E+ dorphins



^{COH} Endorphins are your own private narcotics.

¹² Endorphins are produced by the central nervous system and the pituitary gland, during physical exercises, sports, excitement, pain, spicy food, love and orgasms.



INTERNATIONAL TRAINING COURSE developing EuropeanYOUTHPROJECTS with a SPORTS focus 25th – 30th September 2017

Ostend, **Belgium**

Profile of **participants**

• Are you active in a grass roots sports-organisation that is looking to discover international cooperation opportunities for youth projects?

or a youth worker in a **youth** organisation that uses **sports as a methodology**?

or a volunteer in a neighborhood sports organisation?

or a worker in a youth club that regularly promotes and utilises sport activities?

or any other kind of organisation that is active in the combination of youth and sports?

- Do you feel ready **to organise an international youth activity**, together with other organisations from across Europe? (for Europe, youth is everyone between 13 and 30 years old)
- Are you ready to discover and **act on** the **possibilities available through Erasmus+ funding** for youth exchanges, international youth volunteering projects, training courses and European partnerships?

Then this course is for you!



When will it happen?

Monday 25th – Saturday 30th September 2017

(arriving in Ostend, Belgium on 25th for 1800h start - departing on 30th of September in the morning) 4 full working days

Where will it take place?

Ostend, Belgium (The European City of Sports 2017)

The hotel is at the seaside, and ideal to combine a training course with your daily morning jog along the beach or a wake-up swim in the North Sea.

What learning opportunities will be available?

- Input will be on European Erasmus+ /Youth in Action programme and its possibilities for organisations that use sports as a methodology.
- A chance to learn from others active with sport and young people from across Europe.
- Inspiration to **develop international youth projects** with other European organisations that are active with young people and sports' activities.

What kind of training course is this?

This is not an academic course, sitting behind tables and listening to experts telling you how to do it!

This is a "non-formal learning" course: **learning by doing**, realised through sharing, discussing and cooperating with 24 other international participants.

The training will include active participation and engagement!





Our (provisional) programme:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Energiser	Energiser	Energiser	Energiser	
Arrival	Intro in the training course	Introduction in Erasmus+/youth in action	Project management of international projects From idea to programme	building your own international projects	Departure
	Group building				
	LUNCH	LUNCH	WALKING LUNCH IN OSTEND <i>"The mingling marathon"</i> between people from EU, Flanders and Ostend LOCAL PROJECT VISIT	LUNCH	
	YOUTH work & SPORTS work Discovering 2 sectors & agreeing on speaking the same language	SPORTS work Discovering 2 sectors & agreeing		building your own international projects	
	Learning (NFL)			Closing the training course	
				Evaluation of the course	
DINNER	DINNER	DINNER		DINNER	
Welcome drink	Reflection groups	Reflection groups	Dinner in town	Farewell party	
Getting to know each other	Getting to know all organisations	Cultural sharing "heroes and sports"	Free evening		



Costs?

You will need to pay for the Belgian beers that you drink in the evening, for the Belgian chocolate that is irresistible to buy as a present for home, for souvenirs that you want to buy, but for the rest **the training course is free.** However we do expect it to cost you **time, energy and commitment**.

The training course is funded by the Erasmus + programme, within the budget of the responsible grant National Agencies, through the Training & Cooperation Activities.

Food & accommodation, logistics, training materials are covered by the Flemish National Agency JINT.

Travel costs (such as flights & trains) are covered and booked by the different participating National Agencies for you (some might ask a **small symbolic contribution** towards the travel costs)

And the city of Ostend is **also supporting** as a European City of Sports 2017.



Funded by the Erasmus+ Programme of the European Union







Interested to participate?

- Contact first your National Agency!
- For further questions on the E+ dorphines: email Lien @ Lien.D'alleine@jint.be

Application form

After contacting your National Agency, fill in the application form through the SALTO European Training Calendar: <u>http://trainings.salto-youth.net/6617</u> Deadline: **2 July 2017**

