



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

