



EuroDEMOS

Community Leaders within European Background

Authorization: IS 001360, IS 001361; Accreditation: 2013-RO-99



Erasmus+

Co-funded by the Erasmus+ Programme
of the European Union

TC The value of grassroots sport for education and youth work

8th – 17th April 2016
Iasi, Romania

EuroDEMOS Association will organize the international training ***The value of grassroots sport for education and youth work*** that will take place in Iasi, Romania between 8th – 17th April 2016. The training will involve 30 participants youth workers and youth leaders from at least 10 European countries.

The training is developed within the project ***Civil Society – a Fair Play Actor of European Union*** co-funded by the Erasmus+ Sport Programme of the European Union.

The project is coordinated by EuroDEMOS, together with a consortium of partners:

- International Relations Research Student Association from Bulgaria
- Youth Center BIT from Slovenia
- Association TDM 2000 from Italy
- Vision 2020 Leadership Initiative from United Kingdom

The organizer:

EuroDEMOS is an association with international activity for community development, alternative school of involvement, training and promotion of leaders, by means of applicative programs. EuroDEMOS is an umbrella type association, composed of 5 organizations (eg. Youth Org, Students Org, Women Org) and 14 departments specialized on domains of civic interest (education, youth, democracy, culture etc), having **26 years of constant activity**.

EuroDEMOS is appreciated as **important member in European Parliament AGORA**, active in the priority programs of the European Commission and Council of Europe, Monitor of Human Rights and fundamental freedoms defence in Romania and promoter of them globally, internationally recognized and laureate for its contribution to the promotion of European civilization.

EuroDEMOS Association is also authorized to provide vocational training through the Vocational Training Centre that functions within EuroDEMOS.

EuroDEMOS initiated and coordinated numerous civic programmes of community interest in domains such as youth and sport, education, human rights, democracy, citizenship, sustainable development, ecology and environment protection, social assistance, culture and art etc., developed national and international networks and platforms, international and cross border strategies and policies, international newsletters.

In 2008 EuroDEMOS founded the European Network to Promote Youth Involvement in the Decision-Making Process - **Involved Youth Coalition** (www.involved-youth-coalition.com). The Coalition functions with voluntary activity as an environment of information and dissemination of youth work at international level. The Coalition represents an important resource of information and exchange of good practices for youth workers in Europe in order to contribute to the youth involvement in the decision making process worldwide.

EuroDEMOS – Civic Attitude Association

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EuroDEMOS has trainers and specialized staff in various domains of civic interest and acts according to classical democratic methods, which promote the competence and the performance.

The background of the training

As highlighted in the European Commission's White Paper on Sport, sport activities generate numerous benefits to society starting from its contribution to the EU economy and the value it has for the wellbeing of the citizens. Also, sport activities are a good promoter of social and democratic values such as social inclusion, promoting equal opportunities and equal chances.

Physical activity, health and quality of life are closely interconnected. The human body was designed to move and therefore needs regular physical activity in order to function optimally and avoid illness. It has been proved that a sedentary lifestyle is a risk factor for the development of many chronic illnesses, including cardiovascular diseases, a main cause of death in the Western world. Furthermore, living an active life brings many other social and psychological benefits and there is a direct link between physical activity and life expectancy, so that physically active populations tend to live longer than inactive ones. Sedentary people who become more physically active report feeling better from both a physical and a mental point of view, and enjoy a better quality of life, as stated in the EU Physical Activity Guidelines.

The description of the training aim and activities

The international training will gather **30 youth workers and youth leaders from 10 different countries of European Union**. The training will provide the educational framework for the participants to understand the role of sport for the development of the community. Within the training will be discussed the European policy framework for sport activities. Also, within the program will be developed methodologies to develop the activity of civil society by introducing sport activities and to increase the level of participation in sport among citizens.

The training will approach the topics of: European documents on sport, social inclusion through sport activities, understanding the synergy between sport and youth work and education in Europe, the importance of civil society in promoting sport and physical activity for the well being of the communities.

Within the training will be discussed and analysed the European documents on sport (such as: EU Physical Activity Guidelines; White Paper on Nutrition, Overweight and Obesity; EU strategies in the areas of social inclusion and equal opportunities, notably the EU Gender Equality Strategy, the EU Disability Strategy and the Racial Equality directive). The training will provide knowledge and will be develop methodologies to increase the quality of the activity of civil society organisations. The training will raise the awareness of civil society regarding the role of sport as a social and educational activity and as a catalyst at community level.

The training will be developed through non-formal methodologies to develop competences among participants as: workshops, inputs, presentations, world cafe, simulation, energizers, team building, intercultural evening etc. Within the training will be organised a public meeting with decision makers and public administration to discuss the role of sport and to underline the importance of the cooperation among the main actors of the community to develop the grassroots sport activities and to raise the citizens participation in sport.

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Within the international training it will be shared experience from different countries of Europe, will be brought examples of good practice, will be created an international background where the participants to be creative and to identify together new ways of action at local, national and European level.

The EU efforts to recognise at community level of competences achieved through involvement will be underlined. The participants at the project events will receive certificates attesting their involvement and achievements. Also the participants will be acknowledged regarding the European framework of the 8 key competences of lifelong learning and encouraged to use this framework in their activity.

Information about project management team and trainers

The training will be implemented by a team of professionals, trainers of trainers with expertise and performances in youth field and in the topics of the training.

The team of the project are also staff members and have multiple qualifications such as project managers, trainers, quality auditors, evaluators of professional competences, masters of ceremonies, events' organizers, managers of processes improvements, company evaluation experts, managers of innovation, socio-educative animators etc. Also they have specializations in: team management, leadership, communication and public relations, organisational strategic planning, European youth policies, etc.

The members of the project team of the project and the trainers were involved in the development of cross border strategies; in the creation of international networks, initiated and implemented pilot projects in various domains of interest for the European community.

They are also specialists in non formal education with numerous training programs developed at national and international level, having as beneficiary: youth, youth leaders and youth workers, people from disadvantaged areas, children, talented people, civil servants from public administration, etc.

About the participants:

In the selection process of the participants will be taken into consideration:

- to know English (this will be the language used within the training);
- to be actively involved in youth field;
- to be motivated to participate and interested on the topics of the training;
- to disseminate and value the competences and knowledge acquired during the training within the local community;
- to be over 18 years old;
- to be able to participate on the whole duration of the training.

We kindly inform you that we cannot accept as participants at the training persons who are doing in the same time of the training also the European Voluntary Service (who are EVS) or who are involved in other projects with European funds or any other types of funds.



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Information about the host community of the training: Iasi, Romania

Iasi city is an open air museum that exceeds of monuments, an important cultural, historic and educational center of Romania, a wonderful city which exceeds of history, monuments, traditions, touristic attractions and a huge number of international personalities, intellectuals and technocrats.

The participants will be accommodated in Iasi, in Diplomat hotel <http://hotel-diplomat.ro/en/>.
The participants will be accommodated 2 persons in a room.

More about Iasi... we will show you when you will be here ☺ !



COSTS:

Board and lodging will be 100% provided by EuroDEMOS, there is no participation fee, the travel costs will be reimbursed according to the Erasmus+ rules (max. 275 euro).

We can reimburse only to those who attend the whole training and will provide all the financial documents.

Project coordinator,
Ana Cristina Zacornea

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