Dear partners and friends,

The training course: **"Youth in healthy action!"** will be held in Novi Sad, Serbia in October/November 2013. We hereby kindly ask you to recruit participants from your organizations that will be able to participate at the training course and give back their knowledge and skills in the topics of the training course.

The training course will take place in **Serbia** (Novi Sad) from **27th October** (arrival in the afternoon)to **4th November** (departure in the morning after the breakfast) **2013**.

# *About the training course*

Training course "Youth in healthy action!" aims to empower our youth workers willing to develop and organise sport and health-enhancing physical activities with youngsters in their communities. It gathers 27 participants from 9 countries (Serbia, Macedonia, Kosovo, Montenegro, Croatia, Turkey, Italy, Estonia, United Kingdom), it will last 7 days and will be held in Novi Sad, Serbia in October/November 2013.

The themes of the project are: Sport and health policies in the EU and candidate countries, education and youth work through sport methods, physical and mental health of youngsters, new EU youth programme from 2014 and European level projects in youth field with using sport and health-enhancing physical activity.

Objectives:

* Share realities about sport, exercise and nutrition of youngsters in our communities
* Explore connection between physical (in)activity and health
* Discuss different Sport and health policies in the EU and candidate countries
* Promote and explore concepts “sports for all” and “healthy lifestyle” in relation with youth work
* Share different sport methods useful for every day youth work with youngsters
* Encourage further promotion of “sport and health-enhancing physical activities” (S&HEp.a.) in our communities and discuss policy base for it in EU and our countries
* Define quality “sport for all” activities
* Understand challenges in implementation of quality S&HEp.a.
* Recommend how to plan goals and targets of participation in S&HEp.a.
* Learn how to use new EU youth programme for promotion of S&HEp.a. and develop new projects and European level cooperation

Training course is based on approach and principles of NFE with regular NFE methods and sport activities.

The language of the training course will be **English.**

***The participants should fulfil the following criteria:***

* Age above 18
* Willing willing to further work on promotion and coordination of youth work with sport/outdoor activities
* Able to work in English
* Willing to share the new knowledge with the members of his/her organization once he/she gets back
* Able to attend the entire duration of the course

***Partner organizations:***

According to the project application there are 10 partner organizations involved in the project:

* CID, Macedonia (3 participants expected)
* GAIA, Kosovo (3 participants expected)
* ADP – Zid, Montenegro (3 participants expected)
* Association “Realization”, Croatia (3 participants expected)
* OKID, Turkey (3 participants expected)
* Ferfilo' Associazione Culturale, Italy (3 participants expected)
* ESTYES, Estonia (3 participants expected)
* FIAYC, United Kingdom (3 participants expected)
* AMUSE, Serbia (project applicant) (3 participants expected)

***Travel and visa costs reimbursement***

**70% of travel costs** will be reimbursed only for the cheapest way of transport and preferably for the return tickets. Below, please find the table with eligible costs for participants coming from each country:

|  |  |  |
| --- | --- | --- |
| **Country** | **Eligible 100% travel costs maximum** | **Eligible 70% travel costs maximum** |
| Macedonia | 80,00 euros | 56,00 euros |
| Kosovo | 80,00 euros | 56,00 euros |
| Montenegro | 100,00 euros | 70,00 euros |
| Croatia | 100,00 euros | 70,00 euros |
| Turkey | 400,00 euros | 280,00 euros |
| Italy | 400,00 euros | 280,00 euros |
| Estonia | 450,00 euros | 315,00 euros |
| United Kingdom | 450,00 euros | 315,00 euros |
| Serbia | 20,00 euros | 14,00 euros |

The travel reimbursement will not be done on the spot, but **after the return** of the participants to their homes and after they send the **original** tickets and boarding passes to the organisers. We advise you to get all the original receipts for every ticket you purchased. The transfer of money for travel reimbursement will be done **by direct transfer** to individual’s bank accounts.

***Participation fee:*  NONE!**

# All accommodation and food costs in the hostel are covered by the organisers.

# *Applications*

Please find the Application form attached. If you are interested to participate in the training, please fill it in and send back by e-mail to us at [amuse.pancevo@gmail.com](mailto:amuse.pancevo@gmail.com) till the **28th September 2013**.

Selected participants will receive the detailed infosheet till 29th September 2013.

***Contacts:***

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