

Association Farinoise
Sport Sante et Culture

INVITATION TO the Youth Exchange

"WorkOUT"



Saint-Étienne-la-Varenne, France
DATE: 20-28th of March 2018

(20th is arrival day, 28th morning is departure)

Please, confirm your arrival/departure dates before booking

VENUE: Saint-Étienne-la-Varenne (Near Lyon), France

WORKING LANGUAGE: English (but it's also not a problem if you or someone of your group doesn't speak it)

PARTICIPANTS: 8 participants (16-30)

COUNTRIES:

- France
- Romania
- Poland
- Macedonia
- *Slovakia*

SUMMARY OF THE PROJECT:

The concept of « WorkOUT » when young people gather together just directly in the streets and are using all available equipment (e.g. of children playgrounds, outdoor parks, public facilities, etc.) as the tools in order to practice sport. This activity, originated from the US starts to get more and more popular all over Europe. The main objective of the workouts are to show that in order to practise sport activities and stay fit you do not need any special equipment, fitness club membership etc.

All that you need is just a personal motivation and a little of imagination. Building the teams and working together on a common objective is also something that is rather typical for street workout. We all can have hundreds of excuses for why we are not practising sport regularly (feeling tired, no money for sport equipment or fitness classes, no time, and so on), but whatever it is, it all stays at the level of excuses that is very easy to hide behind. To stay up, however, and start practising sport activities, demands an effort and a daily effort, that will be a non-stop effort during the whole duration of life, and realisation of this makes the person stronger, brings them out of zone of comfort and leads to the personal development. This will lead not only to the physical self-development, but also will lead to the change of the mindset and the habits. All these ideas are lying as the base of this youth exchange that we propose to organise. As Aristotle said "We are what we repeatedly do. Excellence, then, is not an act, but a habit".

The exchange was proposed by the young people from France that feel a great interest in the workOUT and it will bring together 40 young people from 5 different countries from all over EU to Saint-Étienne-la-Varenne (Near Lyon). With this

exchange, we want first of all to motivate the participants themselves to change their lifestyles and practice sport regularly, as well as to change their life habits towards a healthier ones, so that after this exchange, they can serve personal examples all around them, inspiring new and new people. As well as by practicing sport activities outside and involving people around and the local community in the activities, we plan to pass the message widely. We will have a special Facebook group that will be open and will be a space to follow this project, as well as help the participants of the project to exchange their successes and ideas also after the project and present how the things are going in their own countries.

Participants will have chance to share their knowledge and experience for Street Workout through diverse indoor and outdoor activities, exercises, workshops, sessions with professionals, round tables and creative presentations. The participants of the exchange will work a lot on the visibility and communication, they will have some creative workshops aimed at the promotion of the exchange messages that they will use in order to print Tshirts, make bracelets and a photo exposition. During the exchange we will create public event for promotion of "Street workout" and thematic evenings for interaction with local youth.

ACCOMODATION: The accommodation is amazing place in nature and there is everything that we need. There is free internet wi-fi conection Food will be served at the activities room and we should take care about the kitchen. Also very important is that we take care about the accommodation in general.

Photos from the accommodation:





FOOD:

The food will be prepared and served for you in the centre. The help in the kitchen and with the dishes is very much welcome from the participants.

We will eat simple and typical French food.

A little of typical alcoholic drinks from your country can be allowed on the place for the intercultural dinner.

If you have some special needs for food (vegetarian, etc.), please, inform us about it beforehand. We can provide you with just **"with/without meat"** vegetarian food, but if you have some very complicated diet, or as a vegetarian you would like to have some special ingredients, we would appreciate if you could **take** the food that you need **with you**.

TRAVEL COST:

We will reimburse to you **100% of all your actual cheap travel costs** for the way go and back within a limit. Confirm us before you book the price of the ticket. It is very important that you keep **ALL** your travel documents, including the boarding passes, if travelling by plane. You must **give us all your tickets**, including also your return tickets that must be already bought for the moment of the reimbursement (during the youth exchange itself), otherwise if we do not have a ticket, we cannot consider it for the reimbursement. It is very-very important. You must use the cheapest travel option that is possible (buses, trains, low cost airlines, etc.)

Logistics:

WE HIGHLY RECOMMEND THAT EACH PARTICIPANT OWNS A TRAVEL INSURANCE FOR THE FULL DURATION OF THE PROJECT WITH TRAVEL DAYS INCLUDED!

We will only reimburse you the travel costs if you participate in the WHOLE youth exchange.

If you have any questions about the travel costs or financial matters, please contact us before you buy your tickets.

Finances:

- There is a **participation fee of 40 euros** that will be charged from every participant of the exchange.
- 100% of your travelling costs will be reimbursed on the condition that the person has all the **bills, tickets and boarding passes** (when travelling by a plane) to present to us.
- 100% of costs of simple accommodation and basic food are covered by the organisation.
- The travel costs will not be reimbursed to people who are not taking part of the entire youth exchange or not respecting the rules of the exchange.

PROFILE OF PARTICIPANTS:

- Age: 16-30
- 8 young participants from each country
- Please, try to keep gender balance in your groups
- Erasmus+ is a program that supports disadvantage young people, so we would like to make this project open for the young people with fewer opportunities, so do not hesitate to including people with fewer opportunities into your group! The accommodation is adapted to special needs, so there is no problem with this. If you are thinking or you know there will be people with fewer opportunities in your group, please tell us as soon as possible just to have it in mind! And we will prioritize this people for selection.
- English is our work language, but is not obligation. We will have some meetings and discussions so it will be recommended at least basic knowledge or translation into your groups. Don't be afraid of language! We will find the way to solve it!
- People who is interested in the topic.
- Young people who share the volunteering spirit.
- Young, motivated, nice, cheerful, smiling participants and good mood!!

YOUTHPASS:

Each participant will receive a **YouthPass**, which:

- Certificate of non-formal education (you will take part on an educational activity)
- You can include it in your CV and use it for school, university, new job, etc.

In the beginning of the project we will divided participants into a small groups that later will work every evening in the reflection groups where they'll talk about the day, activities, what they have learned, etc. With all these notes, at the end of the Exchange will be a workshop where the participants will work in their own YouthPass. YouthPass will be reached on the end of exchange.

YOU WILL NEED...

- **Sleeping bags**
- Towels and personal things.
- Typical food for **intercultural evening**.
- Poster, leaflets, card, videos, typical music... from your country, region, city.
- Info, presentation, material, stickers... from your organization.
- Warm clothes.
- Camera, laptop and other equipment making life and work easier.
- Ideas, games, ice breakings, dances and folk for your cultural evening.
- Good mood and energy to be active!

If you have any questions or suggestions, feel free to contact us!

Fb group: "workout eramus+"

We will answer immediately