

PLAY for inclusion

Outdoor games as a tool
for empowerment

TRAINING COURSE



20–26 September 2026

(TRAVEL DAYS NOT INCLUDED)

Erchie (Italy)

ABOUT EURO YOUTH

EURO YOUTH is a dynamic organization committed to empowering young people through meaningful, inclusive, and impactful experiences. Our team is composed of motivated individuals with diverse expertise in youth work, including project coordination, mentoring, facilitation, and creative content development.

Our approach to youth work is rooted in non-formal education, aiming to help participants develop leadership skills, critical thinking, creativity, and a deeper awareness of global challenges. Every activity is designed to be inclusive, engaging, and responsive to the needs and potential of today's youth, creating spaces where young people can learn, connect, and grow.



ABOUT THE PROJECT

The Play for Inclusion Training Course will involve 23 youth workers and one trainer from Italy, France, Bulgaria, Czech Republic, Moldova, Ukraine and Turkey. Participants are selected by partner organisations and are actively involved as youth workers, volunteers or activists, ensuring immediate transfer of competences into daily work and follow-up activities.



No minors will be involved. The group includes youth workers from disadvantaged contexts and those working with young people with fewer opportunities, including migrants and people with disabilities. Participants interested in digital, green and inclusive practices are also involved, in line with Erasmus+ priorities.



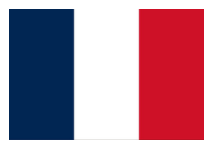
Country and gender balance are ensured, creating a diverse and inclusive group that supports intercultural learning, professional development and long-term impact for partner organisations.

ABOUT THE PROJECT

Participating countries:



EURO YOUTH



PSI



DARE TO DEVELOP



ASOCIATIA OBSTEASCA
ECOVISIO



Geleneksel Yeşil
Çevre Derneği



SOKOLIK



NGO
«The power in youth»

Participants:

Aged 18+

3 participants per country (Bulgaria and Czechia 4)

Planned activities:

- Outdoor games, physical activities and adapted sports for experiential learning
- Learning-by-doing activities focused on inclusion, cooperation and problem-solving
- Role plays and simulations on leadership, conflict management and empathy
- Peer-to-peer exchange of practices and co-facilitation
- Reflection sessions and storytelling linked to Youthpass competences
- Creative and inclusive activities (art, theatre, music)
- Continuous feedback, evaluation and documentation for follow-up and impact

OBJECTIVES

- Organize a week-long cultural exchange among youth from Italy, Czechia, France, Bulgaria, Turkey, Republic of Moldova and Ukraine.
 - Promote sport and outdoor games as tools for inclusion, empowerment and social cohesion
 - Use sport as a means of dialogue, cooperation and intercultural learning
 - Provide a non-formal learning experience focused on sport, mental well-being, sustainability and community engagement
 - Develop Youthpass key competences, with emphasis on teamwork, communication, leadership and autonomy
 - Equip participants with practical methods and activities that can be replicated in local youth and sport contexts
 - Strengthen intercultural bonds and cooperation through collaborative sport-based activities
 - Encourage a holistic approach to well-being, promoting healthy lifestyles, inclusion and respect for diversity
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PARTICIPANT'S PROFILE



- Be 18 + years old and residents of one of the participating countries



- Have an interest in sport, physical activity, mental well-being and inclusion



- Be curious and open-minded, willing to learn and share through sport-based activities



- Be motivated to explore sport as a tool for empowerment, social inclusion and community building



- Possibly face or have faced barriers to participation in sport (social, economic, physical or psychological)



- Be eager to gain practical skills in inclusive and outdoor sport activities



- Have a basic level of English to communicate and actively participate in group work



- Show willingness to live and collaborate in an international group



- Be ready to step out of their comfort zone, engaging in active and experiential learning



- Have no previous Erasmus+ experience (not mandatory, but encouraged)


THE VENUE



WE WILL SLEEP IN ROOM APARTMENT BUT
WE WILL HAVE ACTIVITIES OUTSIDE



COMMUNITY RULES & PRACTICAL INFORMATION

- The project is a safe space for all: alcohol and drugs are strictly not allowed.
 - Recycling is mandatory and part of our shared responsibility.
 - We actively aim to reduce food waste by planning meals carefully and consuming responsibly.
 - Participants are asked not to bring external food or products into the house to avoid unnecessary waste and excess trash. We encourage minimal consumption and conscious use of resources.
 - With 7 countries over 7 days, each national group will be responsible for preparing one dinner for 24 people. Participants should organise themselves as a team to strengthen cooperation and teamwork skills.
 - The activity room is located close to the house, in the town library, while most activities will take place outdoors.
 - Food must be inclusive: vegan preferences and food intolerances/allergies will be fully taken into consideration when planning and preparing meals.
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COSTS AND REIMBURSEMENT

Food and accommodation are 100% covered by the Erasmus+ program (breakfast, lunch, dinner and 2 coffee breaks)

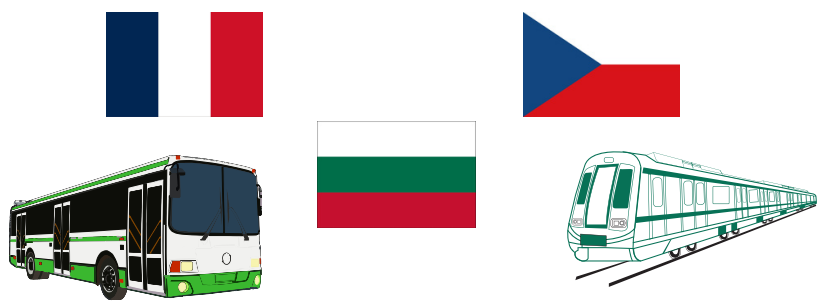
We will reimburse your travel expenses to come to the venue and to come back to the place you started your journey (it has to be in the country you are living at the moment).

The rules and guidelines about travel reimbursement are in the following pages

*reimbursement will be done to the bank account of each organization after the end of the mobility and after a proof of dissemination is showed



COSTS AND REIMBURSEMENT



417 EUROS
(maximum amount reimbursed)

Participants from Bulgaria, France and Czechia can only use green travel options, we will contact you directly to talk about travel options. You have 4 travel days and we provide accommodation costs for your staying on the journey to Erchie.

DO NOT BOOK ANYTHING WITHOUT ORGANIZERS APPROVAL



309 EUROS
(maximum amount reimbursed)

Participants from Turkey, Republic of Moldova and Ukraine can look for flights to Bari or Brindisi, the two closest airports to the venue in southern Italy. From either airport, it is easy to reach Lecce by train or bus. Alternatively, you can also check for flights to Rome/Naples, and then continue your journey to Lecce by train or long-distance bus.

⚠ Please make sure your journey starts in your home country, as required by Erasmus+ travel rules.

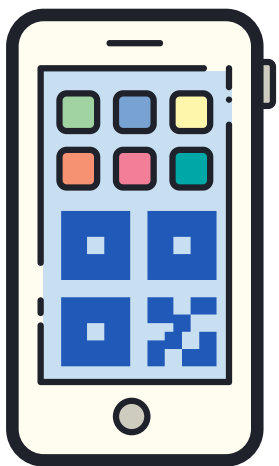
COSTS AND REIMBURSEMENT

KEEP IN MIND THAT:

WE WILL NOT REIMBURSE ANY EXTRA SERVICES, TAXIS, 1ST CLASS, SEAT RESERVATION, TICKETS BOUGHT WITHOUT OUR APPROVAL

REMEMBER TO SAVE ALL YOUR TICKETS, RECEIPTS AND BOARDING PASSES SO WE CAN REIMBURSE YOU!

(NO boarding pass= NO reimbursement)



Boarding passes expire after 24h from the end of your trip. MAKE SURE TO TAKE A SCREENSHOT OF IT BEFORE IT EXPIRES :)

DAYS OF TRAVELLING:

You are allowed to travel maximum 1 day before the project dates and 1 day after when not green travel.

EXAMPLE: You can travel on the 19th and 27th of September

OR if you have green travel just keep contact with us.

Food and accomodation for the 19th and 27th are not covered by the project budget

WE WILL NOT APPROVE ITINERARIES IN WHICH TRAVEL DAYS ARE DIFFERENT THAN THESE ONES.

THE STAFF

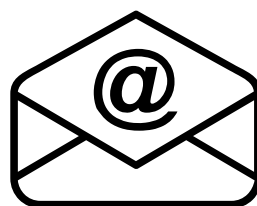


SALVATORE
Trainer/Project coordinator



VINCENZO
Coordinator/Facilitator

OUR CONTACTS



euroyouthaps@gmail.com

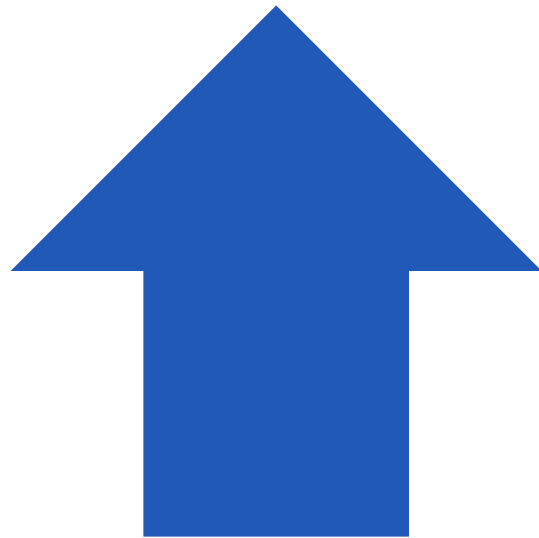
erasmuseuroyouth@gmail.com



[@euroyouthaps](https://www.instagram.com/euroyouthaps)

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**CLICK on APPLY HERE TO
OPEN THE APPLICATION
FORM**