

A B O U T T H E Y O U T H E X C H A N G E

The project OUR LANGUAGE IS SPORT is a Youth Exchange aiming at empowering young people through sports and equipping them with the skills that are by product of doing sports.

Nowadays, it's important to do sports and be physically active. The Youth Exchange aims at developing essential life skills such as teamwork, communication, leadership, and problem-solving through engaging in sports activities, games, and workshops. The participants gain hands-on experience and real-life application of these skills, learn the importance of collaboration and effective communication, they will be better prepared for future careers requiring strong teamwork and interpersonal abilities, and this will improve the employability of youngsters in the future. The acquisition of these life skills will be a strong foundation for the participants' well-being, and ability to make a meaningful difference in their own lives and the lives of others.

Through this Youth Exchange we offer participants a space for exploring their own identity and together find a common ground.



O B J E C T I V E S

- **Promote social inclusion** by providing equal opportunities for all the participants, regardless of their backgrounds. We want to create an inclusive environment to help all the participants feel welcomed and valued because this will help them build confidence and strong self-esteem and be open to learning from each other.



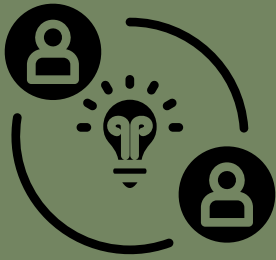
- Develop life skills such as **teamwork, communication, leadership and problem-solving through engaging in sports/games/workshops**. We want the participants to gain real-life applications of these skills. Learning all of these skills will be a strong foundation for the participants' well-being, and ability to make a meaningful difference in their own lives and the lives of others.



- **Overcoming challenges and gender stereotypes**, this Youth Exchange will empower participants to overcome obstacles and expectations, encouraging them to pursue their passions and that sport is a human right regardless of race, religion, ethnicity, age or gender.



PARTICIPANT PROFILE



- 5 participants + group leader
- Age: 18-30 (team leader can be older than 30 years old)
- People with fewer opportunities
- Participants from diverse backgrounds, including those with social exclusion, or other challenging circumstances
- Passion for sports
- English level on basic communication skills
- Balanced gender in the group
- Someone interested in sports



COUNTRY	NUMBER OF PARTICIPANTS
Czech Republic	5 participant + 1 leader
Morocco	5 participant + 1 leader
Slovenia	5 participant + 1 leader
Spain	5 participant + 1 leader
Kosovo	5 participant + 1 leader
Hungary	5 participant + 1 leader
Georgia	5 participant + 1 leader
Ukraine	5 participant + 1 leader

T R A V E L I N F O R M A T I O N

COUNTRY	TRAVEL BUDGET	GREEN TRAVEL
Czech Republic	30 EUR	40 EUR
Morocco	330 EUR	380 EUR
Slovenia	150 EUR	180 EUR
Spain	245 EUR	290 EUR
Kosovo	245 EUR	290 EUR
Hungary	150 EUR	180 EUR
Georgia	330 EUR	380 EUR
Ukraine	245 EUR	290 EUR



You can take 2 extra days before or after the project.

30 EUR will be used for the local transportation in the Czech Republic. Accommodation, transportation and food will be fully covered with the support of Erasmus+ program.

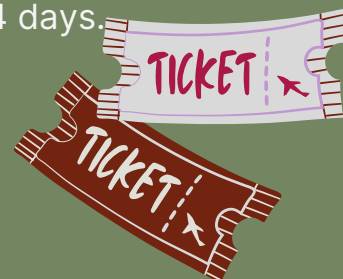
Travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. **The travel costs will be reimbursed according to travel budgets in the chart.**

It is necessary for the participants to have **travel health insurance** (this is not covered by the project).

GREEN TRAVEL

The Erasmus+ program offers Green Travel Support for people traveling to their destination using sustainable means of transport - car-pooling, buses, trains. To qualify for Green Travel Support, you must travel sustainably for at least half of your whole distance journey. If you receive Green Travel Support, you will receive a higher travel allowance than the standard travel allowance. And the funded travel duration will be increased from maximum of 2 days to maximum of 4 days.

Keep invoices of the purchases and boarding passes and tickets
so we could reimburse them for you.





CULTURAL NIGHT

At the Cultural Night, we'll be celebrating the diverse sports and games from around the world.

It's a chance for everyone to share their favorite sports or games from their home countries.

You can teach others how to play and learn new games too. It's all about having fun and learning about each other's cultures through sports!

Please prepare a short presentation about your favorite sports or games from your country:

- You can include information about the rules, history, and any interesting facts
- Bring any props or materials you might need to demonstrate or explain your sport or game effectively.
- Be ready to engage with others and share your passion for sports and games!

M E E T I N G P O I N T & T I M E

The meeting point will be in front of the main train station in Pardubice, by the entrance into the building on **September 22, 2024 at 5pm.**



P A R T N E R O R G A N I Z A T I O N

The partner organizations are responsible for the selection of the participants.

You can find a contact person for your country below.

COUNTRY	ORGANIZATION	CONTACT PERSON
Czech Republic	Genesis	genesis.lydiapetera@gmail.com
Morocco	Volunteer in Morocco	nabjamila@gmail.com
Slovenia	Youth for Water	blazbz@gmail.com
Spain	Asociación Madrid Outdoor Education	sergio@madridoutdooreducation.com
Kosovo	Youth Center Drenas	avdylgashi.k@gmail.com
Hungary	Kaptárkő Nature Conservation and Cultural Association	kaptarkoerasmus@gmail.com
Georgia	Non-Formal Educational House	lelagharishvili@yahoo.com
Ukraine	UNIT	info@ngo-unit.org

A C C O M M O D A T I O N

The project will take place in the Czech Republic in recreational facility TRAMTÁRYJE. You can check the accommodation on their website.



C Z E C H W O R D S

Dobrý den - Hello

Ahoj - Hi

Ano - yes

Ne - no

Děkuju - thank you

Prosím - please

Dobře - Ok



Jak se máš? - How are you?

Kolik to stojí? - How much is it?

C O N T A C T

Lydia Petera

Local Project Coordinator

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Team Genesis

www.ngogenesis.com

