



INFO PACK ABOUT YOUTH EXCHANGE

With the sport to the life goal

organised by Hokejski klub Moravske Toplice

10.07.2016 -17.07.2016, Moravske Toplice, Tešanovci,
Slovenia



Age limit:13-18 - 5 men and 5 women (for group leader is no age limit).

Expenses:Hosting costs (venue&food) will be covered by the organizers. Travel costs will be partly reimbursed by the organizers as well. For more information check the Transportation part below. Please check the financial conditions with your sending National Agency.

Place: Tešanovci (workshops) and Tešanovci and Moravske Toplice (accommodation, workshops -8 km from town Murska Sobota), Slovenia

Date:10.07.2016 –17.07.2016

Working language:English

For further information please contact: Marko, markopintaric@siol.net phone.: 00386 41 511 133, FB <https://www.facebook.com/marko.pintaric.90>



ABOUT THE PROJECT

The project will contribute to the achievement of international and national strategies on health and integration. The new strategy of the World Health Organization European Region Health in 2020 are two of the key priorities of investing in health at all life stages and the empowerment of healthy choices and the strengthening of social cohesive communities and supportive environments. So we empower young people with knowledge and skills for a more healthy way of life, which will affect our development in the coming life.

The project also refers to a national strategy for the development of public health 2013-2023, which will contribute to achieving the objective of reducing key risk factors for chronic diseases and conditions in the population.

With the sports that the goal of life is a Youth Exchange, whose main objective is to promote a healthy lifestyle for all and the integration of young people into society through sport. There will be 36 participants aged 13 to 17 years from Croatia, Slovenia, Austria and Italy with the help of youth leaders between 10. and 17. 7.2016 7:

- Improve the eating habits of young people and children from rural backgrounds and encourage them to actively regular activities
- Informing young people about the importance of healthy eating
- Realized the positive values of sport (equality, tolerance, non-discrimination, solidarity)
- Found ways to integrate through sport.

After an exchange through sport we expand our European values such as equality, non-discrimination, tolerance and solidarity. We will become active citizens who will promote international cooperation and exchange of good practices.

So we young people involved in the project have become able to increase social awareness about the importance of healthy lifestyles and spread the practice of integration through sports.

In exchange, participants will be managed and implemented the following activities:

- Conducting round tables, debates and activities on the themes of healthy lifestyles, healthy diets, physical activity and sport among the participants, with the occasional participation of athletes (active and disabled), personal trainers and dieticians
- Workshops for integration through sports, which can be carried along with persons with disabilities and others
- Practical outdoor sports activities
- Video workshop on the planning and realization of raising social awareness about the importance of physical activity for all
- Create a photo competition on the theme of well-being
- Workshop on the creation of a special brochure about the project purpose and results of the project.

The methodology used will be based entirely on informal peer education, inclusive approach of participants and non-formal learning situations. Through group work and divided the tasks will ensure the active participation of each participant. Participants will take part in the decision-making process which will create efficient work during the project.

After an exchange young people will become some sort of ambassadors for healthy lifestyles and care for the promotion of health among young people through social networks and various events in different countries.

WORKING METHODS

The methodology of the project will be non-formal education. Non-formal education is purposive but voluntary learning that takes place in a diverse range of environments and situations for which teaching/training and learning is not necessarily their sole or main activity. These environments and situations may be temporary, and the activities or courses that take place may be staffed by professional learning facilitators (such as youth trainers) or by volunteers (such as youth leaders). The activities and courses are planned, but are seldom structured by conventional rhythms or curriculum subjects. They usually address specific target groups, but rarely document or assess learning outcomes or achievements in conventionally visible ways.

COMMUNICATION

The common language for all participants will be English and it doesn't matter what level of language you have, because every way of communication is useful in this project to create a feeling with each other.

YOUTHPASS

Every participant will receive a Youthpass Certificate which confirms participation and validates the non-formal learning (NFL) experience of the Youth Exchange project. Youthpass is a European recognition tool for non-formal and informal learning in youth work. Youthpass is available for projects funded by Erasmus+ Youth in Action and Youth in Action programmes. With Youthpass the participants of these projects can describe what they have done and show what they have learnt. Through Youthpass the European Commission ensures the Youth Exchange activity is recognised as a non-formal learning experience. For more information on Youthpass you may wish to visit <http://www.youthpass.eu>.

CULTURAL EVENING

During the project will be an intercultural evening when you will have the opportunity to share something about your culture with others. You can use several ways to introduce your country, region or organization. In fact you can present music, pictures, videos, power point files. You are welcomed to bring "gastronomic" specialities from your region or country: food and drinks for the evening. We are very curious to taste your products. Please bring a map, posters, postcards and leaflets of your country or place you are coming from.

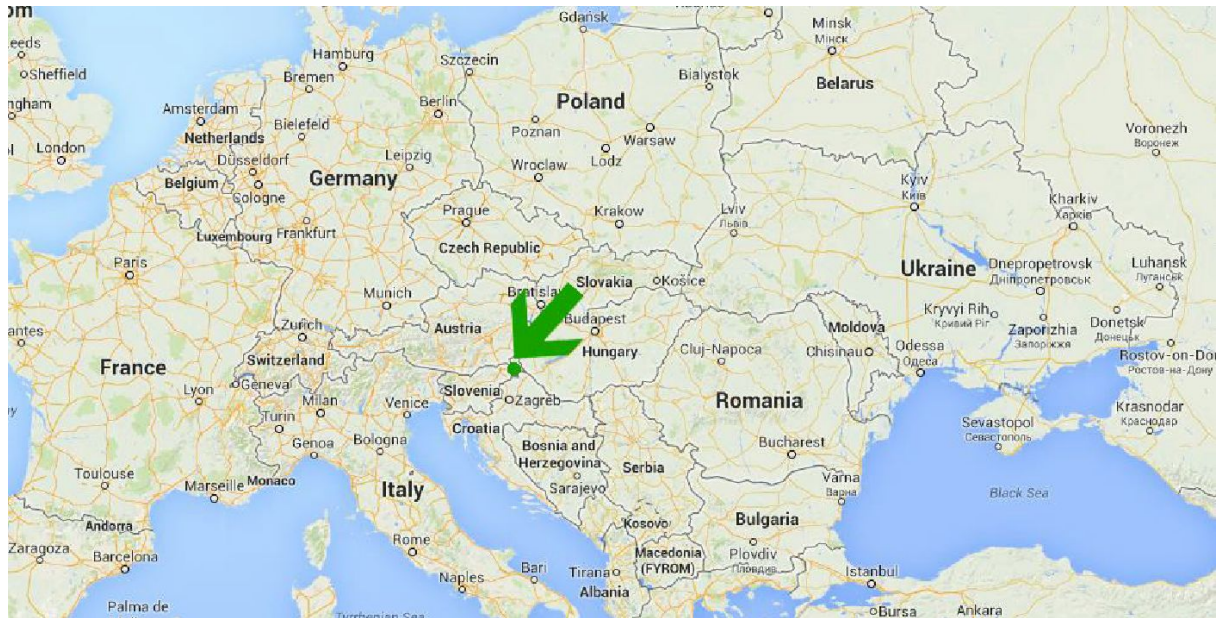
OTHER IMPORTANT INFORMATIONS

Please inform us about any allergies or any other need we should be informed. Who is vegetarian or vegan should say in advance as well.

ACCOMODATION

Accommodation is going to be at place Panonska vas <http://www.panonskavas.si/sl/Home> nearby spa Moravske Toplice (2 km) and town Murska Sobota (10 km), Slovenia.





TRANSPORTATION

The nearest airports are :

- Maribor (Slovenia) - Murska Sobota - 62 km
- Graz (Austria) - Murska Sobota - 103 km
- Zagreb (Croatia) - Murska Sobota - 168 km
- Ljubljana (Slovenia) - Murska Sobota - 182 km
- Trieste (Italy) - Murska Sobota - 301 km

From the Airport to the Murska Sobota (or Rakičan who is 2 km near by) you can use Slovenian low cost transporter Goopti

<http://www.goopti.com/sl?gclid=CPrIxdW1gscCFsb3wgodE4AJmQ>

or you can use a train

<http://www.slo-zeleznice.si/>

About the traveling please consult with us. Please inform us before buying tickets. We will help you to find the cheapest way and also transportation from the airport/train station to the place of the project. **Country**

- Croatia
- Avstria
- Italy

Refund per participant

- 20 EUR
- 80 EUR
- 80 EUR

Please keep all original invoices, ticket., boarding pass and bring them to us. Without these we won't refund you.