

# SWELL: YOUTH TRAINING FOR HEALTH AND WELLNESS

## CALL FOR PARTICIPANTS

### SWELL: YOUTH TRAINING FOR HEALTH AND WELLNESS

#### *PLACE AND DATE*

Xonrupt-Longemer, France, 18-25<sup>th</sup> August 2012 **(Travel days included)**

UFOLEP – Union Française des Oeuvres Laïques d'Education Physique – and ISCA – International Sport and Culture Association, have the pleasure to invite you to the training : “SWELL: YOUTH TRAINING FOR HEALTH AND WELLNESS”

The training will focus on **healthy behaviour and physical activity** from three different perspectives (Perspective on the relevance of physical activity for physical health as well as mental and social well-being, Human Rights perspective, and Preventive perspective).

#### *CONTENT*

This training will deal with the importance of Health and Well-being as well as the freedom of thought and expression via an active participation.

The methodology of the training is based on:

- Non Formal Education as a means of facilitating the learning process and increase the interactivity of the event;
- Education through Sport, stressing the link between sport and environment;
- “Learning by doing” or “learning through experience”, meaning that practical workshops and individual experiences will be most of the time the starting point for reflection.

#### *OBJECTIVES*

The objectives of the training are in brief:

- To extend awareness about health and wellness in the sport for all field
- To facilitate exchanges between young adults and broaden their work horizon by sharing different visions of approaching health and well-being in their own organizations
- To extend knowledge on the importance of physical activity for health and well-being via preventive measures
- To encourage the participants to link physical activity and human rights education as means of promoting the right to health
- To ensure and increase the active participation of young people on the topic of health and well-being

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## LANGUAGE

The working language will be **English**, therefore each participant is required to have good communication skills in this language.

## PARTICIPANTS

22 participants from 18 to 30 years old. For funding reason, only a small number of people could be above 30 years old (5 out of 22).

The eligible countries for this training are: **Denmark, Slovenia, United Kingdom, Iceland, Italy, France, Romania and Bulgaria.**

The training is targeting:

- ✓ Active volunteers
- ✓ Youth leaders
- ✓ Youth workers

Participants should have an interest to develop activities using “education through sport” inside their own organization.

## FINANCIAL CONDITIONS OF PARTICIPATION

- ➔ ISCA and UFOLEP will support all costs related to accommodation and food.
- ➔ The participants should arrange their own travel to and from France. Participants will receive a 90% travel reimbursement up to the maximum amounts mentioned below.

We encourage participants to make use of:

- The cheapest methods of travel possible (2<sup>nd</sup> class ticket only, etc.)
- The means of transport producing the minimum amount of greenhouse gas.

### **Maximum reimbursement of travel costs:**

- *Iceland* : € 1000
- *Bulgaria, United Kingdom*: € 600
- *Slovenia, Denmark, Romania*: € 500
- *Italy*: € 400
- *France* : € 300

The organizers will need to see and **keep all original tickets and receipts** to be able to enable a refund.

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- ➔ The participation fee for the seminar is **100 ECOs<sup>1</sup>** and will be deducted from the travel reimbursement if relevant. The fee is in ECO in order to balance the economical inequalities between countries.

*Equivalent of 100ECO<sup>s</sup><sup>2</sup> per country (=fee in €):*

- Bulgaria: € 25
- Denmark: € 65
- France: € 50
- Iceland: € 70
- Italy: € 45
- Romania: € 15
- Slovenia: € 35
- United Kingdom: € 60

***No system can take into account all eventualities, but through this system we are trying to make this training accessible for all. Therefore, the amounts we give per country are for your orientation, depending on your personal situation you have the possibility to contribute less or more.***

### ***SOME INFORMATION ABOUT UFOLEP***

UFOLEP is one of the most important sport for all and multisport federation in France. UFOLEP (10 500 associations and 410 000 members) was born in 1928 with the purpose of setting up popular and civic forms of practicing sport and physical activities. UFOLEP works to develop the concept of a human sport service.

All over France, UFOLEP proposes around 100 different activities, sport for all and competitions, 35 of them being organized at the national level.

UFOLEP, has made “Sport and Health” one of its priorities for the next years and is developing various local and national initiatives on the subject.

Want to know more?

Please find more information (in French) on the UFOLEP website: [www.ufolep.org](http://www.ufolep.org)

### ***SOME INFORMATION ABOUT ISCA***

The International Sport and Culture Association (ISCA) is an international association for sport, culture and youth organizations from all over the world. We strongly believe that everybody should have the opportunity to participate in international sports and cultural activities such as festivals, exchanges, seminars, tournaments and education programmes. We call it Sport and Culture for All.

<sup>1</sup> For more information on ECOs, you can check : <http://eyfa.org/activities/ecorates>

<sup>2</sup> To calculate this we used the Ecorates system from EYFA as an orientation:  
<http://eyfa.org/wiki/EcoratesMoldova>

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Moreover, ISCA is recognized at the European level as one of the leading sport organization on the subject of "Sport and Health".

Want to know more? Please find more information on the ISCA website: [www.isca-web.org](http://www.isca-web.org)

### ***APPLICATION PROCEDURE***

Please complete the online application form as soon as possible. Applications will be opened until the 21<sup>st</sup> of July.

Click below >>>

<https://docs.google.com/spreadsheet/viewform?formkey=dExTLVZQWXpOY3VTU0Y1bzBTaklfZVE6MQ>

For more information, please contact:

Laetitia ZAPPELLA / [lzappella.laligue@ufolep-usep.fr](mailto:lzappella.laligue@ufolep-usep.fr) / + 33 1 43 58 97 79

***SWELL: YOUTH TRAINING FOR HEALTH AND WELLNESS IS ORGANIZED WITH  
A FINANCIAL CONTRIBUTION FROM THE YOUTH IN ACTION PROGRAMME  
AND THE COUNCIL OF EUROPE (EUROPEAN YOUTH FOUNDATION)***

***Through SWELL, the UFOLEP is celebrating with the Council of Europe the  
40<sup>th</sup> anniversary of the Strasbourg European Youth Centre and the European  
Youth Foundation created in 1972.***