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YOUTH EXCHANGE

SPOrT on Game

Project number: 2020-1-EL02-KA105-005648
Place of mobilities: Lefkas, Greece
Working language: English

Preparatory visit (APV):
4-5/06/2021 (Arrival day: 3/06/2021 - Departure day: 6/06/2021)

Date of the exchange:
12-21/07/2021 (Arrival day: 12/07/2021 - Departure day: 21/07/2021)

Partners countries:
Greece - SOLIDARITY TRACKS/MONOPATIA ALLILEGIIS, Italy – ASSOCIAZIONE INFORMAGIOVANI, Spain - ASOCIACIÓN DIAGONAL ESPAÑA, Estonia -MITTETULUNDUSUHING VITATIIM, Romania - ASOCIATIA DE TINERI DIN ARDEAL

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Summary of the exchange:

Playing is an essential right of young people, as it offers many advantages for his/her well-being and development. When the youngsters play, they develop their physical, social and mental abilities and skills. They learn to think, solve problems, express themselves co-operate and expert their moral conscience. Thus, playing has a first-rank importance in the going's knowing of the surrounding world and should be an integral part in the young person's education. The manner thru which playing is utilized has a fundamental impact on the process of youngster's development and self-fulfillment. On the other hand, traditional sports games illustrate perfectly the spirit of inclusive sport, namely the social bond and the conviviality that traditional sports activities naturally create. Besides their socio-educational value, these games translate the identity of our territories in all their diversity. Despite their value, traditional sports games, which are part of the ethno motor heritage and represent a symbol of the cultural diversity of our societies, have been supplanted over the last century by modern sports games.

In this context, and in order to give life to the traditional sport games of our communities and to emerge their social, cultural, educational and physical value by practicing with young people from different origins, backgrounds, profiles and abilities, we wish to set up a Youth exchange which brings together 40 young people including 21 young people with specific needs & 14 young people with fewer opportunities from Greece, Italy, Estonia, Spain and Romania for 8 days in Lefkas in Greece. During this exchange, the young participants with the support of their group leaders, facilitators and special educators will collect, prepare and practice with their peers traditional sports games from their region/country, adapt these games to the needs of these young people & illustrate them by creating educational videos and a magazine. At the end of the exchange, the participants will set up a local outdoor sport event to present and practice the traditional games of their regions with the local citizens of Lefkas.

Aims of our youth exchange:

1 - To make a group of young people (including young people with special needs or with fewer opportunities) coming from 5 European countries, aware about the physical, psychic and socio-cultural value of traditional sport games by practicing, and to offer them the opportunity to cooperate, prepare and play together traditional sport games from their regions/countries.

2 - To develop the well-being of a group of young people (including young people with special needs and/or fewer opportunities) & promote intercultural dialogue and social inclusion by putting them into action through practice of traditional and fun sports games.

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3 - To make the young beneficiaries and the wide public of our community aware for the traditions and cultural heritage of their country & encourage the intergenerational sharing and the conviviality found in these traditional sport games.

4 - To promote the culture of social cohesion by encouraging intercultural exchanges among beneficiaries and to improve the self-esteem of each participant. To promote team spirit and sustainable creativity. An intercultural dynamic will emerge through traditional team sports games.

5 - To promote traditional sport games as an effective tool for inclusion, dialogue and collective creativity to the young beneficiaries of this exchange.

Basic elements of the activities:

- Presentation of the time table of the youth exchange, the working methods and individual expression about expectations/ fear and contributions.
- Ice breaking and group building activities
- Language workshop animated by each team.
- Presentation of the traditional sport games by each team: rules, space, history and logistic needs, - - Traditional sport games language.
- Preparing and playing together in multicultural teams the traditional sport games aiming social inclusion and intercultural dialogue.
- Video recording of the playing process of each sport game by the participants and preparation of the traditional sport games Edu-magazine.
- Organizing the traditional sports event involving local citizens
- Assessment of the exchange and the acquired skills.

Partners/participants:

Participant's profile: The participants must be young people between 17 and 30 years old, including people with mental or physical disabilities and the deaf people, as well as young people with fewer opportunities for social inclusion. Participants should be interested in the subject and want to work within an intercultural community to share their traditional sport games.
Our exchange will bring together 50 participants (12 from Greece, 10 from Estonia, 10 from Spain, 9 from Italy and 9 from Romania).

Composition of the groups:

- Greece: 7 young people with special needs (Autism, physical disability, mental disability) + 1 young leader + 2 specialized educators + 2 facilitators having experience in traditional sport games (The facilitators will support all participants)

- Estonia: 7 young people with special needs (Autism, physical disability, mental disability) + 1 young leader + 2 specialized educators to support the participation of youngsters with disabilities.

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- Spain 2 young people with physical disability + 2 young deaf + 3 young people with mental disability + 1 young leader + 1 specialized educator for disable people + 1 sign language interpreter.

- Italy: 3 young people with fewer opportunities + 4 young immigrants + 1 young leader + 1 specialized educator to support the participation of immigrants.

- Romania: 4 young people with fewer opportunities + 3 young immigrants + 1 young leader + 1 specialized educator to support the participation of immigrants.

Through this program, we will ensure their full integration of the participants so that they can be and remain socially active and profitable both for their community and for themselves.

Total participants:

Country	Total number of participants	No of Participants with Special Needs	No of Participants with Fewer Opportunities	Group leader/Trainer/Facilitator	No of Accompanying Persons
Greece	12	07	0	01+02	02
Estonia	10	07	0	01	02
Spain	10	07	0	01+01	01
Italy	09	00	07	01	01
Romania	09	00	07	01	01

Travel cost per participant/country:

Country	Total of participants	Amount covered for the travel cost for each participant
Estonia	10	360€
Spain	10	360€
Italy	09	275€
Romania	09	275

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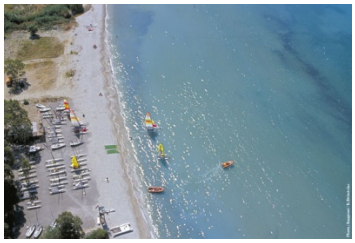
Venue:

Our youth exchange will take place in Lefkada Island. The Island of Lefkada, also called Lefkas, is the fourth largest island of the Ionian Islands, after Zakynthos, Kefalonia and Corfu. It has an area of 303 square kilometers, a coastline of 117 kilometers and a population of about 23.000 inhabitants. Lefkada is an Island with wide traditions and it is situated 378 km from Athens.

Discover the emerald island at: www.lefkada.gr



Accommodation and food:

You will be in "Episkopos camping" in Nikiana / Lefkada.
Nice camping, near to the beach. We are allowed there to prepare food and to organize easily our activities. For more information please check this link:
http://www.campingvillageepiskopos.gr/
You will sleep in rooms of 4 beds or in tents. (The Internet connection is available in the camping. In the same place you will take your meals. You will taste different typical dishes.
If you have some special needs for food or if you are vegetarian, vegan etc.., please, inform us about it beforehand. We can provide you proper food.

Insurance:

Each participant is responsible about its insurance. (Please bring your European health card with you.)
Also we will do for the group an extra insurance for the activities that you are going to do during the youth exchange. For this reason, we need the following data from each participant. (FULL NAME, IDENTITY OR PASSPORT NUMBER, DATE OF BIRTH, NATIONALITY)
We need to have this info till 05/06/2021. If participants don't send their data till this date they can't be covered by this group insurance.

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Transportation: How to arrive to Lefkas

When you arrive to Athens El. Venizelos Airport you have to take the city bus X93 to the bus station Kifissos, it will take about 60 min and the ticket costs about 6 €. There you have to take the bus to Lefkas which takes 5,5 hours. We will pick you from the bus station of Lefkas to the camping.
You can buy your bus tickets online from this link:
http://www.ktel-lefkadas.gr/?module=default&pages_id=13&lang=en
Young people with disabilities can benefit 50% discount if they have justification's document.
Pay attention that there are only 4 buses from Athens to Lefkas (At 7:00, 13:00, 16:30 and 20:30), please organize your flight so as to arrive early in Athens and catch the bus to Lefkas.
Very important: Please KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES from your travel, and to send your boarding pass of your return trip, when you will be back home.
If you arrange to arrive in the same time to Athens Airport we can rent a private bus to pick all of you from Athens Airport to the hosting place.

Participation Fee:

100% of accommodation and basic food are covered by the Erasmus+ programme.
100% of activities fee are covered by the Erasmus+ programme.
Fixed amount of your travel cost (as mentioned above) are covered by the Erasmus+ programme.
Each participant should pay **25 Euros participation fee**.

What you can bring with you?

- Sleeping bag
- Swimsuit
- Towels
- Each group should bring at least one laptop
- To bring National/typical food and drinks for the intercultural evening (songs, dances, national costumes, music etc.)
- Your good mood and energy :)

Preparatory meeting:

One group leader from each partner will come for the preparatory meeting that is going to be in Lefkas from 20-23/05/2021.

Important Notices:

For you safety:
- Each participant should have disinfectant bottle and mask during the days of the exchange
- We will provide disinfectant in the group activities area and masks as well
- The activities will be hold outside in open space
- Our activities will be adapted, we will also provide big bus for the excursion in order to keep the safety distance.

Very important: Please KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES from your travel, and send your boarding pass of your return trip, when you will be back home.

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Useful Greek Words:

ENGLISH	GREEK
Hello	γειά σας! (Yia sas)
Welcome!	Καλώς ορίσατε! (Kalos Orisate)
My name is…	Ονομάζομαι… (Onomazome)
Thank you!	ευχαριστώ! (Evharisto)
I need help.	Χρειάζομαι βοήθεια. (hriazome voethia)
I'm sorry, I don't speak Greek	Λυπάμαι, δεν μιλάω ελληνικά (Lipame, then millao Ellinika)
Do you speak English?	Μιλάτε αγγλικά; (Millate anglika)
Excuse me?	Συγνώμη; (Signomi)
Yes	Ναι (Ne)
No	Όχι (Ohi)
Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you!	σ' αγαπώ (Sagappo)
Goodbye!	Αντίο (Adio)

Contact person in the hosting country: Mohamed Chaabouni

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See you in Lefkas!!!

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