

POWER OF SPORT





Dear partner organisations, friends and colleagues,

the Italian sports association A.S.D. Team SoloGhisa Fitness is happy to invite you to apply for participation in our upcoming youth exchange "Power of sport". It is an ERASMUS+ funded youth exchange for young people interested in better understanding how to promote gender equality and fight discrimination and doping, to take place in Potenza, Italy from August 05th to August 11th of 2019. Applicants for the youth exchange must be residents in one of the countries of the partner organisations: Italy, Romania and Serbia.

The deadline for applying is July 4th.

Before applying, please read carefully this whole document, especially the required profile of participants and the conditions of participation etc.

Apply only if you feel 100% suitable, to save time for all of us.

After July 4th you will be notified if you have been selected, rejected, or put on waiting list as potential replacement for cancellations.

Priority will be given to applicants representing directly the partner organisations.

Team of A.S.D. Team SoloGhisa Fitness
Potenza, April 9th of 2019

PARTNERS

ITALY

A.S.D. Team SoloGhisa Fitness

ROMANIA

Asociatia Nevo Parudimos

SERBIA

Group of young people Pravo u centar

AIMS AND GOALS

SUMMARY

EDUCATION

Sport is a universal language. At its best it can bring people together, no matter what their origin, background, religious beliefs or economic status. When young people participate in sports or have access to physical education, they can experience real exhilaration even as they learn the ideals of teamwork and tolerance.

The EU encourages support for sport and physical activity through various policy initiatives in the field of education and training, including the development of social and civic competences.

That is why we turned to the world of sport for help in our work for fight against discrimination of any kind (gender, race, religion), social exclusion and doping.

SPORT

Through this project we intend to produce and disseminate video content that promotes all the values of sport, creating an international media campaign with a positive impact in society.



OBJECTIVES

- Equality and equity
- Education by, for and through sport
- Healthy lifestyle
- Social inclusion
- Promoting gender equality and women's empowerment in sports

PROFILE OF PARTICIPANTS

NUMBERS

Participants must be: 12 young people aged 22 to 26 years and 2 youth leaders aged 18+. There must be an equal number of men and women.

COUNTRY

Participants must be residents in the country of the nominating partner organisation.

SKILLS

Participants should be fluent in English, and be willing and committed to participate actively.

WHAT TO BRING

- Travel documents.
- Comfortable shoes and clothes.
- Necessary medicines.
- Food and games from your country.
- Inspiration, creativity and a lot of positive energy!



TIMING

Arrival: August 4, 2019 after 18:00

Departure: August 12, 2019 after 10:00

During this period all costs for food, accommodation, local transport and course materials are covered. You are free to arrive to in Italy some days earlier or stay some days longer but with a prior permission and you have to bear the costs during that period.

VENUE

The activities will take place in hostel near Potenza and its surroundings. The city is the highest regional capital and one of the highest provincial capitals in Italy, overlooking the valley of the Basento river in the Apennine Mountains of Lucania.

The hostel has double and triple rooms with private bathrooms, common room and kitchen.

The accomodation and meals will be provided by the Italian organization. In the hostel there is a possibility to prepare and store food.

HOW TO GET TO POTENZA?

In order to arrive in Potenza you can check out 4 airports: Bari Palese, Naples Capodichino, Rome Fiumicino and Rome Ciampino.

- For those who are flying to Rome Fiumicino airport you should check/book bus transfer in www.centrosud.com

- For those flying to Rome Ciampino you can check train transfer www.trenitalia.com or go to station Rome Tiburtina and take bus (Autolinee Liscio, Flixbus, Mavibus) or train transfer.

- For those flying to Naples airport check out the schedule at https://risorse.autolineeliscio.it/doc/Pz_Sa_Na.pdf

- For those who are flying to Bari airport control the bus www.miccolis-spa.it on the following web page [https://bustickets.distribution.com/connections/results?departure_station_code=ITBRIFBA&arrival_station_code=ITQPOPVD&departure_date=2019-08-](https://bustickets.distribution.com/connections/results?departure_station_code=ITBRIFBA&arrival_station_code=ITQPOPVD&departure_date=2019-08-05&marketing_carrier_code=MSPA&pax=1&locale=it¤cy=EUR&retailer_partner_number=777932)

[05&marketing_carrier_code=MSPA&pax=1&locale=it¤cy=EUR&retailer_p
artner_number=777932](https://bustickets.distribution.com/connections/results?departure_station_code=ITBRIFBA&arrival_station_code=ITQPOPVD&departure_date=2019-08-05&marketing_carrier_code=MSPA&pax=1&locale=it¤cy=EUR&retailer_partner_number=777932)

TRAVEL REIMBURSEMENT

We will cover up to 275 euros of travel costs from the resident country. In order to be eligible for the reimbursement of travel and subsistence costs the participants are obliged to:

- 01 Attend planned sessions;
- 02 Present travel documents (receipts of the flight tickets, flight invoices, boarding passes, bus tickets or any other tickets and invoices).

You are in charge of arranging your own insurance for your travel and stay in Italy.

The participants and the partner organisations are expected to ensure a strong dimension of wider impact and DEOR (dissemination and exploitation of results) of the youth exchange.

CONTACT & TEAM



We are happy to hear from you and support you!

Contact us:

Aleksandra Deric, project coordinator

sandricadjeric@gmail.com

Vito Genovese, trainer

vitogenovesetrainer@libero.it

SEE YOU IN POTENZA!



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