

SPORT as a tool for social inclusion and active citizenship

Partnership Building Activity

18-23 Nov 2019, Vienna

30 participants from 15 countries:

Austria, Romania, Hungary, Italy, Belgium, Lithuania, The Republic of North Macedonia, Portugal, Spain, Croatia, Slovakia, Turkey, Estonia, Latvia and Netherlands



Co-funded by the Erasmus+ Programme of the European Union



MOVE to Be You

INTRODUCTION TO THE PROJECT:

SPORT AS A TOOL FOR SOCIAL INCLUSION AND ACTIVE CITIZENSHIP – PARTNERSHIP BUILDING ACTIVITY

2019-2-AT02-KA105-002441

The training course will be hosted in **Vienna** between the dates **18th to 23rd November 2019**.

The countries involved in the project are: Austria, Romania, Hungary, Italy, Belgium, Lithuania, The Republic of North Macedonia, Portugal, Spain, Croatia, Slovakia, Turkey, Estonia, Latvia and Netherlands

SUMMARY:

With this PBA we are dedicated to develop cooperation with other European organizations working with youth experienced and interested in social inclusion and active citizenship through creative usage and good practices of using sport as a tool for it.

Our aim is to identify and establish possible future long term cooperations with the selected partner organizations and collaborate in increasing the number of projects aiming at enhancing social inclusion and active citizenship in Erasmus+ funded projects throughout Europe and beyond.

The greater goal of the project is also to improve the amount and variety of usage of sport based methods as a NFE educational tool serving social inclusion and active citizenship under Erasmus+ programmes and therefore contribute to an integrational society and strengthened intercultural dialogue at local, national and international level too.

Expected results:

Provision of a meeting point to bring together 30 youth workers for future collaborations on Sport as a tool for social inclusion and active citizenship – PBA creation, strategic and collaborative partnership building and KA1 projects development.

We will be designing at least 7 projects (training course, collaborative and strategic partnership) to be applied in 2020 deadlines.

OBJECTIVES:

1. Strengthen the motivation and increase cooperation between youth organizations internationally interested in the topic of using sport as a tool for social inclusion and active citizenship
2. Provide a space to learn and share good practices and experience on the usage of sport as a tool for social inclusion and active citizenship in youth work.
3. Encourage and develop the creation of future projects within Erasmus+ framework.
4. Create the space for contact making and networking as a base of future projects with special focus on the usage of sport as a tool for the project's topic.
5. Foster quality improvement in youth work by developing projects using sport as a tool to foster social inclusion and active citizenship.

TARGET GROUP:

2 participants per country.

Profile: youth trainers/workers/leaders active in their organizations in project management/organization and writing (minimum 1 year!)

Please select experienced participants who are active at management level in your organization and have preferably decision making power.

HOSTING ORGANIZATION:

We are an Austrian NGO formed by a group of educators and trainers, who found fulfillment in some form of movement, sport, physical or mental practice, performing art or any such that one can lose or completely find themselves in. The shared enthusiasm and the common understanding of MOVEment lovers who devote their time to get free by MOVEment. This is what we do and would like to inspire others to do. MOVE To Be You.

MOVE to Be You develops projects using movement, sport and physical activity for self- and community development, mindfulness, leadership, stress reduction, inclusion to support the creation of a mentally and physically healthy and active inclusive society.

Due to our member's experience, we are specifically well connected in above fields both in Europe and Asia and are opened to expand our connections to develop projects with NGO-s and realize CSR projects for companies, groups and communities who care for health, sustainable development to raise the human capital of the society. Our team of highly qualified professional project managers and trainers know how to share knowledge and create supportive

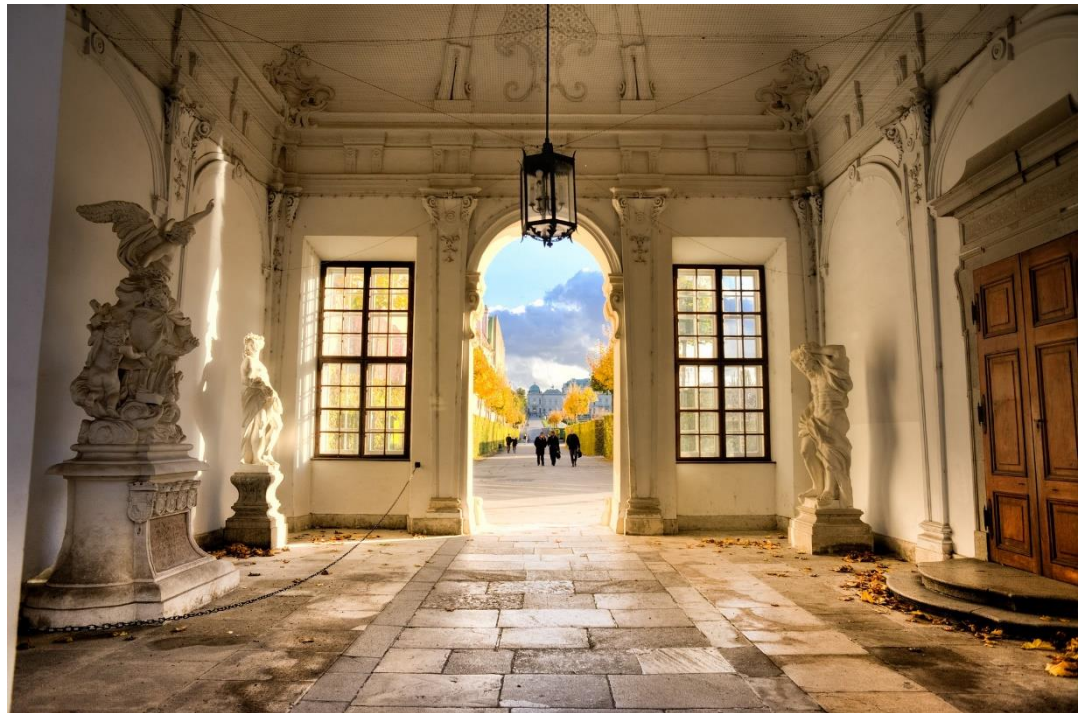
environment with different coaching techniques, non-formal educational tools, experiential learning and nature based educational methods.

MOVE to Be You's motto and philosophy is: "Entwicklung in jede Richtung" means "Development in every direction."

PLACE OF THE PROJECT:

Vienna

(**Wien** in German) is Austria's capital and largest city.



With a population of about 1.8 (2.4 million within the metropolitan area, more than 25% of Austria's population), and is by far the largest city in Austria, as well as its cultural, economic, and political centre. The city lies in the east of Austria and is close to the borders of the Czech Republic, Slovakia, and Hungary. In 2001, the city centre was designated a UNESCO World Heritage Site.

Vienna is often said to be "The City of Dreams" because it was home to one of the world's greatest interpreters of dreams, Professor Sigmund Freud. Its roots lie in early Celtic and Roman settlements that transformed into a Medieval and Baroque city, the capital of the Austro-Hungarian Empire.

The city is well known for playing an essential role as a leading European Music Centre, from the great age of Viennese Classicism through the early part of the 20th century. The city has played host to composers such as Brahms, Bruckner, Mahler and Richard Strauss. The Historic center of Vienna is rich in architectural ensembles, including Baroque castles and gardens, as well as the late-19th-century Ringstrasse lined with grand buildings, monuments and parks.

FINANCIAL ASPECTS

Food, activities and accommodation is Co-Funded by Erasmus+.

Participants will be reimbursed for the unit travel cost using the rules of the Erasmus +



REIMBURSEMENT CONDITIONS:

The activity dates are 18th -23th November 2019. The **travel dates** are **18th November (arrival)** and **23rd of November (departure)**. Please keep in mind that we provide **lodging only for the duration of the project** and not more.

The organizers will reimburse for the unit travel cost using the rules of the Erasmus + from the home city to Vienna and from Vienna back home. **(we will NOT cover insurance, taxi or car).**

Reimbursement of your travel costs can only be done upon submitting **ALL** the original tickets, invoices, boarding passes tags, etc. - or upon presenting the payment evidence along with the original ticket or e-ticket (with the boarding pass wherever applicable) and submitting us the respective copies.

To be reimbursed, the participants need to take part in all the duration of the training course and all the activities.

All the requested documents serve as supporting documentation for the Project's Final Report (and reimbursement).

Reimbursement will be done in EURO, based on the exchange rates given by the Erasmus + Programme specifically the Austrian National Agency, and the rules for reimbursement and reporting.

The reimbursements will be done through **bank transfer** to one account number for each partner organization upon receiving all the original tickets, invoices and boarding tags.

! For the reimbursement it is essential to travel directly in the most economical and feasible way, without any longer stop-over from home town to Vienna in order to arrive and depart on the given project dates!

PLEASE NOTE: The organizers will not provide any accommodation for additional stay in Austria.

If participants plan to arrive a 1 day earlier or depart 1 day later, they are kindly requested to inform organizers and to justify it's reason before buying any ticket! We need to contact our National Agency for the approval upon which we will be glad to assist with necessary arrangements.

MAXIMUM AMOUNT FOR REIMBURSEMENT:

Each country need to send **2 participants**:

Country	Amount per Person
Austria	20€
Romania	275€
Hungary	180€
Italy	275€
Belgium	275€
Lithuania	275€
The Republic of North Macedonia	275€
Portugal	360€
Spain	275€
Croatia	180€
Slovakia	180€
Turkey	275€
Estonia	275€
Latvia	275€
Netherlands	275€

The participants can fly to Vienna or take a train or bus.

The sending organization or participants themselves will buy flight tickets which will be reimbursed according to the rules. **PLEASE NOTE** that all prices need to be accepted by the coordinator before any purchase is made, a screenshot from the website can be sent to us in advance and we will approve or decline within 3 days, all attempts will be made to answer these emails as soon as possible. Tickets purchased without prior consent could result in no reimbursement for travel costs!

SAFETY & INSURANCE:

Responsibility of the participants.

ACCOMMODATION:

The Training Course will be held in Vienna and accommodation in:

JUGENDGÄSTEHAUS WIEN – BRIGITTENAU&BRIGITTENAU YOUTH
PALACE

1200 Wien, Adalbert Stifter Strasse 73

<http://www.1200vienna.at>

Bed linen are provided, **own towels need to be taken**. No alcohol consumption in the building is allowed.

We strongly recommend participants to inform the organisers about any special needs such as dietary, vegetarian or any other special needs they may have.

The first meal included in the project will be the 18th November 2019 dinner.

Next step after reading the Infopack
-Registration- :

[Click here](#)

To fill up the online participants application form (only the selected ones!)

DEADLINES TO BE FOLLOWED:

1. **BY 15TH AUGUST** Register in the above link the 2 participants that your organization selected for the training course. (you have around 1 month to find the suitable participants)
2. **BY 20TH AUGUST** the participants need to buy ticket and send to us the confirmation from flights/bus/train companies (after confirmation of the selected travel options by organizer's team)

If after 15th August we don't have the participants and the confirmation from flight/bus/train companies, we will make an open call to search for participants or change the partner.

The reason of the deadlines are to manage all resources for the training course, accommodation, food, activities, etc. on time.

For more information or questions please send an email to:

movetobeyou@gmail.com

- IMPOTANT NOTE -

We would like to point out the fact
that this is an

**Educational International Youth
Project**

**NOT a holiday, sightseeing trip or a
travel experience**