



INVICTUS Inclusion via Culture of Sports

**Erasmus + KA-1 Youth Exchange
Zagreb - Croatia
28.08-05.09.2020**

INFO PACK FOR APPLICANTS

Webpage: <https://babilontravel.eu/projects/invictus-inclusion-via-culture-of-sports/>
Application form: <https://shorturl.at/gpqsx>

Martial arts and physical activity are much more than a mere means to improve body shape or practice “fighting”. It can help young people develop healthy lifestyles, but it can also teach essential life skills, help with a personal development process and build self-confidence and self-appreciation of young people.

This is especially true for young people with disabilities and fewer opportunities. Martial arts and outdoor activities can help youth in this target group to develop a wide range of social skills and improve their inclusion in the society. The Human Capital Model lists “Equity for persons with disabilities, as well as social inclusion & acceptance of people with fewer opportunities, as some of the most important outcomes of martial arts and physical activity for this target group.



Invictus (“Inclusion via Culture of Sports”), an Erasmus+ Youth project has established the following objectives:

1. To develop skills and key competences of young people with disabilities and/or fewer opportunities needed for their full participation in society;
2. To use martial arts and physical activity as methods to develop health, self-confidence and self-appreciation of young people with disabilities and/or fewer opportunities;
3. To sensitize the public to promote acceptance and diversity of people with disabilities and/or fewer opportunities in their local communities;
4. To promote social inclusion of young people with disabilities and/or fewer opportunities through sports and physical exercise;
5. To learn about and embrace the cultural, physical, personal and other differences, so that diversity becomes a positive source for learning rather than the cause for negative competition and prejudice.



Invictus will be organized in the form of a youth exchange (August 28 – September 5, 2020, travel days included) happening in Zagreb, Croatia.

The Youth exchange will integrate 60 young people with special needs or fewer opportunities (13 participants/country), age 14-30, 8 youth leaders (2 leaders/country), age 18+ and 8 accompanying persons (2 accompanying persons/country), also age 18+, from each partner country: Bulgaria, Croatia, Italy and Romania.

The participant youngsters could be with:

- Special needs:
 - Visual impaired;
 - Hearing impaired;
 - Physical disabilities;
 - Light mental disorders;
- Fewer opportunities:
 - Economic obstacles;
 - Social obstacles;
 - Geographical obstacles.

All participants, including youngsters, youth leaders and accompanying persons should:

- Be citizens or legal residents of Bulgaria, Croatia, Italy or Romania;
- Attend a preparation meeting organized by the sending organization before the training course;
- Be ready to attend all the activities of the youth exchange;
- Disseminate project results after the end of the youth exchange.

For the youth exchange each country team is expected to prepare:

- A presentation of culture from their countries and present it during evening leisure activities (intercultural night). Presentations should not be longer than 30 minutes. Participants also need to bring some traditional food and drinks for the tastings.
- 2 presentations:
 - One about the benefits of martial arts (any type) on health and social life;
 - Another is a presentation of some important martial art fighters of your country.

Each presentation should not be longer than 20 minutes.

All project activities are based on non-formal education methods and tools, which encourage active participation of each participant in the sessions. The whole learning methodology will be adapted to the needs of all the participants and will be inclusive with regard of the disabled ones.

Each participant youngster will receive at the end of the youth exchange a Youthpass.



to the organizers.

According to the rules within the Erasmus+ Programme, financed by the European Union, participants will by their own tickets. The coordinating organization from Croatia will reimburse the travel costs on basis of the cheapest and most effective transport arrangements. The receipts of complete and original tickets, invoices, bills, boarding cards etc. have to be presented



Participants are expected to arrive to Zagreb, Croatia on August 28 and depart on September 5, 2020. The coordinating organization from Croatia (Taekwondo Klub Maksimir) will reimburse travel costs, by bank transfer to the bank account of the sending organization, within 45 days after receiving all the original travel documents, after dissemination and after the youth leaders filled out the Mobility Tool questionnaire.

All costs regarding accommodation, food and transport are covered by the organizers.



Participants should bring:

- Comfortable clothes and shoes, for indoor and outdoor activities. Sport shoes for the gym. Some of our activities are outdoor and, in the mountains;

Health insurance (mandatory) valid at least for the duration of the youth exchange. The cost of the insurance is not refundable and has to be played by each participant. It is recommended to get a free European Health Insurance Card (EHIC) which is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country.;

- Passport;
- Good mood and positive energy



Project partners:

Coordinator:

- Taekwondo Klub Maksimir – Croatia;
- Partners / sending organizations:
 - Association WalkTogether – Bulgaria;
 - Asociatia Babilon Travel – Romania;
 - Youth 4 youth – Italy.

For any information, please don't hesitate to contact us at: office@babilontravel.eu

THANK YOU