



Europska
Volonterska
Služba

RAZMJENA
MLADIH

SPORT



Erasmus + possibilities to do in Sports



Projects:

Volontiram za sport
Sport Xchange





Content

- 4** Intro about Erasmus
- 8** EVS - what is evs, who can apply, how to do it...
- 10** Volunteering in sport
- 28** Youthexchange - info about it - how to do it

Intro about Erasmus

General overview of KA 1 Mobility project for young people and youth workers according to the Erasmus + programme

Erasmus+ is the EU's new programme for boosting skills and employability through education, training, youth, and sport. Between 2014-2020 the programme will provide opportunities for over 4 million Europeans to study, train, gain work experience, and volunteer abroad.

What does it involve?

Funding for youth activities under Erasmus+ aims to improve the key competences, skills and employability of young people, promote young people's social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.

Concretely in the field of youth, the erasmus+ programme offers three main opportunities:

1

key Action 1

Mobility opportunities for young people and youth workers. Young people have the opportunity to participate in youth-exchanges or to volunteer for a period up to one year in another country. Youth workers can take part in training and networking activities abroad or spend some time in a youth organisation abroad for a job shadowing or an observation period.

2

key Action 2

Opportunities for cooperation for innovation and exchange of good practices. Organisations can apply for funding to work in partnership with organisations from other participating countries. The projects funded under this action will focus on sharing, developing and transferring innovative practices in education, training and youth provision between participating countries.

3

key Action 3

Opportunities to support policy reform. The Erasmus+ programme will fund strategic activities supporting policy reform across the EU. Funding opportunities in the field of youth under this action can take the form of meetings between young people and decision makers.

Who can take part?

Various opportunities are available under Erasmus+, including opportunities for young people (aged 13-30), youth organisations, and other stakeholders active in the field of youth.

EVS - what is evs, who can apply, how to do it...

what?

An EVS project is a partnership between two organisations. Volunteers participate in EVS through a Sending Organisation in the country where they live and a Receiving Organisation that receives and hosts them during their period of service. Volunteers can apply in most of countries in Europe. Projects are from 2 to 12 months, and as a volunteer you can work in a wide range of fields, such as culture, youth, sports, children, arts, environment, development cooperation... It seeks to develop solidarity, mutual understanding and tolerance among young people, thus contributing to reinforcing social cohesion in the European Union and to promoting young people's active citizenship. The volunteer will receive free accommodation, food, insurance and pocket money. The only thing he might have to pay is a small part of the travel costs.

At the end of your EVS period, Volunteer will receive a certificate confirming the participation and describing his/her project – YOUTHPASS.

Person which is between
17 and 30 years old.

who?

how?

First, Contact an accredited organisation that is recruiting volunteers for a granted project OR Then, To have a Cover letter and CV. Look for EVS database on the evs website. Contact an organisation to discuss starting a project.

Organisation handle all administration procedures.

Volunteering in sport

Erasmus Sport is a new part of Erasmus. It permit for volunteers to have a learning process about sport. With Erasmus + The eurpean Union want to promote volon-
teer's activities through social inclusion, equal opportunity and the Sport/health report. This action offers the opportunity to develop, transfer and implement innovative practices in different areas relating to sport and physical activity between various organisations and actors in and outside sport.

Being a volunteer in sport can be reallly important for the organisation and the volunteer. Through sport and evs, volunteers are in a important social tool to promote values like fair play, respect, inclusion ...

PRINC EVS PROJECT:

Volontiram za sport

Project “Volontiram za sport” was implemented in Zagreb by Softball Club Princ Zagreb. Activity started 15th of February in 2016, and it lasted for 12 months. It involved two volunteers, one from Spain and one from France. Objectives was met: promotion of active and sport life, intercultural dialog among youth. Main objectivity was a promotion of Sport as a tool to have an active and healthy life. The project focused on the following subjects: a healthy lifestyle, health & well being, youth. Through the activities planned, the project supported solving the problem of digital era where kids play games on computers, and don't participate in sports or active life. Volunteers participated in all club activities: Summer and spring camps, practices, workshops, games, presentations, non-formal activities ect.



**Europska
Volonterska
Služba**

Princ EVS Volunteers





RAFAEL



Who is Rafael?

I'm Rafael Garcia. 22 years old, I'm from FRANCE. I live in Nantes, Nantes is a beautiful city with around 300000 inhabitants and close to the Atlantic Ocean. I like doing sport. I did a lot of sport during my studying but I did athletics in a club for 12 years. I did athletics to do competitions and to have fun.



What are you doing in Croatia?

I'm a volunteer with European voluntary Service thanks to Erasmus +. I'm helping the Softball Club Princ. This club is an active club who's making a lot of things. Also, i'm helping for coaching, communication, organising events...





Did you learn something?

Basically, I learned skills like: language skill (english, croatian...), communication and event skills, human and coaching skills, but most important things are that I learned about myself (interests, fear,...) and learned about Europe in the reality life, and the benefits of Europe !!



Would you recommend it?

I recommend this experience!! It was unique and could make it possible to start a «new life» and my professional future. And I will, of course, continue to play/help in a softball/baseball club no matter where I am.



LUCAS

I'm Lucas Trabadelo, from Asturias, in Spain. I spent 1 year in Zagreb, Croatia helping out as a volunteer for Sotball klub Princ. This year was a fresh start in an unknown new country for me, I made lots of new friends and further improved my knowledge of both baseball and softball. I would undoubtedly recommend the experience to everyone who has a chance to do it.





FIRST STEPS IN ZAGREB

I am doing my European volunteer service in Zagreb, the capital of Croatia, working with the softball club “Princ” (softball comes to be the same as baseball). They have teams from child to senior for both men and women, which involves many workouts a week. In this first month here I have been attending trainings learning how to work with different age groups and helping coaches, so that at some point I can do it on my own.

We have also done some presentations at institutes, that is, give a talk about softball and let the young people try it during one of their physical education classes.

In my second week here I went to the training course on arrival in Orahovica, where I had the opportunity to meet other volunteers here in Croatia.

After a month here you begin to get used to the city, you know how to get to the sites and the language (which looks complicated) seems to start to get into your head. We’ll see how it goes in the second month.



SECOND MONTH

My second month in Croatia started in Sisak, where, along with other members of the Princ Club, I attended a ceremony organized by the association "His print". This association consists of baseball coaches, mainly Texas, who collect baseball and softball material donated by universities, and bring it to Eastern Europe, where it is complicated or very expensive to get, distribute it free of charge between the attendees and explain Your usual workout routines or exercises on your equipment. The rest of the month has been in the softball field, by the lake, (Jarun) where I have helped in some training and I have prepared and carried out some myself.

This past week we have been preparing the fields for the start of the season.



ZAGREB 3.0: COULD IT RAIN EVEN MORE?

The photo summarizes my third month in Croatia, although I would surely be in trouble if I ended my entry here this month, so let's get into the mess: It

has been a very inactive month, mostly because of the rain, many canceled Training and matches. Princ organized a friendly championship here in zagreb that lasted a whole weekend and brought other teams from nearby countries.

And, of course, it rained on the last day, during the final, the field was completely soaked, to the point that if the ball touched the ground, it had to be replaced by a new one.

As I said, I have not been able to do much more this month, we will see if June paints better.

LUCAS



BUT LET'S SEE

4th month in the Croatian capital, after complaining last month of the excessive rain, summer came with desire. It has still rained a lot these last few weeks, but the days of sun and heat are killer, and they say it will be even worse in July and August ...

Let's leave the weather aside, let's talk about food:

Here it is very usual to eat while You go somewhere, either walking or tram, there are fast food stalls and especially the bakeries, which are very cheap, you can buy food for one day for 10 kunas (€ 1.30)

The truth is no I have tried most of the traditional Croatian meals, but I do not feel like it, the more I describe them, the less I feel like it. In the next episode, the summer camp of the princ club and the trip to Slovenia with the baseball team.

Vidimo se.



SUMMER AT THE SOFTBALL CLUB

During the past month the club camp was organized. 8 consecutive days with both camps filled with children, whether they were newbies or take time training, learning about softball and playing. To help with the organization and development of the camp came a visiting foreign coach, " Ricky Coach ". I also went with the baseball team " Medvednica Bears " to Slovenia, to play 2 matches of the inter-league, with 2 wins for the bears.

END OF THE SOFTBALL SEASON

These last weeks we had in the field 2 championships, the end of the Euroleague, with 8 teams participating and Princ being the winner. The following weekend Princ organized for the 6th consecutive year the "Ball Game" championship, another 8 teams from different parts of Europe came to Zagreb to take part. In the meantime there was also the 20th anniversary of EVS, here in Zagreb, with some of the other volunteers from Croatia coming to visit. Finally last week we played the last games of the season, and closed the field, with the help of several players and family, we also organized a barbecue once we finished.

LUCAS



LATE WINTER

During the months of November and December we definitely moved all the workouts to gyms, or indoor soccer fields, they are also more often now, the only day without practices is Wednesday.

We organized a couple of tournaments for the children, which lasted 2 full Sundays, during which I collaborated as a referee, among other things.

We also prepared "EVS Game Night" simply put all possible players in agreement to stay one day in the building of the organization to play different board games, with the snack / dinner on our part. A couple of presentations at institutes, presenting both softball and very briefly the EVS, with the main goal of getting new players.

We also took part in a series of presentations at the city's main sports center, commemorating its anniversary.

In another order, this past weekend I visited Pula with friends, a skateboarding championship in the city's new skatepark. One of the best weekends I've spent in the EVS (Photo a little NSFW)

We set up a small booth where we explained to children or anyone interested in playing softball.





FIN

The year of EVS comes to an end, in fact it has happened much faster than I expected.

These last months we had a couple of championships with the children in which I acted as arbiter.

I spent Christmas here in Zagreb, only on the floor like a king, although my vacation ended a little earlier than usual in Spain because:



From January 3 to 11, we organized a YouthXchange project in collaboration with Erasmus +, bringing together 60 players of Softball in Zagreb with the intention of introducing them to the world of volunteering in the sport. Youthpass and met people from different parts of Europe who share their hobby.

These last weeks we have had the usual trainings, and last Friday (February 10) we had the farewell party in the organization.

At this point I can only prepare the suitcase, say goodbye to the rest of acquaintances not related to the organization and Wednesday 15 and I'm on the plane back home.

Youth exchange

info about it - how to

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods.

Youth exchanges take place outside the school environment. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more.

Participants' learning experiences are recognised through a Youthpass.

Youth exchanges are managed by youth organisations, informal groups of young people or other organisations. The European Youth Portal also provides information and opportunities for young people.

nge o do it

Participants need not have specific knowledge nor previous training. With regards linguistic skills, participants are required to have a basic knowledge.

This Erasmus+ youth exchange project has tried to inspire and empower youth on how to make an impact on society through social entrepreneurship, and the use of new technologies. The participants have learned about the value and meaning of social entrepreneurship, acquiring at the same time new skills through an innovative methodology, combining non-formal education activities and practical training in the use of digital tools.

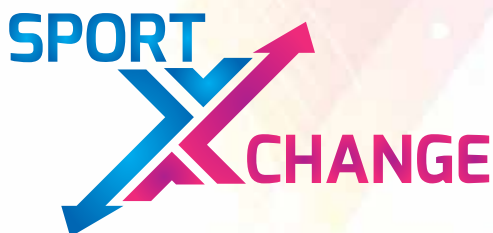
facebook

Softball Princ

03.01. - 11.01.2017
za vrijeme praznika

RAZMJENA MLADIH

60 mladih (13-18 godina)
9 dana / 03 - 11.01.2017. /
isprobavanje raznih sportova
radionice



www.softball-princ.hr

091 519 8900

PRIJAVI SE DANAS!

PRINC YOUTHEXCHANGE PROJECT:

Sports Xchange

Youth Exchange “Sports Xchange” was held in Zagreb, from 3rd of January until 11th of January 2017. It involved participating partners from the Czech Republic and Croatia. Each partner combined a group of 30 young individuals, mostly between 13 – 18 years, of both sexes. The project aims where met: mutual education of young people with active participation in sports and volunteering in sports organizations. The focus is on the development of skills and competences by the sport, as well as raising awareness of healthy habits of young people. Achieving the objectives of workshops through teamwork, young people are enhancing sports skills and learning about breaking prejudices, how to respect others and their opinions, views and ideas and develop various forms of creative expression. They are developing respect and awareness for other cultures, enhancing their learning process and improving foreign language skills, but most important, enhancing awareness about themselves.

Hoppas det
smakar

Es freut
kennenzulerner

What "volunteering"
means for you?

s'il vous
plait

Website

How to interest a play
volunteer in a club

interest a parent
volunteer in a club

Posters

tionnaire

Supermodel

Funny

I LIKED:

the name of the workshop and what you liked

Fr



What does the EVS stands for?

Euro Volunteer Service
European Voluntary Searching
European Voluntary Service

Bound: Zagreb Tour



TRY YOUR LUCK!



Get the Actionbound app for free in the Apple App Store or at the Google Play Store

Scan the QR code with the Actionbound app

Nice

King

445

friend









You can contact us to help you make a project.

We can be your partners, or just help....

Softball Klub Princ Zagreb

info@softball-princ.hr / 0915198900



Erasmus+

Sufinancirano sredstvima programa Europske unije Erasmus+ / Co-funded by the Erasmus+ Programme of the European Union

Ova publikacija odražava isključivo stajalište autora publikacije i Komisija se ne može smatrati odgovornom prilikom uporabe informacija koje se u njoj nalaze.



**AGENCY FOR
MOBILITY AND
EU PROGRAMMES**