

Move 
POR UM MUNDO MELHOR



SPORTS INC

SPORTS FOR INCLUSION



Infopack

Place: Guimarães, Portugal

APV Dates: 26th to 29th of July

YE Dates: 21st to 30th of September



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About Move.T+

Move.T+ is a youth association and our aim is as simple as to build a better world, one day at a time. We are about 50 members aged between 16 and 32 years with the desire to promote social, cultural, sport and educational activities to the local community. Our name incites everyone to move, and it reflects our common passion to create activities that add value to the people and the city, inspiring and encouraging youth movement and initiative.

We want to promote an active citizenship, greater social cohesion, awareness on relevant community issues, and a fairer society, supportive and motivated to share experiences and join efforts towards a better world. Considering the specific personal and professional skills of each member, we have structured our activities into three main components: education & health promotion, civic & cultural intervention, and sports & environment.

The scope of our activities extends to the general population, in order to raise awareness about social, cultural, environmental and other relevant issues to promote active citizenship and shared responsibility in building a better world.





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Project summary

Driven by the motivation of the successfully already implemented projects in the field of sports as a method for social inclusion, and strongly committed with the goal of making a better society where we have equity and healthy habits, we developed the Sports Inc. project aimed to spread the message and techniques on how to achieve these subjects and topics. The Sports Inc. project was design to raise awareness among European youngsters about how sports can be a great tool for inclusion and to fight the bad healthy habits and the growing obesity rates raising in all Europe.

The 2017 Obesity Update from the Organisation for Economic Co-operation and Development (OECD) shows up that more than one in two adults and nearly one in six children are overweight or obese in the OECD area. This fact increased the concern of all partners who are committed to fight this new trend and use the sport as a tool to aware the youngsters about the risks and benefits of having a healthier life.

Working together with all partners, meeting personally and through internet conferences, we concluded that, day by day, youngsters from all across Europe get more involved in technology and this increasing interest is getting awful and dangerous as they get more sedentary. This sedentary life has a very strong impact in their health and their well-being and in order to fight this increasing obesity rates, we found important to develop a project where we could raise awareness among all the public in general but specially amount youngsters who are very difficult to interact with.

Through non-formal and informal education, with a special attention to youngsters from a fewer opportunities background and young migrants and refugees who has less access to information and are experiencing a challenging transition into a balanced adult life in community, this project will bring everyone together, regardless of age, gender or social origin, promoting dialogue, open discussion, debates and knowledge sharing, and creating an environment where they can develop solutions and learn from each other.

In parallel with this awareness, we want to promote an integration aiming to prevent individualism, discrimination, intolerance and violent radicalisation.

Given that the European Week of Sport takes place in the end of September, we developed a 10-days youth exchange, who will take place during those dates, where we hope to get deeper into the topic and more easily raise the desired awareness and inspire youngsters to get more involved in sports and in a healthier life. Related to this event we also have the BeInclusive EU Sport Award, in November, which we will bring to the topic so youngsters can understand the importance of social inclusion and become proactive actors in integration and inclusion processes of marginalised, disabled and non-disabled people and youngsters from disadvantaged backgrounds.

With the support of the local council and institutions we hope to involve the participants in these backgrounds and organise a so called prolympic games, adapted for people with disabilities, so they can experience and learn from that experience what are the main difficulties.





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Objectives

The project was built upon the following objectives:

- Provide opportunities for young people with fewer opportunities through sport-based non-formal education, promoting diversity, intercultural dialogue, and common values of freedom.
- Raise awareness on the importance of healthy and active living among young Europeans, making them advocates of healthy and active living in their local communities;
- Develop skills and competences on youngsters to become more active, sporty and health conscious European citizens;
- Introduce the concepts of European Week of Sport (EWoS), HEPA and the BeInclusive EU Sport Award, bringing closer EU sport policy to young people;
- To make use of sport to reach out to marginalised young people, youngsters from underprivileged backgrounds and people with disabilities or fewer opportunities.
- To empower youth through sport as a strategic tool to nurture tolerance and respect of human rights, inciting active civic participation against violence, discrimination and social exclusion.

In the end of the exchange, we expect the participants to have enough knowledge to develop and implement sport related activities in their local communities and spread this knowledge among others in order to fight the sedentarism and bad habits. We will produce a knowledge book with healthy habits and daily recommendations for a healthier life without changing much of our lifestyle and we will spread it through the internet pages, partners and local associations to make sure that everyone gets access to this information.





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Participants profile

All activities planned under this project are aimed at young people from disadvantaged backgrounds, poor social and family conditions, including young people under institutions but not only those who have difficulties in their lives, also the ones who contribute the most with their inputs and need more information and details about the topic of the project.

All groups should be composed of **one (1) team leader and five (5) young**.

All groups will be mandatorily accompanied by a team leader, who will ensure the responsibility for the group, in order to safeguard not only the proper functioning of the activity, but also to ensure that all matters relating to safety and well-being of participants, particularly those under 18, are fulfilled and safeguarded. The team leader must be at least 21 years and adequately experienced.

For each group of participants, there should be numerical **gender equality** in order to ensure gender balance as well as between different sensibilities and life trajectories. As regards the age of the participants, this must be contained in the range **17-26 years**. All participants must know the basics for communicating in English.

The **APV will involve one (1) participant** from each partner association (which will be the team leader during the youth exchange) and was developed in order to inform the leaders about the program, all the activities details, the city and all the infrastructures for the project and to sign the agreement between partners.

Team leader will be responsible for sharing participants suggestions, when needed.

The following specific criteria was established for the selection of the participants:

- Strongly motivated to get more involved in social inclusive sport activities;
- With no or low previous exchange experience;
- Preference for participants coming from a fewer opportunities background;
- Preferably participants age range: between **17 and 26 years old**;
- Group leaders must be **at least 21 years old** and adequately experienced.
- Gender balance, select equal number of male and female participants.

Underage candidates will need to fill in a **Consent Form** and have it signed by their parents or caregivers.

The following links should be filled by the APV and the YE participants:

APV: <https://forms.gle/nmkMxwbHpyYXHh6P8>

YE: <https://forms.gle/YofjUBPmWaTDXfhv9>

Be aware that our insurance only covers personal accidents and the activities proposed, during your stay in Guimarães.





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Certification

Participants of approved projects of Erasmus+ Youth in Action and of the Youth in Action programmes have the right to receive recognition for their participation and learning in the projects. The YouthPass Certificate is the instrument which has been developed for this purpose.

As this project is based on the principles of non-formal education, all the participants will be able to get a YouthPass certificate after the project, confirming their participation and mentioning the new gained competences.

At the end of every day, the participants would reflect on what they have learned during the day, drawing and modifying their Europass throughout the whole Exchange.

Along with the YouthPass, participants will also be able to get a certificate of participation issued by Move.T+.





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APV agenda

	Friday 26/07/2019	Saturday 27/07/2019	Sunday 28/07/2019	Monday 29/07/2019
09h00	Arrivals	Breakfast	Breakfast	Breakfast
09h30	Arrivals	Breaking the Ice	My County Sports	Departures
10h30	Arrivals	Coffee Break	Coffee Break	Departures
11h00	Arrivals	The Value of Sport: EU Perspectives	Agreement Signing	Departures
12h30	Arrivals	Lunch	Lunch	Departures
14h00	Arrivals	Logistics review	Peddy-Paper	Departures
16h00	Arrivals	Coffee Break	Coffee Break	Departures
16h30	Arrivals	Logistics review	Communication Workshop	Departures
18h00	Arrivals	Network Session	Closing Plenary	Departures
19h30	Dinner	Dinner	Dinner	Departures
21h00		Multicultural Night	Portuguese Night	Departures

*** All activities are subject to change**





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YE agenda

Time	Day	Activity	Day	Activity	Day	Activity	Day	Activity	Day	Activity	Day	Activity	Day	Activity	Day	Activity				
08h30	Saturday	Arrivals	Sunday	Breakfast	Monday	Breakfast	Tuesday	Breakfast	Wednesday	Breakfast	Thursday	Breakfast	Friday	Breakfast	Saturday	Breakfast	Sunday	Breakfast	Monday	Breakfast
09h30	Arrivals	"Burn the ice"	"Sports from my country include..."	Eat Diverse	Heavy Dancing	Let the success speak for itself	Let the success speak for itself	Awareness event in a local school	Free Morning	Healthy Habits R 4 All	Arrivals	European Waves & EWOS	Prolympics	Eat Diverse	Heavy Dancing	Let the success speak for itself	Awareness event in a local school	Free Morning	Healthy Habits R 4 All	Departures
11h00	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Free Morning	Coffee Break	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures
11h30	Arrivals	Expectations Tree & Writing to my future self	Instant Theatre	Creative moments: Find Inclusion	Entrepreneurial Workshop	Olympics 4 All	Inclusion Lab: Sport's values Vs. Refugee crisis	Preparation of Healthy Habits R 4 All	Global Reflection	Lunch	Arrivals	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Departures
13h00	Arrivals	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Arrivals	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Departures
15h00	Arrivals	Instant Theatre	Creative moments: Find Inclusion	Entrepreneurial Workshop	Olympics 4 All	Inclusion Lab: Sport's values Vs. Refugee crisis	Preparation of Healthy Habits R 4 All	Global Reflection	Lunch	Lunch	Arrivals	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Departures
16h30	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures
17h00	Arrivals	"Displaying the city for everyone"	Instant Theatre	Creative moments: Find Inclusion	Entrepreneurial Workshop	Olympics 4 All	Inclusion Lab: Sport's values Vs. Refugee crisis	Preparation of Healthy Habits R 4 All	Global Reflection	Lunch	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures
18h30	Welcomesession	Comfy group	Comfy group	Comfy group	Comfy group	Comfy group	Comfy group	Comfy group	Certification and Recognition Plenary	Departures	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures
19h30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Departures	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures
21h00	Socialympics	Free Night	Guimarães Corre Corre	Multicultural Night	Multicultural Night	Idea Competition	Portuguese Night	Farewell Night	Free Night	Departures	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures

- * This program will be discussed during the APV
- * All activities are subject to change





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Accommodation

During the **APV** and the **YE** participants will be accommodated in **Guimarães Youth Hostel**. Located in the centre of town, Guimarães Youth Hostel is a privileged starting point to visit the historical centre – World Heritage since 2001 with all of its typical little streets and cosy plazas. For more information you can visit their website¹.

The rooms are of 6 persons, separated by gender with shared bathroom.

Address Complexo Multifuncional de Couros, Largo do Cidade, 8
4810-430 Guimarães
Portugal

GPS 41°26'23,25"N | 8°17'35,70"W



¹ <https://pousadasjuventude.pt/pt/pousadas/guimaraes/>



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Meals

Breakfast will be served in your accommodation.

The rest of the meals will be served in several different places. Between the accommodation, the University and some local restaurants we are trying to get you a diversified and cultural meals in order for you to meet our culture and costumes.

Please let us know if there are any particular needs about the food, such as allergies or vegetarianism.





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Travel reimbursements

<i>Country</i>	Maximum reimbursement per participant
<i>Bulgaria</i>	360.00 €
<i>Slovakia</i>	360.00 €
<i>Hungary</i>	360.00 €
<i>Lithuania</i>	360.00 €

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 Guimarães in order to arrive and depart on the given project dates.

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

The organisers will reimburse for the unit travel cost using the rules of the Erasmus + from the home city to Guimarães and from Guimarães 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 youth exchange and all the activities.

All the amounts foreseen by the project have been calculated according to the official address of each organization. So, the distance calculation has been made following the official distance calculator of the European Commission².

² http://ec.europa.eu/education/tools/distance_en.htm





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All the tickets bought with a different currency from EURO will be converted to EUR according to the following rules:

- Beneficiaries with general accounts in a currency other than the euro must convert costs incurred in another currency into euros at the average of the daily exchange rates published in the C series of the Official Journal of the European Union, determined over the corresponding reporting period (available at <http://www.ecb.europa.eu/stats/exchange/eurofxref/html/index.en.html>).
- If no daily euro exchange rate is published in the Official Journal of the European Union for the currency in question, conversion must be made at the average of the monthly accounting rates established by the Commission and published on its website (http://ec.europa.eu/budget/contracts_grants/info_contracts/infoeuro/infoeuro_en.cfm), determined over the corresponding reporting period.

Reimbursement will be done in EURO, so beneficiaries with general accounts not in euros must convert costs incurred in another currency into euros in accordance with their usual accounting practices.

You must keep a copy of all printed tickets and boarding passes so that we are able to reimburse you the costs. Buy already all the coming back tickets and bring a copy so we can reimburse you.





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How to get to Guimarães

The quickest and easiest way to get to Guimarães is flying to Oporto's airport. You could also fly to Lisbon, but it would be more difficult to get to Guimarães.

From Oporto's airport

When in Oporto's airport, we suggest you to get a bus called "getBus", it would take you directly to Guimarães BUS station, where you will be picked.

Bus website: <https://www.getbus.eu/>

From Lisbon

From Lisbon, the best option to get to Guimarães is either getting a BUS or TRAIN directly to Guimarães or to Oporto and then to Guimarães. Below you can find some possible options to search for tickets.

Train webpage: <https://www.cp.pt/>

Bus webpage: <https://www.rede-expressos.pt/>

From Oporto city centre

From Oporto city centre the best option to get to Guimarães is by Train. You can catch the Train direct to Guimarães in the Oporto's **São Bento** or **Campanhã** stations and leave in the last station which is Guimarães.

Train webpage: <https://www.cp.pt/>

When getting the train/metro ticket from the machine, please remember to click in the receipt button as it doesn't give you by default and we need it for the reimbursement!

When asked, please use the following information for the VAT invoices:

Name: Associação Move.T+

Address: Rua da Caldeira, 33, 4810-520 Guimarães, Portugal

VAT Number: 513772634

Please inform us as soon as possible how you are going to get to Guimarães, and at what time you will arrive.





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Meeting Point

The meeting point will be in front of the hostel at 18h.





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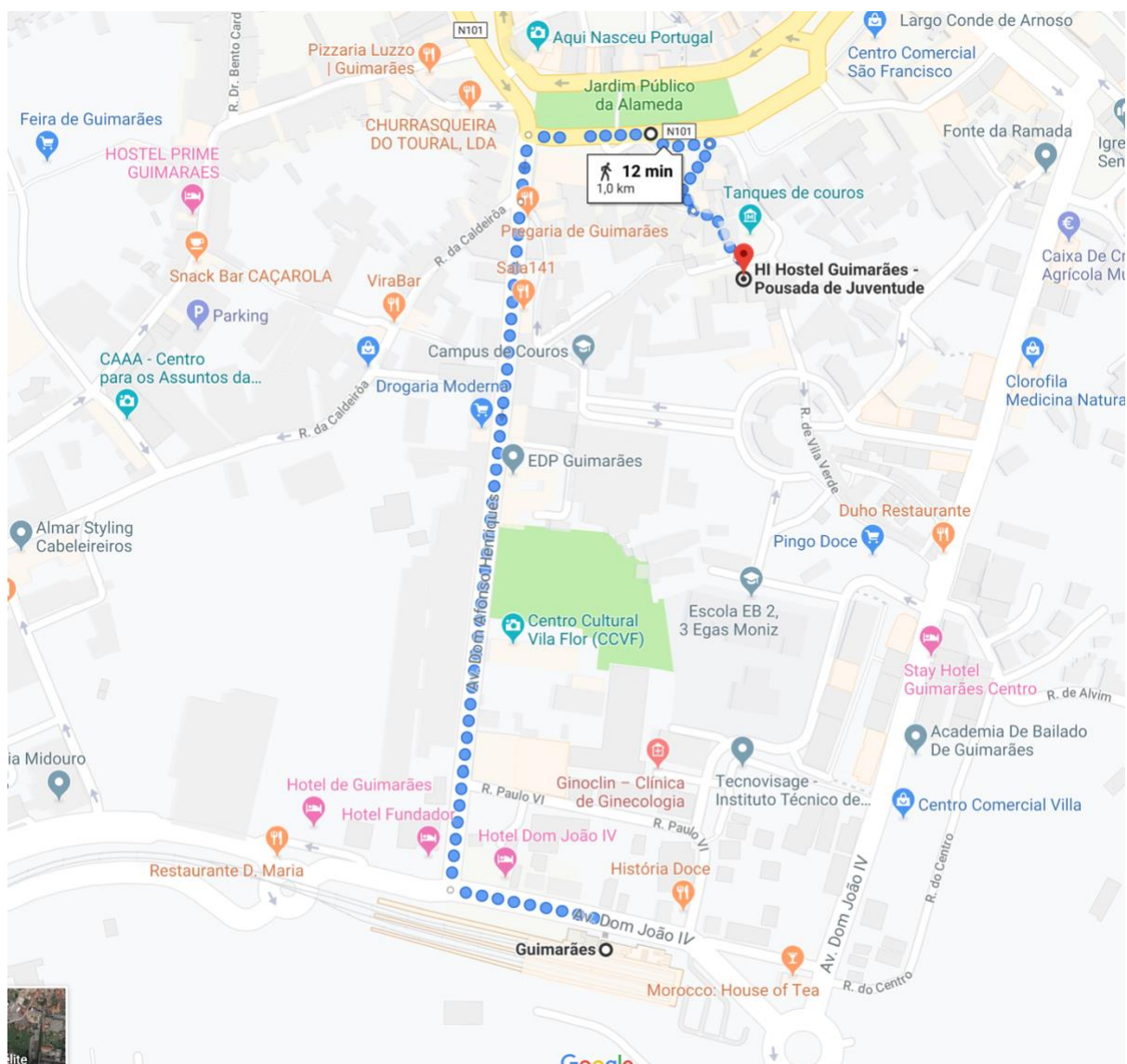
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Guimarães in a Map

The city of Guimarães is a very small city so we will be almost walking everywhere. Bring comfortable shoes 😊

From Train Station to Hostel

<https://goo.gl/maps/nYMSq7NcbPwKJbbo6>



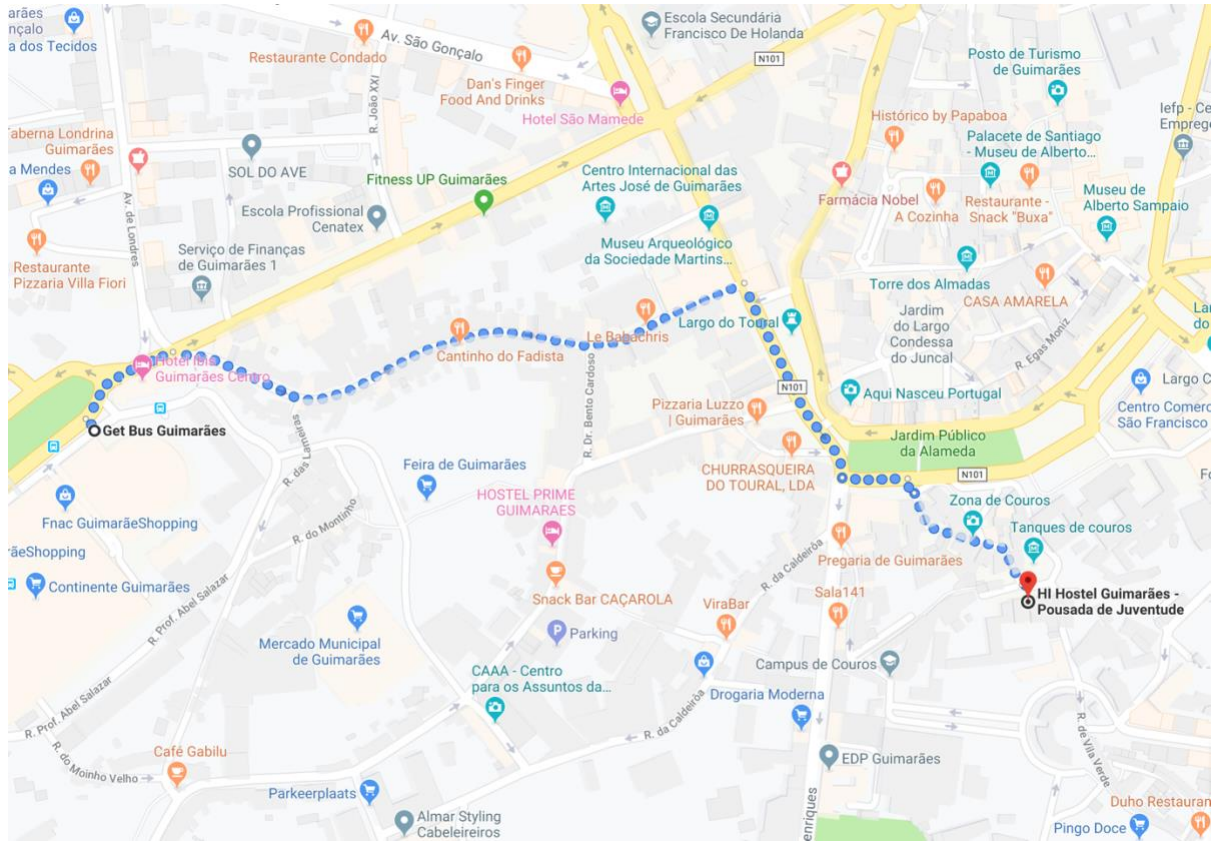


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From Bus Station to Hostel

<https://goo.gl/maps/6tUqn49JgzkQnjPz9>





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Check List

- √ All travel documents;
- √ Comfortable clothes for sport;
- √ A towel and things for your showers;
- √ European Sanitary Card in order to be safe in case of emergency;
- √ Presentation about your country, organisation and activities for the intercultural night;
- √ A typical thing of your country for the intercultural night;
- √ Prepare energizers, ice-breakers and outdoor activities;
- √ Endless amounts of good mood and motivation for work and leisure;

Please let us know as soon as possible, what material you will need for your presentations.





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Currency

In Portugal, the currency used is the **Euro**.

Thus, we suggest that the currency exchange is made in your own country.

There is also a currency exchange office in Oporto's Airport but have a lower exchange rate.

We cannot guarantee the exchange of all currencies in the city of Guimarães.

Social Media

Just before the activities we want to promote the project through all social media, web sites and blogs of all the partners. Therefore, we want your help to make that possible.

Please share the exchange as much as you can, using the hashtags #movetmais , #sportsinc and #erasmusplus .

Don't forget to like our Facebook page!



<https://www.facebook.com/MoveTmais/>





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About Guimarães

Guimarães is a city and municipality located in northern Portugal, in the district of Braga. Its historic town centre is listed as UNESCO World Heritage Site since 2001, in recognition for being an exceptionally well-preserved and authentic example of the evolution of a medieval settlement into a modern town in Europe.

For some decades, Guimarães was the capital of the County of Portugal, however, shortly after the Battle of São Mamede (1128), and due to the needs of the Reconquista, Coimbra became the kingdom's capital.

The inhabitants of Guimarães are often called "Vimaranenses" and "Conquistadores" (the Conquerors) in relation with the historical heritage of the conquest initiated in Guimarães.

MAPS: <https://goo.gl/maps/SaY9Y7bFVHHN8hNj8>





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Useful words

ENGLISH	PORTUGUESE
YES	Sim
NO	Não
PLEASE	Por Favor
THANK YOU	Obrigado
THANK YOU VERY MUCH	Muito Obrigado
GOOD MORNING	Bom dia
GOOD AFTERNOON	Boa tarde
GOOD NIGHT	Boa noite
GOODBYE	Adeus
BYE	Xau
ENTRANCE	Entrada
EXIT	Saída
PULL	Puxe
PUSH	Empurre
EMERGENCY EXIT	Saída de Emergência



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Contacts



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<https://www.facebook.com/MoveTmais>



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Guimarães Youth Hostel



(+351) 253 512 050 / 925 665 087



National Emergency Number



112



Tourism



(+351) 253 4212 21/33



Local Police



(+351) 253 540 660





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- 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

