



ANTIC
FREE

Mobility of Youth Workers
Training Course

SPORT

it out! Vol. 2

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online training



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WHO ARE WE?

Coordinating organisation

“Lucky Punch Jugendhilfe” is a non-profit free youth welfare, who provide the help and support for young people and their families in difficult life prescribed. As we are a young, innovative and open-minded carriers, we seek always new challenges and expand our concept within the youth services steadily, to reach a solution-oriented, resource-based and holistic approach on what young people can and would like to do. Through a multidisciplinary approach of our team a multifaceted perspective on the individual need for assistance is possible. The compliance with accepted professional standards distinguishes the high quality of our work. Regular advanced training courses here are a crucial component. Moreover, it is of course adequate for us, transparent and efficient use of the available resources.

Our organisation is very well recognized for using the sport as a method for integration and motivation of young people. We were chosen to present our work in the RB Leipzig stadium during the match between RB Leipzig and Bayern Munich. We already implemented one training course for sport inclusion and are in phase of implementing youth exchange about using traditional sports for inclusion. Our young people practice different sports every day and are supported by sport professionals who are able to support their development into healthy individuals. Sports included in our eyes - in addition to the physical effort - many factors that have a positive effect on the life of young people. Here, playing the motivation to have their own lives in their hands and to work towards an independent life is an issue. Through the mediation of clear boundaries and structures an orientation is given in life. The Sport reduces aggression and continues to contribute to in their own bodies perceive, recognize borders and to overcome and to learn self-control. Social learning is supported and promoted within the group of maintenance, security and recognition and regulated by the group often by themselves. It also sharpened and increased self-confidence by sporting success, to find prospects in life and expand.



ABOUT THE PROJECT

The outbreak of the global health pandemic, Coronavirus, has caused particular international challenges on social, economic, and health levels, due to daily life restrictions and travel bans. Since Corona virus is an infectious disease and there are not enough vaccines for COVID-19 yet, the international youth work and youth mobility Erasmus+ projects are very affected and redefined as well. Lack of possibility to travel and the concerns about health most likely might have brought youth mobility participation to a halt. The current situation means that either the youth participants might not have the ability to participate or that the unstable travel situation will prevent the hosting country from simply hosting Erasmus+ programs. The uncertain coming status is testing the international youth co-operation and limiting the implementation of Erasmus+ programs in Europe and abroad when it is probably most needed. Coronavirus is not only a global health pandemic but is putting youth mobility progression and young generation in jeopardy of losing opportunity for growth and development.

As in many other aspects of life, young people participation in sport has been restricted in accordance with the global Coronavirus's restrictions measures. In the current situation of the global health pandemic, as the virus spreads across the world, national and international sport events are also facing special challenges and have been affected by the pandemic worldwide. To begin, grassroots sports is highly affected. The pandemic has limited young people's participation in national and international sport events due to many suspended and postponed competitions and trainings. Several national sport clubs are in a struggle to survive and at a risk of not being able to continue after the pandemic. Engagement in play and sports gives young people opportunities for natural self-expression, self-confidence, relief of tension, achievement, social interaction and integration as well as for learning the spirit of solidarity and fair play. These positive effects also help counteract the risks and harm caused by the demanding, competitive, stressful and sedentary way of life that is so common in young people's lives today.

We believe that the magic of sport in action can help to overcome the psycho consequences of the pandemic. Sport is an undeniable and important tool in the healing process to overcome a psycho-socio trauma, as it brings joy and fun to people's lives. Alongside its importance, it can alleviate the negative effects of the trauma as well as empowering communities to bridge among themselves and stand in solidarity.



Therefore the main aim of our project is to equip youth workers with knowledge and skills how to use sport and physical activity as a tool for improving psycho - physical resilience of young people in society, with a focus on those with fewer opportunities.

The objectives of the training are in brief:

- To share our realities with the situations about inclusion of young people with fewer opportunities in our communities and different youth work programmes related to psycho - physical resilience of young people
- To promote and explore the concepts “sports for all” and “healthy lifestyle” in relation with youth work
- To explore the youth work and youth trainings in connection to improve psycho - physical resilience of young people
- To raise competences in organising quality youth work with sport methodology with adequate mental and physical development of beneficiaries
- To share different sport methods useful for our youth work in every day work with youngsters mainstream and with fewer opportunities
- To share and understand challenges in implementation of quality sport methods in youth work for inclusion and intercultural acceptance of young people with fewer opportunities
- To define and develop basic plans for local/national workshops of youth workers and youngsters with using sports as methods for psycho - physical resilience of young people
- To establish Community of youth trainers and youth workers for youth sport work

The benefits of sport have reached beyond the physical and well-being impact. Today, sport has an inherent ability to promote psycho-social developments and to bridge people from different cultures and backgrounds. The value of sport as a tool for improvement of psycho - physical resilience of young people will be highly demanded in after pandemic times.

With our project we would like to prepare youth work sector and youth workers to be able to address those needs.



Partners and Participants:

Partners:

- Lucky Punch Jugendhilfe- Germany
- Bright - North Macedonia
- Moufflons- Cyprus
- Crveni krst Krusevac- Serbia
- Associazione Culturale Usamborgia- Italy
- INSTITUTE OF YOUTH POWER- Croatia
- El Bosque de Hielo- Spain
- Asociatia ACT O'CLOCK- Romania
- Lifeshaker – Associação- Portugal
- Asocijacija TAVO Evropa- Lithuania



We are looking for participants with the following profile:

- Are dedicated to working with young people with fewer opportunities in their local reality (working with orphans, refugees and migrants young people is desirable, but not necessary);
- Have the basic knowledge of facilitation of sport and outdoor based learning processes;
- Have a desire to apply their competences in developing new nonformal education tools that would increase the social inclusion of young people with fewer opportunities (orphans, refugees and migrant young people);
- Are supported by their respective organisations in applying their competencies and newly developed tools in working with young people with fewer opportunities.

How to apply?

Fill the application form here:

<https://forms.gle/vTqUZwVLF6khZmwW9>



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