INFOPACK

Training Course "Let's Promote Active Sports Together: Youth Workers on the field"

June 10-16, Cyprus, Larnaca

YOUTH BOARD OF CYPRUS

Funded by the European Union

ACTIVE ZONE OUTDOOR

1 Profile of the hosting NGO
2 Events and Activities by Active Zone Outdoor
3 Summary of the project
4 Participants
5 Participation
6 Partner NGOs
7 The Venue
8 Reimbursement
9 What to bring
10 Other
11 Draft Agenda

ACTIVE ZONE OUTDOOR
Who are we?

"Active Zone Outdoor" is a Cyprus based non for profit, non Governmental organization aiming to achieve a better mental health and well-being of young people through engagement in sports, outdoor activities and active participation in the society.

Vision: Active Zone Outdoor envisions a world where all young people have good mental health and wellbeing and are active citizens.

Mission: Active Zone Outdoor mission is to connect young people with opportunities to develop better mental health through sports and outdoor activities and be actively engaged in society achieving personal fulfillment.

www.activezoneoutdoor.cy

Active Zone Outdoor | Facebook

info@activezoneoutdoor

Σάββατο, 3 Απριλίου 2021
Πεζοπορία
Μάντρα του Καμπιού - Κιόνια

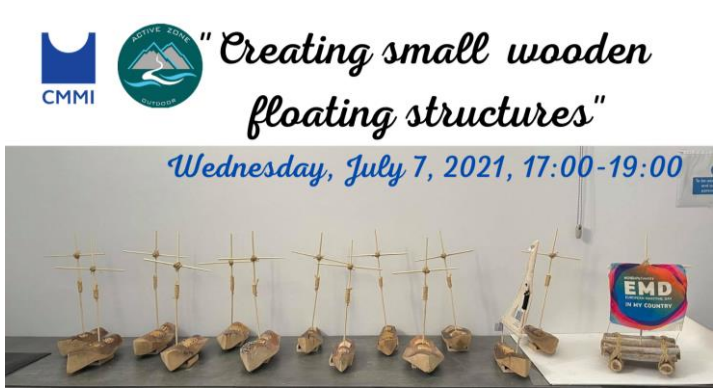
Υπαίθριες Δραστηριότητες στη Βιολογική Φάρμα Riverland

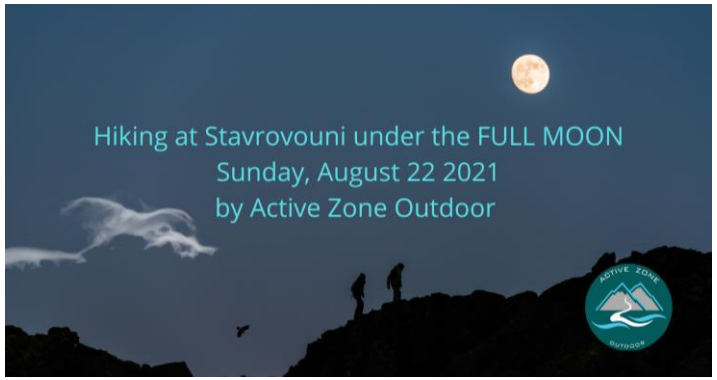
EVENTS in 2021

Ο ΜΚΟ Active Zone Outdoor υλοποιεί την αθλητική δραστηριότητα"ORienteering is mORe than a spORt" με θέμα την εισαγωγή στο άθλημα του Αγωνιστικού Προσανατολισμού.

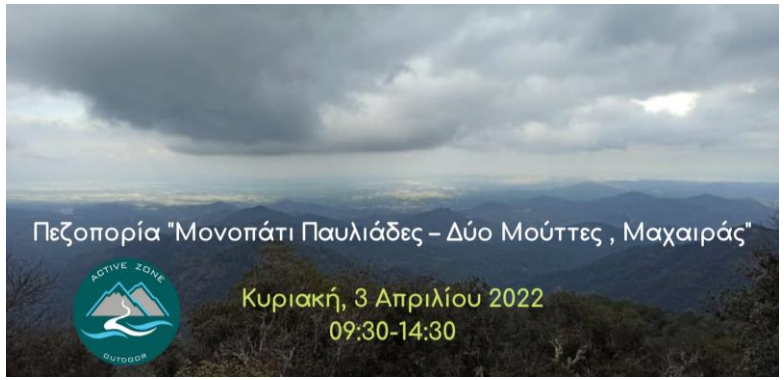
ΚΥΡΙΑΚΗ, 6 ΙΟΥΝΙΟΥ 2021
Παττίχειο Πάρκο Λάρνακας, 09:00 - 14:00
Ιστορικό Κέντρο Λάρνακας, 18:00 - 20:30

SUMMER '21 EVENTS





EVENTS Winter –Spring 2021-22



Summary of the project "Let' s promote Active Sport Together: Active Youth Workers on the field "

"Let's promote active sport together: Youth Workers on the field" is a **training course** under the Key Action 1 of the **Erasmus+ Programme**. Main aim is to provide a set of best practices and usable practical instruments to work with young people through methods based on sport, collected and developed during two years of research and work on international and local activities on sport values and education thanks our international projects and our experience in Cyprus.

The course, will take place in **Larnaca, Cyprus, from June 10-16 2022** and will involve **30 participants,** a trainer and a facilitator from 10 different European countries (Cyprus, Italy, Greece, Republic of North Macedonia, Turkey, Bulgaria, Poland, Latvia, Hungary and Slovakia).

The course will give a chance to the youth workers, leaders and young activists involved to develop their knowledge, skills and attitudes in the field, and to pass them in an effective way.

Participants

The participants will be youth workers, youth leaders and coaches able to share their experience and tools developed within their contexts, adapt concepts and ideas for the youth they work with and develop new workshops and projects to be used in their community.

- Youth workers, youth leaders and coaches or Staff of youth NGOs;
- Involved in sports and outdoor activities with youth;
- Ability to communicate in English;
- Motivated and committed to take part in the full project, from its preparation to the dissemination and exploitation of the results;
- **Participants should acquire an EU Digital COVID Certificate a) either been vaccinated against COVID-19 or b) received a negative test result or c) recovered from COVID-19. Info: https://www.eudcc.gov.cy/**

- The participants will be 30 and they will come from Cyprus, Italy, Greece, Republic of North Macedonia, Turkey, Bulgaria, Poland, Latvia, Hungary and Slovakia.
- Each NGO will be represented by **3 participants.**

Participation

- **All applicants should acquire an EU Digital COVID Certificate : a) either been vaccinated against COVID-19 or b) received a negative test result or c) recovered from COVID-19.**
- All participants should fill in the following application form
- Selected participants will have a skype meeting with the organizers and will be asked to answer specific questions related to their background, need of participation, contribution and expectations. Organizers will make the final selection of the participants.
- All selected participants should fill the Application form for Training Course "Let's promote active sports together" (google.com)
- A closed facebook group https://www.facebook.com/groups/679427346672755 has been created by the organizers in order to provide important information, announcements and share comments, ideas, photos etc
- ·Participants must arrive on June 10 and depart on June 16, 2022.
- ·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.

Partner NGOs

3 PARTICIPANTS PER PARTNER NGO

PARTNER NGOS	COUNTRY
ACTIVE ZONE OUTDOOR	CYPRUS
ASSOCIAZIONE STUDENTI PER LA CITTA	ITALY
Young Improvers for Youth Development	BULGARIA
Europejskie Forum Mlodziezy "FRATERNITAS"	POLAND
KULTURALIS KAPCSOLATOKERT ALAPITVANY	HUNGARY
EvolvingYOUth	LATVIA
ZDRUZENJE NA GRAGANI KREATOR KUMANOVO	THE REPUBLIC OF NORTH MACEDONIA
YOUTHFULLY YOURS	SLOVAKIA
Free Minds Youth Association	TURKEY
STICKS	GREECE

Reimbursement

- Reimbursement of travel costs will only be done: 1) upon full participation in the Training Course, 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.

Reimbursement

- The organisers will reimburse the travel costs indicated in **the table below,** from your home city to Larnaca or Paphos International Airports in Cyprus. Preferably **Larnaca Aiport** which is 5 minutes away from the venue
- 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

PARTNER NGOS	COUNTRY	Number of participants	Distance Band	Total Travel Grant per participant EUROS	Total Travel Grant requested EUROS
ACTIVE ZONE OUTDOOR	CYPRUS	5	10-99 km	20 EUR	100 EUR
ASSOCIAZIONE STUDENTI PER LA CITTA	ITALY	3	2000-2999 km	360 EUR	1080 EUR
Young Improvers for Youth Development	BULGARIA	3	500-1999 km	275 EUR	825 EUR
Europejskie Forum Mlodziezy "FRATERNITAS"	POLAND	3	500-1999 km	275 EUR	825 EUR
KULTURALIS KAPCSOLATOKERT ALAPITVANY	HUNGARY	3	500-1999 km	275 EUR	825 EUR
EvolvingYOUth	LATVIA	3	2000-2999 km	360 EUR	1080 EUR
ZDRUZENJE NA GRAGANI KREATOR KUMANOVO	THE REPUBLIC OF NORTH MACEDONIA	3	500-1999 km	275 EUR	825 EUR
YOUTHFULLY YOURS	SLOVAKIA	3	500-1999 km	275 EUR	825 EUR
Free Minds Youth Association	TURKEY	3	500-1999 km	275 EUR	825 EUR
STICKS	GREECE	3	500-1999 km	275 EUR	825 EUR

Venue? 2

The Youth Exchange will take place at FLAMINGO BEACH HOTEL in Larnacal, located in front of the seaside and 5 mins from Larnaca Airport.

Accommodation

The accommodation and many of activities of the Training Course will be held at Flamingo Beach Hotel in Larnaca.

Location: Flamingo Beach Hotel - Google Maps

- The participants will stay in 3-bed rooms
- Breakfast and both meals will be served at the hotel's restaurant (in case of any dietary needs pls explain in the application form)
- Sheet and towels will be provided (bring more towels for the beach)
- Free wi-fi is available in the, rooms, lobby and conference room.

What to bring?

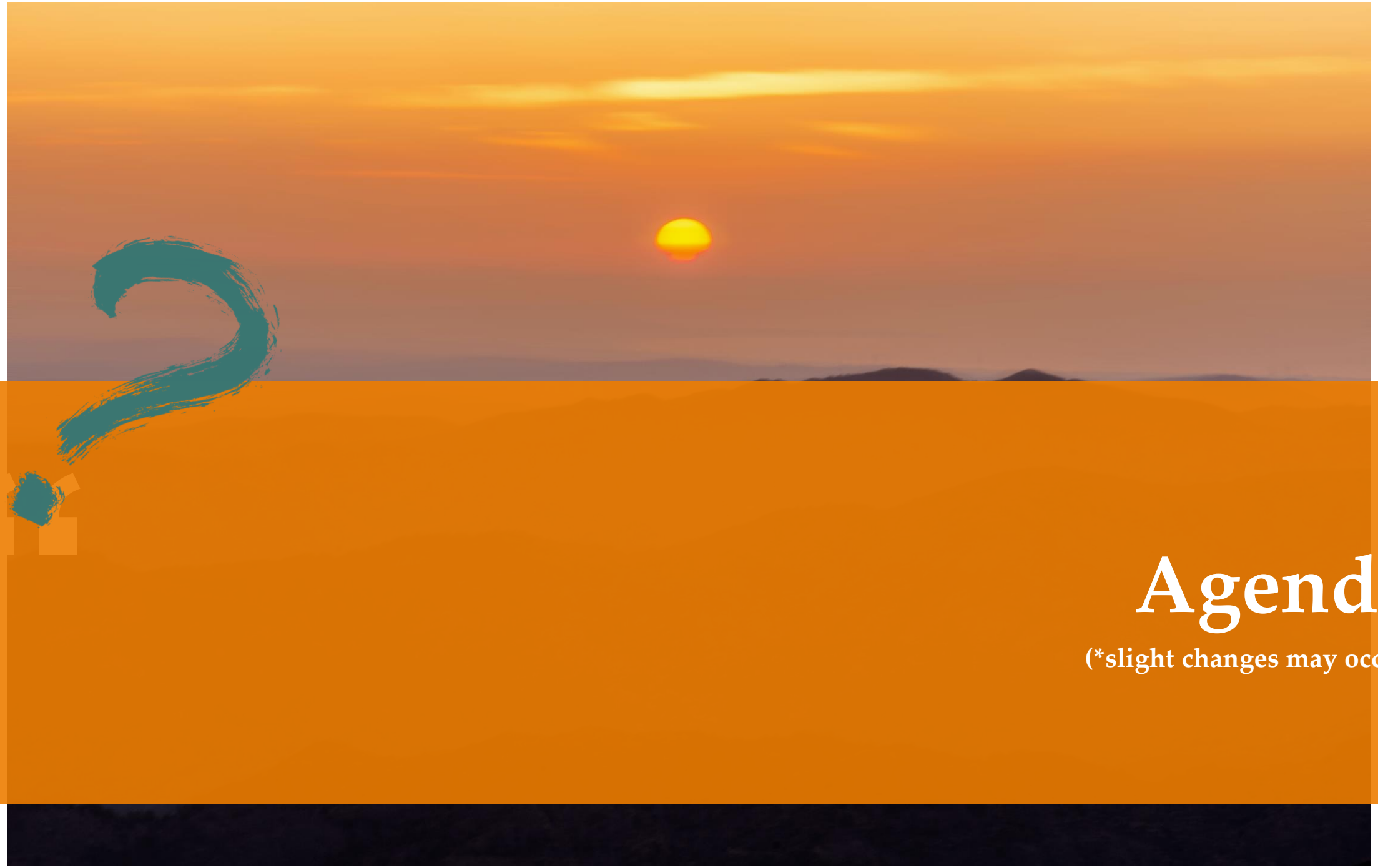
- Passport or ID card
- Extra towels (one set of sheet and towels will be provided)
- Hygiene and personal belongings
- Triple plug-in adaptor
- Anti-mosquito repellent , sun care lotion,
- Medicines if needed
- Trainers, cap, sport outfit, raincoat, jacket
- Swimsuit, beach towel, seaglasses or snorkeling mask
- 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
- Safety masks
- Covid-19 vaccination certificate
-

Other… 2

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 In June summer arrives in Cyprus. Temperatures continue to rise but do not reach their highest until July and August. By midday temperature climbs up to 30°C-31°C in Larnaca coast. The evenings in June, especially in the beginning of the month could still be a little chilly with temperatures reaching 20°C on the eastern-south coast.



Agenda

(*slight changes may occur)

TIME	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	10/06/2022	11/06/2022	12/06/2022	13/06/2022	14/06/2022	15/06/2022	16/06/2022
08.30-09.45	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Departures
		Getting to know each other	Sunday SUP	Snorkelling	Energizers	Energizers	
10.00-11.30		Breaking the ice	European Framework for Sport & Education	Inclusive Sports	Design your own sport workshop	Erasmus+, ESC, Erasmus Sports	
		Programme Presentation By Cyprus group					
11.30-12.00		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
12.00-13.30		Team building activities	Low participation in Outdoor activities: Cause and effect	Sport projects from your country: one per NGO	Present your own workshop	Development of projects	
		Youth Pass presentation					
13.30-15.30		Lunch	Lunch	Lunch	Lunch	Lunch	
15.30-17.00		Meaning of sport: what is it?	Values of sport Skills, benefits	MID-TERM EVALUATION	Laboratories and thematic workshops: Beach Tennis and Orienteering	Presentation of projects	
17.00-17.30		Break	Break	Break	Break	Break	
17.30-19.00		Sport and Education	NGO Fair	Free afternoon	Laboratories and thematic workshops: Beach Tennis and Orienteering	Plan for dissemination and next visibility	
19:00-19:30		Reflection group	Reflection group		Reflection group	Closing ceremony	
19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00		Presentation of the next day's activity programme	Presentation of the next day's activity programme		Presentation of the next day's activity programme		
21:30	Welcome Evening	Night Game	Intercultural Night	Free Night	Intercultural Night	Farewell evening by the beach	

ACTIVE ZONE
OUTDOOR