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Erasmus+ Project BASIC INFO



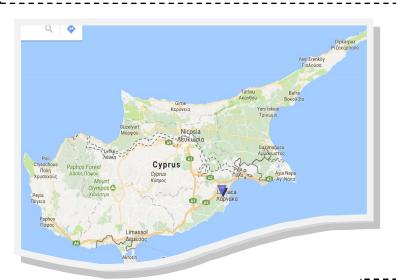
KA 1 Learning Mobility of Individuals Mobility of Learners and Staff Youth Mobility

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





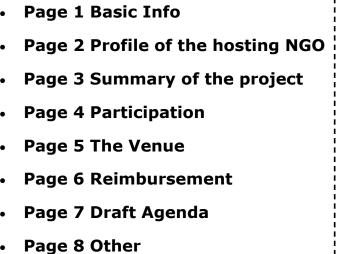
DATE AND PLACE

YOUTH BOARD OF CYPRUS

Pervolia -Larnaca CYPRUS







SPRINT TEAM ATHLETICS 2000 PIC 923389755

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PROFILE OF THE NGO





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.



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 multilevel educational programme taking into consideration physical, mental, emotional and social personal development of each young athlete.



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

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Y.E. "GOAL" Summary of the project

"GOAL: Generating Outdoor Active Leaders" is a **Youth Ex***change* which will be held in Larnaca, Cyprus from 07th to 14th of January 2019 (one travel day included). The accommodation and activities will be implemented at **Journalists' Village at Pervolia**, located very close to **Larnaca town**. Many activities will also take place in local gyms, sport fields, seaside, parks and open air spaces. The **central objective** is to raise awareness on young people and communities on the importance of the promotion of non-formal education, using sports as the integration medium within local communities, so that they may develop a tolerant and reflective attitude towards people from different countries.

Target group: The participants will be 35 and they will come from *Cyprus, Italy, Spain, Romania, Lithuania, Portugal and Slovakia*. 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 **main goal** of this project is to promote intercultural dialogue, social inclusion and tolerance amongst young people, by using sport as the main vehicle for the transmission of such values. The **objective** is to identify behaviour differences and similarities between different countries, from which around 35 young people belong.

Target group includes youth workers and youth leaders, project managers and managers of youth NGOs, human resources responsible and all those figures that somehow are involved in the management of an organization and that have interest in develop new competences for the youth NGOs.





Objectives of the project;

•Share knowledge and experiences related to the sports traditions in Europe;

 Develop social skills among participants, through sport and non
-formal education;

• Share with the community an international initiative, allowing them to create a greater European culture and a more tolerant attitude, using a remarkable area of human endeavour called sport;

• Promote tolerance and respect between young people well as group activities;

• Spread with international and community initiatives that are favourable to the development of critical thinking regarding sports practice through realization of a video and flashmob;

• Motivate in youngsters the development of good behaviour that is the sense of fair play and respect for the opponent.

Methodology Non-formal education will constitute the main methodology applied, supported by formal and informal elements such as face-toface presentations, meeting with local authorities, media, citizens and youngsters not directly involved in the exchange, public presentations.



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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)

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- 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 partici- pants |
|-----------------------------------|-----------|--------------------------------|
| 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 |



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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 <u>Village</u>**, 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

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- 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



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

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Y.E. "GOAL" AGENDA



| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday |
|-----------------|---|---|--|---|---|---|--|-------------------|
| | 07/01/20 19 | 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 |
| | A R I V A | Getting to know each other by Portu- guese 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? <i>By Italian</i> <i>group</i> | Social Fitness Class By Lithuanian group | Visit by Guests First Debate | Sport as a factor to inte- gration of cultures By Romanian group | Preparation to the Flashmob & Video Presen- tation | |
| 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 <i>By Spanish</i> <i>Group</i> | Sport: What about cultures and country realities <i>By Italian</i> <i>group</i> | 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 | LS | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | D |
| 15.30- 17.00 | | Discovering Larnaca By Cyprus group | Sport: a tool for social in- clusion 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 | E P A R T U R E S |
| 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 | Yoga for mutual understanding | Flash Mob Preparation | Finalization of Flashmob | Final Evaluation By Cyprus group | |
| | | | Mid-term evaluation | | | | | |
| 19:00- 19:30 | | Reflection group | Reflection group | Reflection group | Reflection group | Reflection group | | |
| 19:30 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 21.00 | Welcome Evening By Cy- prus group | Group Leaders meeting | Group leaders meeting | Group leaders meeting | Group leaders meet- ing | Group leaders meet- ing | | |
| 21:30 | | Eurovision Song Contest <i>By Cyprus</i> group | Free evening | Intercultural Night | Intercultural Night | Movie night | Farewell evening By Cyprus group | |



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,

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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.

KEEP

CALM

GOTO

CYPRUS

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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