



# ***Empowering Youth for Entrepreneurial Sport Education***

***Viggiano, Italy 17-25 October 2019***

The project ESE is a Youth Exchange organized and developed by us in Ungdomsfronten (Coordinating Organisation) in a strong cooperation with our partner from Italy CET Platform Italy. The project will take place in Viggiano, Italy, with the participation of 5 organizations from Sweden, Italy, Greece, Bulgaria and Poland. The project will involve 31 participants, including facilitators and staff members.

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## PROJECT SUMMARY

Youth unemployment, marginalization and exclusion are a structural component of most of EU countries and regions nowadays. We believe that addressing such issues through sport and physical activity is the perfect way to empower young people and youth workers towards their effective personal and professional growth.



What we plan to achieve with our project is to involve youth workers and young people in an experiential learning aimed at providing them with knowledge, skills and non-formal education tools and methods to foster social inclusion, personal development and community engagement through entrepreneurship, mostly of disadvantaged youth categories (NEETs, people from marginalized and rural areas and with educational difficulties).

In this regard, Sport is one of the most effective instrument to counterbalance the above mentioned negative effects by involving final youth targets in educational activities aimed at increasing their self-confidence, participation and entrepreneurial skills.

Specific objectives of the project are:

- To reflect and raise awareness about entrepreneurial education through Sport in different EU countries;
- Stimulate empowerment and engagement through Sport;
- Sharing examples of good practices to fight exclusion through sport;
- Using non-formal learning tools and sport principles and practices as a way to deal with youth unemployment
- Develop a sustainable network for future cooperation among participants and partner organizations in the youth and sport field

We believe that Sport is the perfect ground where people can be introduced into the world of entrepreneurship. Sport and physical activity, indeed, are not only

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providing healthy lifestyle, but the attitude that can be learned from them is fundamental and cross sectorial, providing with transversal competences. Moreover, sport and physical activity are also a very powerful tool to experience moments of inclusion, because everybody can participate, regardless of origin, gender, ethnicity, religion and all the obstacles that make participation in daily life more difficult

## **PARTICIPANT'S PROFILE**

We wish to have participants who have a different relationship and experiences connected with sport issues so during the project they will have the opportunity to share their knowledge and direct experience in order to achieve the objectives.

Participants must be very motivated and ready to challenge themselves, since this projects requires a strong sense of adaptability and a flexible attitude to better adapt to the last minute schedule changes (especially related with the weather conditions) and accommodation (basic comforts).



**5 participants plus one group leader per country (7 from Italy), respecting gender balance**

**Participants should be between 18 – 29 Years old**

## **HOSTING & PARTNER ORGANIZATIONS**

The present Youth Exchange is developed by us in Ungdomsfronten (Coordinating Organisation) in cooperation with our partner from Italy CET PLATFORM ITALY.



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Ungdomsfronten is a non-profit and non-governmental organization that works on youth initiatives development and realization of innovative projects. We are based in Södertälje, Sweden. Ungdomsfronten have been established by a group of youth that realized their needs to make a difference in the society. Our main goal is to open the youth eyes and show that together we can change and together we can build a better Europe. Our national activities are based on non-formal education. We are arranging workshops and some other activities to the youth in the local community. We are looking forward for international cooperation within Europe and the world. Our staff are experts in the youth field and some of them have a long history in the local and international work within the youth area. Ungdomsfronten mainly focuses on youth, especially those young people with fewer opportunities; we realize that a lot of these young people have difficulties and we recognize that youngsters coming from minority cultures (having different cultural background), have such problems really often. We are always open for everyone who needs help and support.



CET Platform Italy is the Italian branch of the international CET network. CET PLATFORM ITALY mission is to improve the level of competences and skills of young people and youth workers, as well as to foster intercultural learning, active citizenship and social inclusion through non formal education principles and methodologies.

The vision is to empower youngsters to shape the world they live and work in, enhancing creativity, innovation and entrepreneurship. We want to help young people in their personal and professional growth to contribute to the sustainable development of European society.

CET Platform Italy members are graduated in the field of international studies and business economics and they are well experienced in Youth Projects. Despite its young age, indeed, CET Platform Italy has been founded by experienced youth

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workers. Programmes like Erasmus+, that includes actions for youth mobility and a strong intercultural dimension, are the main fields of our activities.

CET Platform since it started they have been involved in many Erasmus+ projects as partners, both within CET Platform network and in cooperation with other NGOs, sending more than 100 youngsters abroad, and we also implemented our first youth exchange (Live FEED from Europe) and training course (I'Mmigrant NOT IGNORANT), on February 2017 and 2018 respectively, while other 2 youth exchanges (Sketch2Express and Let's Dance) implemented in April and May 2019. Moreover, we started an informal cooperation with a high school of our city to promote non-formal education and E+ projects.

## PARTNERS

Organisation's name	Country
<a href="#">AYPI - Association of Young Professionals for Improvements</a>	Bulgaria
<a href="#">PLATFORMA GIA TIN EKPAIDEUSI KAI KATARTISI POLITON - ELLAS</a>	Greece
<a href="#">Stowarzyszenie Suerte Limón</a>	Poland

## INSURANCE

Please make sure that coming to the project you have a valid health insurance! For those who have European Health Insurance Card, bring it with you or request it if you're EU resident and you still don't have it, while for those who haven't, you can buy a travel insurance covering potential medical needs.

You can buy it while booking your flights, since companies usually give it as an option, or searching for an insurance online to cover the days of the training.

Your health insurance should make it eligible to have medical treatments abroad.

**This is absolutely a must to join the project**



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Costs regarding Health Insurance can be reimbursed **ONLY** to the Countries not having EU Card and **ONLY** if it's bought together with the flight ticket.

## **TRAVEL AND REIMBURSEMENT**

Participants are expected to arrive on 17<sup>th</sup> of October to the venue (see below) and to leave on 25<sup>th</sup>. There is possibility to arrive and leave up to 2 days before and after the official dates of the Training, but food and accommodation for the extra days are not covered from the project. Therefore, food and accommodation are provided starting from the dinner of the 17<sup>th</sup> until breakfast of the 25<sup>th</sup>. You can check your itineraries keeping in mind the following limits:

- 250€ – Bulgaria, Greece and Poland
- 330€ – Sweden

**The travel limit is reduced compared to the distance calculator to pay the bus that will pick the participants from and to Napoli airport.**

- - 100% of accommodation and food costs will be covered
- - **There is a participation fee of 30€ that will be deducted from your travel costs**
- Travel costs will be reimbursed only if these 3 conditions are fulfilled:
  - You gave all the **ORIGINAL** tickets to our organization. It's fundamental to keep and bring the invoices or the travel confirmations as well; On all documents that you provide the following elements must be clearly indicated: price, currency, name of the passenger, date of purchase and travel itinerary;
  - You attended the full duration of the training course;
  - You submitted any report that our organization or EU requested;
- Since the project is coordinated by Swedish organization where we don't use Euro, we will use the European commission calculator currency according to the exchange rates from official European Commission website for the month





of ticket purchase to make the reimbursement.

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Return tickets must all be provided by postal service once you come back home, unless you have the chance to provide them to us during the training itself (for instance, if you can make electronic tickets and online check in).

N.B. Do not take taxi. In such case we will not be able to reimburse these costs

IMPORTANT! Do not buy tickets before you get confirmation of your itinerary from the hosting organization! Send your ticket proposal to [ungdomsfronten@gmail.com](mailto:ungdomsfronten@gmail.com) or to the sending NGO from your Country



## **VENUE, ACCOMODATION AND FOOD**

**WHERE: Viggiano – Italy**



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Viggiano is an Italian town of 3,379 inhabitants located along the western ridge of the upper Val d'Agri in the western part of the province of Potenza in Basilicata.

It is famous for its long tradition linked to popular music and, in particular, to the construction of harps. Viggiano was, over the centuries, the place of origin of many itinerant musicians who exported their music and traditions all over the world, helping their country of origin economically, and many of them had the opportunity of military in international symphony orchestras.

### **ACCOMODATION: PLEASE READ CAREFULLY!!**

In this project we coordinate with Protezione Civile Gruppo Lucano , they provides services aimed at counteracting or intervening in calamitous phenomena such as forest fires or rescue operations, in this Youth Exchange we are going to have a full immersion in their activities, their experiences and their resources.



So we will be allocated in the organization facilities, more specifically, there will be used the housing modules (adapted containers) used during rescue operation (post-earthquakes for example), kind of bungalows. Every housing module is completely autonomous and have two bedrooms, kitchen, bathroom and heating. In addition, there will be a full module just for toilette and showers, and another for the laundry.

We believe that to experience for one week the conditions where people is forced to live for months is the one of the most educational aspect of this Youth Exchange. This doesn't means that you are going to live in critical conditions, it will be just a different experience.

**Participants will be divided in different rooms with same gender and mixed nationalities.**

### **FOOD:**

We are going to have food prepared by the volunteers from Protezione Civile Gruppo Lucano, served like in a usual canteen. There will be especially traditional food since you are going to be hosted in a region in the heart of Italy, this means a lot of PASTA (probably everyday) and especially SWEET products for breakfast. We will try to make it much more international we can, but of course you are coming in Italy, so to learn something from Italian traditions and culture is also another important experiential and educational aspect.

Three meals per day and coffee breaks during the morning and afternoon sessions will be provided during the Youth Exchange

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Of course, there will be all the support and needs for the special diets and needs (vegetarian, vegan, gluten free, lactose free etc.)

If you have any special needs e.g. mobility, health care, allergies, dietary needs, etc., please start informing your sending NGO or the Organizing NGO. In particular, selected participants will be invited to fill in a google form that will be shared later on, where all relevant information from participants will be asked (personal, travel & logistic, health)

### HOW TO REACH VIGGIANO:

The closest main city is NAPOLI (Naples). So we invite you to reach Napoli by flight or train and then we will set a meeting point and we will pick you up by bus. (Viggiano is 2h far by bus)

Please do not arrive in Napoli the 17<sup>th</sup> after 17 pm and do not depart from Napoli the 25<sup>h</sup> before 10am. Please contact us before to book any ticket.

### WHAT TO BRING & TO KNOW

- Personal towels and toiletries
- Warm clothes, Viggiano is more than 600mt above the level of the sea so it can be cold especially in the day and night
- Comfortable shoes and clothes to practice basic sport and outdoor activities
- Personal mug
- Traditional products/food/drinks/clothes/music
- Flexibility and adaptability is a must :)

In particular: bring some food and non- food items from your country, but be aware that kitchen facilities will be available just for a short time. In order to share and present your Country/culture/community to other participants there will be intercultural evenings. On these evenings you are expected to create interactive and creative presentations where you can use traditional food, drinks, music, dresses, flags, brochures, etc. You can also make quiz, dances, performances and/or theatre sketches and on that way present tradition, habits, language and people from your country, just be active and creative!!!

### Currency:

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In Italy there is the EURO. If you need to exchange cash, please do it in Napoli.  
In Viggiano there are just Cash Machines.

### **Weather**

In October temperature should be between 8° to 18° but the weather can change very fast since Viggiano is at 600mt up to the level of the sea. So especially during the night it can be cold.

### **CONTACTS & FB GROUP**

For any question you have don't hesitate to contact us.

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**Ungdomsfronten:**

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**Facebook group** for the partners and the selected participants, where more information will be published and where we can be introduced to each other before the activity:



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