mins

- Participants divided into **teams of 4**, or 8 depending on the group size (for groups over 40, we found teams of 8 to be effective)
- PE teachers assist with the group division
- Mixed-gender teams formed where possible
- Mixed-school class teams formed when multiple classes attended the same event
- Kc4u members filled up incomplete teams as needed

Activity Stations

TIME:
25-40 mins

- Each team spent 2.5-4 mins at each of the 10 activity stations
- Time was kept by one of the Kc4u staff

The activities from the 10 stations (including videos) and coaching tips can be found in the [Kc4u School Event Guide for Kayak Clubs](#)

Debrief

TIME:
3-5 mins

- Distribution of giveaways - stickers & Open Day/Week flyers
- Short survey filled out by school participants

School Event Participation

Participation by School

Istituto Comprensivo
Cabras (ITA)
19.02.2024

137

23.6%

Istituto Istruzione
Superiore 'Mariano IV
d'Arborea' **Oristano** (ITA)
20.02.2024

152

26.2%

Istituto Comprensivo n2
Oristano (ITA)
21.02.2024

132

22.7%

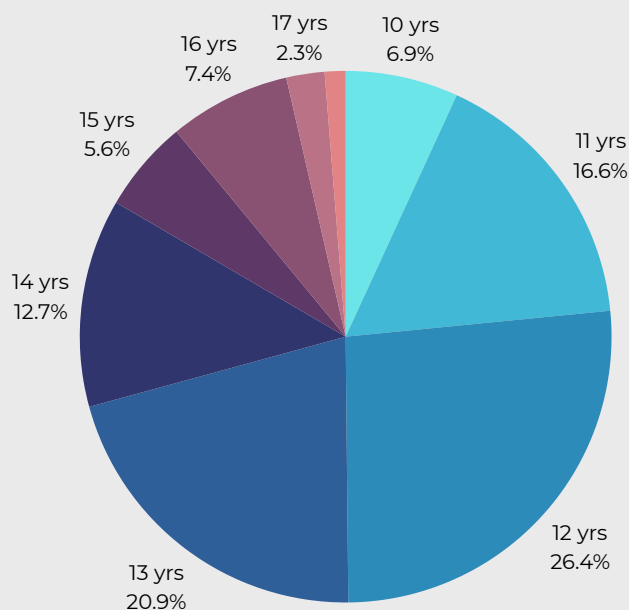
Osnovna šola Simona
Gregorčiča, **Kobarid** (SLO)
19.04.2024

160

27.5%



Age of Participants





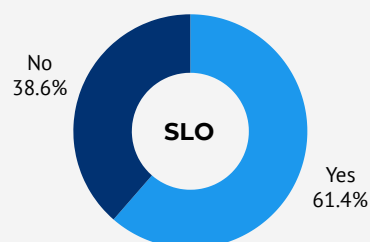
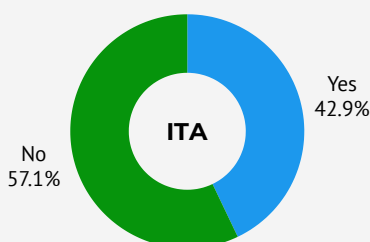
Participant's Knowledge of Kayaking

Participant surveys demonstrated a low level of awareness of the sport, with only 52% knowing sprint kayaking exists as a competitive sport, and **64% having never tried any form of kayaking before.**

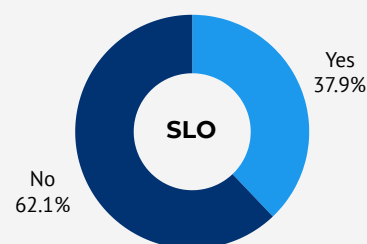
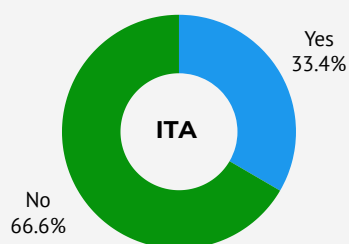
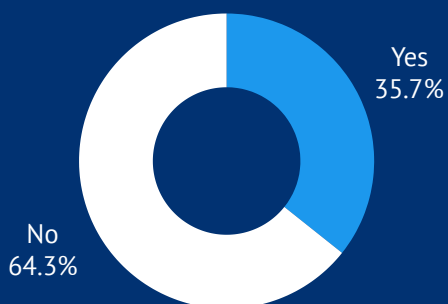
Combined Country Totals



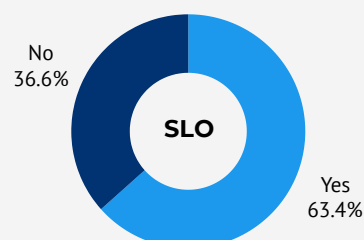
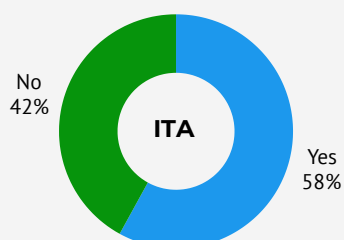
Did you know you can compete in sprint kayaking (before today)?



Have you been kayaking before today?



Would you like to try sprint kayaking on the water?



F FUN

"Training with friends in more fun.... and it was fun seeing our classmates try to do the exercises"

Daniele, 13 (ITA)

C COACHING

"It is very difficult to teach people who don't already know the things you know"

Tina, 12 (SLO)

"You need to be patient"

Ellie 12, & Ajda 14 (SLO)



M MORE EVENTS

The only thing Kc4u athletes thought we should change about the events was to run more of them.

N NEW PEOPLE

"I enjoyed meeting new people"

Riccardo, 15 (ITA), Ajda, Nadica 14, Mila 11 (SLO)

What the Kc4u athlete-coaches say

The Kc4u athlete survey asked the following questions about school events:

- What did you learn from coaching at the school events?
- What did you enjoy most about the school events?
- What influenced your enjoyment of the events?
- What do you think we should change about future events?
- Did you notice any differences between the events in Slovenia & Italy?

Challenges & Conclusions



The Kc4u School Events, provided a wonderful opportunity to promote crew kayaking, and our clubs whilst engaging teams of children in new physical challenges. The events followed the same format in both countries and were met with enthusiastic feedback from participants and schools. Launched as mini-coaches into the participating schools, Kc4u athletes' recognition of their own athletic skills and knowledge, ability to clearly articulate themselves, and effectively instruct others blossomed over the course of the program. The success of these events has paved the way for both CNO and KKZ to implement similar programs in the future.

Challenge #01

We had planned to run school events for groups of 40-80 children, however most schools opted for us to run events during regular PE classes leading to smaller groups and a much higher number of events than planned (19 instead of 6). Sustaining the coaching enthusiasm of younger club athletes (< 15 yrs) throughout multiple events in a single day proved difficult.

Challenge #02

62.5% of Slovenian Kc4u athletes found communicating with Italian school children very, or extremely difficult (4 or 5/5) and enjoyed the Slovenian school events more for this reason. 100%, of Slovenian Kc4u participants found Italian children to have a very low level of spoken English.

Challenge #03

Sports and PE are generally segregated by gender in many Slovenian schools. There was strong reluctance from some participants in Slovenia to work together in mixed-gender teams. This was not the case in Italy.

Conclusion #01

In-school crew kayaking events with multiple team-based activities, provide an excellent way of raising awareness of the sport of sprint kayaking among youth.

Conclusion #02

Kayak ergometers provide a great way to introduce children to kayaking in the school environment, removing all possible barriers to participation.

Conclusion #03

Participants' age did not correlate to their enjoyment of the events. Although the events were designed for children aged 10 to 14 years, participants aged 15-18 rated their experience equally high. This indicates that the current format is appropriate for a wide age range.

Conclusion #04

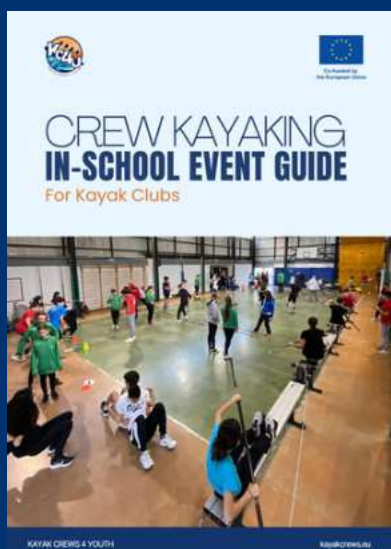
Forming mixed-gender and mixed school-class teams during physical challenges, can encourage a more cohesive school environment.

Conclusion #05

Limiting the number of events on one day, can help keep enthusiasm high among athlete-coaches. Increasing participant group size is a good way of doing this.

Kc4u Resources for the Implementation of School Events

The Kc4u School event resources provide a step-by-step guide to planning and hosting in-school sports events. In the guide for Kayak Clubs, you'll find the exact exercises used during the Kc4u school events, including 25 videos and tips for coaches. For other sports clubs, we've put together the essentials for developing your own fun and engaging school events to promote your sport, and drive club membership. All guides are free to download on the [Kc4u website](#)



*Tell me and I forget,
teach me and I may
remember, involve me
and I learn”*

Benjamin Franklin

ENGLISH

[Kc4u English School Event Guides](#)

ITALIAN

[Kc4u Italian School Event Guides](#)

SLOVENIAN

[Kc4u Slovenian School Event Guides](#)



OPEN DAYS



K4 Open Days

Circolo Nautico Oristano

The first Open Day was held on **Friday the 23rd of February** at CNO, after the Kc4u school events.

All open day attendees were able to try K4 kayaking by joining crews with the more experienced Kc4u athletes.

Regrettably, the weather was poor by Sardinian standards, leading many prospective parents to view it as unfavorable for kayaking. Nevertheless, CNO still managed to secure two new member registrations from this event.



This free event, saw a total of 37 kids on the water in kayaks. This included; **12 children who have never kayaked before**, 16 Kc4u camp participants, and 9 other CNO athletes.

Kajak Klub Zlatorog

Open Weeks: 22nd - 30 April, 2024

In order to give more local children the opportunity to try K4 paddling for free, KKZ decided to host an Open Week at the club following the Kc4u Kobarid School Events, despite this not being in the original project proposal.

Unfortunately, adverse weather conditions during the advertised week (April 22nd-26th) prevented watersport activities, leading to the addition of two extra open days on April 29th and 30th.

During these days, older KKZ athletes took Open Day participants and younger KKZ athletes on the water in the mini K4's acquired for the project.

Promotional efforts for the Open Day events at both CNO & KKZ included flyers and posters distributed during the Kc4u School Events and throughout the local community, as well as the utilization of social media.



Replacing the paddle with a broomstick, allows extremely young and inexperienced paddlers the opportunity to safely try crew kayaking

From these Open Weeks,
2 new permanent members joined KKZ;
boys aged 7 & 8



National K4 Day Slovenia

29th of June 2024

Kc4u held the first ever large scale K4 event in Slovenia at Lake Bohinj with organisational assistance from Kajak Kanu Klub Bohinj, and the National Kayak Federation of Slovenia (Kajakaška zveza Slovenije).

With 5 mini-K4's, and 5 full-sized K4's all in one place, Slovenian participants had a unique opportunity to train and compete together in both mixed-club and mixed-gender crews.



First K4 Experiences

As Slovenian National competitions do not currently have a K4 category, and many clubs don't have access to M/K4 boats, the K4 Day was many young paddlers first experience of K4 kayaking and racing



Brining Clubs together

The event united 8 Slovenian clubs, emphasizing the importance of K4 paddling within club programs. It encouraged clubs to supply more MK4s and K4s for their athletes, introduce K4 divisions in their competitions, and collaborate to create mixed-club crews in the future



Digital event management

A free [event website](#) (SLO) was built to provide additional event information to Slovenian clubs and also host the event registration form. The online platform **RaceID** was used to manage entries

TOTAL NUMBER OF PARTICIPATING ATHLETES & COACHES

88

AGE OF COMPETITORS

7-60+

K4 CREWS COMPETING

42



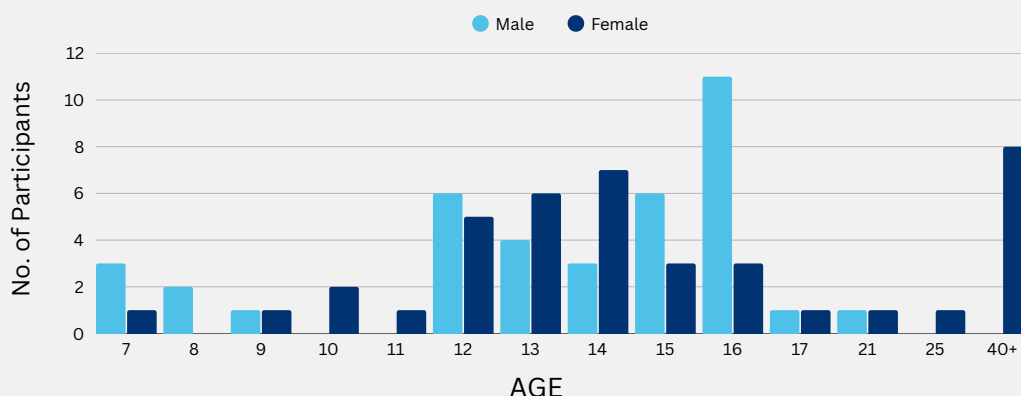
Participants

A total of 9 clubs participated in the National K4 Day; 8 of Slovenia's 10 clubs, plus CNO. To remove barriers to participation, Kc4u assisted Slovenian clubs with travel costs to the event. The participating clubs were:

- ▶ Kajak Klub Zlatorog
- ▶ Circolo Nautico Oristano
- ▶ Kajak Kanu Klub Bohinj
- ▶ Kajak Kanu Klub Adria
- ▶ Kajak Kanu Klub Orka
- ▶ Kajak Kanu Klub Žusterna
- ▶ Kajak Kanu Klub Ankaran
- ▶ Kajak Kanu Klub Krško
- ▶ Kajak Klub Soške Elektrane

- **40 female** and **38 male** athletes participated in the competition (of which 3 were coaches)
- **13 coaches**; 3 female, and 10 male were involved in the day
- **62** of the participating athletes were Slovenian, and **16** Italian
- Of the **57 Slovenian** competitors of standard competition age (<40yrs): 34 were male (60%), and 23 were female (40%)
- Of the Italian competitors of standard competition age (<40 yrs): 4 were Male, and 9 Female
- The 8 competitors in the veterans category were all female: 5 Slovenian, 3 Italian

Participants by Age & Gender



Event Structure

Coaches Meeting

The event kicked off with a coaches meeting for all clubs, where logistics for the day, and any last-minute changes to crews were addressed.

Morning Session

Non Kc4u camp participants were divided into 3 large groups of K4 crews for the morning session. The groups were divided by age/boat type, with all groups completing 3 different training activities:

- ▶ K4 exercises on land - 8 different stations
- ▶ K4 drills on the water - 5 crews together
- ▶ K4 race training on the water

Kc4u participants assisted with coaching the various morning activities.

The specific exercises and drills used for the morning session can be found in the Kc4u resource - [K4 Water & Land Drills](#)

Lunch

During the lunch break, participants had the option to squeeze in an extra training session in preparation for the competition

Competition

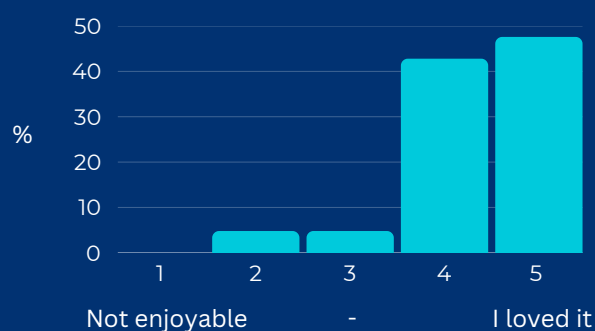
The competition was held in the afternoon, with races scheduled every 20 minutes. This allowed time for crew changeovers with set-up adjustments, and a very short race warm up.

Medal Ceremony

The event concluded with a medal ceremony held outside of KKK Bohinj.



Participant Event Enjoyment



K4 Competition



Crew formation

During the registration process, Slovenian clubs had the option to either assemble their own crews comprising athletes from multiple clubs, or allow event organizers to handle crew formation.

Crews were filled first with all Slovenian athletes to test potential combinations for future competitions. In cases where there weren't enough athletes in a specific age category, Italian athletes from CNO filled the empty places. CNO crews also filled any empty lanes.

Categories

A total of **42 K4 crews** were formed, competing across **15 categories** that included male, female, and mixed-gender races. Races were conducted in standard international racing categories: U10, U12, U14, Junior (15-18), U23/Senior. A veterans category was added to the competition, allowing young paddlers to witness first-hand that kayaking can be a lifelong activity. Most of the Kc4u staff and some older visiting relatives competed.

Medals were awarded in all categories at the conclusion of the day.

Racing

All races were held over the distance of **500m** as this is likely to remain the K4 Olympic race distance in coming years.

Each race featured a maximum of five boats (MK4 or K4). To save time and enhance the competitive atmosphere, some categories with fewer crews were combined. Races were scheduled at 20-minute intervals to allow crews time for boat setup and warm-ups together.

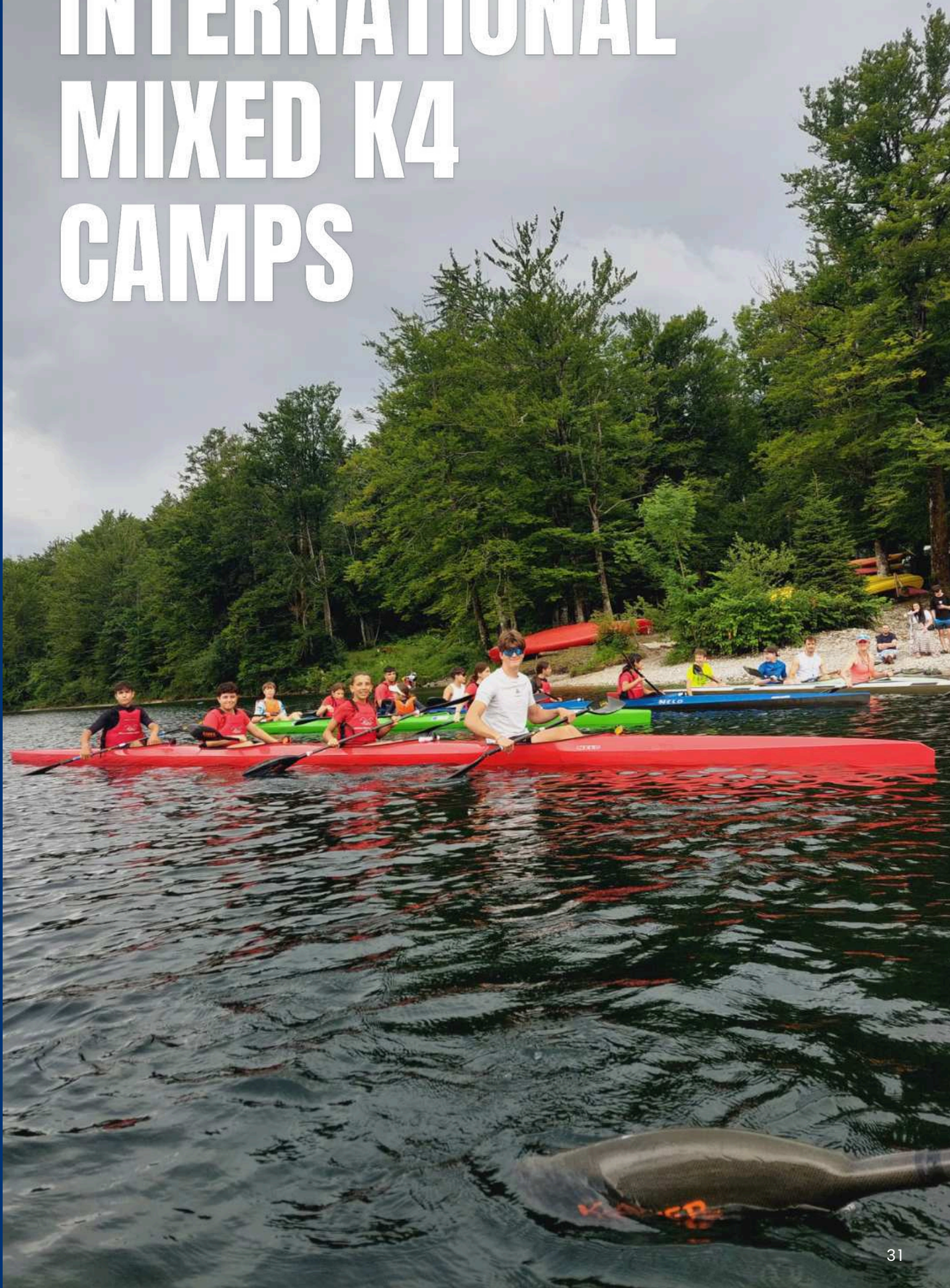
Timing was conducted manually by three staff and volunteers, with video recordings capturing all race finishes.

100%

Of Slovenian participants think
there need to be more K4
competitions in Slovenia



INTERNATIONAL MIXED K4 CAMPS





International K4 Winter Camp, Sardinia

18-24 February 2024

The winter Kc4u K4 camp featured a packed schedule that included the K4 training camp, 14 Kc4u School events at three different schools, a beach cleanup paired with an art project that blended environmental stewardship and artistic expression, an open day at CNO, and local excursions to discover the area's natural and cultural history.



Recognising that travelling abroad for a subsidised project is a rare and valuable opportunity, it was decided that the travelling country would choose their participants first, while the host nation would fill any open spots to maintain a 50/50 gender ratio. This allowed both clubs to select and reward the athletes who consistently work the hardest and display other qualities such as reliability, team spirit, and a positive attitude.

Timetable

Sunday 18.02	Monday 19.02	Tuesday 20.02	Wednesday 21.02	Thursday 22.02	Friday 23.02	Saturday 24.02
10:00-13:00	07:30-13:30	07:30-13:30	07:30-13:00		9:00-13:00	08:30-13:30
Introduction & Training Workshop All participants @CNO clubhouse, Cabras	Kc4u School Event Istituto Comprensivo, Cabras @Cabras	Kc4u School Event Istituto Istruzione Superiore 'Mariano IV d'Arborea' @Oristano	Kc4u School Event Istituto Comprensivo n2 Oristano @Oristano	Free morning for KKZ @house School for CNO	Nature & Cultural Excursion KKZ San Giovanni di Sinis & Cabras Museum School for CNO	Beach Clean Up & Art Project All participants @Torregrande
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
16:00-18:00	15:30-18:00	16:00-18.30	16:00-18.30	15:00-16:00	15:00-18:30	16:00-18:00
Kayak training session KKZ @CNO	K4 Group Training @CNO	K4 Group Training @CNO	K4 Group Training @CNO	Meeting with FICK President All participants @CNO	CNO Open Day All participants @CNO	Final K4 session @CNO
				16:00-18:30 K4 Group Training @CNO		19:30 Farwell Group Dinner All participants @Oristano

The winter camp was held during the Slovenian school holidays. As the mid year Italian and Slovenian school holidays do not align, and it was important that no athletes miss school, joint trainings could only be held afternoons and weekends.



37.5%

of SLO Participants had never travelled by aeroplane before the camp

Participants

A total of **16 athletes** participated in the Sardinia Training Camp, with 8 girls (11-14 yrs) representing Slovenia, and 8 boys from Sardinia (9-15yrs). Among the girls, one athlete had a physical disability. The Slovenian athletes were accompanied by coach and PM Melanie Schembri Waite, and coach Jakob Stojanović.

An additional **21 CNO club athletes** were involved in the Kc4u School Events, and almost all club members were present at the Beach Clean Up.

Coaches: Angelo Casu, Gian Marco Patta, Cecilia Tola, Valeria Saba (ITA), Melanie Schembri Waite, Jakob Stojanović (SLO)

Mixed K4 Training

Scheduled during after-school hours, these sessions marked the first comprehensive K4 training experience for the majority of Slovenian participants. To facilitate the development of K4-specific skills, each session began with a warm-up that included various K4 drills both on land and in the water.

Each K4 crew typically consisted of two girls from Slovenia and two boys from Italy. More experienced athletes paddled in the full-sized K4s, while those with less experience used the Mini K4s (MK4s). Throughout the week, several athletes were ill, resulting in absences and making it difficult to maintain this boat composition for every session. Two of the Kc4u coaching staff, Jakob and Melanie, joined the athletes on the water in the K4s to substitute for those who were absent when needed.

With mixed-nationality crews, effective multilingual communication became a vital aspect of the K4 sessions. Athletes and coaches had to step out of their comfort zones, requiring them to converse in a mix of Italian, English, and Slovene.

By the end of the training week, participants reported feeling more confident in their K4 skills and better connected to their teammates. The experience not only enhanced their athletic abilities but also enriched their personal growth, leaving everyone eager for future sessions.



Nature & Cultural History Excursions

On the morning of Friday the **23rd of February**, excursions were organised for the KKZ athletes to San Giovanni di Sinis/Tharros, and the Cabras Archaeological Museum. This gave the girls the opportunity to experience the local natural environment with a walk along the peninsula (with some brave girls also choosing to swim), and then learn about the rich cultural history of the area with a guided tour of the museum.



Visit of FICK President

Luciano Buonfiglio, the president of the Italian National Canoe Kayak Federation (**Federazione Italiana Canoa e Kayak - FICK**), was unexpectedly in Sardinia during the February Kc4u program.

A visit was organised at CNO, which provided the opportunity for him to meet with all the project participants and introduce the project.



Life Skills

During the winter camp, the KKZ team (SLO) stayed in self-catered accommodation within walking distance from CNO clubhouse in Cabras. Italian participants stayed at home as they had school in the mornings.

The athletes assisted with the preparation of most meals and cleaning of the house when time permitted. KKZ coaches used this opportunity to educate the girls more about healthy eating and sports nutrition.

With only one bathroom shared among ten individuals, the girls also learned to be more mindful of each other.

To foster authentic interactions among the girls, mobile phones were only permitted for short periods during the day and were collected by staff overnight.

Photos (R):

1. Coach Jakob breaking gender stereotypes and leading the meal preparations
2. Dinner at the house
3. Dishes washed by the girls on a roster



Final Dinner

The final pizza dinner with both KKZ & CNO was organised in Oristano at the request of the athletes



L LOVE OF KAYAKING

"I enjoyed meeting foreign people who share the same passion for kayaking as me"

Stefano, 12 (ITA)

F FUN

"It was fun to spend time with people we don't know, and a good way to get to know each other better. I also enjoyed doing different training sessions."

Gianmichele, 12 (ITA) on K4 training



M MIXED K4

"It was good to paddle with boys from another country, because we don't have so many at our club"

Nadica, 14 (SLO)

C COMMUNICATION

"The thing I enjoyed most about K4 training was communicating with foreign (Italian) crew mates"

Ajda, 14 (SLO)

What the participants say

Participants from both countries agreed the camp should have been longer



Challenges & Recommendations

The winter camp achieved many significant milestones and successes for both the project and its participants. However with a busy schedule brimming with numerous first-time activities, and CNO participants still attending school, the camp faced several challenges.

Challenge #01

With the expansion of the school events program from 3 to 14 events, and KKZ needing to shop for and prepare all meals, the schedule for the Slovenian team was extremely full, with little down time.

Challenge #02

With the CNO children staying at home, and having to attend school in the mornings, there were limited opportunities for camp participants to socialise with their foreign teammates outside of training.

Recommendation #01

We recommend that school events be limited to a maximum duration of 2 hours per day when held during camps, and would avoid scheduling them on consecutive days.

Recommendation #02

Cooking and cleaning with participants is highly beneficial, however more time is needed to be scheduled for this. We would also recommend a higher staff-child ratio.

Recommendation #02

To maximise intercultural interactions, we suggest that in the future, all participants stay in the same accommodation, even if they are in their hometown.

Recommendation #03

To create additional opportunities for collaborative activities, we recommend that participants miss some school if holiday schedules differ between countries. In this case, it's advisable to allocate time for completing school work under staff guidance, especially for students with academic problems.



International K4 Summer Camp, Slovenia

23-30 June, 2024 - Lake Bohinj

The second international K4 Camp welcomed **28 athletes and 4 coaches** from Slovenia and Italy. With the summer holidays allowing all participants to come together, the team resided at PAC Hostel, situated on the shores of Lake Bohinj. Participants were housed in mixed-nationality dormitories, fostering an environment of camaraderie and cultural exchange. Mobile phone usage was again limited to encourage face-to-face interactions and a deeper immersion into the camp experience



Throughout the week, participants took part in various activities designed to enhance their K4 paddling techniques and teamwork abilities. They also had the opportunity to discover some of Slovenia's most untouched natural water landscapes and enjoyed free time to build personal connections while unwinding in the breathtaking surroundings.

100%

of Italian participants were in Slovenia for the 1st time!

Participants

In total **28 athletes and 4 coaches** participated in the camp as outlined in the proposal. The coaches in attendance were Melanie Schembri Waite and Jakob Stojanović from Slovenia, along with Gian Marco Patta and Cecilia Tola from Italy.

With equality standing central to Kc4u's goals; 8 female and 6 male participants from CNO Italy, and 6 female and 8 male participants from Slovenia were due to attend the camp. Unfortunately, two of the Italian boys had to withdraw from the camp just prior to the start. As CNO didn't have any extra suitable boys to replace them with, they added 1 extra girl, and the final place was filled by an extra boy from Slovenia. This resulted in a final count of **15 female participants, and 13 male participants** with 15 Slovenian athletes, and 13 Italian. 3 of the CNO participants had never travelled outside of Italy before the camp.

To maintain the gender balance, the 15 Slovenian athletes came from multiple clubs; Kajak Klub Zlatorog (6), Kajak Kanu Klub Bohinj (4), Kajak Kanu Klub Krško (3), Kajak Kanu Klub Adria (2). Ten of these participants were new to the project. All Italian participants from CNO had previously taken part in one or more of the Kc4u winter activities held in Sardinia.

3 Slovenian athletes were below the proposed aged range of 10-16 years. However, prior to the camp their coaches and parents agreed they could manage the program.

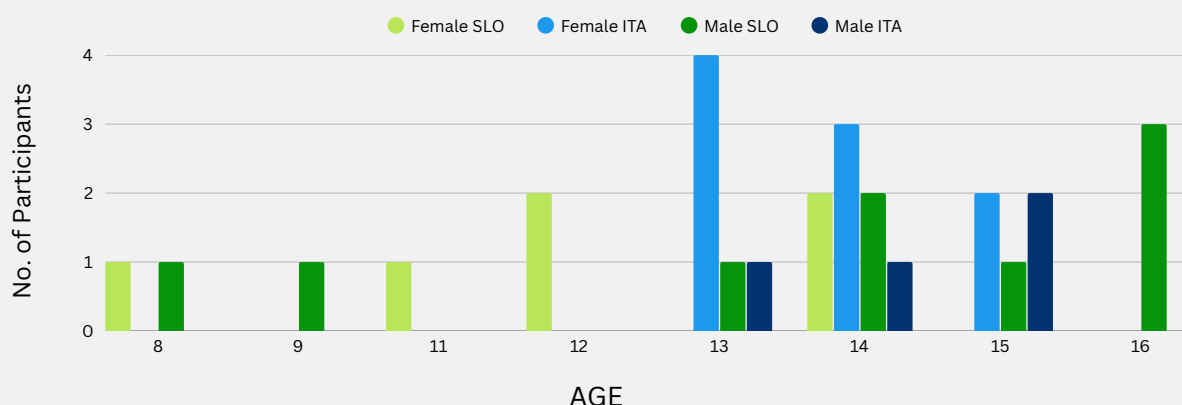
Guidelines about how participants were expected to behave, and treat each other, the staff, and the environments were laid out in the Code of Conduct which was signed by all participants prior to the camp.



75%

of camp participants
have been training
sprint kayak for 2-4
years

Bohinj Camp Participants by Age, Gender & Nationality



Timetable



Sunday 23.06	Monday 24.06	Tuesday 25.06	Wednesday 26.06	Thursday 27.06	Friday 28.06	Saturday 29.06	Sunday 30.06
	07:00	09:00	08:30	08:30	09:00	08:00	09:00
Travel Day CNO	Travel CNO & KKZ to Bohinj - Car Train	Mixed-K4 Training	K1 Technical Training	Mixed-K4 Training	Mixed-K4 Training	National K4 Day	Nature Excursion Mostnice Gorge
	K1 Training session	Stretching - Dining Hall	Stretching - Dining Hall	Stretching - Dining Hall		Morning Training Land & Water	
		11:30	11:30	11:30			
	Arrival 2nd group of SLO athletes*	Group Social Media	Group Social Media	Group Social Media	Filming of K4 Water Drills		
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	14:00	14:00	14:00	14:00	14:00		14:00
	Welcome Meeting with all participants	Free time	Free time	Lake Bled Excursion Walk + Toboggan, or K1 training + swim	Group Social Media	National K4 Day	Mixed-K4 Training session
						Competition & Presentation	
	16:30	15:30	16:00		16:00		
	Mixed-K4 Training	K4 Land Drills	Mixed-K4 Training		K1 or K4 water session		Group Social Media
		K1 or K4 training			Stretching - Dining Hall		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Dinner with KKZ & CNO Most na Soči	Group Social Media	Free time	Free time	Free time	Trit-Lingual Language Quiz Night	Free time	Farwell Dinner
							22:00 Optional Night Paddle

Participants favourite sporting activities during the camp

No data to display



Mixed K4 Training

The primary focus of the Kc4u Summer Camp was mixed-gender, mixed-nationality K4 training.

Whenever possible, each of the **seven K4 crews** consisted of 2 Italians and 2 Slovenians, with 2 boys and 2 girls. Although last-minute changes in participants occasionally made this arrangement challenging, every K4 boat consistently included both nationalities and genders.

Daily mixed K4 sessions were conducted throughout the camp, with coaches rotating crew members each day. This approach provided athletes with the opportunity to experience the benefits and challenges of paddling with various teammates. Crews were often intentionally formed with a mix of abilities, allowing less experienced athletes to learn from their more seasoned peers.

Each water session began with a warm-up on land. These warm-ups had multiple components featuring games, drills, and other activities designed to:

- Build a sense of camaraderie and team atmosphere
- Get athletes out of their heads and into their bodies
- Challenge coordination
- Prepare the cardio-respiratory system
- Wake up fast reaction speeds
- Work on dynamic mobility

Water sessions comprised of a combination of technical skill development, general preparation, and race-specific training.

Additional technical sessions were also held on land in preparation for the National K4 Day, and filming of the educational resources.



Free Choice Sessions & Mobility



Inexperienced K4 crews, and athletes with poor physical and technical adaptability, have less control over the boat's movement compared to in a K1, and often become sore quite quickly when paddling with a new crew. To address this issue, on days featuring morning and afternoon water training sessions, athletes were given the choice to paddle either in K1's, or in a K4 formation of their own choice for one session. This flexibility allowed those who were physically struggling in the K4s to continue training on the water.

Additionally, group stretching and mobility sessions played a crucial role in the program.

Optional Night Paddle

With good weather and calm water conditions on the final night of the project, participants were given the option of going for a late-night paddle on Lake Bohinj.

Eight participants and a coach took up the unique challenge of circumnavigating half of the lake in the dark. It was impressive to see how all the participants took extra special care to paddle with each other. The older faster kids, who often try to race off on their own during daytime sessions, set aside their own competitive drives to ensure the safety and inclusion of the younger athletes, happily buddying up so no one was left behind.

We highly recommend adding a night paddle to all similar programs in the future to help build more cohesive and effective teams, particularly in groups with a wide age range.

Excursions

Lake Bled

During the excursion to Slovenia's famous Lake Bled, participants had the option to select from a range of activities on and around the lake. Each participant opted for one of two choices:

- paddle in their K1 kayaks, followed by a refreshing swim
- take a leisurely walk around the lake, then enjoy the exhilarating experience of tobogganing at Straža Bled.



Nature Excursion – Mostnice Gorge

In keeping with the project's aim of increasing awareness around water pollution, all participants and staff, hiked through the Mostnice Gorge, seeing (and tasting) some of the purest freshwater water in the world.

This excursion gave the Sardinian participants the opportunity to compare water quality and conservation to the water at home.



L LAKE & LANDSCAPE

The Italian team's favourite things about Slovenia were unanimously voted the lake (Bohinj) & the landscape

S SOCIALISING

Participants rated informal socialising the highest of all non-training related camp activities

D DIFFERENT TECHNIQUE

"I learnt that different countries have different paddling techniques"

Laura, 13 (ITA)

C CHANGES

The majority of participants wouldn't change anything about the camp. A few of the older participants would have liked more training sessions



What the participants say

"This was the best week of my life! Can we have this (camp) again next year?"

Nadica, 14 (SLO)

Challenges & Recommendations

An overwhelmingly positive experience for all, the summer camp provided a unique opportunity to build friendships and deepen knowledge across borders, acquire new skills, and be immersed in a vibrant multicultural environment. Despite the challenges faced, the dedication and enthusiasm of both the athletes and coaches ensured that everyone left with treasured memories and meaningful experiences.

Challenge #01

Due to the generally low proficiency in spoken English among Italian participants and the absence of a common language, many athletes faced challenges in communicating with their international teammates - rating communication as the hardest thing about paddling in mixed-nationality crews. This led to many participants preferring to spend free time with their teammates from home.

Challenge #02

The ability, physical size, and age varied widely between participants, with physically larger athletes not necessarily being more skilled or older. With a limited number of different sized K4's available, the composition of crews sometimes came down to who would fit in each boat, rather than forming more ideal crews based on skill levels.

Challenge #03

Situated inside a National Park, only 3 motorboats are permitted to be used on Lake Bohinj. Regrettably, the National Federation boat designated for the project was under repair for most of the camp. As a result, most of the water coaching had to take place from kayaks, with the bulk of the K4 coaching duties falling on just two coaches—PM Melanie and Jakob. Additionally, this restricted opportunities to film high quality videos for the educational resources.



Recommendation #01

Given that participants show a strong preference for informal learning activities, we recommend organizing additional intercultural events during camps that feature mixed-nationality team games and competitions.

Recommendation #02

Increasing the availability of K4 boats in various sizes would open up more opportunities for a greater number of diverse crew formations.

Recommendation #03

Finding the right balance between training in mixed-ability crews and similar-ability crews can enhance both skill development and enjoyment during training. We suggest including a sufficient number of participants at various skill levels to facilitate this during training camps.

Recommendation #04

For a group with both full sized and mini K4's a minimum of 2 coaching motorboats are recommended.

Recommendation #05

Night paddles with participants of different ages and abilities are highly recommended to be included in all future programs to help build better team integration.

A group of people, including children and adults, are participating in a beach cleanup and art project. They are standing on a grassy, rocky shoreline next to a body of water. Some individuals are holding large, clear plastic bags, likely for collecting debris. The background shows a calm body of water under a blue sky with scattered clouds. The foreground is filled with green grass and small purple flowers.

BEACH CLEAN UP & ART PROJECT

Beach Clean Up & Art Project

24th of February, 2024

As kayakers feel the water on their skin and hair while paddling, they are directly confronted with the pressing issues surrounding water quality and pollution every time they get in their boats.

While Slovenia boasts some of the most pristine and least polluted natural waterways worldwide (leading many Slovene children to believe that such conditions are the norm everywhere), Sardinia, like many regions, grapples with significant challenges related to water and beach pollution.

Exposing Kc4U participants to the differing water conditions in both countries, presented a unique opportunity to address the issues of water pollution in meaningful and tangible ways that cannot be duplicated in a classroom setting.



To engage participants and the wider community in active conservation and further illuminate issues around waste disposal and everyday recycling, the beach clean-up event was held at Torregrande, not far from CNO. Promoted at the KC4u School events and around the local area, the event was attended by 45 people. Participants started from the Torregrande port and worked their way along the beach. Gloves were provided, and waste was sorted into types as it was collected.

The event was also attended by Andrea Pigato of the environmental organisation *Plastic Free Sardinia* who provided advice on the sorting and disposal of the waste.



73

Garbage Bags of Waste

and a number of larger items
were collected in 2 hours

45

Participants

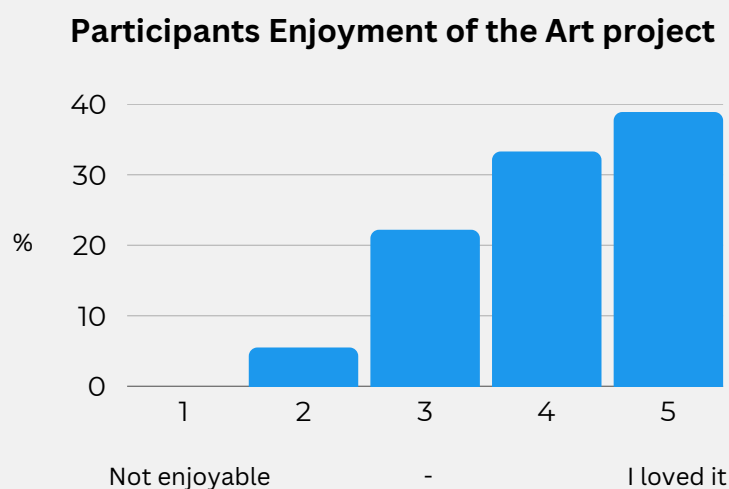
33 Children , 12 Adults

Art Project

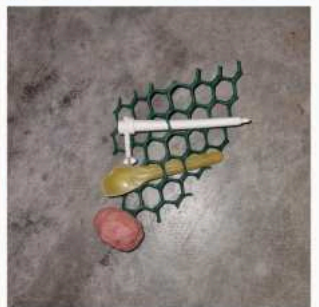
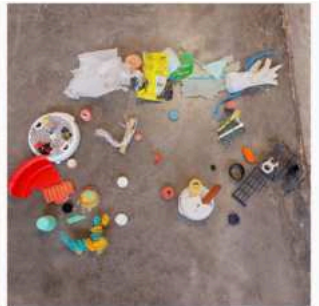
The art project segment of the event drew inspiration from an exhibition by [Andrea Pala](#), held in Oristano in 2023. Andrea participated in the morning beach cleanup and led this segment of the event. He started by displaying some of his artwork made from the debris collected, while addressing various issues related to local water and beach pollution, including the types of waste he uses in his art and their origins.

Following this, the children were divided into groups and provided with baskets of waste that Andrea had previously gathered and cleaned. They were then encouraged to unleash their creativity using these materials.

Although the planned beach paddle was cancelled due to unfavourable conditions, it was substituted with an additional K4 training session in the afternoon.



100



M MORE RUBBISH

95% of participants said there was more rubbish on the beach than they expected

S SURPRISING OBJECTS

Some of the objects participants were surprised to find were: gas stove cylinders, a printer, a fan, a washing machine, and a fridge



I ISLANDS OF WASTE

"I learnt that islands of waste can also form in small water bodies, not just the ocean"

Stefano, 12 (ITA)

S SLOW TO DECOMPOSE

"I learnt that waste stays in the water and on the shore for a long time, it takes a long time to decompose"

Ajda, 14 (SLO)

What the participants say

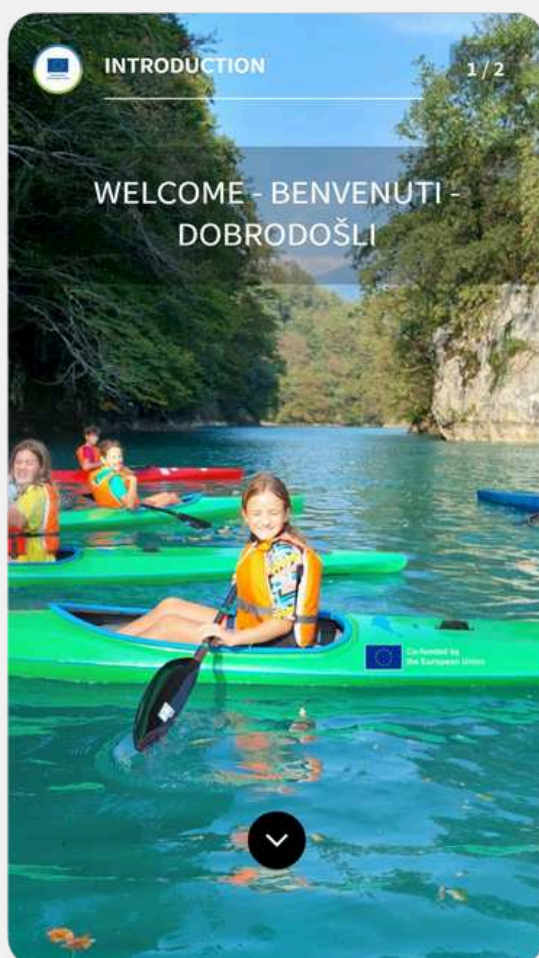
94% of participants think we need to organise more events like this



FOREIGN LANGUAGE LEARNING

Foreign Language Learning

As a cross border project, multilingualism forms an important part of Kc4u's mission, providing learners with the opportunity to embrace and explore diverse languages and cultures. Over the course of the project, participants engaged in a wide array of foreign language learning activities from digital courses to in-person interactions in English, Italian, and Slovene.



With mixed-nationality, mixed gender K4 crews forming the heart of the Kc4u sporting activities, communicating in three languages became essential to navigating the challenges of paddling together, and provided a gateway to forming meaningful connections with new friends.

This holistic approach to language learning enriched the participants' experiences and created a community where diversity was celebrated and embraced.



Overview of Foreign Language Activities

<p>► My English A1</p> <p>This free online course is hosted on the EU Academy platform. It was completed at home by Italian participants before the Kc4u winter K4 Camp</p>	<p>Completed by: 8</p> <p>Average time to complete: not available</p>
<p>► My Italian A1</p> <p>This free online course is hosted on the EU Academy platform. It was completed by Slovenian participants before the Kc4u winter camp. The majority of these participants completed the course at the KKZ Language School</p>	<p>Completed by: 8</p> <p>Average time to complete: 30 hours</p>
<p>► Kc4u Tri-lingual Language Course</p> <p>Developed by Kc4u coaches and athletes, this interactive course covers basic sport-specific language in ENG, SLO, & ITA. The course was completed by all summer & winter K4 Camp participants</p>	<p>Participants who recorded audio: 11</p> <p>Completed by: 38</p> <p>Average time to complete: 1.5 hours</p>
<p>► Kc4u Live-Language Quiz</p> <p>Not in the original project proposal, this activity was added to the program during the SLO K4 camp to encourage more inter-cultural mixing and foreign language practice</p>	<p>Participants: 28</p> <p>Time: 1.5 hours</p>
<p>► Tri-lingual Videos</p> <p>Participants of the K4 summer camp in were split into groups of 4. Each group produced 10 short videos (<30 seconds) featuring all 3 project languages.</p>	<p>Participants: 28 (7 groups)</p> <p>Videos produced: 70</p>
<p>► Language in Action</p> <p>Participants frequently practiced their foreign language skills during the project; at school events, during K4 training, in mixed-nationality dorms, during excursions, and in their free-time</p>	<p>Participants: c. 600</p>

EU Academy Courses

My English A1

The 8 boys from CNO taking part in the full program of Kc4u winter activities in Sardinia completed My English – A1 at home as planned. These participants all have English as a compulsory subject at school, and except for some technical issues with the EU Academy platform, they completed the course without many problems.

As KKZ athletes communicate in with their coach in English during regular training sessions, and have an extremely high level of skill in this language, this course was deemed unnecessary for them to take.

My Italian A1

My Italian A1 was completed by the 8 Slovenian athletes who travelled to Sardinia for the winter activities. Two of these athletes study Italian at school.

When this course was proposed, we were aware that many Slovenian children at KKZ have learning difficulties, and long-standing problems with academic work at school. However, we were unaware that many of the children from KKZ participating in the program do not have access to a computer at home. Furthermore, not all children participating have a mobile phone, and those that do have a phone have no/limited internet access, or their phones wouldn't run the EU Academy courses.

To ensure that the Slovenian participants could complete the course, we needed to introduce an additional Kc4u program– the KKZ Italian language school.

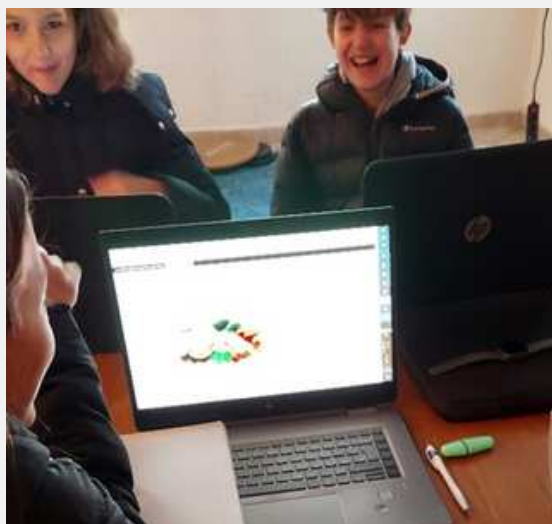
Given the challenges and the time required for many participants to finish this course, the new Slovenian attendees for the summer camp were exempt from completing the course as originally proposed. Nevertheless, they successfully took part in all other foreign language activities and courses, and additional language learning opportunities were added to the program.



KKZ Italian Language School

The KKZ Italian Language School was run by Melanie Schembri Waite (the project coordinator) at the KKZ clubhouse on Saturday afternoons for 3 hours each week. These classes lasted from the beginning of December 2023 to mid-February 2024.

Six Kc4u participants from KKZ completed the My Italian – A1 course under Melanie's supervision. They were all closely supervised throughout the entire course to check for understanding and proper completion of all modules. During the classes, extra time was spent working on Italian pronunciation and speaking skills. Participants were also assisted with general study skills and note-taking.



Many of the participants of My Italian A1 found this course extremely difficult, for several reasons;

- Different style of presentation of lesson material from what they are used to in school
- No/little prior experience with self-directed learning
- Very poor study and memory skills, stemming from an emphasis on rote learning and excessive repetitive writing out of lines at school
- Lack of basic computer skills
- Technical issues with the EU Academy platform.

Due to these issues, modules took up to three times longer to complete than they should have (3 hours instead of 1).

Kc4u Tri-lingual Language Course

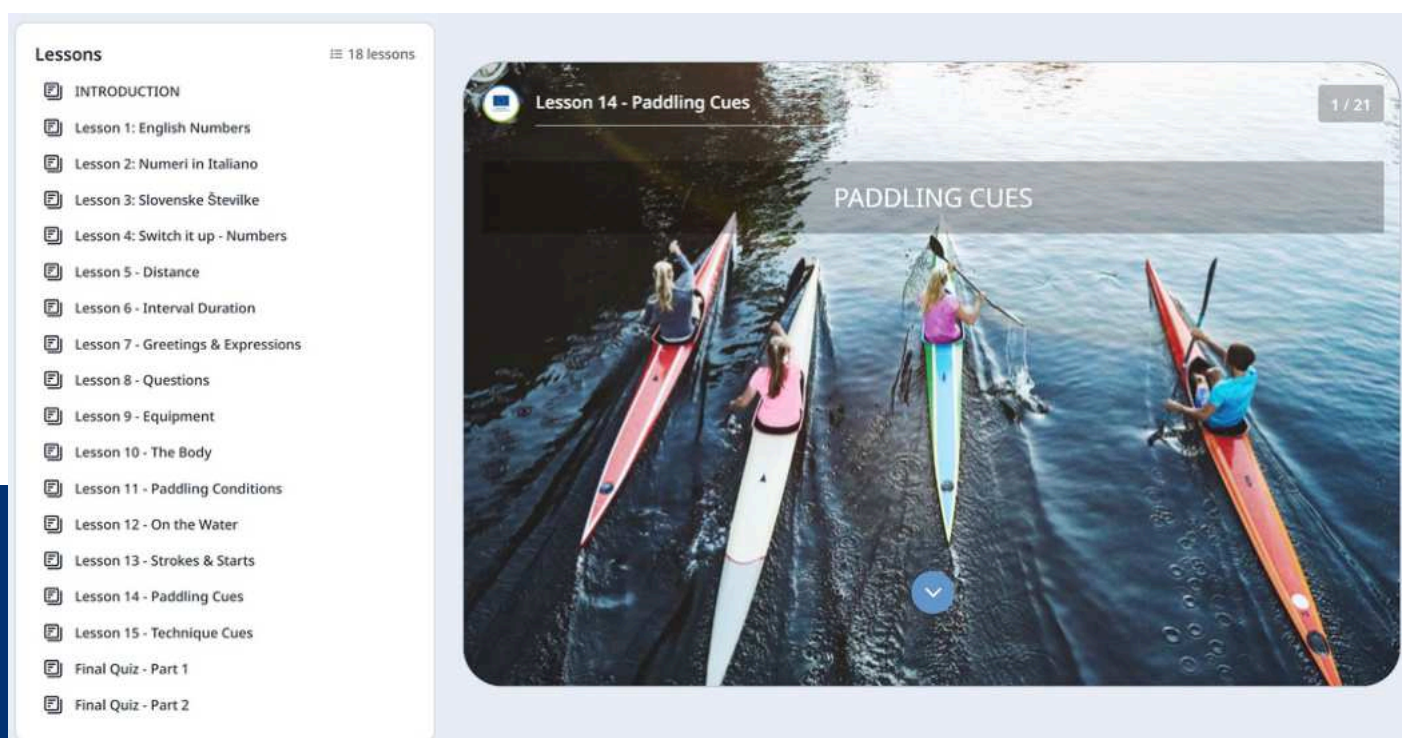
The Kc4u Tri-lingual Language Course is freely available as both a mobile app and a computer version. Created by the Kc4u staff and athletes, it includes fundamental paddling and training-related terms and phrases in English, Slovene, and Italian.

Initially designed to take students around an hour, the course duration was extended during its development and took most participants an average of 1.5 hours to complete.

To enhance Kc4u participants engagement and interest in the course, all audio recordings were made by the athletes themselves. Slovenian athletes were also involved in filming videos/GIFs for the Technique Cues module. The course was completed by all of the participants of the two Kc4u international K4 Camps, including staff.

Course Overview

- ▶ Introduction
- ▶ 15 Lesson modules
- ▶ Final Quiz (content from all lessons)





Course Format

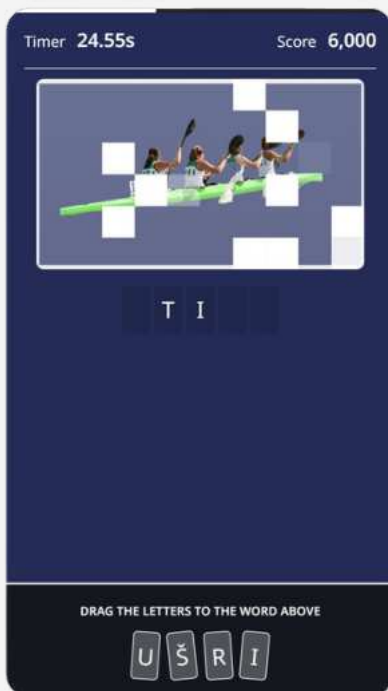
Built on the platform [EdApp by Safety Culture](#), the course is highly interactive.

Within every lesson there are questions and games which test the learners' knowledge. Points are awarded for correct answers and time taken. These points show on a leaderboard which can be viewed at any time via the home page.

13 different types of questions and games are used throughout the course:

- | | |
|------------------------------|---------------------|
| 1. Image drag to match | 8. Sentence builder |
| 2. Reorder a list | 9. Missing Letters |
| 3. Audio multiple choice | 10. Letter re-order |
| 4. Audio drag correct answer | 11. Match the pairs |
| 5. Find a word | 12. Select a word |
| 6. Memory (tile game) | 13. Elevator |
| 7. Chat | |

All basic vocabulary is presented with matching images and audio. From lesson 4 onwards, course content is presented in all 3 languages simultaneously. Vocabulary and expressions which relate to paddling technique are presented with animated GIFs. To aid study and revision, several modules also contain 'Cheat Sheets'.



76%

of participants completed the course using the mobile app

Participants' favourite element

Gamification



Leaderboard



Course content



Earning Points



Screenshots


Lesson 4: Switch it up - Nu... 2 / 9

Numbers Cheat Sheet


	ENG	ITA	SLO
1	one	uno	ena
2	two	due	dva
3	three	tre	tri
4	four	quattro	štiri
5	five	cinque	pet
6	six	sei	šest
7	seven	sette	sedem
8	eight	otto	osem
9	nine	nove	devet
10	ten	dieci	deset
11	eleven	undici	enajst
12	twelve	dodici	dvanajst
13	thirteen	tredici	trinajst
14	fourteen	quattordici	štirinajst
15	fifteen	quindici	petnajst

Continue


Lesson 7 - Greetings & Ex... 3 / 14




SEE YOU LATER



BUONGIORNO



ADIJO



živjo

DRAG THE IMAGES TO THE CORRECT GREETING

Lesson 9 - Equipment 6 / 13

Find the word 'footrest' in all 3 languages

I A D O S R K T E
A R E I L A D E P
A I I N O Ž N I K
I S P Ž K S L Ž S
I O A O O K T A S
R T S E R T O O F
R E P A Ž O T Ž T
D D O S L N O K F
T L R N T F D R R

FIND THE WORDS IN THE GRID

Lesson 10 - The Body 14 / 21

THE BODY



HEAD: la testa / glava
SHOULDER: la spalla / rama
BACK: la schiena / hrbet
CHEST: il petto / prsni koš
HIP: l'anca / boki
STOMACH: lo stomaco / trebuh
ELBOW: il gomito / komolec
ARM: il braccio / roka
HAND: la mano / alan
LEG: la gamba / noga
KNEE: il ginocchio / koleno
FOOT: il piede / stopalo

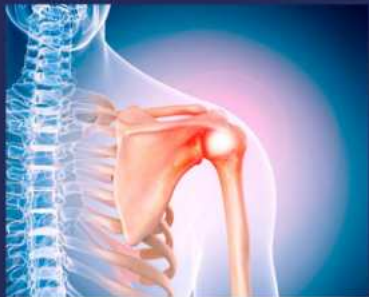
Continue

Lesson 14 - Paddling Cues 11 / 21



Catch the water together
Attacchiamo assieme
Ujemi vodo skupaj

Lesson 10 - The Body 3 / 21



shoulder
la spalla
rama



Kc4u Tri-Lingual Kayak Language Course Access



Mobile Phone Access

1. Go to Google Play or Apple
2. Download and install **EdApp**
3. Create a free account with an email address and password
4. Log in
4. While logged in, scan the QR code below and you will be directed to the course.



Computer Access

1. Go to: <https://link.edapp.com/xCHOsCPhzEb>
2. Sign up for a free EdApp account with your email address and create a password
3. You should automatically be directed to the course

Kc4u Live Language Quiz

To provide participants with additional opportunities to use what they had learnt in the language courses, and encourage more interaction with their foreign teammates, a live language quiz night was held on the 5th night of the summer K4 camp (28.06). This was event was not part of the original proposal.

Participants were divided into mixed nationality teams of 4 people, with the teams competing over 3 rounds for a prize.

Questions based on the vocabulary from the Kc4u Tri-lingual language Course were asked in English. Italian native speakers were required to answer questions in Slovenian, while Slovenian speakers responded to questions in Italian. Team members were allowed to assist each other in preparing their answers.

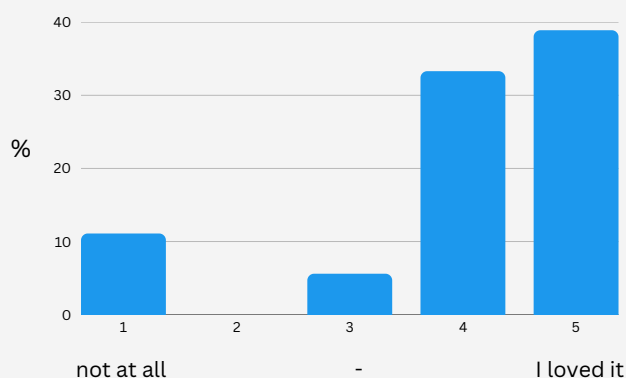
Participants were as competitive off the water as on it, and the final rounds become extremely lively.



78%

of participants thought this event enhanced their knowledge of the course

How the participants rated their enjoyment of the Live Language Quiz



Tri-lingual Participant Videos

Initially, our plan was for the athletes to create 10 short (15-30 seconds) tri-lingual social media videos in mixed-nationality groups of four, with production distributed across both K4 camps. This initiative was designed to promote cross-cultural communication and collaboration among the athletes while enhancing their digital storytelling skills.

The extra time spent at Kc4u school events and illness in Sardinia prohibited filming of videos during the Italian Camp, so all clips were filmed in Slovenia. Participants kicked-off the activity during a planning meeting in which groups were encouraged to come up with a unifying theme for their clips.

Considering the participants' age and their very high consumption of social media usage in daily life, Kc4u staff were surprised by the limited filming and editing skill, and creativity shown by most of the groups. In the future, we suggest inviting an external professional to conduct dedicated workshops in these areas.

A selection of the most engaging videos created by the participants has been compiled for sharing on the Kc4u Instagram account.



2nd

Participants rated making videos
the 2nd most enjoyable foreign
language activity

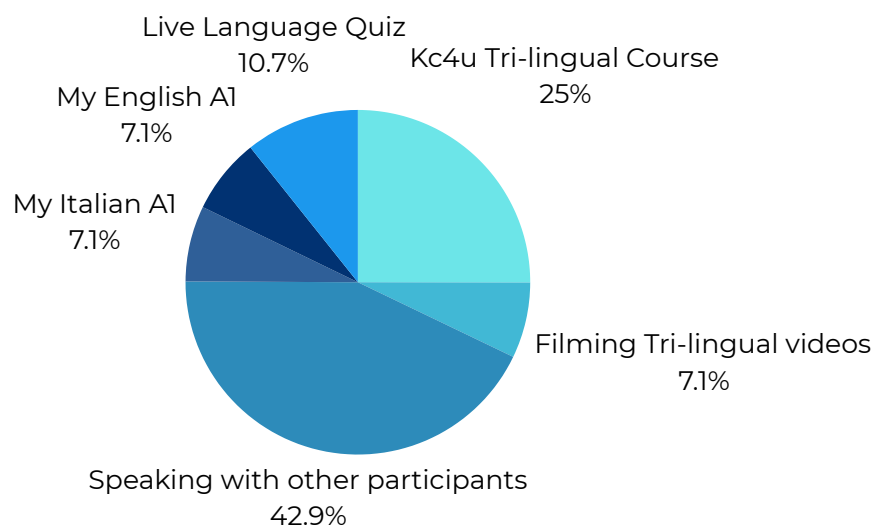
What the participants say

Which foreign language activity was the most enjoyable?

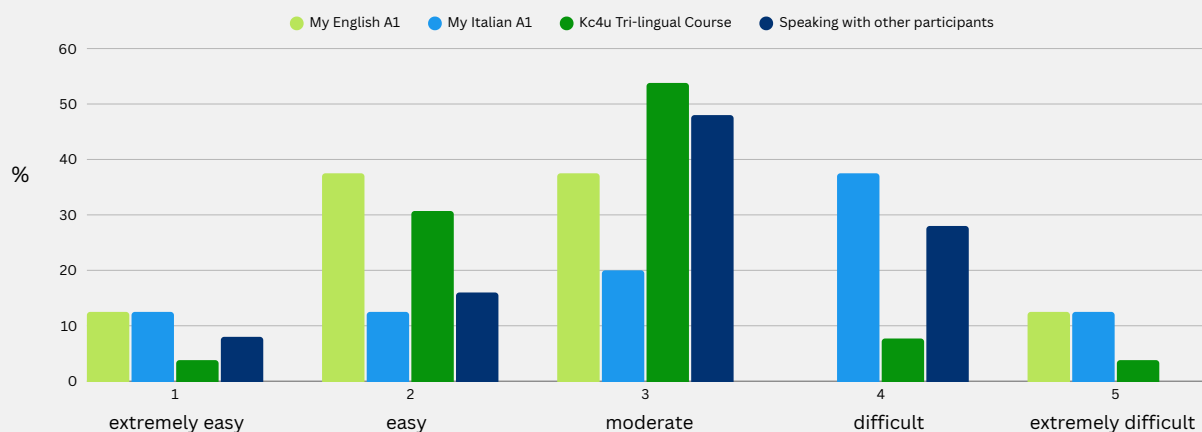
Kc4u Trilingual Course
17.9%



Which foreign language activity helped you learn the most new vocabulary?



How difficult did you find the language activity?





Challenges & Recommendations

Given that the majority of project participants come from low socio-economic backgrounds, the lack of resources and prevalence of learning difficulties presented significant challenges in improving their foreign language skills. Although participants typically favoured informal language learning activities, the staff believe that formal courses also provided valuable benefits.

Challenge #01

The Slovenian participants had little prior experience with self-directed or digital learning. As many do not have access to a personal computer at home, a large amount of time needed to be invested in helping them complete the formal courses.

Challenge #02

The majority of Italian participants had a much lower level of spoken English than the Slovenian. Both participants (and staff) had a trouble communicating with each other, and much of the translating during the camps had to be done by two participants.

Challenge #03

Most participants would prefer to spend time on sporting activities rather than language learning.

Recommendation #01

In the future, we suggest placing greater emphasis on **guided** informal language learning opportunities, particularly focusing on speaking skills. Instead of requiring participants to complete formal language courses prior to camps, they could engage in online teacher-led sessions in mixed-nationality groups to enhance their speaking confidence.

Recommendation #2

Participants rated the Kc4u sport specific course highly for learning relevant vocabulary and enjoyed the gamification aspects. It is highly recommended to design similar sport-specific language courses for international collaborative sports projects.

Recommendation #03

When working with children from this demographic, we recommend budgeting for external language tutors (preferably native speakers), to provide learning assistance to participants. Sports coaches are frequently already stretched with multiple responsibilities.

KEY FINDINGS & RESULTS



Key Participant Data & Results

Participant surveys, event data, and observations from Kc4u staff and parents during and after the project's conclusion have all shown that the Kc4u's format and activities were successful in meeting all of the project's primary objectives.

What camp participants valued most

Participants were asked: *What three things do you think were most valuable about the whole Kc4u project?*

Making new friends



Travelling abroad



Training in mixed K4s



Training with athletes from another country



Competing in K4s



Learning & speaking foreign languages



Non-sporting activities



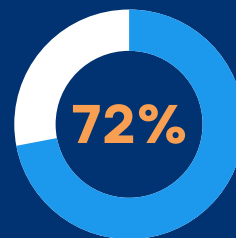
Greater awareness of water pollution



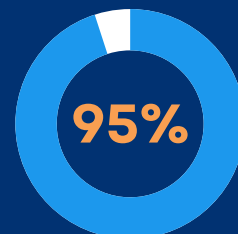
Greater awareness of K4 paddling



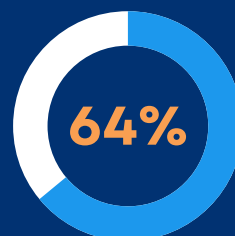
School Events



of camp participants from Slovenia had *not* trained or competed in K4s before Kc4u



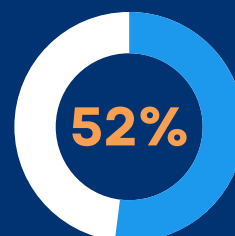
of Kc4u camp participants (SLO & ITA) would like to compete more often in K4



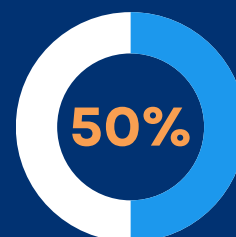
64% of children at Kc4u School Events had never been kayaking



Total Active Kc4u Participants



Female camp participants



Female coaches at camps

Overview of participant numbers

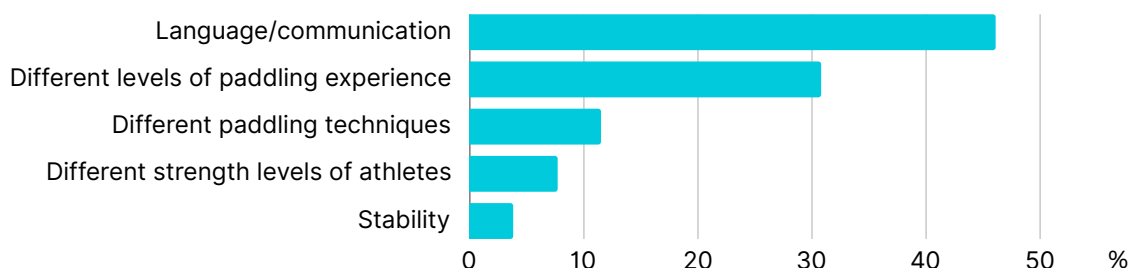
Activity	Italian Participants	Slovenian Participants	Total
T-Shirt Design competition	14	8	22
School Event Training workshop	Athletes: 29 Coaches: 5	Athletes: 8 Coaches: 2	Athletes: 37 Coaches: 7
EU Academy courses (ENG & ITA)	8	8	16
KKZ Italian School	N/A	6	6
Kc4u Tri-lingual Course	20	18	38
Tri-lingual video filming	13	15	28
School Events Italy	School children: 421 Kc4u athletes: 29 Coaches: 5 PE Teachers: 5	Kc4u athletes: 8 Coaches: 2	School children: 421 Kc4u athletes: 37 Coaches: 7 PE Teachers: 5
School Events Slovenia	N/A	School children: 160 Kc4u & KKZ athletes: 9 Coaches: 3 PE Teachers: 2	School children: 160 Kc4u & KKZ athletes: 9 Coaches: 3 PE Teachers: 2
International K4 Camp - Winter	Athletes: 8 Coaches: 4	Athletes: 8 Coaches: 2	Athletes: 16 Coaches: 6
Beach Clean-Up & Art project	35	10	45
Club Open Days CNO & KKZ	Athletes: 29 Coaches: 5	Athletes: 14 Coaches: 2	Athletes: 43 Coaches: 7
National K4 Day (SLO)	Athletes: 13 Coaches: 2	Athletes: 62 Coaches: 11	Athletes: 75 Coaches: 13
International K4 Camp - Summer	Athletes: 13 Coaches: 2	Athletes: 15 Coaches: 2	Athletes: 28 Coaches: 4

Some Kc4u participants were involved with multiple activities. The project had 755 unique, active participants.

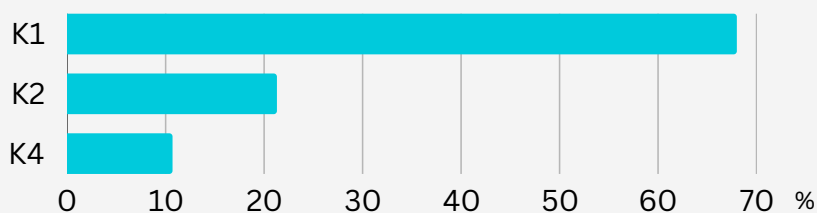


Post-camp participant opinions on K4 paddling

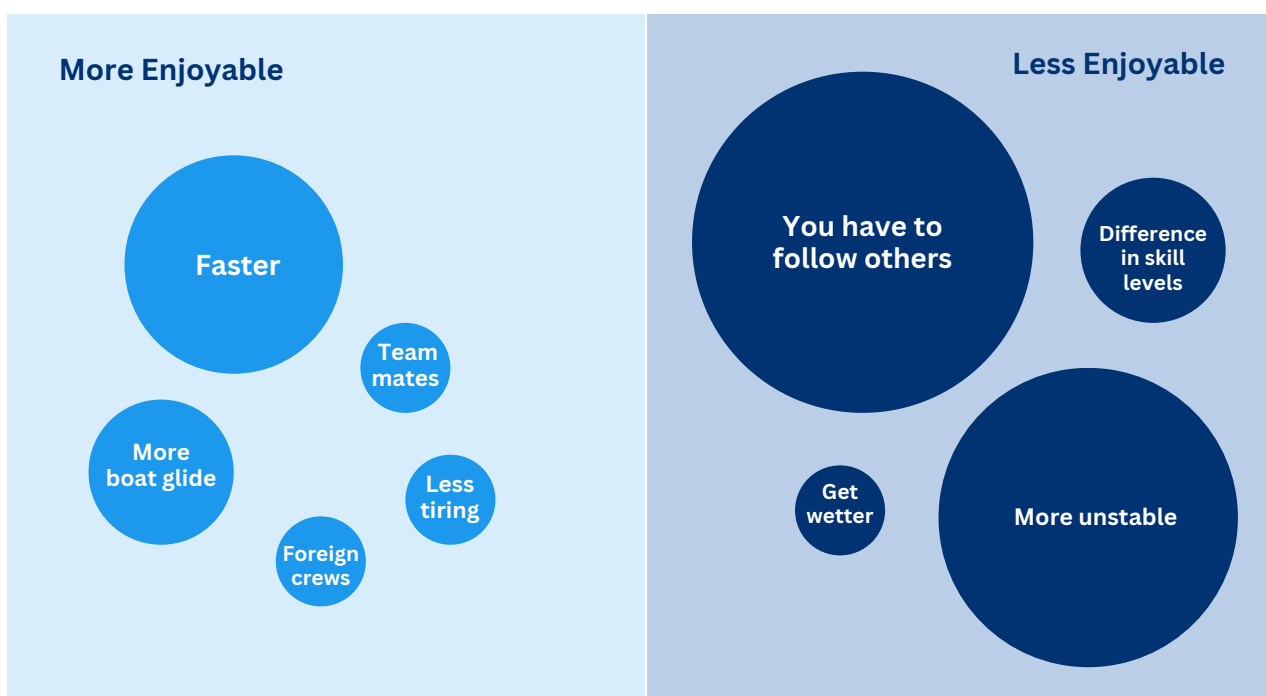
What was the most difficult thing about paddling with foreign crew mates?



What is your favourite boat to compete in?



What makes K4 paddling more or less enjoyable than paddling in other boats?



K4 benefits

Kc4u has demonstrated that K4 paddling offers the psycho-social advantages associated with team sports; however, to fully experience these benefits, it is essential to simultaneously tackle the specific technical challenges of K4 paddling.

As a sport characterised by a single, repetitive movement pattern, sprint kayaking athletes often exhibit a low level of general physical literacy and adaptability. This issue is often intensified in training environments in which K1 paddling is prioritised, particularly in the early stages of development. Many Kc4u athletes perceived K4 paddling to be more difficult and less enjoyable than solo K1 paddling due to their inability to follow others. The main factor contributing to this is the lack of physical and technical adaptability. Introducing K4 paddling early in a paddler's journey can enhance this adaptability, however it is important that K4 training is paired with broader general physical and athletic development.

Mixed-gender K4's

The positive experiences shared by mixed-gender crews during Kc4u served to inspire a new generation of paddlers who value equality and collaboration, ultimately enriching the sport's community and culture. Additionally, these crews offered unique opportunities to enhance technical skills and adaptability.

The club environment

Featuring four seats per boat, M/K4's have enabled larger groups of children to enjoy paddling on the water simultaneously, eliminating the need for extra coaching staff to oversee multiple individual boats moving at varying speeds. This offered a simple, safe, and cost-effective method to enhance participation opportunities.

K4's also provided a practical tool to increase vertical integration among club members of diverse ages and skill levels. Crews composed of mixed ages and abilities allowed seasoned athletes to hone their mentoring and coaching abilities while less experienced paddlers learnt essential skills from those they admire. Kc4u has demonstrated that this approach can improve social cohesion within the club environment, and stimulate a culture of collective learning.



National Level

In nations with smaller clubs and paddling populations, mixed-cub M/K4 crews provide a way to develop a higher numbers of crews, enhance collaboration between clubs, and ultimately improve athlete retention rates. In larger nations, mixed-club teams can enhance the competitive landscape, broaden athletes' friendship networks, and cultivate more sophisticated and cooperative coaching methods.

International

Beyond the general benefits of mixed-nationality sports teams outlined in the project background, mixed-nationality K4 crews facilitate the formation of a larger number of crews with more evenly matched skill levels. This is particularly relevant in smaller nations, where athletes may struggle to find suitable crew mates.

In the future, this international approach could contribute to higher participation rates and enhance the technical and competitive abilities of athletes, as evidenced by the achievements of international doubles pairs in tennis.



Medium term impact

Since the project activities concluded, the Kc4u team has also observed:

- ▶ Strong cross-border friendships with ongoing contact between camp participants, with the majority of participants staying in touch via Snapchat
- ▶ A strong desire among participants to repeat the mixed-nation K4 experiences
- ▶ Growth in club membership (KKZ & CNO) and athlete retention among the 9-16 age group
- ▶ Continued patterns of respectful behaviour between boys and girls in the training environment
- ▶ Increased sense of belonging within an athletic context
- ▶ Continued use of foreign vocabulary during training
- ▶ Ongoing use of the Kc4u tri-lingual app

Future Actions

After Kc4u's conclusion, project partners KKZ & CNO plan to continue and develop a number of activities.

School Visits

Annual school visits will continue, targeting new schools and age groups not previously involved. Using the established model and resources, minimal additional input will be required from clubs.

The partnerships developed with schools during this project will also be expanded, leading to new event formats, and on-water school activities.

Open Days

Yearly open days will remain a key strategy to attract new young participants.

Specific Actions in Slovenia

In Slovenia, the project will address gaps in M/K4 adoption. Steps include:

- hosting more National K4 Days to compensate for the current shortage of M/K4 boats
- advocating for the inclusion of K4 categories in national competitions
- advocating for policy changes that encourage inter-club cooperation for crew boat development

At the **club level**, KKZ will integrate regular Mini K4 training on water and land for all athletes under 14. This training will utilise the equipment purchased for Kc4u. CNO will incorporate new exercises developed during Kc4u into their regular K4 training program, further enhancing athlete development.

Expanding International K4 Camps

Kc4u's framework provides an excellent foundation for expanding international K4 camps in future EU collaborative projects. These camps could involve multiple nations and be scheduled independently, or alongside competitions.

Other Actions

Future beach and waterway clean-up events can be combined with paddling to further environmental awareness and community involvement in active conservation.

To measure the project's long-term impact, both clubs will collect qualitative and quantitative data for one year afterward the conclusion of the project.



Future impact

The foundation established by Kc4u offers significant opportunities for growth and lasting influence moving forward. The expansion of existing activities, enhanced equipment, promotion of the project's innovative resources, and strengthened international networks will ensure Kc4u's legacy as a transformative force in sprint kayaking and youth sports engagement.

By fostering a supportive network that transcends geographical and cultural boundaries, it is anticipated that the positive effects of the project will stay with young Kc4u participants as they transition into adulthood. They will emerge as ambassadors of unity and collaboration, advocating for the project's sustainability and growth, and their unique experiences throughout the project are expected to inspire;

- a eagerness to explore opportunities of studying or working abroad
- an openness to seek out collaborations with people from different cultures and nations
- ongoing growth of confidence, along with improved physical, technical, teamwork, and social skills
- a lasting interest in participating in mixed-nation team sport simply as a European.

As the recognition of Kc4u's value expands on local, national, and international levels, we forecast increased international awareness among kayak clubs of the benefits of K4 paddling for recruitment, retention, and training of athletes, along with raised community awareness of kayaking as an enjoyable lifelong physical activity.

The blend of innovative activities and targeted strategies to overcome specific local barriers to wider K4 participation are expected to increase youth participation and quality of K4 kayaking, building sustainable pathways for young athletes to excel both locally and internationally.

Due to its social nature, greater implementation of K4 paddling in club programs is also anticipated to boost in positive team spirit within club environments, increase in the number of female participants, and reduce dropout rates among teenagers. Additionally we foresee an increase in club athletes regularly competing in M/K4's.

The integration of mixed-gender crews in sprint kayaking is a promising strategy for advancing gender equality and fostering a more inclusive sporting environment. By continuing to support and expand these initiatives, we can pave the way for a future where sports are accessible and enjoyable for all, regardless of gender.

Kc4u Resources

The Kc4u team of coaches and athletes have created a variety of free educational resources aimed at assisting coaches, clubs, researchers, and other organizations in the field of sports. Whether you're looking to organise school events or camps, improve your athletes' crew boat technique, grow your sports organisation, or learn kayaking-related phrases in multiple languages, Kc4u has something to offer. Each resource is carefully designed to be both accessible and practical, allowing users to seamlessly incorporate the concepts and practices. All resources are available via the project website: [Kc4u Resources](#)



Kc4u Tri-lingual kayak language course app

A free app to learn basic greetings, along with kayak and training related phrases in English, Italian & Slovene



Guide to running In-School Events for Kayak Clubs (ENG/ITA/SLO)

A comprehensive guide to running in-school crew kayaking events. This guide contains 25 videos of all exercises and tips for coaches and organisers.



Guide to running In-School Events for Sports Clubs (ENG/ITA/SLO)

A general guide for sports club on how to plan and structure in-school events for maximum engagement



K4 Water & Land Drills (ENG/ITA/SLO)

Guide to K4 land and water drills for sprint kayak coaches. This guide features 20 videos alongside information on implementing technical practice in training



National K4 Day website (SLO)

Information and registration website (in Slovene) for the National K4 Day 2024



Kc4u Project website (ENG/ITA/SLO)

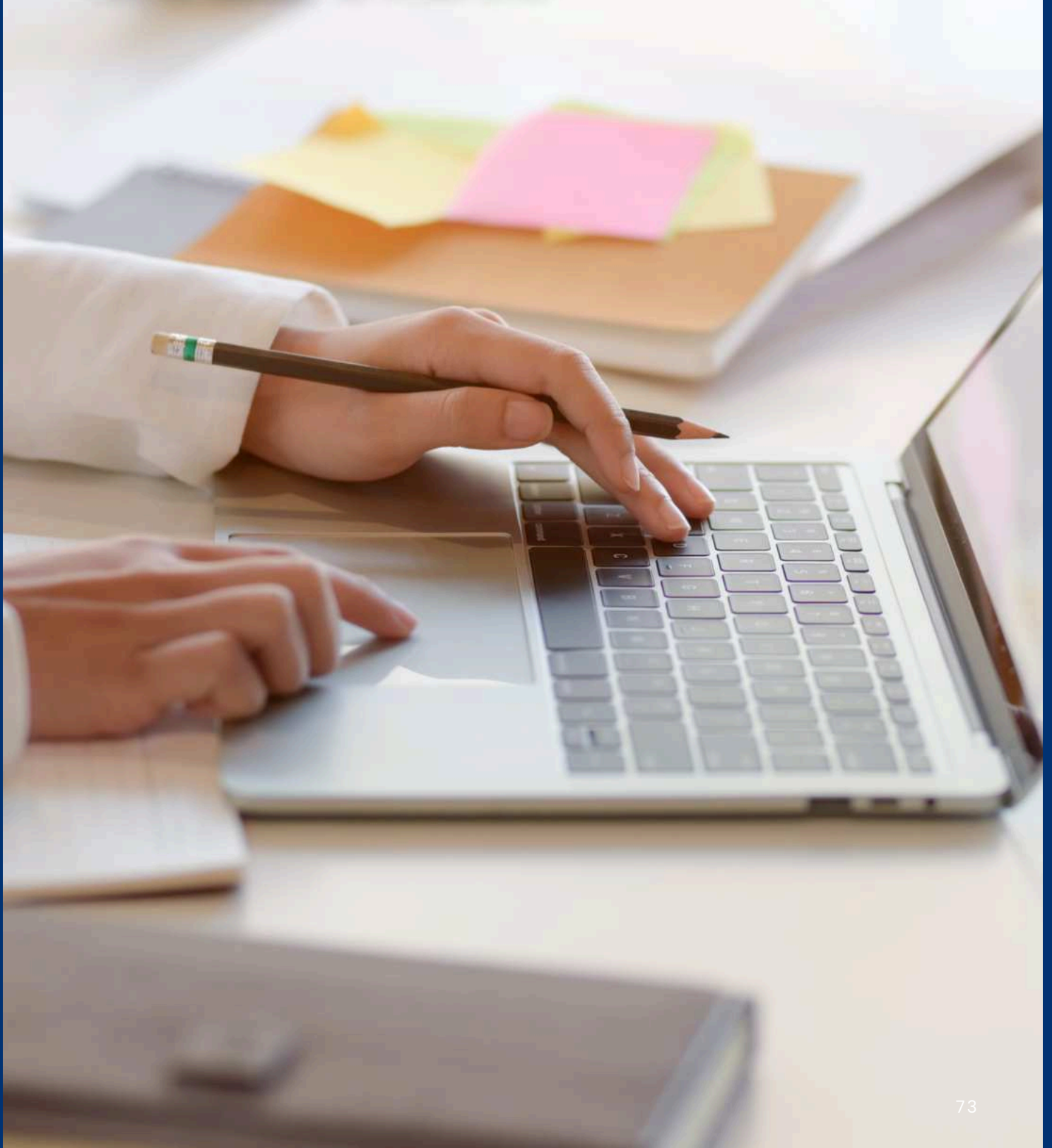
Information about Kc4u, and access to all free resources



Final Report (ENG/ITA/SLO)

Detailed information and statistics from the Kc4u project

OPERATIONAL OVERVIEW



Project Management

Kc4u was developed and managed by a team of international coaches. With ever-changing coaching schedules and demands, it was important to stay in regular contact between the two countries to manage the logistics efficiently. This required a robust communication strategy to ensure that everyone was aligned and informed. By leveraging several digital platforms, the team was able to adapt quickly to changes and maintain an effective workflow. Regular updates and feedback loops helped in addressing any challenges promptly, ensuring that the project's goals were met successfully. The collaborative spirit and dedication of the team were vital in navigating the complexities and delivering a high-quality experience for all participants involved.

Work Packages

To implement the project, the team adhered to the proposed work plan with three work packages.

WP 1 - Project Management & Activity Design: Project Management, Local Logistics, Activity Design

WP 2 - Activity Implementation: Activities Italy, Activities Slovenia

WP 3 - Communication, Impact, & Dissemination: Project Communication, Resources, Dissemination



Meetings

All monthly meetings and the kick-off meeting) were held online using **Google Meet**



Task Management

All task scheduling, assignment, and progress tracking was managed on the online platform **ClickUp**



Day-to-day

A **Whatsapp** group was used for regular daily communication



Design

Report and graphic design was primarily done by the Kc4u team using **Canva**, **Photoshop**, and **Affinity Designer**



Surveys

School surveys were completed on paper with data entered into **Google Forms**. Camp participant surveys were managed online in **JotForm** which allows for advanced conditional logic and multiple languages



File storage & sharing

Staff documents were stored and shared via Microsoft **OneDrive**. Participant photos and videos were collected and shared using **Guestpix**

Communication

A comprehensive communication strategy was executed through various channels to ensure extensive and effective outreach. This approach utilized a blend of traditional and digital media to engage a diverse audience from local communities to international stakeholders.

Communication Objectives

- Raise awareness and promote all Kc4U activities and objectives
- Highlight the advantages of mixed-nation team sports
- Promotion of EU visibility and values
- Dissemination of project results
- Sharing of strategies to drive and inspire change in the youth sports and sprint kayaking arenas
- Provide resources to clubs and other sporting organisations to boost youth sports participation
- Supply resources to coaches to help improve kayaking skill level
- Encourage increased use of K4 paddling in club programs and competitions



Surveys

Surveys were completed by all children at the Kc4u School Events (581), and all Kc4u K4 Summer & Winter Camp participants. The surveys aimed to capture insights into the participants' experiences, interests, and overall satisfaction with the activities. Through both quantitative and qualitative feedback, we sought to understand more about the participants, the impact of the events, and identify areas for improvement for the future. The data from these surveys is presented in this report.



Posters & Flyers

Digital and printed posters and flyers were used to promote the Open Days/Weeks, and Beach Clean Up event. These materials were distributed at all school events, within local communities, and online. The imagery was carefully selected to resonate with children in the target age group as well as their parents. A total of 50 A2 posters, and 3000 A5/A6 flyer were distributed.



Stickers

600 participants received a sticker set with project, EU, and club stickers. These were distributed by the Kc4u athlete-coaches at school events. These tactile promotional tools not only enhanced the visibility of the organisations, but also served to encourage further interactions between club and school participants. Additionally, EU stickers were also put on relevant equipment such as kayaks and ergometers, to reinforce the association between the project's initiatives and the supportive role of the European Union.



Flags & Banners

Roll-up banners, along with the flags of the EU, Slovenia, and Italy, were strategically positioned at all KC4u events as well as in key photos and videos.

Digital Communication



Email

Email campaigns and direct mail were employed for personalized communication, effectively reaching out to stakeholders such as the press, event attendees, and community partners. This included sending invitations, providing project updates, and the dissemination of results



Social Media

Instagram served as a platform for sharing visually captivating content that showcased important moments and accomplishments of the project. The project features a dedicated channel: [@kayakcrews.eu](https://www.instagram.com/kayakcrews.eu), and additional content was also shared on the club channels of KKZ and CNO. Since most participants do not use Facebook, a dedicated project page was not created; however, public events were promoted through the KKZ Facebook page



Youtube

All videos included in the Kc4u resources are hosted on the project YouTube channel: [KayakCrews4Youth](https://www.youtube.com/channel/UCk4u)



Websites

Kc4u information and resources are easily accessible to an international audience via the project website: kayakcrews.eu
The [National K4 Day](#) has a dedicated site for local information (SLO)



Above - Kc4u athletes handing out stickers to School Event participants

Below- Sticker set



In the Press

The comprehensive press coverage of Kc4u guaranteed widespread EU visibility, and communication of the project's goals and accomplishments to diverse local and international audiences.

General & Funding

- [Article Project & EU funding \(SLO\)](#)
- [Article Project & EU funding \(ITA\)](#)
- [Radio Interview with project coordinator and some of the KKZ Kc4u participants \(SLO & ENG\)](#)

Beach Clean Up

- [Article Beach Clean Up \(ITA\)](#)

School Events

- [Kobarid article \(SLO\)](#)

K4 Summer Camp

- [Article \(ITA\)](#)

National K4 Day (SLO):

- [Article si21.com \(SLO\)](#)
- [Article KZS \(SLO\)](#)
- [Article go-portal.si \(SLO\)](#)



Jakob Stojanović being interviewed by the press at the School event in Kobarid



KKZ athletes Nikolaj and Izabel recording a radio announcement prior to the Open Week

Budget Analysis

Kc4u was primarily funded by a €60,000 grant from the European Union as part of *Erasmus+ Sport*.

Kc4u exceeded its planned budget by 1.5% in response to unforeseen market changes and shifting project needs. This overspend was covered by CNO & KKZ. Several members of the Kc4u team generously contributed a significant amount of unplanned, unpaid time to the project to guarantee all project objectives were successfully achieved.

37.4%

Sports Equipment

It should be noted that without the purchase of this equipment, none of the project's sporting activities would have been possible.

32.1%

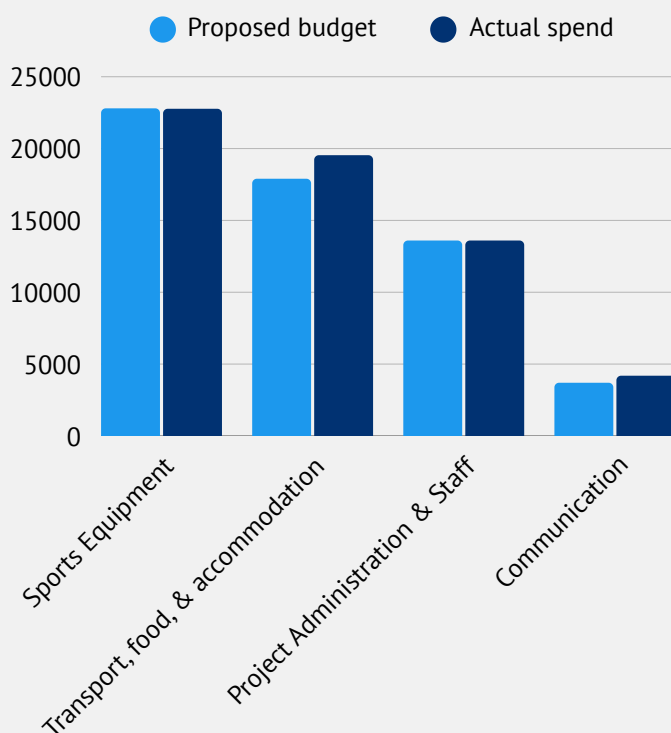
Transport, Food, & Accommodation

23.6%

Project Administration & Staff

6.9%

Communication



Co-funded by
the European Union



Sponsors

In addition to EU funding, a number of organisations and companies, also contributed to Kc4u. Their contributions ranged from financial support to in-kind donations, such as equipment and facilities, which enhanced the scope and reach of the project's activities.



THE KC4U TEAM

Kayak Crews 4 Youth is an international collaborative project developed and managed by the coaches and athletes of Kajak Klub Zlatorog and Circolo Nautico Oristano. Our dedicated crew has a wealth of experience in nurturing talent and crafting programs for everyone from beginners taking their first strokes, to seasoned Olympians.

 [@kayakcrews.eu](https://www.instagram.com/kayakcrews.eu)

Kajak Klub Zlatorog - Project Coordinator



Nestled in the small town of Most na Soči - Slovenia, KKZ is home to National Team athletes and coaches, as well as kayakers at various stages of their paddling journey. Alongside challenging the status quo through innovative programs, KKZ is dedicated to empowering more girls through sport. Their *Paddle PWR-Girl PWR* initiative was honoured with the EU's 2022 #BeEqual Award for gender equality in sport.



Circolo Nautico Oristano - Partner



Established in 1970, CNO has a long tradition of coaching kayak, canoe and other watersport athletes of all levels. Located in Cabras on the island of Sardinia (Italy), CNO is an integral part of the local community, and home to three Italian National Team coaches along with many exceptional athletes.



**Melanie Schembri Waite (KKZ)**

Project Leader, Coach, & Education Coordinator

**Gianmarco Patta (CNO)**

Italian Coordinator & Coach

**Jakob Stojanović (KKZ)**

Slovenian Coordinator & Coach

**Angelo Casu (CNO)**

Coach & admin

**Cecilia Tola (CNO)**

Coach & admin

**Valeria Saba (CNO)**

Coach & admin

**Stefano Loddo (CNO)**

Coach & admin

**Andrea Lilliu (CNO)**

Coach

**Katrina Gaus (KKZ)**

Admin

Contact Us

Email

kayakcrews.eu@gmail.com

Website

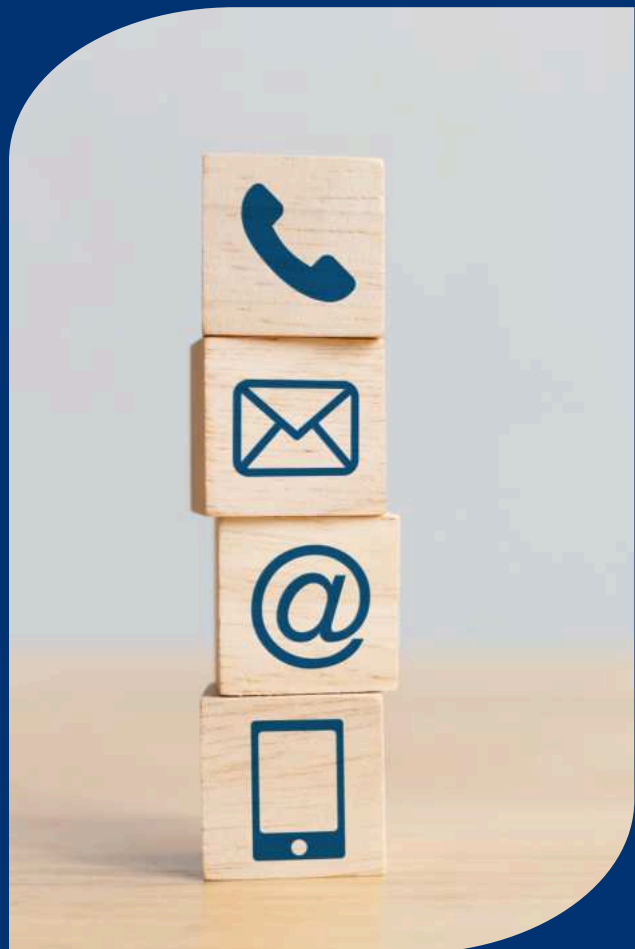
kayakcrews.eu

Instagram

[@kayakcrews.eu](https://www.instagram.com/kayakcrews.eu)

YouTube

[@KayakCrews4Youth](https://www.youtube.com/KayakCrews4Youth)



Photos

Kc4u team
Metka Volk Štefić
Daniela Caddeo



Co-funded by
the European Union