



TRAINING COURSE

MOVE TO GROW

Samobor, Croatia, NOVEMBER 18 - 26

Sport as a tool in youth work

TC Move to grow is an 8 days training course on using sport activities as an educational tool as well as a tool in working with youth with fewer opportunities.

It will take place in Samobor (Croatia) and will gather 26 youth workers, teachers, youth group leaders, trainers and mentors, from 7 countries: Croatia, Bulgaria, Romania, Hungary, Czech Republic, Spain and Serbia.

Application deadline is September 20th. Read this infopack and:

[CLICK HERE TO APPLY!](#)



Selection results will be before the end of September.



Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our activities are based on the implementation of programs and projects aimed at educating, empowering and improving the quality of life of children, youth and adults in the local community.

Through three areas of work (social support, active and mobile youth and movement and sports) we organize activities for active leisure, promote volunteering and involvement in the local community, organize workshops, education and training.

Through capoeira and sports activities, we implement programs for the development of social skills of children and youth. We are largely focused on social groups at risk and with fewer opportunities. In order to boost our projects, we cooperate with many associations, institutions and centers both local and international.

More info find on our [website](#).



PARTNERS:

College of Higher Vocational Studies Sports Academy,
Serbia

EYCB, **Czech Republic**

BAIS, **Hungary**

Asociación Entrejuegos, **Spain**

Walk Together,
Bulgaria

Liceul cu Program Sportiv Suceava,
Romania



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TC objectives

- To develop competence of participants in using sports activities as an educational tool
- To strengthen the capacity of partner organizations in using sports activities as a tool in working with young people with fewer opportunities
- To expand participants knowledge of:
 - the term "Youth with fewer opportunities"
 - principles of non-formal learning
 - principles of experiential learning
- To exchange experiences and examples of good practice in working with young people through sports and working with young people with fewer opportunities.
- To create tools for working with youth that are using elements of sports activities
- To spread created tools in public and to other organizations by creating a manual

The final goal of the training is to **CREATE** **A MANUAL** with workshops in which various sport activities are used to provoke social learning.





What will you learn and improve...

How to create an educational activity using sports as a tool and how to encourage learning in young people through sport.

Understanding of the concept of youth with fewer opportunities, becoming aware of the difficulties faced by young people with fewer opportunities and how to carry out activities taking care of their needs.

Main principles of non-formal education and connecting sport principles with them.

Main differences between formal, informal and non-formal education.

Steps involved in the process of reflection and increasing your leadership competences.

Understanding of the concepts of social inclusion and exclusion and raising awareness of your own possibilities to support young people with fewer opportunities in your community.

Developing a sense of initiative and entrepreneurship.

BASIC ELEMENTS OF THE COURSE:

Activities for getting to know each other and developing group dynamics, using sport elements.

Learning sessions: Learning through sports, Young people with fewer opportunities, Reflection/Debriefing as a process.

Exchange of experiences in working through sports.

Exchange of experiences and challenges in working with young people with fewer opportunities.

Group work: creating and conducting sports activities that encourage social learning, creating a manual for youth workers.

Reflection on activities and learning process.

Working on dissemination of the results.

Evaluation

Evening program

TIMETABLE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Arrival & early lunch	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	DORUČAK	BREAKFAST
	Group building	Exchange of experience in working through sport	Youth with fewer opportunities	Challenges in working with youth with fewer opportunities	Creating workshops	Implementation of workshops	Creating a manual and planning
	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK
	Group building	Principles of non formal education	Youth with fewer opportunities	Importance of the relationship	Creating workshops	Implementation of workshops	Creating a manual and planning
	PAUZA ZA RUČAK	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Getting to know each other	Experiential learning	Learning through sport	Youth with fewer opportunities and sport	Reflection / debriefing and introduction to creating workshops	Presentation of activities and group feedback	Implementation of workshops	Operational planning (dissemination)
COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK	COFFE BREAK
Introduction to the course, expectations and working agreement	Exchange of experience in working through sport	Learning through sport	Exchange of experience in working with youth with fewer opportunities	Preparation for creating workshops	Preparation for workshop implementation	Reflection on workshops and feedback	Operational planning (dissemination)
Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Evaluation and youthpass
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Wellcome evening	Intercultural evening	Organization fair	Movie night (optional)	Free evening	Game night (optional)	Night off	Farewell night
DAY 9	BREAKFAST, giving Youthpass, Farewell...						

Activity dates: 18. to 26. 11. 2021.

The arrival day (DAY 1) is the 18th before 2 p.m. and departure day will be the 26th (DAY 9)

Working area: hostel space, outside sport courses, "Bunker" youth center hall (10 minutes walking distance). We will be changing working area depending on the sessions.

Timetable is **preliminary** and is a subject to change!

Depending on the sessions and group dynamics, we will reorganize timetable for one afternoon and make a **group visit to Zagreb (capital)** with organized transport.

Final **timetable** will be available upon arrival and will be open to small changes during the course.

Things to prepare before coming:

- Presentation of your previous experiences in working with young people with fewer opportunities
- A sport activity in which you will share with other participants how you were using sport in your work with youth
- Materials to present your organization, as we will have organization fair
- Think of the way you would present your country during intercultural evening & you can bring something for a better intercultural experience.



DISSEMINATION

The **final goal** of the training is to **create a manual** with workshops in which various sport activities are used to provoke social learning.

During the training we will create a draft of this manual.

After the training, there will be an **experimental phase** to implement created workshops and it will last for two months. In this phase all partners will try some of the methods/ activities written in the manual draft in their local communities. After implementation you will provide with feedback so the manual can be improved.

After your feedback, the manual will be edited to its final version and sent to all partner organizations.

In **final dissemination phase**, you will have a month (from the day you receive the manual) to hold one experiential workshop to present a manual and one of the methods from it to people that are working with young people in your local communities.

In the same time, all partner organizations will share the manual on their channels but also in groups in which they operate and directly via e-mail to local or international organizations with which they cooperate.

WHO CAN APPLY:

Move to grow is a Training course activity aimed for **youth workers, teachers, youth group leaders, trainers, mentors...** that want to develop/improve their skill of using sports activities as an educational tool a when working with youth.

If the description fits you, and **you are working with young people**, apply using the application form link on the first page of this manual.

Selection will be made **based on your experience in youth work**, your **motivation** for the subject of the course and the **amount of results sustainability** (how will you use project results in your daily work). Please write us detailed description of it in the application form.



PRACTICALITIES

Activity dates: 18 to 26 November 2021

Arrival is on the **18th before 15:00**, departure is on the **26th after breakfast**.

Cost of **food** (3 meals per day plus coffee breaks) **and accommodation** are covered by the project.

Accommodation will be in Hostel Samobor, and there will be 2 -3 people in smaller rooms and up to 4 people in bigger rooms. Even though it is hostel space, rooms will always be left with extra empty beds inside, so you have enough space and comfort.

Coffee will be available at all time and inside hostel you can **use the fridge** to keep extra food / drinks. Hostel Samobor is known for relaxed and homey atmosphere. You can check it out on their [WEBSITE](#).

Travel costs are reimbursed according to the travel distance to Samobor: Croatia, Serbia, Czech Republic and Hungary (180€); Romania, Spain and Bulgaria (275€)

IMPORTANT!! Remember to keep all your bills to be refunded (tickets, tolls, boarding passes, public transport tickets, test bills).

All participants must be covered either by the **European Health Card**; either by a travel insurance. (Information to be checked with the sending organisation). **Current entry regulations due to Covid** pandemic require **ONE** of the following:

- negative PCR test or rapid antigen test - RAT on SARS-CoV-2
The PCR test result must not be older than 72 hours and the RAT test result must not be older than 48 hours, counting from the time the test was taken until the arrival at the border crossing point.
- certificate that they have received two doses of vaccine used in the EU
- presentation of a positive PCR or rapid antigen test, confirming that the holder recovered from the SARS-CoV-2 virus infection, which was performed in the previous 180 days, and older than 11 days from the date of arrival at the border crossing point or upon presentation of a medical certificate of recovery

We will keep you posted on all entry regulations and changes, before the exchange takes place. Please make sure you will fit entry requirements before arrival. Cost of PCR / RAT testing can be reimbursed up to travel budget maximum (if you don't spend all the budget on travel, you can use it for test expenses).

REMEMBER TO BRING...

Since the project is based on sport activities as learning tool, **remember to bring enough sport clothes**, you will need it in various sessions!



ABOUT THE VENUE

Located in the centre of Samobor, **Hostel Samobor** offers a free Wi-Fi access throughout the property. Free public parking is available nearby. The old fortress of Samobor is 200 m away.

The dormitories are brightly furnished and offer a pair of slippers and a locker with each bed. Guests have access to a shared bathroom. A common kitchen with a dining area and a shared lounge with a TV are also available.



HOW TO REACH:

By **bus** from **Zagreb** (30 min)

NEARBY AIRPORT:

Zagreb

BY CAR:

check location [here](#)

We can organize airport transfer, just let us know!



SAMOBOR & CROATIA

Samobor, a town with a population of about 15,000 and with a long-standing excursion and tourist tradition. It is situated 20 km from Zagreb, on the slopes of the Samobor hills. The town is a gem of Baroque architecture, and is the most popular excursion destination for Zagreb residents, who pay visits to enjoy its charm, natural beauty, museums, restaurants and excursion sites. From 1809 to 1813, this was the seat of Napoleon's Illyrian province. Many excellent old recipes date back to this period, including today's famed Samobor specialities, muštarda and bermet. Another delicacy that is not to be missed is the Samobor kremšnita.

Croatia (official name: Republic of Croatia) is a European country, geographically situated at the transition from central to south-eastern Europe. It has 4,437,460 inhabitants. The biggest city and the capital of the country is Zagreb.

Useful phrases in Croatian:

Good morning! Dobro jutro!

Hello! Bok! / **Good evening!** Dobra večer!

Where is...? Gdje je...?

bus station autobusna stanica; **street** ulica; **square** trg; **hotel** hotel; **city center** centar grada

How are you? Kako ste? / **Sorry** Oprosti / **Thank you** Hvala

May I have...? Mogu li dobiti...? ;**beer**...pivo; **a glass of red/white wine** čašu crnog/bijelog vina; **mineral water** mineralnu vodu

left/right lijevo/desno ; **straight** ravno

This information is just to make you feel more comfortable, the working language during the Training Course will be English!!

MONEY / COSTS

Currency in Croatia is Croatian KUNA.

1 € = 7,50 KUNA (Kn)

- coffee with milk in café: 10-12kn
- Beer: cca. 15 - 20 kn
- Chocolate: cca. 10kn
- Coca-cola, juice...: cca. 15 kn

You can take your money from ATM or you can go to a bank or exchange office. The difference in exchange ratio between bank and exchange office is small. Therefore, we would recommend that you use banks just to be sure. Also, bear in mind that the Croatian kuna is usually not exchangeable outside Croatia so you will have either to change it back into your home currency in Croatia or do some last-minute shopping.