



# Sports Rehabilitation Program for Veterans from Ukraine in Greece

*We join forces for recovery.*

The sports rehabilitation program for veterans from Ukraine is implemented in Thessaloniki, Greece, at the Kalamaria Nautical Club. 10 days. 10 participants per program. Team strength, support, recovery

**2026**



# Program Mission



Our goal is to help those who defended Ukraine. We created this program to support the physical and psychological recovery of combat veterans.

## Main Objectives :

- Restoration of physical fitness
- Strengthening morale
- Integration through sport
- Building international partnerships



# REHABILITATION PROGRAM

## What does the program include?

- Yal rowing: training at sea
- Spa treatments
- Beach visits
- Walks and breathing practices
- Cultural activities and healthy nutrition



## Objectives

Support for war veterans, including their physical and social rehabilitation through participation in sports programs

## Mission

Our mission is recovery through sport

# October 2024 & 2025 — European Yal Rowing Championships in Greece

**This championships became an important event for everyone. 120 athletes from Ukraine took part in the competition, including 20 war veterans. For them, it was not only a sporting event, but also a form of rehabilitation and integration into the sports community.**



## **Strengthening physical health**

Physical activity, particularly yal rowing, contributes to the comprehensive improvement of physical condition. This sport engages all major muscle groups and improves endurance, coordination, and cardiovascular function



## **Increased confidence**

Participation in sports competitions and overcoming physical challenges help build inner confidence. Every kilometer covered, every wave overcome is proof that we are capable of more.



## **Building new connections**

Yal rowing is a team sport that requires coordinated effort and mutual support. During training sessions and competitions, athletes have the opportunity to build new social connections, which is important for integration into society



## **Improvement of emotional well-being**

Participation in teamwork and the achievement of shared goals bring positive emotions and a sense of self-worth. In addition, new experiences associated with travel and excursions help distract from negative thoughts and contribute to emotional recovery

# May 2025 — The Fortis program, completed by veterans from Ukraine in rowing yals along the coast of Mount Olympus

In May 2025, we organized a unique and deeply symbolic event — the Fortis voyage for Ukrainian veterans. The event took place in Greece, along the picturesque coast of the Aegean Sea, with the majestic view of Mount Olympus — a symbol of strength, faith, and immortality.



# Ceremonial Program with Veterans in Greece: A Day of Unity, Gratitude, and Hope

In May 2025, a ceremonial event was held in Greece to mark the arrival of the Ukrainian veterans participating in the Fortis program. The event took place in a warm and moving atmosphere at the Kalamaria Nautical Club in Thessaloniki and became a true celebration of courage, unity, and support.



# Rowing as the Foundation

**Yal rowing is the heart of our program:**

- Evening training sessions
- Individual and team rowing
- Use of special yals — sports training craft on the water
- The club provides storage and maintenance



# Gym and Swimming Pool

## Physical recovery through training:

- Modern gym: individual and group sessions
- Involvement of adaptive physical training specialists
- Rowing tank: safe improvement of rowing technique
- Ideally suited for veterans recovering from injuries

**Building International Sports Solidarity**



# Spa and walks as part of rehabilitation



## »» Rest and relaxation

- Spa treatments: massage, sauna, hydrotherapy, mud therapy
- Partnership arrangements with local spa centers
- Walks by the sea, breathing exercises
- Excursions and nature as a resource for recovery

# How It Works



## Ukraine

The rehabilitation center forms a group

## Greece

The public organization is responsible for logistics, accommodation, and training

# Expected Outcomes



**Restoration of  
physical  
fitness**



**Psychological  
stabilization**



**Social  
integration**



**Promotion of  
sport among  
veterans**



**Strengthening  
international  
cooperation**





## Why It Matters

*Not just sport. It is recovery*

- Rowing as rehabilitation
- Sport is a bridge between cultures, people, and countries
- We do not just train muscles — we restore lives
- This is a way to return hope and support to those who need it



# Prospects

- Up to 5 program cycles per year
- Expansion of the program to veterans' families
- Support from our partners
- Development of partnerships in Greece and across Europe
- International recognition as an example of effective rehabilitation

