

“SAME SAME”

A Capacity Building and Empowerment e-Mentorship Program for People with Intellectual/Developmental Disabilities (IDD)

Latest updates on the SAME SAME project!

Co-funded project by the European Union dedicated to empowering adults with mild intellectual and developmental disabilities (IDD). Through comprehensive training and mentorship programs, SAME SAME aims to equip these individuals with the skills and confidence to lead their peers in activities designed to enhance functional fitness and overall well-being.

Snapshots of progress ✨

- Completed the research phase, including literature reviews and focus groups.
- Developed and translated training modules into partner languages.
- Held online and onsite meetings in Chieti (Italy) Riga (Latvia), and Lisbon (Portugal)
- Established communication channels and conducted sport events in partner countries.
- Conducted an online Qualification of Facilitators Exam.
- Released an interim project progress report.
- Finalized the design draft and interaction plans.
- Produced and uploaded micro videos for mentors on our website!

You can check it here:
<https://www.samesameproject.eu/>



● Main goals and specific objectives

The SAME SAME project focuses on developing and testing the effectiveness of a Capacity-building and Empowerment e-Mentorship Program. This program provides 50 adults with mild IDD the knowledge and skills to lead their peers in games and activities that improve functional fitness. Key objectives include:

1. Developing a comprehensive assessment toolkit.
2. Creating multidisciplinary interactive training modules.
3. Gamifying and digitizing the learning modules for online access.
4. Testing the feasibility of a 6-month mentor qualification and a 3-month pilot intervention.



Multiplier Sport Events



<https://www.samesameproject.eu/>



Micro learning videos launched!

- We have developed engaging micro videos for each of the ten training modules designed for our mentors
- These short videos provide an overview of the key concepts and skills covered in each module, making it easier for mentors to grasp the content quickly
- All micro videos are available on our SAME SAME website <https://www.samesameproject.eu/>
- Videos are interactive and visually appealing
- Each teaser gives an overview into the full training module, helping mentors understand what to expect



Stay tuned for more updates!

- stay connected with the SAME SAME project!
- Follow our updates, share our newsletter, and support our mission to empower individuals with IDD
- For more information, visit our website or follow us on social media:

<https://www.samesameproject.eu/>

<https://www.instagram.com/same.sameproject/>

<https://www.facebook.com/profile.php?id=100092037399342>

Upcoming Activities

- Continued development of interactive training modules.
- Recruitment of mentees
- Pilot Intervention
- Evaluation of the effectiveness
- TPM in Barcelona 2025



hashtags to use:

#ErasmusSport #SAMESAME #SocialInclusion

Disclaimer: 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.