

7 – 13 July 2013  
Cascais, Portugal  
**SPORTING YOUNG  
CITIZENS**

CREATING INCLUSIVE SPORT ACTIVITIES  
FOR THE ACTIVE INVOLVEMENT OF OUR  
YOUTH

International Training Course

**This interactive training is designed to motivate youth workers to use sport and physical activity as a tool for increasing the active participation and inclusion of young people in society, with a focus on those with fewer opportunities.**

Participation in sport and active play brings a number of personal, societal and health benefits to young people, especially to those who are marginalised.

Raising levels of activity and participation in sports not only improves health outcomes and reduces costs to health services and the wider economy, but can also contribute to a range of positive social outcomes including crime reduction, improved levels of wellbeing and mental health, increased educational attainment and more cohesive communities.

Over the course of 5 days, this training will look at, examples of youth and sports policies in different countries, a discussion on the use of sport as a method and the sharing of best practice examples on how youth work can help to promote the physical health and social wellbeing of young people.

#### AIMS AND OBJECTIVES OF THE TC

The main objectives of the training are:

- to equip participants with practical examples of using sport as a tool for increasing active participation and inclusion of young people
- to increase awareness of the importance of including dynamic methods in working with young people
- to increase the awareness of different learning types and individual needs
- to increase active participation and inclusion of young people (especially those with fewer opportunities)
- to bring sport into non-formal education settings and research its potentials
- to create a network of trainers with competences in the methodology 'education through sport'
- to connect youth workers from different countries

#### THE PROGRAMME

The programme will start on the morning of Monday 8 July and end on the evening of Friday 12 July. Participants will be expected to arrive on Sunday 7 July and depart on Saturday 13 July.

The programme agenda will include:

- A discussion on the power of sport in society
- The educational dimensions of sport
- Participation and social inclusion in and through sport
- Practical examples of activities and exercises to engage excluded young people



Education and Culture DG

'Youth in Action' Programme



## PROFILE OF PARTICIPANTS

The training course is open to youth workers, youth leaders, sports coaches, teachers and social workers from all Youth in Action programme countries.

Participants must:

- work with young people in a professional or voluntary role
- be able to communicate in English
- have an interest to develop activities using 'education through sport' inside their own organisation
- be prepared to take part in physical activities during the training

The maximum number of participants for this training is 25.

## APPLICATION PROCESS AND DEADLINE

Participants must apply online at <http://svy.mk/ZVkkJH> by filling in their details and answering the following:

1. Why do you want to take part in this training? What do you hope to gain from it and how would you contribute towards it?
2. Tell us a bit about the organisation you work for and how it involves young people
3. What is your current role?
4. What experience do you have of working with young people?
5. How important do you think sport is as a tool when working with young people?

Please note that applications need to be approved by a sponsoring organisation.

**The deadline for applications is Tuesday 28 May 2013, midnight CET.**

Applicants will be informed about the selection by Friday 31 May 2013.

## FINANCIAL CONDITIONS

All costs related to accommodation and food will be covered by the organisers.

The participants should arrange their own travel to each training venue.

Participants will receive a travel reimbursement of 70% of the total costs, up to the amount of €225. The organisers will need to receive all original tickets and receipts to be able to enable a refund.

We encourage participants to make use of the cheapest methods of travel possible.

There is a participation fee of €40.

## ORGANISERS

This training course is funded by the EU Youth in Action programme and British Council, and organised by 'Who's Got Game', an innovative sports organisation that uses sport as a tool for social change.



## TEAM OF FACILITATORS

The training course will be facilitated by trainers from the UK, Slovenia, Czech Republic and Portugal with experience in Education through Sport.

All the venue information and final details will be sent to selected participants only after the selection process is concluded. If you have any questions about this training, please contact the organisers at [sportingyouth2013@gmail.com](mailto:sportingyouth2013@gmail.com).