



With the support of the  
Erasmus+ Programme  
of the European Union

# Being Active!

## Sports as instruments for active citizenship

Project Number 603102



Workshop

**5/6/7 October 2020**

ROME, ITALY



COORDINATOR  
SOS EUROPA – Italy

PARTNER

“Sveikatingumo idejos” – Lithuania  
Asociación Multideportiva Euexia – Spain  
PROACTING – Portugal  
A.T.I.C. – Romania



# Project Description

The idea of the project was born thinking about potential of sports activities as tool for promoting active citizenship for young people.

In fact, making sports is one of human activities the most able to involve people without any sort of barriers, to connect people over their differences, to improve building communities and reinforcing identities.

That's why a lot of non-profit organisations, in many field of action, historically use sports activities for reaching their objectives. For example there are organisations that use sports for promoting integration of foreigner people, of immigrants, for improving social inclusion of disadvantaged people, for reinforcing communities, for enhancing quality of life of disabled people, and many other example could be possible to mention.

So, what SOS Europa propose is to create a network of European non-profit organisations with the scope of identifying best practices, instruments and tools for using sports activities and programmes with the aim of stimulate active participation and active citizenship of young people.

Sports activities in fact have great potential in this sense, because make easier creating relationships and connections between young people crossing all possible differences (ethnic, religious, cultural, social, etc...).

In this way, sports are really efficient as instruments for building communities and in particular to stimulate young people in staying with the others, sharing experiences, creating relationships and, most of all, having empathy with other young people that live same experiences.

# Objectives of the project will be:

- developing instruments for stimulating through sports commitment of young citizens in communities life and active citizenship,
- identifying common instruments for improving through sports activities young people attitude to participation in social issues,
- creating a table of best practices, instruments, methods helpful for helping non profit organisations in facing problems and delicate issues in society (integration and hospitality of migrants and refugees, social inclusion of disadvantaged people, improvement of life quality, etc...),
- creating a European network of non-profit organisations that use sports activities as tools for improving society,
- creating a system of evaluation of results for social and inclusive activities realised through sports projects.

# Before the Meeting

Each partner must complete Annex 1 of this infopack before 29th February by mail.

The information to be filled in is:

- Description of the Organization
- Describe at least one real example of sports activity in your country that effectively promotes active citizenship of young people and that faces social issues (inside or outside your organization).
- Describe an idea of a sports project or sports programme proposal about the theme “sports as instruments for improving active life and citizenship of young people in Europe”.
- Describe a list of at least 5 main criteria and principles that you consider essential for evaluating the results of projects about sports as instruments for active citizenship of young people and for social inclusion.



A top-down view of a wooden desk. In the top left, there is a small white basket containing several purple succulent plants. To the right, a portion of a white keyboard is visible. In the center-left, a white ceramic mug filled with a light brown beverage sits on a brown paper coaster. In the bottom left, there is a dark blue textured notebook with several colorful tabs (red, blue, white) sticking out. A blue pencil lies horizontally at the bottom edge of the notebook.

# Profile Participants

## 5 Members for each partner

Participants will be active members, volunteers and leaders of the organisations involved.

# Agenda

05.10.2020 [17.00–19.00]

06.10.2020 [10.00 –17.00]

Venue

SOS Europa

Via Adone Finardi 2/A – 00169 Rome, Italy

Map <https://goo.gl/maps/kU5DVym5x5k8ybmw5>

# Programme

05/10/2020

TIME 17.00/ 19.00

- Presentation of each group of participants and sending organisation.
- Introduction of proposals by each group

06/10/2020

TIME 10.00/17.00

- Mixed group will work on elaborating parameters and criteria for evaluating programme and results of social activities through sports.
- Presentation of the final results of the project
- Planning future cooperations.

# ECONOMIC RULES

For this Transnational Meeting EACH PARTNER GROUP will organize its own trip In autonomy and independently.

Accommodations reservation, Food, Transports will be organized and managed by individual participants / groups.

Meals. Will be reimbursed up to 3 for day.

The coordinator will not be responsible for your stay in Rome.

All expenses will be advanced by the participants.

SOS EUROPA will reimburse the costs by bank transfer after the delivery of the supporting documentation.



“Sveikatingumo idejos” – Lithuania

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PROACTING – Portugal

575 € for each participant



# REIMBURSEMENT

Reimbursement must be based on the basis of actual costs (reimbursement of receipts). Costs may be claimed only for journeys directly connected to specific and clearly identifiable project-related activities.

Costs for subsistence (cost of accommodation, meals, local travel within the place of mission and sundry expenses) are eligible up to the actual amount spent.

It is thus very important to keep all supporting documents. These may be requested by the Agency before making the final payment but should be kept available in any case for a possible ex-post audit/control.

To be considered eligible, these costs must be reasonable, conform to local prices and be exclusively linked to the project.

The partner coordinator has received a pre-financing payment of 70% of the maximum amount. The Coordinator will reimburse by bank transfer 70% of the budget limit after the meeting and the remaining 30% when the Commission will pay the balance. Lost, fake or incomplete documentation will not be reimbursed.

REIMBURSEMENT

The request for reimbursement of expenses must be made by filling in the e-form before 20/10/2020

<https://form.jotforme.u.com/91784879424373>



# Contact



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WEBSITE

[www.soseuropa.it](http://www.soseuropa.it)