



Mobility of Youth Workers  
Training Course

# SPORT *it* out!

2-9/11/19  
Larnaca  
CYPRUS



Co-funded by the  
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of the European Union



**JUGEND  
für Europa**

Nationale Agentur Erasmus+

# Who are we?



## Coordinating organisation

"**Lucky Punch Jugendhilfe**" is a non-profit free youth welfare, who is providing help and support of young people and their families in difficult life prescribed. As we are a young, innovative and open-minded carrier, we seek always new challenges and expand our concept within the youth services steadily, to reach a solution-oriented, resource-based and holistic approach on what young people can. Through a multidisciplinary approach of our team a multifaceted perspective on the individual need for assistance is possible.

The compliance with accepted professional standards distinguishes the high quality of our work. Regular advanced training courses here are a crucial component. Moreover, it is of course adequate for us, transparent and efficient use of the available resources. By continuously changing the conditions of our society is subject to constant change. Norms and values have become fickle contemporaries and more stimuli to flow upon us. Top priority of our work is fundamental and universal view of the person who takes into account in addition to the individuality of each and its social environment. Characterized by a humanistic worldview, we explain the experience, behaviour and actions of individual's judgmental light of experience, which have helped that each person has won a world view and outlook on life. Self-determination is here an absolute size. Everyone has the right to find its own way through the various stages and processes that just brings growing up with it, and to be supported by acceptance and appreciation.

Hence our approach derives. By cornerstone empathy, appreciation and congruency we understand man in his individuality and see crises and conflicts, which brings every life with him as a motivation for change to. As the Chinese character for the word "crisis" simultaneously "chance" means difficult life are not a deterrent for us. We know that by friction energy is created that properly channelled, much force for change has and can make individuals stronger from a situation emerge.

More info: <https://luckypunchjugendhilfehaussehlis.chayns.net/>

## Hbst organisation

"**The Moufflons**" mission is youth empowerment through sports and non- formal education programs. The Moufflons supports young people from disadvantaged backgrounds to become agents of change. Via development of sports and non-formal educational programs we assist young people in development of confidence, the life skills and the knowledge to create a better future for themselves, their families and their communities. Our programmes are about learning, sharing and putting the acquired skills, knowledge and attitude into practice.

The Moufflons consists of youth workers, trainers, youth leaders, who gained their knowledge and practice in development of sport, formal and non-formal education programs, working with different target groups, using innovative and creative techniques, supporting initiatives of young people from different cultural groups. Main focus of Moufflons work is development of sport and non-formal education based learning programs. Therefore, part of the organisations are experienced coaches from the field of sport along with educators and trainers form the field of non-formal

education.

In the previous 7 years Moufflons have been involved in organising various sport and non-formal educational activities including sport based youth camps, trainings and coaching clinics, attracting more than 1000 young people from Mediterranean region.

More info: <https://www.camp.moufflons.org/>

## About the project

Regular physical activity provides young people with substantial physical, mental and social health benefits. Regular practice of physical activity helps children and young people to build and maintain healthy bones, muscles and joints, helps control body weight, helps reduce fat and develop efficient function of the heart and lungs. It facilitates developing the skills of movement and helps prevent and control the feelings of anxiety and depression. Engagement in play and sports gives young people opportunities for natural self-expression, self confidence, relief of tension, achievement, social interaction and integration as well as for learning the spirit of solidarity and fair play. These positive effects also help counteract the risks and harm caused by the demanding, competitive, stressful and sedentary way of life that is so common in young people's lives today. Involvement in properly guided physical activity and sports can also foster the adoption of other healthy behavior including avoidance of tobacco, alcohol and drug use and violent behavior as well as the adoption of healthy diet, adequate rest and better safety practices.

Social inclusion involves providing opportunities for those members of society who do not enjoy the same level of privilege as others and striving to ensure that all aspects of society are "open to all".

Sport activity has enormous potential of social inclusion thanks to its capacity to bring all the people together, regardless of age, gender or social origin. When an individual takes part in sports activities or sport methods they are involved in a multidimensional learning process. The most obvious dimension is of course the physical learning (how to run, jump, climb, maintain balance, co-ordination, etc.) however there are also a variety of social learning processes taking place (for example learning to be part of a team, to cooperate, to trust, fair-play and so on.) Compared to the physical side, the social learning dimensions are far more intangible and are harder to recognize. We as educators need to focus on this dimension because it is the social learning elements in sport that can directly respond to the social learning needs of young people. Participation in sport and active play brings a number of personal, societal and health benefits to young people, especially to those who are marginalized. Raising levels of activity and participation in sports not only improves health outcomes and reduces costs to health services and the wider economy, but can also contribute to a range of positive social outcomes including crime reduction, improved levels of wellbeing and mental health, increased educational attainment and more cohesive communities.

**The main aim of our project is to equip youth workers with knowledge and skills on how to use sports and physical activity as tools for increasing active participation and inclusion of young people, with a special focus on those with fewer opportunities.**

The objectives of the training:

- To share our realities with the situations about inclusion of young people with fewer



opportunities in our communities and different youth work programmes working on it

- To discuss and understand basic concepts, values and principles of inclusion and intercultural learning
- To promote and explore the concepts “sports for all” and “healthy lifestyle” in relation with youth work
- To explore the youth work and youth trainings in connection to inclusion/acceptance and Sport for all!
- To raise competences in organising quality youth work with sport methodology with adequate mental and physical development of beneficiaries, as well as competition and teamwork through sports
- To share different sport methods useful for our youth work in every day work with youngsters mainstream and with fewer opportunities
- To share and understand challenges in implementation of quality sport methods in youth work for inclusion and intercultural acceptance of young people with fewer opportunities
- To raise competences for adaptation of sport methods for NFE/youth work for inclusion and acceptance of young people with fewer opportunities
- To define and develop basic plans for local/national workshops of youth workers and youngsters with using sports as methods for inclusion, that are to be held by our participants in the follow-up phase after the training course
- To establish Community of youth trainers and youth workers for youth sport work for inclusion

## Partners and Participants

### Partners

- Lucky Punch Jugendhilfe – Germany
- The Moufflons – Cyprus
- Zenobia – Sweden
- Center for Education and Development – North Macedonia
- SOS Europa – Italy
- Eurotender – Hungary
- Demokrasi ve Hukuk Toplulugu – Turkey



### We are looking for participants with the following profile:

- NGO trainers, facilitators, mentors, coaches, project managers, coordinators and volunteers who are dedicated to working with young people with fewer opportunities in their local reality (working with orphans, refugees and migrants young people is desirable, but not necessary);
- have the basic knowledge of facilitation of sport and outdoor based learning processes;
- have a desire to apply their competences in developing new non-formal

education tools that would increase the social inclusion of young people with fewer opportunities (orphans, refugees and migrant young people);

- are supported by their respective organisations in applying their competencies and newly developed tools in working with young people with fewer opportunities.

## How to apply

Fill the application form here: <https://forms.gle/YZDGhWJcDtsXueit8>



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## Budget

There is no participation fee. Food, accommodation and local travel costs (only during the activity program) will be covered by the grant from the German National Agency of the Erasmus+ Programme.

### Reimbursement

According to the rules of the German National Agency, travel reimbursements can only be made by bank transfer to the Partner Organization and based on real costs. The bank transfer will be executed after

- receiving all of the original documents (receipts, invoices, boarding passes and reimbursement claim) by post,
- filling the form generated by the National Agency online evaluation through the Mobility Tool by the group leaders,
- dissemination of results.

up to the budget limit set by the Erasmus+ Programme.

Nr.	Organization	Country	Number of participants	Travel reimbursement
1	The Mofflons	Cyprus	5	/
2	Zenobia	Sweden	4	275 €
3	Center for Education and Development- CED	North Macedonia	4	275 €
4	Eurotender	Hungary	4	275 €
5	Lucky Punch Jugendhilfe	Germany	5	275 €
6	SOS Europa	Italy	4	275 €
7	Demokrasi ve Hukuk Toplulugu	Turkey	4	180 €

**Please note:** eligible airports for landing are the international airport of Larnaca and in special cases Paphos (second option)

### Visa

In case you need a visa to come to Cyprus. Please inform the organizers first and then have a look at these sites,

<http://www.mfa.gov.cy/mfa/mfa2006.nsf/0/BCD9E71A8FBBA8DCC225720B001D9AFE?OpenDocument> or <http://www.cyprusvisa.eu>

Unfortunately visa costs cannot be covered.

**Please don't book any tickets before receiving our written confirmation.**

## Rules for reimbursement:

1. Only the cheapest means of transportation will be accepted between the country of the Partner Organization and the venue. Before purchasing anything, please, send your travel plan to [vlade-tearce@hotmail.com](mailto:vlade-tearce@hotmail.com) for confirmation. Participants will be reimbursed on the basis of the least expensive route, based on real costs (we can only reimburse tickets which price you can prove with invoices). Please keep in mind that we do not accept invoices of taxis or from travel agencies.
2. Only uninterrupted travel expenses incurred within the activity start and end dates can be accepted for reimbursement. If you wish to stay in Cyprus longer and you find tickets for the same or lower value with those on the actual travel dates, then you can travel one day prior, or one day after the training course as well. However, if participants decide to arrive earlier or stay longer (up to 2 days), all costs related to that will be supported by the participants themselves.
3. The reimbursement will be done via bank transfer to the partner organizations after the receipt of all travel documents including boarding passes by regular post. The bank transfers costs cannot be covered by the project.
4. In order to avoid unnecessary stress and problems (e.g. loss of documents by the post) please send us scanned copies of all documents by email to [vlade-tearce@hotmail.com](mailto:vlade-tearce@hotmail.com) before sending those by post. Please note, that no flight tickets will be reimbursed if the original or electronic invoice is not provided as well.
5. All expenses must be converted to euros using the official exchange rate of the European Central Bank (ECB) on the date when the expense was paid. Link to ECB: <http://www.ecb.europa.eu/stats/exchange/eurofxref/html/index.en.html>
6. In case the participant(s) fail(s) to engage in the activity's daily program due to late arrival or early departure and not attending 100% of the sessions, the amount granted per participant per day will be deducted from the travel reimbursement. The maximum limit to be reimbursed for each participant is highlighted above and was calculated by the distance calculator of the European Commission.
7. Costs of insurance are not eligible and will not be reimbursed! This means that each participant must support his/her own insurance that covers: travel insurance (including damage or loss of luggage) wherever relevant; accident and serious illness (including permanent or temporary incapacity), as defined in the ERASMUS+ Programme Guide.

Thanks a lot for keeping in mind all of these!

### Contact with any questions

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