

Mind & Body in Action

Youth Exchange in Erasmus + Program

International exchange project, during which we will be thinking about the role of sport in releasing energy which is shaping enterprising and creative conducts amongst young people. The exchange will take place in Poronin near Zakopane on 23-31. 07.2015. Young people aged 16-18 who are keen on sport are participants of the exchange as well as those who want to cultivate their interests in this field. Altogether we predicted the participation of 42 young people. The goal of our project is to promote the activity of entrepreneurship and sport as the form of spending free time and the way to personal development. We will be working based on principles of non-formal education, we will apply methods of work p. ex. : games and ice-breaking games, energizer, sports activities, workshops, presentations, discussions, brainstorming, evaluation sessions. In the long-term benefits will be meetings held in schools of the region, on which will be presented materials which will be done during the project.

Dates

23-31.07 Poronin near Zakopane www.zakopane.pl (Tatra mountains)

Accommodation

www.austryjok.com

Partners

Fundacja TAK Twórczy, Aktywni, Kochający - Poland

Lietuvos sporto klubas "Makabi" Vilniaus filialas € Lithuania

Carpe Diem n.o. € Slovakia

Participants

14 per country including leaders



Program Mind & Body in Action

Day 1

- *Arrivals of participants*
- *Lets start with program*
- *Welcome evening – barbecue*

Day2

- *Energizer*
- *Exchange rules book*
- *Ice-breaking games*
- *Details about program – presentation*
- *Faces of sport - workshops*
- *Evaluation of the day*
- *Sport activities*

Day3

- *Energizer*
- *Orienteering game*
- *Free time in Zakopane*
- *Evaluation of the day*
- *National evening Slovakia*

Day4

- *Energizer*
- *I have power - workshop*



- *Creativity workshop*
- *Sport activities*
- *Evaluation of the day*
- *National evening Lithuania*

Day5

- *Energizer*
- *Make your own game – creating new game - introduction*
- *Make your own game – creating new game- work in groups*
- *Evaluation of the day*
- *Free evening*

Day6

- *Energizer*
- *Trip to the mountains*
- *Evaluation of the day*
- *Evening with local music and culture*

Day 7

- *Energizer*
- *Make your own game – creating new game - presentation*
- *Play with me – sport activities with local youth with using new game*
- *Evaluation of the day*
- *National evening Poland*



Day8

- *Energizer*
- *Preparing newspaper*
- *Presentation of a film “ It happened in Poland”*
- *Evaluation of the exchange*
- *Farewell*

Day 9

- *Official closure of the exchange*
- *Departure of participants*

Things to bring:

European card of health insurance

Swimming dress

Sport clothes

Comfortable shoes for trekking in the mountains

Solar cream

Towel

