

Stay Healthier Outside

Two stage project

Training course: **Adventure to start**

Italy, Giovinazzo 07/11/2016 – 14/11/2016

Youth exchange: **Adventure to live**

Georgia, Gombori 19/05/2017 – 28/05/2017



Project hosted by SOF Italy and ICPI under Erasmus+ programme

SUMMARY OF THE PROJECT

GIOVINAZZO, ITALY

07. – 14. 11. 2016

The project will gather representatives of youth centers and organizations working with youth from Italy, Romania, Turkey, Poland, Armenia, Lebanon, Ukraine, Georgia. The activities will be hosted in Giovinazzo (Metropolitan area of Bari), Italy from 07. to 14. 11.2016. **One youth worker from each country who will come to Italy on first stage, should come on second stage in Georgia as a group leader.**

07st November is arrival day, 14th November is departure day

"Stay Healthier Outside" is a two-stage project that aims to promote a healthy lifestyle among youth workers (training course) and youngsters (youth exchange) coming from the EU (Italy, Romania, Turkey, Poland) and the EECA region (Lebanon, Armenia, Ukraine, Georgia).

The program aims to foster youth worker's competencies in planning and implementing outdoor activities related to good practices of healthy lifestyle (1st stage) and to motivate youngsters in participating in and spreading these kind of activities among young people, therefore increasing their awareness on the topics (2nd stage).

During the training course, youth workers will be challenged in:

- **Experiencing** several outdoor activities that can be inspiring for their future commitments related to the topic;
- **Learning** how to use outdoor opportunities to improve their health;
- Enhance their **knowledge** of healthy lifestyles and methods for sharing the practice with other youth;
- **Stretching** their mind, body and sociality;

- Attending **activities** with the double perspective of the participant and the facilitator;
- **Creating** meaningful youth networks;
- **Boosting** team work and cooperation;
- **Sharing** experiences in the field of health and outdoors, both personally and professionally.



PARTICIPANTS' PROFILE

In order to participate in Training course (1ststage) that will be in Italy, the candidates should be at least 20 years old and must fulfill the following requirements:

- Be active members of their organization;
- Be educated and/or employed in the field of youth work;
- Have some experience in outdoor/scout methods;
- Be healthy enough to participate in the activities (no significant physical issues such as the inability to walk);
- Have a desire to work on the promotion of healthy lifestyle and outdoor interaction;
- Want to improve their level of lifestyle and to increase their competencies in outdoor activities and projects;
- Have at least an intermediate level of English;
- Be able to live and work in intercultural and international environment.

SOF ITALY will be hosting organization for 27 participants as following in table:

Country	Number of participants
ITALY	4
Romania	3
Turkey	3
Lebanon	3
Poland	3
Armenia	3
Ukraine	3
Georgia	5

WHAT TO BRING WITH YOU?

- **Prepare for intercultural evenings by bringing from home:**

- some dry/ready traditional food and drinks;
- five A4 pictures of famous locations of your country and five usually unknown;
- three objects representing your nation;
- a curious story/legend/event in history;
- one traditional song and dance (you can actually sing and dance);



- **Bring materials that are needed to carry out certain activities:**

- sleeping bag;
- flashlight;
- a board game;
- old t-shirt;
- camera;



- **Medicines:** For preventive reasons we recommend for those who may have health problems to bring their own medicines for all your stay;
- **Bring your own towels and personal cosmetics** such as shampoos, gel, toothpaste, etc.;

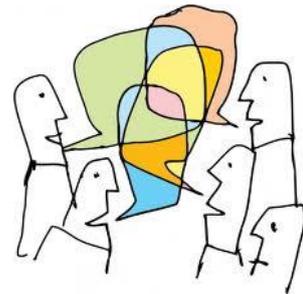
- Please bring **information (leaflets, posters) about your organization** as you will need it in order to present your NGO. It will be a good way of establishing contacts;
- Any dictionaries you might need for a smoother communication in English.

SPECIAL NEEDS

If you have special needs such as vegetarian food, food allergies, food intolerance, etc., we would like you to formulate these in details to sofngo@gmail.com. We will do our best to arrange all things with the venue.

Meals are prepared by experienced house-keeping staff using products from fresh ingredients from garden (in season) or locally sourced. Meals can be tailored to suit any dietary requirement. Full catering and refreshments are available for both day courses and residential bookings.

INTERCULTURAL EVENING



During project we planned to arrange the Intercultural evening. You will present your own cultures – national, regional, personal or any kind of culture you feel you belong. This presentations/activity should not be just a “lecture” so try to find most creative way to show your culture. It means that all options are possible. A culture may be presented by a song, games, a story, poem, dance, some local special drinks or food, etc. So, **please bring a flag of your country, some traditional food, drinks and other stuff that you consider relevant.**

Participation fee of 10 € will be paid in cash on arrival .

ACCOMMODATION



The venue we chose for this project is a **Pilgrim House** part of a wonderful Franciscan Monastery complex and it is located just outside of a vibrant and diverse neighborhood in Giovinazzo, metropolitan area of Bari. City is really easy to reach through public transport coming from Bari train station. Venue is located 20 minutes of walk from train station of Giovinazzo.

The venue offers a choice of accommodation for the guests, such as five and six shared bedrooms with bunker beds. All rooms have essential services, including, heater / fan and writing table. In addition we have a dormitory for men and for women, each unit providing a degree of privacy with wardrobe. Bathrooms are shared, so we suggest you to bring flip flops with you.

Pilgrim House exists to provide an affordable, comfortable, safe, communal space for visitors and guests. We practice recycling, conservation of resources, hospitality, shared daily chores, and a serious commitment to a peaceful, welcoming, and grateful atmosphere. One of the priority is to encourage visitors, pilgrims and guests to do the same. Not only is this sound sense for all; it is also a matter of delivering on our duty of care towards future generations.

The Pilgrim House serves traveling guests seeking a warm and friendly common areas, a well equipped kitchen and food storage options for guests and visitors. Additional features include free internet access, recycling, and off-street parking.





TRAVEL REIMBURSEMENT DETAILS

Please keep your ORIGINAL invoices, receipts, tickets, boarding-passes or any other transport document.

Be careful, since without these documents, we could not reimburse your travel costs!

LIMIT FOR TRAVEL COST

Country	Travel grant per participant
Italy	20 €
Romania	275 €
Turkey	275 €
Lebanon	275 €
Poland	275 €
Armenia	360 €
Ukraine	275 €
Georgia	360 €

! Note: Please note if you bought your ticket in your local currency which might be different than EURO, we will calculate your travel costs according to the exchange rates from official European Commission web-site: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

!! Note: TAXI service won't be reimbursed.

!!! Note: Please make sure you have return tickets for all stages of your travel (return plane tickets, return bus tickets, etc.). Reimbursement will be given only on the basis of an existing ticket. No advance reimbursement for future tickets will be given.

WEEKLY PLAN

Day 1: ARRIVALS

- Get to know each other in informal way

Day 2:

- Ice Breaking Exercises & name games
- Getting to know each other more personally (fears & expectations)
- Team building games
- Intercultural evening

Day 3:

- Living Library: Experiences to share on outdoors
- Challenges of outdoor activities connected to healthy lifestyle
- Workshop on cooking on fire
- Marshmallow and Storytelling Night

Day 4:

- Workshop on building tables, shelters, etc.
- Physical sport group activity
- Problem Solving workshop: Management of stress
- Free time in Bari

Day 5:

- Formative session and exercises on First Aid
- Announcement of outdoor; Choice of leaders; Preparative workshops

Day 6:

- Rafting/climbing/walking/getting lost
- Dissemination of healthy lifestyle and outdoor principles
- Sharing the outdoor; Working on individual Youth-pass

Day 7:

- Erasmus + presentation
- Materials on Healthy Lifestyle and Outdoor in Youth Work
- Movie night
- Final evaluation
- Traditional dinner and award of Youth-pass

Day 8: DEPARTURE

HOW TO GET TO BARI?

By plane

There are approximately 40 cheap flights to get Bari (BRI) from different European airports. Taxi to downtown costs €25-30, but there are buses (line 16, 1€, ~45min) and a new metro service (5€, ~15min) connecting the airport to central Bari and the train station.

[Tempesta Autoservizi bus-shuttle](#)

By train

Check www.trenitalia.com for time tables and prices.

By car

You can get to Bari by A14 highway, which runs from [Bologna](#) to [Taranto](#) following the Adriatic coast.

By bus

You can use [Onbus Company](#) to travel from Sicily to Puglia. [Touring](#) buses connect Germany to Puglia.

By boat

Bari is the destination for ferries incoming from the Greek port of [Patra](#) and Igoumenitsa. If you are traveling on a Eurorail during the low season, the cost is €16, during the mid season it's €31. A normal ticket to Igoumenitsa is about €29 on the deck and in low - season. There are also ships to [Bar](#) and [Kotor](#) ([Montenegro](#)), [Dubrovnik](#) ([Croatia](#)) and to [Durrës](#) ([Albania](#)). Ferry operators are either [Superfast Ferries](#), [Blue Star Ferries](#), [Azzurraline](#) or [Jadrolinija](#). An up-to-date site [with international ferry schedules is here](#).

PARTICIPATING ORGANISATION

If you want to participate in this project, you are requested to contact sending organization from your country, via the following email address:

SOF ITALY, ITALY (APPLICANT)

sofngo@gmail.com

INTERNATIONAL CENTER FOR PEACE AND INTEGRATION (ICPI), GEORGIA (PROJECT COORDINATOR)

khatuna_chaladze@yahoo.com

aphilauri@yahoo.com

gocha1gelashvili@gmail.com

UNDACJA INICJATYW SPOLECZNYCH, POLAND

gajdzinska.m@gmail.com

ASOCIATIA TINERILOR ACTIVI CIVIC, ROMANIA

atac.romania2010@gmail.com

laurpetrea@gmail.com

"YOUTH BREATH" YOUTH SUPPORT NGO, ARMENIA

anijanyan@gmail.com

ULUSLARARASI GENCLIK DERNEGI, TURKEY

fatihgokyildiz34@gmail.com

NON-GOVERNMENT ORGANIZATION "UNIT", UKRAINE

helen.manko@gmail.com

WORLD YOUTH ALLIANCE MIDDLE EAST, LEBANON

jessica@wya.net

*** If u are not among the partner countries but still interested in the project please contact us at sofngo@gmail.com ***

USEFUL CONTACTS

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