

SPRINTERS –

A NEW EUROPEAN NETWORK ON MASS SPORT

Activities of the project:

- | | |
|-------------------------------|--|
| 1. Advanced Planning Visit 1: | 20-23 November 2015, Ramnicu Sarat, RO |
| 2. Youth Exchange 1: | 21-28 March 2016, Ramnicu Sarat, RO |
| 3. Advanced Planning Visit 2: | 10-13 July 2016, Ramnicu Sarat, RO |
| 4. Youth Exchange 2: | 19-26 August 2016, Mangalia, RO |

1. GENERAL INFORMATION

The project **SPRINTERS – A NEW EUROPEAN NETWORK N MASS SPORTS**, project number : 2015-1-RO01-KA105-013929, is a multilevel project including two Youth Exchanges and two APVs all organized within the framework of ERASMUS+ Program with the financial support of the European Commission, that will be implemented in Ramnicu Sarat and Mangalia, Romania, between 26.05.2015 – 26.06.2016.

The AIM of the project is to promote indoor and outdoor sports and in the same time to create a Network of workers on mass sports at European level.

2. COMPOSITION OF THE GROUPS FOR EACH ACTIVITY

1. Advanced Planning Visit 1: 20-23 november 2015, Ramnicu Sarat, RO

1 Participant per country (no age limits) - the group leader which will represent the group for the youth exchange 1.

2. Youth Exchange 1: 21-28 March 2016, Ramnicu Sarat, RO

4 Participants (18-29 years old) + 1 Group Leader (no age limits).

3. Advanced Planning Visit 2: 10-13 July 2016, Ramnicu Sarat, RO

1 Participant per country (no age limit) – the group leader which will represent the group for the youth exchange 2.

4. Youth Exchange 2: 19-26 August 2016, Mangalia, RO

4 Participants (18-29 years old) + 1 Group Leader (no age limits)

IMPORTANT!

The participants can stay in Romania 5 days more than the mobility but only on your costs. The dates can be organized before and/or after the exchanges.

Please note that the organizers will not provide any additional accommodation outside the dates of the mobility! If you wish to travel on other dates than the dates of the Mobility, please take contact with the organizers before purchasing your tickets!

Please plan your trip carefully: in case your travel dates are different than the ones above mentioned, the organizers might not be able to reimburse you!!

3. Summary of the project:

The project SPRINTERS - A NEW EUROPEAN SPORTS NETWORK IN MASS is an integrated project which will involve 70 participants from Romania, Croatia, Portugal, Turkey, Estonia, Slovenia and Greece, in two thematic activities that will take place in Rm. Sarat (A1) and Mangalia (A2). The problem identified is poor participation in mass sport in the European Union on the basis of the lack of a network of partners to support and implement clear patterns of applicability of non-formal education methods.

The causes of the problem are: Poor support and practice sport in schools and youth leisure time, lack of leisure opportunities in an organized way, alarming number of young people using drugs or other substances, tobacco and alcohol, carelessness for youth sports, oversized attention to the online environment and technology at the expense of physical activity, lack of programs and projects that involve and disinterest responsible for youth policy to produce ideas in order to develop sports skills of youth, discrimination massive effects of racial and class differences, obesity, sedentary lifestyle.

Objectives that will positivity problem and causes identified are:

1. Develop a partnership networks in order to promote sports and games in indoor and outdoor treatment at European level by involving 70 participants, leaders and 7 European countries;
2. Increase the number of youth involved in supporting, promoting and developing a pilot project in European Partnership in order to support indoor and outdoor mass sports;
3. Increase the awareness level of 70 participants from 7 countries on the importance of involving in developing indoor and outdoor sports;
4. Increase the involvement of 70 participants from seven European countries in promoting sports activities indoor and outdoor table;
5. Developing intercultural communication of 70 participants from seven partner countries through activities promoting principles: diversity, mutual respect, tolerance, solidarity, active citizenship and European fair play, equality, social cohesion and group social responsibility.

Short description of the activities:

Youth Exchange 1 – from 21 to 28 March 2016, in Rm. Sarat, Romania - will be focused on indoor sports promotion; will be involved 28 youth and 7 group leader. The aim of the exchange is to promote indoor sports as a tool of intercultural communication, and on the other hand to discuss and debate about the most important principles transmitted through indoor sports, competences developed and importance of indoor sports for each individual. During the exchange the main activities will be focused on the following sports: football, tennis, volleyball, handball, basketball, chess, table tennis, being used in the same time non-formal methods as: Workshop, Seminar, PhotoVoice, Public Caffe, Teambuilding, Brainstorming, Traditional evenings, Evaluation.

Youth Exchange 2 – from 19 to 26 August 2016, Mangalia, Romania – the aim of the second activity will be to promote outside sports through non-formal activities. The exchange will involve 28 young people and 7 other group leaders. Methods implemented will be: Workshop, Presentation, traditional evenings, Evaluation, Teambuilding, Survivor Mission, Treasure Hunt, Seminar.

Sports which will be developed: beach football, patches, Freebie, Making sandcastles, beach tennis, badminton, survival missions, etc.

4. Structure of the Project and TASKS!

The project is composed by 2 Exchanges organized on 3 very important phases, as it follows:

1. PREPARATION AND VISIBILITY OF THE PROJECT (before each Exchange)

In this phase each organization has the next tasks:

- To select the participants also for APV and EXCHANGE;
- To participate for the APV meeting;
- To prepare all the activities in national groups;
- To make the project visible in each of the 7 communities using: materials, publishing articles and posting on facebook,
- To prepare the materials for traditional evenings: presentation, food, dances and to fix responsibilities for each participant;
- To organize local activities, events in order to promote the project;
- To communicate with the other participants on the facebook group of the project;
- To organize the travel and to buy tickets and to organize the financial documents;
- To obtain Visa for all the participants which requires it;
- To sign and stamp the INTERNAL AGREEMENT;
- To decide about all the important aspects which can influence the youth exchanges.

2. YOUTH EXCHANGES:

- To participate to all the activities planned by the agenda;
- To sign all the documents required in order to prove the participation;
- To be as active and involved as possible in order to achieve the aim and the objectives of the project;
- To make the project/exchange as visible as possible and to bring an impact to the community;
- To cooperate with all the participants and Leaders;
- To have a fair behavior and to respect the rules/common agreements settled by the group.
- To bring all the financial documents and to provide the details of the partner organization account;

3. EVALUATION AND DISSEMINATION: (after each exchange)

- To send the Mobility Tool Evaluation in the next week after the end of each exchange;
- To promote the results of the project in each of the 7 communities for a better impact through media, online, offline, specific activities generated in connection with the partner organization;
- To send all the financial documents in order to validate the costs and to receive the refund;
- To multiply the effects and results by generating new ideas of projects together with project partners;
- To promote the Blog of the project and all other Materials of dissemination which will be generated through the project;
- To write articles and to publish them on the personal pages or blogs or in written or online media;
- To answer to all the requests made during the dissemination period also to the partner organization and Onix Association.

5. Project partners:

No.	Country and town	Name of the Leader	Partner Association	Email
1	Romania, Ramnicu Sarat	Florin Ceparu	A.T. Onix	flo2007rms@yahoo.com
2	Turkey, Bursa	Emre Demirer	E-genclik	emre-ibal@hotmail.com
3	Greece, Kalamata	Fotini Arapi	K.A.N.E.	fotini@ngokane.org
4	Portugal, Lisbon	Ana Costa	Mais Cidadania	ana.costa@maiscidadania.pt
5	Slovenia, Crnomelj	Klemen Vitkovic	Mladinski Centre BiT	klemen.votkovic@gmail.com
6	Estonia, Polva	Florika Kolbakova	Polva Municipality	florika.kolbakova@mail.ee
7	Croatia, Vrgorac	Bruno Jerkusic	Hrvatska Udruga Mladih	bruno.jerkusic@gmail.com

The project will be held in **English language**. The participants should have at least basic understanding of this language.

The eligible date for making costs is 1ST of July 2015, STARTING WITH THIS DATE YOU CAN BUY YOUR TICKETS AND DO ALL THE PREPARATION COSTS JUST AFTER THE APPROVAL OF THE ROMANIAN PARTNER

The national currency in Romania is LEU; 1 € = 4.50 LEI

6. Selection details:

For the mobility, each partner will send 4 participants (16 –29 years) + 1 group leader (no age limits)

- the national groups should have: 2 males + 2 females + 1 Group leader
- Please select the participants in due time and send us their data by e-mail.
- Please use in your selection the APPLICATION FORMS that we sent you on the mail! At the end of the selection, please send us on mail all the applications registered!

7. Travel reimbursements

The organizers cover 100% of the real travel costs from your home to Rimnicu Sarat and back considering the general limit applied for each participant – Distance Band. If the ticket will be bought more expensive, the difference between the limit approved and it's prize will be covered by each participant.

The reimbursements will be preceded only by bank transfer after the youth exchanges upon sending all travel documents and international bank details and **only in the account of the partner**.

Reimbursement of travel costs will only be done upon full attendance of the mobility and just after the the presentation of the next documents, in original:

For plane:

- Boarding passes
- Electronic tickets
- Invoice
- Proof of payment - **Receipt** for paying by cash or **account extract/credit card slip/bank statement** from where to be seen the details of the transaction in case you will pay by credit card/bank transfer;

Fur bus:

- Tickets
- Invoice (if the case)
- Proof of payment - Receipt for paying by cash or account extract/credit card slip/bank statement from where to be seen the details of the transaction in case you will pay by credit card/bank transfer; (if the case)

The documents will be given in original to the organizers during APV and EXCHANGES and the rest of the documents (for going back in your countries) to be sent by POST to the following address:

*Primaria Ramnicu Sarat,
Str. N. Balcescu, Nr 1.,
Ramnicu Sarat, Buzau,
125300, Romania.*

IN ATENTIA VOLODEA MATEEVICI

Any wishes to stay shorter or longer should be consulted with organizers prior any booking! You should know that you can book your tickets for coming 2 days and going back 2 days after the end of the Exchanges. For this period you will decide about your program, also covering all the necessary costs.

Taxi costs are not eligible for reimbursements.

Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice.

Please check the table below with the information on the travel budget limits for roundtrip! If travel costs exceed the amount budgeted in the project, the organizers will only be able to reimburse participants the sum mentioned on the limits of the budget.

Participants are therefore strongly advised to book their tickets well in advance.

Travel REFUND LIMITS:

For APV 1 (20-23 November 2015) and APV 2 (10-13 July 2016)

Travel destination: Ramnicu Sarat, RO

Slovenia, Turkey, Greece, Estonia and Croatia - **170 Euro** (Distance 500-1999 km)
Portugal - **400 Euro** (Distance 3000-3999 km)

For YOUTH EXCHANGE 1 (21-28 March 2016)

Travel destination: Ramnicu Sarat, RO

Slovenia, Turkey, Greece, Estonia and Croatia - **170 Euro** (Distance 500-1999 km)
Portugal - **400 Euro** (Distance 3000-3999 km)

For YOUTH EXCHANGE 2 (19-26 August 2016)

Travel destination: Mangalia, RO

Slovenia, Turkey, Greece, Estonia and Croatia - **170 Euro** (Distance 500-1999 km)
Portugal - **400 Euro** (Distance 3000-3999 km)
Turkey and Romania - **80 Euro** (Distance 100-499 km)

The tickets prize will be refunded for each participants on the limits mentioned
If the prize will be higher, the difference will be supported by the participants being considered contribution for the project.

8. VISA DETAILS:

In order to come in Romania for the APV 1 and 2 and Exchange 1 and 2, we have in the budget also costs for visa, which includes proper travel way to take visa + the effective costs of the visa. In order to refund the costs please provide all the documents which proves

Turkey (APV 1)	– 110 euro for 1 Participant
Turkey (APV 2)	– 110 euro for 1 Participant
Turkey (EXCHANGE 1)	- 550 euro for all 5 participants
Turkey (EXCHANGE 1)	- 550 euro for all 5 participants

Also, to obtain the visa, please contact us in order to do for you the **INVITATION LETTERS** as soon as possible, and send us in this way, all the information of the participants that we should complete in the Invitation Letters for Visa! We recommend you to buy tickets early, in order to find them on the limits of the budget.

9. Accomodation and Food

You will be accommodated in rooms of 2/3/4 participants of same gender in a 2 / 3 stars hotel, in Ramnicu Sarat – Pensiunea Cristina (<http://pensiuneacristinaoareavu.freewb.ro/>), Buzau Region and Mangalia, Romania.

During the APVs, the group leaders will decide about the composition of the rooms: mixt or national groups!

Bathrooms and toilets are available in each room. Bed lines are provided by the hotel. Please bring your own towels and items of personal care! Also, thinking at the thematic of the project and the fact that we will develop activities under the sun, please don't forget to bring all necessary things as creams, etc.

Food will be provided 3 times a day plus hydrating breaks. Please let us know in advance if you have special needs (vegetarian, vegan, no pork meat, allergies, special diets due to medical treatment etc.) in the application form.

Each country will have the possibility to organize a traditional evening in order to promote it's culture, traditions, foods and others. In this way don't forget to bring some videos, foods and drinks, prepare some moments, presentations and others. Consider that the costs for preparation of the traditional evenings will be supported by the participants and leaders.

10. Health insurance

The organizers do not provide any health insurance for the participants.

The participants are requested to purchase individual health insurance for their stay in Romania. Please bring the medications you may need as well.

11. Practical information

The participants are asked to bring:

- Presentations, materials, brochures, pictures to present their organizations during the youth exchange (as we will set during the APV);
- Traditional drinks, delicatessens, promotional materials to present their country and hometown during the intercultural evening;
- Clothes according to the activities and weather conditions;
- Towels and items of personal care;
- Needed medication.

- We have already created the **Facebook group of the project**, so we kindly invite you to add all your participants as soon as you will have their participation confirmation. The group was made in order to have **a first contact** of the participants and leaders before coming for the mobility in order to **discuss, socialize, be informed** and also after the end of the mobility. In the same time on the group you will get information about our projects, we will **upload photos and videos** and will discuss about everything we want in order to reach the intercultural component of the project.

Facebook group name:

SPRINTERS – A NEW EUROPEAN NETWORK ON MASS SPORTS

Link: <https://www.facebook.com/groups/sprinters2015/>

- We started to work at the Blog of the project which already can be accessed here: <http://sprinters2015.blogspot.ro/>. The blog is created in order to promote our involvement, to publish articles from all the steps of the implementation process, photos, to make statistics and also to bring feedbacks and share comments for the articles. For that, I invite you to create articles, impressions, memories about the project, to send them to me and as soon as I will get them, I will post them to our blog. The articles should be also in English and in your languages. A very important aspect is to share **SHARE** the address of the blog in your communities in order to promote the aim and objectives of the project, Erasmus+ Program and also your involvement and participants.

- The activities will take place in:

Ramnicu Sarat - https://en.wikipedia.org/wiki/Râmnicu_Sărat

Mangalia, Romania - <https://en.wikipedia.org/wiki/Mangalia>

HOW TO ARRIVE IN RAMNICU SARAT?

The nearest airport is Bucharest OTOPENI, at not more than 120 km from Ramnicu Sarat.

HOW TO ARRIVE IN MANGALIA?

Because the nearest airport is Bucharest OTOPENI, at aprox. 250km, we will organize the transport with a bus which will be contracted in order to take the group from the airport in the first day and to bring it back at the airport in the last day of the exchange.

SPRINTERS



Erasmus+

Changing lives. Opening minds.

12. Contact details

If you need help with your travel booking or have any questions regarding the youth exchange, please do not hesitate to contact:

Ceparu Florin

President of A.T. ONIX and Project Coordinator of SPRINTERS

flo2007rms@yahoo.com, 004 0762 65 95 25