



# To-Gather for Sports

YOUTH EXCHANGE ABOUT INTEGRATION AND COOPERATION  
THROUGH SPORTS AND MOVEMENT

ESTONIA

17<sup>th</sup> MAY (arrival day)

25<sup>th</sup> MAY (departure day)

2023

PARTNERS AND PARTICIPANTS GUIDE



## DESCRIPTION

To-Gather with Sports is a youth exchange program that invites young people together to discover themselves through sport and games.

The participants will discover different methods including people and also discover the possibility of sport being a tool to promote integration.

The project was inspired by the SPIN program (an Estonian programme) that uses football training to promote teamwork, emotional intelligence, problem solving and communication skills in teenagers. Sport can be used not only to keep your body fit, but also to understand group dynamics and promote other life skills and competences.

## OBJECTIVES

- To broaden youngsters' perspectives, experience and notice how others act in sports and what drives them to do so.
- To Let young people explore different sports and raise awareness about different ways of integration and inclusion of people from different backgrounds through sports.
- To Learn through other peoples experiences and use the skills in peoples personal and professional lives
- To Spark intercultural dialogue and learn about different cultures

## TARGET GROUP

- Young people from 18 until 26 years old (No Limit for Group Leader)
- Young people interested to learn about sport and your role in society and how to be more active
- Young people interested in promoting European Values and Health Lifestyle

## WHAT LANGUAGE WILL WE USE

Despite many of you are speaking many different languages, the official training language will be **English only**.

## TASKS AND OBLIGATIONS FOR PARTNERS ORGANISATIONS

- All organizations are responsible for the preparation, support and monitoring of your representatives in the exchange;

- Each partner will select 5 participants, 2 of which with fewer opportunities and one group leader. The selections will be made taking into account the skills of the participant and their motivation, making sure that the profile of the participants is compatible with the planned activities.
- The partners undertake to sign and comply with the provisions of mandate, which governs in detail the legal obligations and rights of partners organizations.
- Each partner will participate and support in the 2 complementary activities (follow up) and will contribute to establish strategies for the dissemination and use of the project's results together with their participants.

## PARTICIPANTS INFO

Learning Through Board Games will gather **31 participants** from **5 different Programme Countries of Erasmus+**.

Participants commit to taking part in the following:

- Preparation of the Mobility with the Support of their Sending Organisation;
- Actively take part during the whole duration of the Youth Exchange and the leader on the Advance Planning Visit
- Carry Out at least 2 Complementary Activity (Follow Up) and Dissemination of the Training (with the support of the Sending Organisations)

Partners and Participants involved shall agree with the general values of the European Union on human dignity, freedom, democracy, equality, rule of law, and human rights.

During the event Participants commit with the following Code of the Conduct:

- Care, Professional Responsibility and Integrity
- Respect
- Trust
- Inclusion and protection of targeted individuals
- Respect for People's Rights and Dignity

Participants pledge to support the physical, mental and legal integrity of all involved, while in our project. More details can be found in: <https://www.nyh.ee/2021/08/03/code-of-conduct-and-values/>

The failure of the commitment of the items above can lead to the termination of the partnership and participation, including any certification and/or financial compensation involved among partner organisations and participants.

## TRAVEL BUDGET

A lump (fix) sum that depends on the distance from your city to the venue of the activity (use the official **Erasmus+ distance calculator** [here](#)).

- For travel distances between 100 and 499 KM: 180 EUR per participant

- For travel distances between 500 and 1999 KM: 275 EUR per participant
- For travel distances between 2000 and 2999 KM: 360 EUR per participant
- For travel distances between 3000 and 3999 KM: 530 EUR per participant

**We will NOT reimburse the amounts that get over the maximum budget for each participant.**

## COSTS

There is a participation fee of **20 euros per participant**, which you can pay during the reimbursement procedure. Board, lodging and programme costs will be provided and paid 100% by grant from the Estonian Erasmus+ National Agency.

We have a budget for travel costs. According to the restrictions of the Erasmus+ Programme we can only refund up to some of the travel cost, if the following points are fulfilled:

- Your travel route is from your hometown to the venue in Estonia and back
- You have chosen reasonable and economic means of transportation (e.g. APEX or student fares for flight tickets, cheap airlines, 2nd class trains)
- Your travel dates are according to the programme (2 days before OR after the project dates is allowed, but lodging during these days is on your own expenses)
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets.

Tickets with dates longer than 2 days after/before the dates of the training will **NOT** be reimbursed, if not agreed previously with the coordinator

If you would like to stay longer in Estonia, you can book flights up to 2 days before/after arrival/departure of the dates of the training. Tickets with dates longer than 2 days after/before the dates of the training will **NOT** be reimbursed.

## THE VENUE

The venue will be decided in the upcoming months. All the related info will come with the next e-mails and information packs.

## WHAT TO BRING

- Clothes: we don't have any dressing code at our event. Feel free to take whatever clothes make you feel comfortable but remember that Estonia is a cold country and we advise you to check the weather forecast before.

- Sport Clothes and Shoes
- Swimming suit and towel for sauna.

- Indoor shoes: in Estonia, we don't wear outdoor shoes inside, so bring slippers, flip-flops or whatever you feel comfortable wearing **ONLY** indoors.

- Promo materials with main information to present your organisation during the evening of Organisation Market.
- Ideas, music, snacks, drinks etc. to present your country and culture in the Intercultural Evening!

## HOW TO PARTICIPATE?

The chosen participants and leaders **must fill in the participation form:**

<https://forms.gle/oL2EXEf5y7FwH18L7>

Add your participants in our Facebook group where we will share more info and answer possible questions and doubts about the project: <https://www.facebook.com/groups/614990790380372>

## INFO ABOUT THE APV

### Dates:

To be decided among leaders (meeting online)

### EACH PARTNER WILL SEND 1 PARTICIPANT (GROUP LEADER)

### Content:

During the APV we will :

- discuss about contents of the project
- get to know the accommodation and logistics
- talk about the activities of the YE
- divide tasks between national groups (each group will lead at least one workshop on the topic)
- define the final time table for the YE

### Profile of the leader:

- 18+ years old (no age limit), youth worker/youth leader
- **The persons joining the APV must be the same person coming to the youth exchange as a leader! (OBLIGATORY!!!)**

### Deadline:

Choosing the leader: **4th February 2023** \_\_\_\_\_

## INFO ABOUT THE YOUTH EXCHANGE

### Dates:

17<sup>th</sup> – 25<sup>th</sup> May 2022 (including travel days)

### Accommodation:

The youth exchange will take place in Paikuse Sports Center, near Pärnu, Estonia. The accommodation will be in 4-6 person rooms with a shared bathroom. Accommodation and food are covered 100% by Erasmus +

## **EACH PARTNER WILL SEND 1 GROUP LEADER AND 5 PARTICIPANTS PER COUNTRY**

### **Content:**

During the Youth Exchange we will:

- Get to Know Each Other and Work Together
- Learn methods on experiential learning and apply in sport activities
- Play in team and reflect about how its a tool for improvement of confidence and social skills
- Understand better the role of learn and reflection while playing and in mundane life
- tasks Experience integration using sport activities and movement

### **Profile of the participants:**

- Young people from 18 until 26 years old (No Limit for Group Leader)
- Young people interested to learn about sport and your role in society and how to be more active
- Young people interested in promoting European Values and Health Lifestyle

### **Deadline:**

Choosing the participants and buying tickets before: **5th APRIL 2023**

**Before buying the tickets please ask for confirmation (Otherwise it will not be accepted). Also, we can help you find the best routes or get your tickets if necessary.**

*Failing to accomplish this deadline will give us the right to replace the partnership in accordance of the Programme rules.*

## **CONTACT DETAILS YOU MAY NEED**

If you have any questions concerning the programme or the organisation of the project, please contact the project coordinator Kelly Kurs by email: [kelly@nyh.ee](mailto:kelly@nyh.ee)

**SEE YOU SOON IN ESTONIA!**