

SPRINT TEAM ATHLETICS 2000

Erasmus+ Project BASIC INFO



**KA 1 Learning Mobility of Individuals
Mobility of Learners and Staff
Youth Mobility**

Youth Exchange

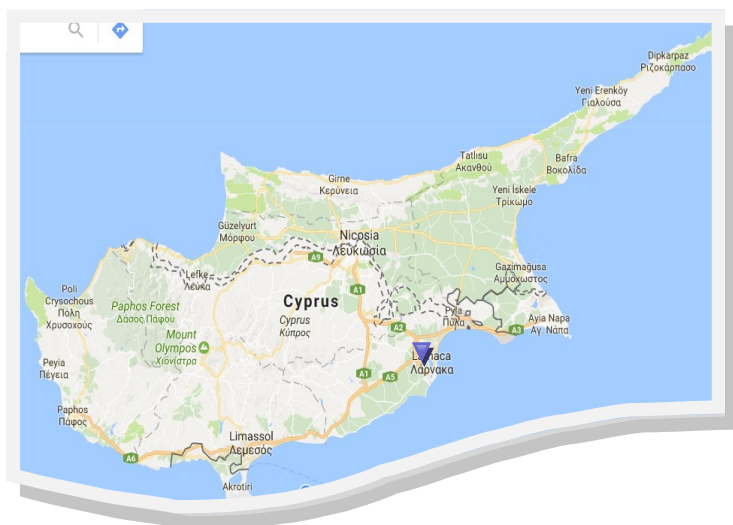
Applicant Organisation: Sprint Team Athletics 2000

Title: «GOAL: Generating Outdoor Active Leaders»

Code 2018-2-CY02-KA105-001318

(applied on 26th of April 2018)

Approved by NA of Cyprus



DATE AND PLACE

**7-14 January
2019**

Pervolia -Larnaca
CYPRUS



- **Page 1 Basic Info**
- **Page 2 Profile of the hosting NGO**
- **Page 3 Summary of the project**
- **Page 4 Participation**
- **Page 5 The Venue**
- **Page 6 Reimbursement**
- **Page 7 Draft Agenda**
- **Page 8 Other**



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PIC 923389755

PROFILE OF THE NGO



Sprint Team Athletics 2000" is a Cyprus NGO, no-profit association born in Larnaca in 2015.

The ngo is consisted of professional sport coaches and educators who are responsible not only for the coaching programme of the athletes but also they are developing a multi-level educational programme taking into consideration physical, mental, emotional and social personal development of each young athlete.

ACTIVITY

- **actively engaged in several local actions promoting Athletics and generally Sports among local community and society.**
- **cooperation with other organisations and movements in order to promote social values such as environment, health, poverty, culture, education, etc.**



<https://www.facebook.com/Sprint-Team-Athletics-2000-424564627746973/>

stalar2000@gmail.com

SPRINT TEAM ATHLETICS 2000

Y.E. "GAOL"
Participation

- **Partner NGOs and Number of participants** check in the table below.
- Each NGO will be represented by **4 participants** between 18 and 25 years old and **one group leader** who will not have a specific age (5 people in total)
- The official language of the project is English and participants must have basic language skills.
- All applicants should fill in the following **application form**.

https://docs.google.com/forms/d/e/1FAIpQLSfMSOOrRePoSfRZ2UmOVAXL6c_n3kdvCQW6khFy_qM3jJn3sw/viewform

- Selected participants will have a **skype meeting** with the organisers and will be asked to answer specific questions related to their background, need of participation, contribution and expectations. **Organisers will make the final selection of the participants.**
- All selected participants should fill the **Participants Agreement Form**.
- A closed **facebook group** is created by the organisers in order to get important information, announcements and share comments, ideas, photos etc

<https://www.facebook.com/groups/340725863330196/>

- Participants must **arrive on the 7th of January and depart on the 14th of January 2019**
- **Before the booking and purchase of the ticket, participants must inform the organisers about the dates and the prices of their trip in order to agree.**
- **Organisers need all the originals travel costs' receipts and invoices and boarding passes in order to reimburse for participants' travel costs.**
- **Participants should bring print-outs of all of the travel costs' invoices and**

PARTNER NGOS	COUNTRY	Number of participants
SPRINT TEAM ATHLETICS 2000	CYPRUS	5
Conexão Jovem	PORTUGAL	5
Dare to take your chance	ROMANIA	5
AJ Tempus	SPAIN	5
YOUTHFULLY YOURS SR	SLOVAKIA	5
ACTIVEYOUTH ASSOCIATION	LITHUANIA	5
TDM 2000 ITALY	ITALY	5

**SPRINT TEAM ATHLETICS 2000
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Y.E. "GOAL" The Venue



Venue

The Youth Exchange will take place in Pervolia area in Larnaca district.

Accommodation

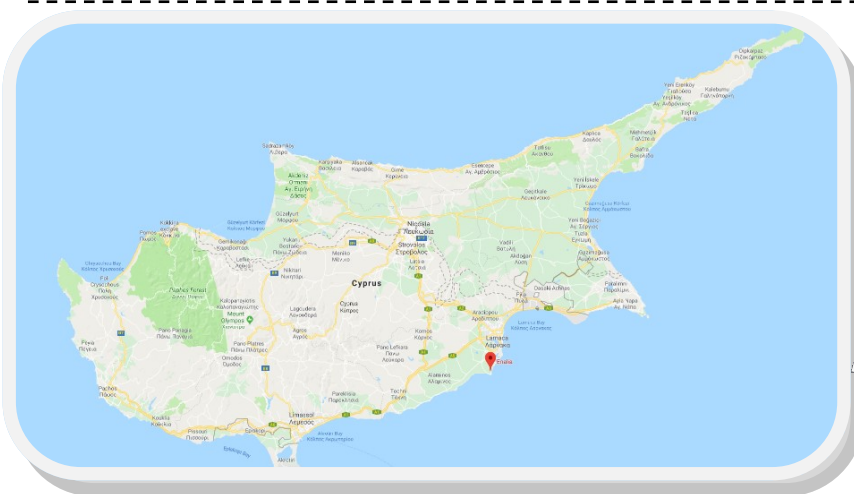
The accommodation and many of activities of the Youth Exchange will be held at **Journalist's Village**, which is a comfortable property conveniently located only 14km from the centre of Larnaca and 8km from Larnaca International Airport

<https://www.google.com/maps/place/Enalia/@34.8240111,33.5663823,13z/data=!4m5!3m4!1s0x14e09b3b521c50bb:0x40203fe9ac892673!8m2!3d34.8240095!4d33.6014013>

- The participants will stay in 5 or 6-bed small houses
- Breakfast and both meals will be served at village restaurant (in case of any dietary needs pls explain in the application form)
- 1 set of sheet and towels will be provided (bring more if needed)
- Free wi-fi is available in the lobby and conference room.

What to bring

- extra towels for the beach in case the weather allows swimming
- triple plug-in adapter in order to use electricity



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Y.E. "GOAL" Reimbursement



- Reimbursement of travel costs will only be done: 1) upon full participation in the Youth Exchange , 2) presentation of the original tickets with boarding passes and all receipt/ invoices and 3) **accomplish obligations set in the application, regarding the dissemination of results**
- Reimbursement will be done **by bank transfer, in EURO, to the NGO bank account**, regardless of the currency indicated on your ticket and receipt or invoice.
- Please note if you buy your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site for the month of ticket purchase.
- The organisers will reimburse the travel costs indicated in **the table below**, from your home city to Larnaca or Paphos International Airports in Cyprus. If your travel costs exceed the amount budgeted in the project, we will still be able to reimburse only the specific amount of money (for example if you spend 285€ and your max reimbursement is 275€ you'll be in charge of 10€).
- In case your travel costs are less than the amount of money indicated in the table we'll be able to cover the amount you spent and use the rest amount of money for activities' costs

	Number of participants	From	TO	Distance Band	Total Travel Grant per participant EUROS	Total Travel Grant requested EUROS
SPRINT TEAM ATHLETICS 2000	5	CYPRUS	CYPRUS	10-99 km	20	100
Conexão Jovem	5	PORTUGAL	CYPRUS	3000-3999 km	530	2650
Dare to take your chance	5	ROMANIA	CYPRUS	500 - 1999 km	275	1375
AJ Tempus	5	SPAIN	CYPRUS	3000-3999 km	530	2650
YOUTHFULLY YOURS SR	5	SLOVAKIA	CYPRUS	500 - 1999 km	275	1375
ACTIVEYOUTH ASSOCIATION	5	LITHUANIA	CYPRUS	2000 - 2999 km	360	1800
TDM 2000 ITALY	5	ITALY	CYPRUS	2000 - 2999 km	360	1800



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Y.E. "GOAL"
AGENDA

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	07/01/2019	08/01/2019	09/01/2019	10/01/2019	11/01/2019	12/01/2019	13/01/2019	14/01/2019
08.30-09.45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
		Getting to know each other by Portuguese group	Energizers by Italian group	Energizers by Lithuanian group	Energizers by Romanian group	Energizers by Slovakian group	Energizers by Spanish group	
10.00-11.30		Breaking the ice By Cyprus group Programme Presentation By Cyprus group	Sport: Why is important? What are the benefits? By Italian group	Social Fitness Class By Lithuanian group	Visit by Guests First Debate	Sport as a factor to integration of cultures By Romanian group	Preparation to the Flashmob & Video Presentation	
11.30-12.00		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
12.00-13.30		Team building activities by Cyprus group Youth Pass presentation By Spanish Group	Sport: What about cultures and country realities By Italian group	Train your community By Lithuanian group	Visit by Guests First Debate	Race and Gender at Sport By Slovakian group	Flashmob & Video Presentation	
13.30-15.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.30-17.00		Discovering Larnaca By Cyprus group	Sport: a tool for social inclusion By Italian group	Yoga for mutual Understanding	Sport as a vehicle to potencialize the country By Romanian group	Shooting of the Video By Cyprus group	Consolidation and Youthpass	
17.00-17.30		Break	Break	Break	Break	Break	Break	
17.30-19.00		Discovering Larnaca	Sport: a tool to overcome barriers By Italian group Mid-term evaluation	Yoga for mutual understanding	Flash Mob Preparation	Finalization of Flashmob	Final Evaluation By Cyprus group	
19:00-19:30		Reflection group	Reflection group	Reflection group	Reflection group	Reflection group	Reflection group	
19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00	Welcome Evening By Cyprus group	Group Leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting	
21:30		Eurovision Song Contest By Cyprus group	Free evening	Intercultural Night	Intercultural Night	Movie night	Farewell evening By Cyprus group	

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SPRINT TEAM ATHLETICS 2000

Y.E. "Goal" What to bring?



Health Insurance

Health insurance is not provided by the organizers.

All participants are required to purchase health insurance individually.

European health insurance card. The European Health Card is accepted in every country of the European Union. If you don't have it, you can get it easily. You should go to the office recharged with health affairs, and ask for your European Health Card. It's a little blue plastic card, and you can get it for free. It's valid in every EU country for 1 year. Or any other insurance is welcome (organizers are not covering insurance costs)

Weather

Cyprus is perfect at any time of the year. In January, the daytime temperature is at around +15°C — +17°C. Later in the afternoon it gets colder, and therefore you need a sweater or jacket. The sea temperature in January ranges at around +17°C.

WHAT TO BRING

- **Passport or ID card**
- Extra towels
- Hygiene and personal belongings
- Triple plug-in adaptor
- Anti-mosquito repellent , sun care lotion,
- Medicines if needed
- Trainers, hat, sport outfit , raincoat, jacket
- One or two laptop per NGO
- Traditional food, drink, music, costume, flag of your country in order to present your country
- Leaflets or/and Brochures for presenting NGOs
- Print-outs of invoices and receipts of travel costs
- Boarding passes
- European Health Card
- Pocket money

We are sure that this Youth Exchange will provide you with amazing experience, useful skills and important knowledge. As a hosting organization we reassure you that you will experience a well-organized project, a pleasant stay in Larnaca during winter time and eventually seven unforgettable days in a very unique Mediterranean destination.

If you have any questions don't hesitate to contact with me.

Best regards!!!

Niki Karoulla

(coordinator & contact person)

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KEEP
CALM
AND
GO TO
CYPRUS