

BE ACTIVE THROUGH SPORT!

USING SPORT TO ENCOURAGE ACTIVE
PARTICIPATION OF YOUTH IN THE SOCIETY

KA1 YOUTH EXCHANGE

VELENCE, HUNGARY

5-11 MARCH 2022

GAIN

Gain new skills,
competences and
methods

GROW

Grow personally
& professionally

GIVE

Give back to the
society

FUNDING: EU Erasmus + K1 – Mobility of young people rules shall be applied.

APPLICANT: National Youth Council of Hungary

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Erasmus+



NEMZETI
IFJÚSÁGI
TANÁCS

ABOUT THE YE

Sport by its nature strives for the betterment of participants' performance, not only in terms of competing with others, but also to improve oneself in comparison with one's own previous achievements. It can also promote respect for rules, fair play, non-violence, inclusion, equality, and equal opportunities that are certainly important values in our societies. In many ways sport can also contribute to improving social skills.

Participation and active citizenship within the democratic life of any community is fundamentally about having the right, means, space, opportunity and support necessary to participate in and influence decisions the actions and activities that are part of building a better society. This view of participation comes from the European Charter on the Participation of Young People, and clearly goes beyond a narrow understanding of youth participation in terms of just voting and political involvement.

Sport can be a powerful tool to enhance team spirit, solidarity, education and social values, and cooperation. So, the role of sport in promoting social networks and active citizenship is important. As a truly universal language, it is one of the best ways to bring communities together and to build trust among members of the society. Its importance and effectiveness in enhancing social development has been supported by the European Commission, the UN, several international non-governmental organisations (NGOs) and academic researchers.

The main objective of the youth exchange is to develop participant's competences for active citizenship and to broaden their knowledge through sport and to widen participating organisation's tools for promoting active citizenship.

During the youth exchange participants will be able to:

- broaden their knowledge about active citizenship
- develop their skills and competences through various Education Through Sport Activities
- get to know the 'Have your Say' Manual and the activities of the 'Active Citizenship Through Sport' Toolkit
- get to know other cultures
- put their knowledge into practice and practise their entrepreneurship competences by creating their own imaginary active community
- develop their multilingual competences
- create international friendships

After the youth exchange, participants will be able to facilitate non-formal educational activities for the promotion of active citizenship.

ABOUT THE YE

Participants profile (5 participants and 1 team leader / organisation)

- Age of the participants: 18-30 (preferably between 18-26)
- Age of the team leader: 18+
- English: intermediate level is required
- Sport background: basic level of fitness level is required (everyday we will have c.a. 1-2 hours of active workshop/sport activity.)

We are looking for participants, who are:

- youth workers, sport trainers, students who will become teachers or who has a high interest in the topic of the YE
- Participation fee: 15 euro/participant

Venue: Velence, Hungary

Székesfehérváti Gyermek és Ifjúsági Tábor - 2481, Régiposta u. 1



ABOUT THE YE

Programme:

Arrival day		Day 1	Day 2	Day 3
8:00	Arrival of participants	Optional Sport Activity	Optional Sport Activity	Optional Sport Activity
8:30-9:30		Breakfast	Breakfast	Breakfast
9:30-11:00		Intro of the project	What is your experience in youth participation?	City hunting in Velence
11:30-13:00		Get to know each other	How participatory is your sport project or community for youth?	
13:00-15:00		Lunch	Lunch	Lunch
15:00-16:30		Team Building Activity	What is Education Through Sport? (Learn through frisbee)	Creative groups creating their sport games
17:00-18:30	17:30 Meeting at Déli Pályaudvar (going together to Velence by train)	Intro of the 'Have your Say' Manual & 'What is active citizenship?' workshop	Activity from the 'Sport for Active Citizenship' Toolkit (5 Matches – Factors of youth participation in sport)	Creative groups creating their sport games
18:30-19:00	Arriving to the accomodation, intro of the venue	Comfy groups	Comfy groups	Comfy groups
19:00	Dinner	Dinner	Dinner	Dinner
21:00	Ice breakers	1st Intercultural night	2nd intercultural night	3rd inetrcultural night

Day 4		Day 5	Departure day
8:00	Optional Sport Activity	Optional Sport Activity	Optional Sport Activity
8:30-9:30	Breakfast	Breakfast	Breakfast
9:30-11:00	Testing sport games	Who are you? (Self-development workshop)	Departure of Participants
11:30-13:00	Facilitating games at a local school	Erasmus+ workshop	
13:00-15:00	Lunch	Lunch	
15:00-16:30	Creating an imaginary active community	Final evaulation	
17:00-18:30	Creating an imaginary active community	Goodbye yoga	
18:30-19:00	Comfy groups	Free time	
19:00	Dinner	Dinner	
21:00	4th intercultural night	Youthpass ceremony & Farawell party	

*There might be slight changes in the final programme

TRAVEL INFO

Participating organisations:

Hungary: National Youth Council of Hungary

Croatia: Sziszek Terv j.d.o.o.

Serbia: CENTAR ZA OMLADINSKI I DRUSTVENI RAZVOJ RES POLIS

Italy: GEA - SOCIETA COOPERATIVA SOCIALE

Expenses:

Participation fee: 15 euro

Accommodation and food: Fully covered by the Erasmus+ program.

Travel reimbursement: Participants will be reimbursed the exact amount of travel money they spent and up to set limits:

Hungary: 23 euro/participants

Croatia: 210 euro/participants

Italy: 320 euro/participants

Serbia: 210 euro/participants

Please choose your form of travelling at the lowest possible price.

The reimbursement will be made after you provided original tickets, invoices, and boarding passes.

All information like the name of the passenger, price, currency, and date of purchase should be clearly visible on all documents to be viable for reimbursement. Travels should always be by the most cost-efficient way.

Travel insurance: All participants must have travel insurance or European Health Insurance Card. The organization of any kind of insurance is the responsibility of the participant.

Important note: Invoices shall be created if possible when you purchase travel tickets.

Reimbursements will be made directly to partners and they will have to share them among the participants.

There is no reimbursement without the ORIGINAL travel Documents.