

'SMS' project**Erasmus+ Key Action 1 project / Reference number: KA105-2016-025****Introduction**

Our organisation has a great deal of experience in creating intercultural events for inner city kids and adolescents, where we have focused on positive reinforcement through sports and recreational activities. Thus, we recognise the importance for especially young people of being part of a community or belong to some form of organisation. Many Danish organisations hire mentors and appoint role models, who interact with younger people in order to improve self-esteem and social competences, and we are curious about what kind of initiatives there are in other European countries.

Project target

We wish to share theoretical and practical knowledge about proactive inclusion through sports/ recreational activities in different European countries. Our intention is to create new common European ideas/ methods of promoting social membership through sports and collect the data in a report we can hand over to local politicians and the European Union. We wish to influence the decision makers to take action on the initiatives we take.

Educational content preparation

All participants in this project are part of abovementioned process and we hope that every organisation will be able to present own ideas of inclusion through sports. Therefore it is mandatory to think about ideas of inclusion + also be able to present at least 1 social activity that focuses on inclusion, social membership and sports.

Project activity week in Denmark

July 22, 2016 – July 29, 2016

- Arrival day: Friday, July 22, 2016
- Departure day: Friday, July 29, 2016 before noon but after the venue is cleaned.

IMPORTANT: We are not able to provide accommodation for you before/ after these dates but we will encourage you to travel to Denmark a couple of days before the activity week starts in order to get familiar with our country/ culture and see the sights ☺

Partners

1. Copenhagen Youth Network (*Denmark*)
2. Eesti PTP (*Estonia*)
3. WalkTogether (*Bulgaria*)
4. EYCB (*Czech Republic*)
5. InProgress (*Italy*)
6. AJEM (*Portugal*)
7. Unique projects (*Lithuania*)
8. Mesopotamia Youth (*Turkey*).

All partner organisations are chosen based on ambitions, commitment and work scope.

Let's build on that together 😊.

Participants

- 6 people from each partner organisation (5 regular participants + 1 group leader)
- 18-30 years of age (only the group leader can be older)
- Both men and women (preferably in equal numbers!)
- **IMPORTANT:** Active participation in all sessions + English speaking abilities is mandatory!

Accommodation

Location

'Store Klaus'

Almagerbakke 28

3660 Stenløse

Denmark

We are going to stay in a big cabin placed fairly close to Copenhagen city and surrounded by a forest, a small lake and green open spaces. Besides the necessities, the facilities offer

- bonfire
- indoor fireplace
- football field + gritty running/ jogging tracks
- wi-fi access
- big terrace and 'chill lounge'

- projector for movies/ presentations
- short walk to public indoor public pool
- short walk to grocery shop
- short walk to local village.

IMPORTANT: We will change location during the project as part of the project process!

Pictures of cabin

We will post pictures in the project group on Facebook in June.

Check in

Check in time is Friday, July 22, 2016 between 14:00-17:00 o'clock.

Recommended transport from Copenhagen to project location

1. Take a *RE train* from Copenhagen Airport to Copenhagen Central Station (14 min./ 36 DKK)
2. Take a *B train* from Copenhagen Central Station to Værløse Station (35 min./ 60 DKK)
3. From Værløse Station we will be able to pick you up, if you call us in advance ☺.

Facilities

- Men and women sleep separately – no exceptions
- Sleeping arrangements depends on gender division (4, 7 or 10 beds in 1 room)
- Toilets/ bathrooms/ showers are gender separated (6 toilets/ 4 showers in total)
- Please bring own bath towels
- CYN will provide bed linen; sheets, pillows and blankets + cases.

Meals

Breakfast, lunch and dinner are prepared by the participants and CYN in scheduled teamwork. The participants are involved in the cooking, cleaning and preparation of activities, as it is a great opportunity to bond with and inspire each other. Grocery shopping opportunities are in walking distance from the project location.

Project language

English

Travel reimbursement grants

As some participants will find cheaper tickets than the available grant, we will (within reason) be able to reimburse potentially more expensive tickets for other participants.

Organisation (country)	Amount limit
Eesti PTP (<i>Estonia</i>)	170 EURO
WalkTogether (Bulgaria)	170 EURO
EYCB (<i>Czech Republic</i>)	170 EURO
InProgress (<i>Italy</i>)	170 EURO
AJEM (<i>Portugal</i>)	270 EURO
Unique projects (<i>Lithuania</i>)	170 EURO
Mesopotamia Youth Group (Turkey/ Kurdistan)	270 EURO

IMPORTANT: Please obtain and keep

- original invoice
- original tickets of flight/ train or bus
- original boarding passes (the slip).

The reimbursement of travel costs will be done by bank transfer to the partner organisations only after we have received all travel documents in original form and after the project has officially ended. Travels not adequately reported cannot be reimbursed.

Insurance

All the participants **MUST** have travel insurance covering the entire activity week.

Healthcare

We strongly advise all of our partners to ensure that their members obtain a European Health Insurance Card.

Intercultural evenings

During the project we will have several intercultural evenings. We therefore expect each partner organisation to plan a partner/ country specific PowerPoint or other type of presentation (feel free to be creative ☺) in English to show to the rest of the group. **Length:** 30 minutes MAX.

We encourage the participants to present traditional, typical, local dishes; drinks; games; music; dances or whatever you find relevant in order to give the rest of us an 'insight tour' of your country, national identity and culture.

IMPORTANT: The preparation must be done in advance and we will not be able to buy presentation items for you, so you need to bring your own.

Code of conduct

CYN has established a thorough set of rules of interaction that MUST be followed. We will send these rules to the organisation contact persons via e-mail and to all confirmed participants via our project specific Facebook group in June.

Project staff

Copenhagen Youth Network will always be present with at least 2 representatives during the activity week. Among them are

- Mr Marc Wacker (Chairman)
- Mr Heresh Faraidon (Project Manager)
- Mrs Mette Seier Helms (Project Training Facilitator)
- Mr Safin Ayob (Project Coordinator).

In addition to the official CYN project staff, there will be volunteers + external guest speakers for lectures and workshops.

Climate

The summer period in Denmark is, in our humble opinion, amazing. Still, we encourage you to check the weather forecast for Copenhagen and or Stenløse in that time period. Pack light but bright ☺.

Activity week programme

In the beginning of June, we will send the activity schedule to the organisation contact persons via e-mail and to all confirmed participants via our project specific Facebook group.

IMPORTANT: If you have any suggestions for content (own presentations, games, social events, relevant films or other) besides the mandatory, please inform us and we will consider the possibilities.

Registration form

Please fill in the registration form with all your participants' information and send it to your organisation, who will send to CYN no later than Monday, June 27, 2016. In case you need more information or help, please contact your local organisation.

Communication

We have created an official project Facebook page, where all participants can communicate with each other and us regarding the project. All participants are to send an access request in order to join the page. **CYN - SMS:** <https://www.facebook.com/groups/1712308032372651/>

Contact info - Copenhagen Youth Network (CYN)

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- Official website under construction!

Sincerely

Heresh Faraidon

Project Manager

Copenhagen Youth Network

Marc Wacker

Chairman

Copenhagen Youth Network