Power of Knowledge - 2020



Erasmus+ sport

Collaborative Partnership

27-29 January 2020  
Belgrade, Serbia

Dear participants,

We are glad to welcome you to the project “Power of Knowledge-2020’’ 613456-EPP-1-2019-1-RS-SPO-SSCP and are looking forward to meet you in Belgrade, very soon. Please, read all the provided information carefully and don’t hesitate to contact us with anything related to your participation in the project.

About the organizer

E.O.M is a non-profit youth organization, established in Republic of Serbia in 2014. Its members are individuals (young people, adolescents and student) between 14 and 30 years old. The main goals of EOM are : Respect for universal embedding a human rights Equality of people regardless of their race, sex, language ... Respect individuality and rights of minorities Respect for Rights of Children and Youth Social Equity and Inclusion E.O.M is a member of Omladinski Savez Srbije (Youth Union of Serbia) which gather different types of non-profit organizations and, as an independent body, represents the interests of all its members in order to improve living conditions and better standards of youth on the territory of the Republic of Serbia.

We truly believe that with the effort, work and commitment by the experienced and skilled members of the organisation in the implementation of the stated project could contribute to its success. In addition expertise of the team will create added value not only for the project itself but also individually for each participant. Members of our organisation have extensive experience in participating, coordinating and organizing a variety of events, projects, workshops, training sessions and round tables in Serbia. Thanks to the experience of its members, the organization is thus able to, through various forms of training and education, both formal and informal, expand acquired knowledge and experience to young people in Serbia and in abroad.

See you soon

EOM

About the project

Coaches and sports workers, (besides children parents), have the greatest influence on shaping not only the sport experience, but also the whole life of young people, in the most sensitive phases of their psycho-physical and social development. They represent a part of the Sports Triangle, which consists of: TRAINER-ATHLETES-PARENTS. In this triangle, apart from their parents, their role and responsibility in the sports and psychological development of young athletes is enormous.

Sports trainers, apart from educating children and youth about sports tactics and techniques, they also develop their speed, skill, strength, balance, endurance. Etc. In addition to sports, there are also social aspects that can be transmitted through their work. Trainers teach them through the sport to; how to cooperate, to compete, to act under pressure, how to solve conflict situations, etc. Considering these facts, we became aware of the educational potential that sport has on young people, and therefore we decided on the project "Power of Knowledge - 2020", which first time puts sports workers-trainers who, apart from their parents, have the most important role in the development of young athletes and children.

Objectives of project Power of Knowledge - 2020” is a project that is fully in line with the objectives and guidelines of the Erasmus + Program in the field of Sport;

* Promote education in and through sport with special focus on skill development;
* Improved sharing of good practices;
* Strengthened cooperation between institutions and organisations active in the field of sport and physical activity;

Activities:

The project involves cooperation of 4 NGOs, 1 Sports Karate Club and special cooperation with 1 Higher education institutions, which is the Faculty of Sport in Belgrade. The aim of this cooperation of the project itself is to strengthen the capacities of sports organizations and their sports workers- trainers who work with children and youth which are involved in sports activities, whether at school or recreational level.

**(Outputs 1.) Research report or studies**

Each partner on the project will have the task to organize a working session on a given sport topic from the training process and the action. In order to prepare better for the given activity, the partners will have a research task on the topic that will be processed at their working session. The result of this research will be published in a shorter version as Research report/study, while a longer version will be published in the Manual/Handbook for Trainers.

**(Output 2.) Handbooks**

After the completed research activities and work sessions, the organizational team of the project, in cooperation with the sports club (Karate Club Mladenovac) and the Faculty of Sport, will published a Manual/Handbook for Trainers. The manual will be a more comprehensive format and content, so that it can be applied in sport clubs and school for recreational and professional sports. It will be translated into several official languages accepted by the EU.

**(Output 3.) Good practice guide or Case Studies**

The final activities of the Implementation Phase will include 2 round tables, which will be organized by the Karate Club Mladenovac. The round table will bring together the widest spectrum of different stakeholders, who are in close relationship with Sport (trainers, psychologists, youth workers, athletes). Official reports from these roundtables will also be published.

**General objectives:**

The project contributes to the development of school and recreational sports, through the advancement of theoretical / practical knowledge and skills in sports workers (trainers, professors of physical ... etc.).

**Specific objectives:**

* -Development of new methods of principle I for application in school and recreational sports in youth work;
* -Improvement of innovative methods and practices in the field of informal education in youth work
* -Educate and publish a Manual/Handbook for Trainers beginners within school and recreational sports in working with young people;
* Exchange of experiences and good practices between different stakeholders;
* -Developing the capacity of sports trainers in the field of school and recreational sports;

The activities will be divided in the three phases of preparation, implementation and evaluation:

IMPLEMENTATION phase include:

There will be several activities on this project.

**First one is in Belgrade 27-29 of January 2020.**

In the first phase of the project cycle, we will organize Kick-off meeting, which will gather 1 representative from each partner organizations. Moderator of this kick-off meeting will be the NGO "European Youth organization" from Serbia. The aim of this meeting is to review the entire project and its activities, in order to avoid potential errors in the work, as well as possible conflict situations. The product of this meeting will be a clearly defined plan and program; Communication plan, Dissemination plan, Evaluation plan, Partnership Agreement…etc. In this way we want to obtain common understanding about the project, to identify high level of requirements and/or issues from team representatives. Also we want to foster team building and establish working relationships and lines of communication.

Please note that the program does not include touristic trips and free days therefore in case you are interested in such possibilities we invite you to plan them for yourselves by arranging (on your own costs) some days before or after the training.

**Second activity will be in Estonia, Tallinn 23-26 of March 2020.**

Includes Working Session on the topics: Training styles and learning methods. The importance of this working session from the aspect of sport is that, training children and young athletes is an educational and pedagogical process. Therefore, each trainer/worker must be a good teacher. We aim to move the focus on educational methods and learning styles in training young athletes. Such as:

* VAK model - visual, auditory and kinaesthetic learning.
* Learning styles by Honey and Mumford; Thinker, theorist, pragmatist and activists ... etc.

**Third activity will be in Berlin, Germany 25-28.06.2020**

Includes Working Session on the topics: Leadership in Sport

Sport is an activity that is most famous for examples of outstanding leaders - leaders whose successes are remembered and retold, but their philosophy and leadership style, young and inexperienced sports coaches serve as an inspiration to build their own careers.

**Forth activity will be in Ivanovci , Croatia 21-24.08.2020.**

Includes Working Session on the topics: Communication in sport

Efficient communication is the key to the success of each team, the organization and its members. It affects the positions, motivation, and expectations, satisfaction, team cohesion, team performance, the efficiency of training, as well as the overall behaviour.

**Fifth activity will be in Belgrade Serbia 21-24.10.2020**

Includes Working Session on the topics: Positive approach in training

The aim of this workshop is to approach the analysis of various studies concerning the philosophical approach in working with children and young athletes.

**Sixth activity will be in Berlin Germany 19-21.12.2020.**

Includes a working session on the issue of proofreading and corrections collected data intended for the production of Handbook for Trainer/sports worker. All material collected and processed during a research study and work sessions will be used for the purpose of developing a manual.

**Seventh activity will be in Belgrade Serbia, 10-12.02.2021.**

Includes Round table which will be organise on Faculty of Sport. Main coordinator will be Karate Club Mladenovac. Topics:

* Periodization of long-term sports development

**Eighth activity will be in Belgrade Serbia 18-20.03.2021.**

Includes Round table which will be organise on Faculty of Sport. Main coordinator will be Karate Club Mladenovac. Topics:

* Developing your own training philosophy

**Dissemination phase:**

Dissemination Phase aims to ensure high visibility of the project results among; target groups, stakeholders and General public, in order to extend the impact of the – Power of Knowledge - 2020", project, as well as to raise general awareness and use of the project results.

In preparation phase, we design:

* Dissemination material (Project Logo, Flyers, Posters, Website, Handbook, Research Report)
* Dissemination activity (Newsletters, Press releases, Participation in events, Articles, Social media)

All partners will be actively involved in dissemination phase, which will be led by EOM organization.

 European Commissions Visibility requirements:

The rules of the European Commission and the Erasmus Plus program itself, finding that during the duration of the project activities, whether it is a training course, a seminar, a workshop, a conference, or a project product, a brochure, a manual, research work, must indicate that the project is funded by the European Union. This means that all material produced for project activities, training material, project website, posters, Handbook, Research study, Round-table report, press releases, etc. Must carry the Erasmus plus logo and mention: Co-funded by the Erasmus plus Programme of the European Union.

 Dissemination tools

• Project Website – represent one of the main channels and tools for dissemination and promotion of the project " Power of Knowledge - 2020", ". Project results, materials, activities will be published on the website of Power of Sports knowledge, as well as on the website of faculty and sports club.

• Social Media – This platform presents the most important channels for efficient and effective dissemination of the project Power of Knowledge - 2020", Includes opening FB pages as well as Youtube channels

• Project publication - includes the development of handbooks as a guide for trainers to beginners with young athletes. The manual will be translated into several languages.

• Promotional Material – includes the conceptual solution for the flyer, logo and poster of the project: Power of Sports knowledge, which will be used in everyday work.

• Research report - which the partners will send to interested stakeholders at the local and national level

• Round-table report

• Newsletters

• ERASMUS+ Project Results Platform

Partner organizations

Youth Planet – 1

Central Council of Serbs in Germany – 1

Terra Slavonica – 1

European Youth Organization – 1

Karate Club Mladenovac – 1

Faculty of Sport -1

Financial conditions:

The project is implemented by support of the European Commission programme ERASMUS+. Travel Expenses (according to Erasmus+ guidelines), accommodation, food and planned activities will be covered by the project budget.

Important notice on food:

Please,keepinmind,thattheprovidedfoodmaydifferfromthefoodyouareusedtohaveinyourcountry,and,evenincaseofprovidingfoodforspecialgroups,e.g.(ifyouareheavilymeateaterorvegetarian)itmaynotfullymeetyourexpectations.Westronglyrecommendparticipantstoinformtheorganizers **IN ADVANCE** aboutanyspecialneeds. We can provide only regular food and vegetarian food. We have no options as gluten free. If this is problem for you, please bring food you need with you or think ones more if this project is for you.

Travel costs

**Before buying tickets, travel plan has to be sent to organizers for approving.**

After the travel plan is approved by organizer participant can buy the tickets they were approved. If participants have any change in the travel plan they have to send it again to organizer for approving. Any other option in buying tickets will be not reimbursed.

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the European Commission. Find the details here:

<http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/inforeuro_en.cfm>

The participants themselves should cover extra costs (overcoming the budget limits).

Each participant should submit the following documents for the reimbursement:

1. Tickets (there must be price and name of the person stated on it).
2. Boarding passes (in case of loss – please get a confirmation from the airlines, that the flight was taken)
3. Invoices – yes, even if you have a ticket, our accounting still needs an INVOICE.
4. Online Check-in should be made before your leave Pärnu to make sure you give us boarding Passes from the way back as well.

**IMPORTANT:** **Be aware that you can wait 8 months for reimbursement of travel costs.** If you can’t wait so much, please ones more consider if it is project for you.

There is **NO** participation fee for this training course.

|  |  |
| --- | --- |
| Country | Money in € |
| Serbia | 0 |
| Croatia | 180 |
| Germany | 275 |
| Estonia | 275 |

You are allowed to come max 2 days before the activity or leave max 2 days after the YE, but the total amount of the days that are not part of the programme is max 2 days. During these extra days you have to find and cover your own accommodation and other expenses. If you decide to stay more than 2 days longer than the official programme, you will have to cover the traveling expenses yourself.

Weather

The weather in Belgrade in January is cloudy and cold. Bring with you comfortable and warm garments.

Visa

In case if you need visa, you can let us to send you invitation letter. However, visa costs will not be reimbursed. Please, don't forget to bring your passport or ID with you.

Insurance

We would have a first aid kit with us. But please make sure that you take any medication that you need.

Please note that each participant is required to have travel insurance and health insurance and it is not reimbursable as it is your choice with which company and plan suits you.

Currency

Serbian currency is DINAR (RSD)

Emergency

Phone for emergency 988

Police 192

Medication

If you take any medication please remember to bring it with you, in Serbia there are pharmacies here but if you need prescription medication you cannot buy them over the counter without a prescription. Also please, inform us of any medical conditions we need to be aware of in the registration application. If participants have any allergies especially to food this needs to be expressed in the application form above, because changes to the menu will not be possible once the project starts.

Venue

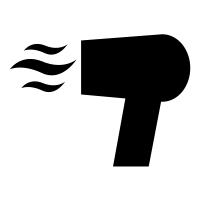
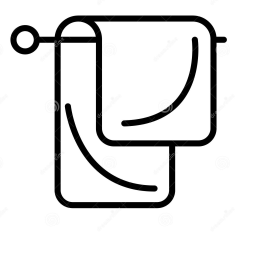
Project will be held near Belgrade, Serbia.

Ustanova studentsko odmaralište ”Beograd ”

Radojka Lakić Avala

http://usob.rs/odmaralista/radojka-lakic-avala/?script=lat

Accommodation will be in rooms with 2 beds. Bring with you towels, shampoos, soaps, hair dryer and everything you need for hygiene.



**PLEASE NOTE:** THE ROOM SCHEDULES WILL BE MADE IN ADVANCE. REARRANGEMENTS ARE NOT POSSIBLE UPON ARRIVAL.

For more additional information and further questions you can contact us on:

[todorovic.eom@gmail.com](mailto:todorovic.eom@gmail.com)

SEE YOU SOON!