



Erasmus+

FOCUS ON SPORT FOR ENVIRONMENTAL SUSTAINABILITY

ERASMUS + YOUTH EXCHANGE PROJECT

Dates: 1 May – 8 May 2024

Place: Sarajevo – Bosnia Herzegovina

Summary

The "Focus on Sport for Environmental Sustainability" project is designed to educate and empower young people by highlighting the crucial role sports can play in promoting environmental sustainability. This initiative aims to broaden the understanding of critical environmental issues among participants, specifically focusing on climate change, global warming, and the intricacies of the EU Green Deal. By doing so, it seeks to elevate awareness about the environmental challenges we face globally.

The project is committed to equipping participants with practical skills and tools. It focuses on enabling young individuals to develop and effectively implement campaigns and initiatives that advocate for environmental sustainability in the context of sports. This not only includes imparting knowledge but also fostering the creativity and confidence necessary to drive change through innovative and impactful sustainability initiatives in their communities.

Partners

Kuzeyin Gencleri Genclik ve Spor Kulubu Dernegi

Bosnian Representative Association for Valuable opportunities

Asociația Tinerii 3D

Lutsk National Technical University

Anka Eğitim Gençlik ve Spor Kulübü Derneği



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Each participating country has a total of 6 participants, including 1 group leader.

Project Objectivities

- To increase the understanding and knowledge of young participants about climate change, global warming, and the EU Green Deal, through interactive workshops, discussions, and educational materials.
 - To demonstrate and instill an understanding of how sports and physical activities can contribute to environmental sustainability, encouraging the adoption of eco-friendly practices in sports.
 - To enable participants to develop individual action plans that they can implement in their home countries post-project, focusing on the intersection of sports, environmental sustainability, and climate action.
 - To create a network of young people from different countries who are committed to environmental sustainability, facilitating ongoing collaboration and exchange of best practices even after the project's conclusion.
 - To develop new tools, such as digital content, campaigns, or educational programs, that can be used to promote awareness of environmental sustainability through sports in the participants' local communities.
 - To inspire and equip participants to become advocates for environmental sustainability in their communities, using sports as a platform to engage and educate others, and to drive local initiatives that support the Green Deal objectives.
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Participant Profile

- Participants must be between 18–30 years old. only the group leader can be 18+.
 - Resident of one of the participating countries: Turkey, Bosnia and Herzegovina, Lithuania, Romania, Ukraine.
 - Participants are expected to be open-minded, collaborative, eager to learn and share.
 - being interested in climate crisis, environmental problems and sustainability.
 - eager to share his/her knowledge, experience and culture.
 - ready to involve in all stages of the project (preparation, implementation and follow-up)
 - To have at least A2 level of spoken English
 - Group leaders should be youth workers/youth leaders that are active in sending organization and have experience in Erasmus+ programme.
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Travel Info



For Türkiye

275 €



For Romania

275 €



For Ukraine

275 €



For Lithuania

275 €



For B&H

23 €

- Please confirm your flights with us before booking them. You should buy your tickets after our confirmation.
- Don't throw any ticket or boarding pass. You will need to send all of them after the mobility. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for them.
- Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all original tickets, invoices, boarding passes and emails relating to their travel. The participants should participate also in the dissemination phase.

* Reimbursement is calculated based on the air distance calculator of the European Commission.

What to Bring:

- Original boarding passes or bus tickets and bills.
 - Comfortable clothes and shoes for workshops which we will organize indoor and outdoor atmospheres depending on weather, slippers.
 - Camera and laptop you can bring on your own risk. Photos will be taken during project by participants as well and at the end of the project we will share photos with all participants and partner organizations through drive links.
 - We kindly ask you to bring your country's food and beverages to present to other participants at cultural nights. It would be nice to prepare some interesting presentations about your country but not Youtube videos. You can teach your songs and dances to all participants when you will have the stage.
 - European Health Card
 - positive energy :)
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Reimbursement Rules

- At the arrival, all participants must provide flight reservation, all original tickets and boarding passes. They must send by post the return tickets and boarding passes to an email address which will be provided.
- Travel costs will be reimbursed only for the cheapest means of transportation. Acceptable means of transportation for the project are: plane, bus, train, metro, shuttle or ferry, or shared taxi as a group but NOT private taxi with high costs for one person.
- We will not make any refund by cash during or after the project. No payment will be made to the participants for travel tickets before the project, and no ticket purchase will be made by us on their behalf.
- The reimbursement will be done at the end of the project by bank transfer to participants' bank accounts in Euro (€). The bank transfer fee will be your responsibility.
- Refunds may take up to 90 days after the Project mobility ends.

*** Our organization does not charge any participation fee, **we don't agree with this!** so we do not allow partner organizations to cover participation fees for their participants that comes to project, because a small fee may be an obstacle to participation in the program. Erasmus + does not want obstacles to the participation of all young people, everyone.

Insurance and other info

Insurance – All participants from European Union countries need to bring their European Health Insurance Card (EHIC) with them. You can get it for free in your country and it is amazingly useful for you whenever you travel outside of your country. Participants coming from outside of the EU should acquire travel insurance.

No alcohol and drug policy – It means that during the whole exchange, in our venue there won't be any alcohol and drug allowed. This includes: any hard liquor, beer, wine or any other kind of alcohol, including the alcohol during the national evenings.

Food: Chefs of the hotel are preparing meals from 6 different kitchens. So every day for breakfast, lunch and dinner you will have opportunity to choose various meals in the main dining area.

Photography: Participants will take video and photograph throughout the duration of the activities. Pictures will be shared on partner social network sites. Please advise us if you are okay with sharing your pictures with you on it.

Electricity: 220 V, 50 Hz



Venue Details

Pijačna 2, Sarajevo 71000, Bosnia and Herzegovina

HOTEL BM INTERNATIONAL ****

The hotel is located on the main road between the city center and the smaller down city center called Ilidža, has parking for guests, and two tram stops are only a couple of minutes away. Whether it's about individuals or entire families, the hotel offers tourists comfort and quality service, and business customers can even rent an office or business premises for several days as needed.

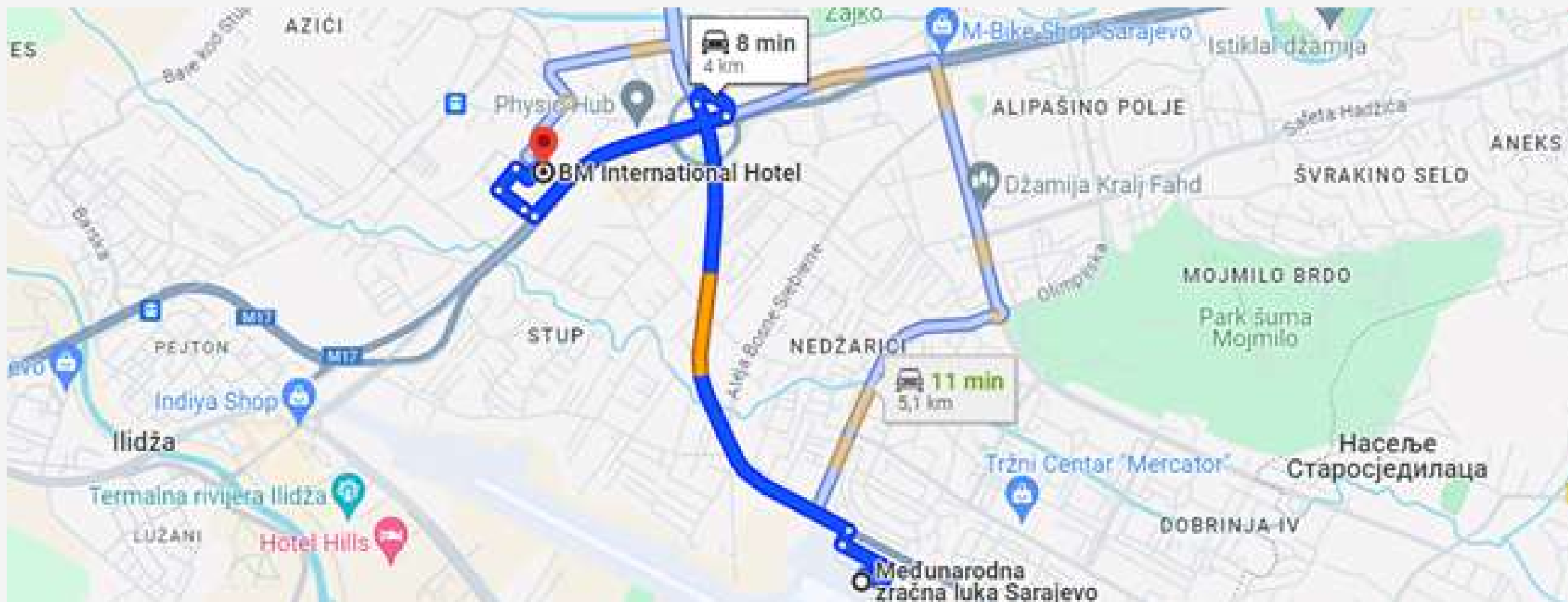
Hotel BM International apartments have separate bedrooms, separate kitchen with dining area, mini-bar, and bathroom with toilet. Cable TV, telephone and free internet access over wireless network are just few of the details included in this offer



HOW TO REACH THE HOTEL FROM AIRPORT?

Sarajevo International Airport

The immediate vicinity of Sarajevo International Airport is certainly another in a series of benefits and advantages of staying in BM Hotels. We are just couple of miles away from the airport. You will be here in no time.



<https://bit.ly/49N8LEK>

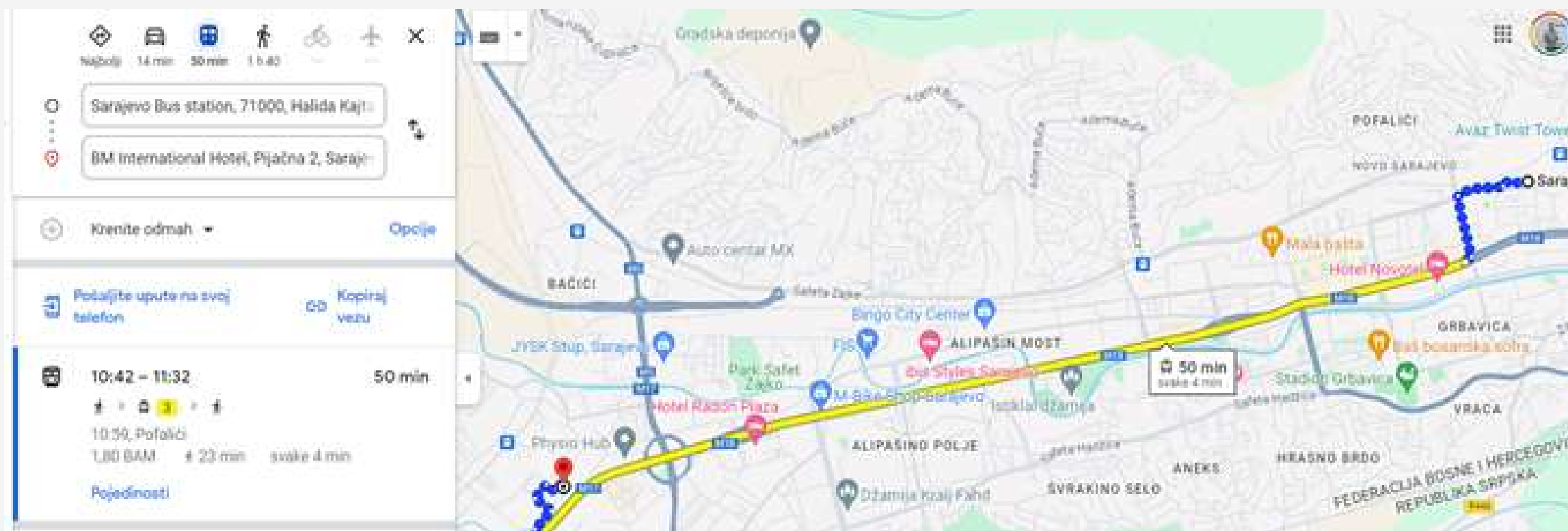
If you take a taxi, it shouldn't cost more than 10,00BM (5.00€)

HOW TO REACH THE HOTEL FROM AIRPORT?

2-SARAJEVO BUS STATION

If you arrive to Sarajevo Bus station, you should take a tram No. 4 – and go out on the tram station called – STUP. Than walk for a 5 minutes to hotel. (Maybe this line won't work because of construction of tram lines)

Second option is to go walking to tram station called Pofalići or Muzeji (5 min walking) – then take a tram No. 3 in Ilidža direction, and go out on the tram station called STUP or ENERGOINVEST (both of them are 5 minutes walking from hotel)



HOW TO REACH THE HOTEL FROM AIRPORT?

3-BUS + TRAM + WALKING to HOTEL

Timetable:

Airport – Bašćaršija: 05:30, 06:30, 07:50, 09:45, 11:30, 13:15, 15:10, 16:20, 18:00, 19:35, 21:35, 22:30.

Bašćaršija – Airport: 05:00, 06:00, 07:00, 08:30, 10:25, 12:00, 13:50, 15:45, 17:10, 18:40, 20:20, 22:00.

Price of a bus ticket equals 5,00 KM, with a possibility of buying a return ticket at the price of 8,00 KM.

If you take this bus, you can go out on the bus station called Nedžarići, than take a tram to tram stop – STUP, then walk for 5 minutes to hotel.

Costs of taxi is almost the same that you will pay for BUS + TRAM (8 BAM) – taxi is 10BAM max.



Confirmation of participation

We are also sharing the Confirmation of Participation.

Read this document and apply only if you agree to everything written in it. On the first day of the mobility, every participant will need to sign this document.

Confirmation of Participation

I, _____ (your name) confirm my participation in the above mentioned project:

I also confirm:

1. Full participation in the seminar. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (exceeding the given budget) for my overall travel costs.
3. I will keep all invoices and proof of travel, including boarding passes, tickets, etc. and submit them to the host organization in original format as requested by them in a timely fashion.
4. I will prepare relevant materials in time for the project activity.
5. I intend to participate in all evaluation activities during the project and after its completion.
6. I will show openness and respect towards other participants and all other individuals involved in the program.
7. I will respect the rules in the Erasmus+ program guide that requires participants, facilitators and staff to respect each other's dignity, values, religion and culture, irrespective of race, gender, national or ethnic origin, age or disability.
8. I will not bring or drink any alcoholic drink during the project activity.
9. I will not bring or use any drugs (including weed) during my participation on the project activity.
10. I allow the organizers to have photos and videos taken of me during the activity and publish these on their websites, social media, promotional material and dissemination material.
11. I will have my European Health Card during the activity (In case of non-EU residents, travel insurance).¹
12. That the days prior or after the mobility I am traveling on my own risks and that having insurance is my own responsibility.
13. Failure to comply with the above rules and the rules of the project will result in no reimbursement given to me for the project and could also result in me being liable to financial damages as a result of me not following these rules.

I, the undersigned, hereby confirm my participation and agree fully with the above stated.

Date _____ Place _____

Signature _____

Coordinator



Ömer Faruk SEVER

Trainer



Ismail Sehic



**For further questions
don't hesitate to
contact us.**

See you soon!

Ömer Faruk SEVER
Project Manager

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