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PROJECT NAME  
**MOVE TO IMPROVE**

02

TYPE OF ACTIVITY  
**Training for Sports Volunteering Ambassadors**

03

DURATION  
**19 MARCH – 25 MARCH, 2019**

04

PARTICIPATING COUNTRIES  
**LITHUANIA, CROATIA, BULGARIA,  
NORWAY, ITALY, HUNGARY**

05

NUMBER OF PARTICIPANTS  
**24 IN TOTAL (4 per country)**

06

AGE OF PARTICIPANTS  
**18+ (No age limit)**

# SUMMARY

For every Michael Jordan, Tiger Woods or Lionel Messi there are hundreds of thousands of individuals who play sports purely for the enjoyment of it. However, with the increasing digital entertainment availability, youth often overlook the importance of sports and physical activity.

Statistics show that 90% of young people use computers and watch TV every day (Eurostats). This naturally leads to less physical activity, and consequently higher obesity and other health problems (WHO statistics show that prevalence of obesity nearly doubled between 1980 and 2018). At the same time, youth have less time for live communication with their peers; thus, can develop further social barriers.

In addition, even though general volunteering is gaining more and more popularity in Europe, according to GHK study on "Volunteering in European Union", sports voluntary activities are way more prevalent in North & West than in East Europe (i.e. especially in post-Soviet countries). For example, sport volunteering represents a significant share of the adult population in Norway 30%-36% and conversely in Hungary 12.2%; Italy and Lithuania 10%; Bulgaria 6%.

In order to address it, Training for Sports Volunteering Ambassadors (5 days in Kaunas, Lithuania) will be organised on March 19-25th, 2019, for 24 youth workers (from project partner organisations) willing to promote volunteering in international grassroots sports initiatives. Later, the trained staff persons will put the things learned into practice as coordinators of the "Move To Improve" International Grassroots Sports Camp (on a voluntary basis).

Staff from partner organisations who wish to improve their capacity in sports volunteering will be invited. Through special workshops participants will learn how to work in sports initiatives by following EU Sports policies. Special attention will be given to work with underprivileged youth and ensuring socially responsible sport initiatives that would follow the key concepts of EU policies for sport. The training will prepare the participants to act as volunteering ambassadors in their home countries to encourage others to volunteer / aim for careers in sport initiatives with youth.

With all this we expect to raise the qualifications and competences of young volunteers, by providing them with tools & standards for international volunteering in sports.

*To reach the main aim, the following objectives have been set:*

- exchange knowledge and practices on social inclusion through sports in the participating countries;
- find implementable ways to incorporate it into the youth work;
- raise social awareness about the importance of social inclusion through sports and sports volunteering;

*For this, the following NFE methods will be used, that were created together with partners:*

- interactive workshops on the topic;
- info sessions about the voluntary practices in youth;
- discussion about the voluntarism and fair play in sports;
- guest speaker on specifics of youth sports and how to inspire sport voluntary practices in youth;
- specialised group exercises, games;
- feedback, reflections, evaluations and much more.

*To facilitate the integration of the participants:*

- cultural evenings;
- energisers;
- ice-breaking and socialising activities will also be organised.

*Since the project's goal is to reach the public and disseminate the results effectively:*

- special guidelines for youth workers;
- photo albums;
- webpage/blog/social network campaign on the topic will be prepared by the participants.

All of this will ensure that the project would encourage a positive effect on the participants, organisations and the target groups (youth workers, youth, NGO's) in regional, national and international levels.

The project is not meant just for the participating youth workers but also to raise awareness

among the wider audience in the participating countries. The expected long-term result is that the inclusion through sports and sports volunteering will increase. This, in turn, would improve the well-being of today's young.

The preliminary agenda of the Training for Sports Volunteering Ambassadors can be found below:

ACTIVITY PROGRAMME FOR A TRAINING FOR SPORT VOLUNTEERING AMBASSADORS							
	Day 1 (travel day)	Project introduction Day 2	Youth Work through Sports Day 3	Voluntarism Day 4	Fair Play & Rules Day 5	Wrap up & Planning Further Day 6	Day 7 (travel day)
9:00-9:30		breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
9:30-10:00		Introduction to energizers	breakfast Energizers	breakfast Energizers	breakfast Energizers	breakfast Energizers	breakfast energizers
10:00-11:00	Arrival, check-in, freetime	Meeting, team building, ice-breaking, name games	Topic: Youth Work through sports. Participants exchange good practices in terms of social inclusion & multiculturalism, health, team work & conflict resolution	Topic: Voluntarism in Sports. Participants exchange good practices/examples/advantages of volunteering.	Topic: Fair Play in Sports. Participants exchange good practices.	The significance of bringing back the joy in sports & importance of NFE methods. Personal and group reflection.	Departure
11:00-11:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:30-13:30		Introduction to the training course, it's schedule, purpose, rules	Guest Lecture & Seminar: Specifics of Youth Sports - the joy of play; Preparation for a visit to a youth center	Guest Lecture & Seminar (Sports Volunteers Union): How to inspire sport voluntary practices in youth.	Guest Lecture & Seminar: The importance of clear Rules and Fair Play in sports.	Setting up further work plan for the sports camp (1): how will all participants get involved. Main aspects of youth work through sports.	
13:30-14:00		Preparation for lunch / Free time	Preparation for lunch / Free time	Preparation for lunch / Free time	Preparation for lunch / Free time	Preparation for lunch / Free time	
14:00-15:00		free time	free time	free time	free time	free time	
15:30 - 16:30		Setting objectives, wishes, creating expectations' map. Current knowledge assessment, Intro to Youthpass	Visit to a youth day center. NFE sports activities/methods for youth	Visit to a local sports event: learning from the organizers and coordinators of the event, division of labour, volunteer management.	Workshop (1): Social aspects & the evolution of rules in traditional sports	Setting up further work plan for the sports camp (2): Youth selection criteria.	
16:30-17:00		Coffee break			Coffee break	Coffee break	
17:00 - 18:00		Introduction to feedback, reflections, evaluation			Workshop (2): Creation of a new sport (in teams). Presentations.	Planning result dissemination activities and schedule.	
18:00-19:00		Touching on the main topics of the Training Course: social inclusion, voluntarism, fairplay, multiculturalism, health, team work and conflict resolution through sports. Presentation of NFE sports methods to be used in the Sports Camp.				Youthpass certificate generation, project evaluation & wrap up.	
19:00 - 20:00	dinner	dinner	dinner	dinner	dinner	dinner	
20:00-21:00	free time	free time/preparation for intercultural night	Feedback, reflections, evaluation	Feedback, reflections, evaluation	free time/preparation for intercultural night	free time/preparation for farewell party	
21:00 - ...	Socialising, rest	Intercultural Night	Socialising, rest	Intercultural Night	Socialising, rest	Farewell party, Special Award Ceremony.	
Free time can be used for: visiting video-testimonial room; playing board sports/games, table football, watching sports movies; filling-in envelopes for best wishes, "Gossip Box"; "Feedback Box"; "Nomination Box"; finishing preparations for intercultural nights.							



# FINANCES & TRAVEL

## BUDGET LIMITS

1. Accommodation, living and other project related expenses: 100% funded by the EACEA.
2. 100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

Countries	Amount
All partner countries	575 EUR per participant

We will reimburse the travel expenses after the training by bank transfer. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are:

- 1) **Tickets and Boarding Passes**
- 2) **Invoices / Receipts**

**Keep your bus / train / taxi tickets as well!**

# MONEY

The official currency in Lithuania is **Euro**. The prices in Lithuania are not high as well (e.g. bus ride - 0.80 EUR, pizza – 6.5 EUR). You can check [cost of living](#) in Lithuania.

# GETTING TO LITHUANIA

The fastest and most secure way to reach Lithuania is by plane. The main aerodromes are in Vilnius and Kaunas. They have direct flights to all main cities in Europe. You can reach almost any bigger city in the world with just one change of plane.

Cheap flights are always available [HERE](#).

One more way of reaching Lithuania is by bus. It has direct routes to Germany, Poland, Italy, Belarus, Czech Republic, Latvia and other nearest countries.



# TRANSPORTATION

Firstly, you should find a flight to Kaunas (KUN) or Vilnius (VNO) airports. **The arrival day is 19th of March and the departure day is 25th of March, 2019.** Try to find a suitable option for the flights on these days.

More information about **How to get to the venue** – [HERE](#).

# ACCOMMODATION & FOOD

**Venue:** [Domus Pacis Guest House](#). Located at the center of the old town, next to a park.

**Rooms:** with 2-5 beds. Towels and bed linen will be provided (but no hairdryer in the facility). The Main Activity Room is located at the same building. WiFi internet connection is available (however, might be a bit limited). Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hotel or cafeterias nearby. We strongly recommend each participant to **inform the organizers about any special dietary needs** in advance.



**BASIC RULES:** All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the guest house levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette. Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible.



# ABOUT LITHUANIA

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

- [Official Lithuania website](#)
- [TripAdviser Lithuania](#)
- [Lithuania Vacation Travel Video Guide \(2017\)](#)



## ADDITIONAL STAY

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 2 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

For additional days in Lithuania we suggest you to use [Airbnb](#) (18 EUR discount inside), [Booking.com](#) (12 EUR discount inside).



# See you soon!

