

CALL FOR PARTICIPANTS

Active: Healthy Lifestyle and Volunteering // Frankfurt, 17 – 24 October 2010



The International Sport and Culture Association, in cooperation with Deutsche Turner Jugend, have the pleasure to invite you to the training

ACTIVE: Healthy Lifestyle and Volunteering

CONTENT

This training will deal with the importance of a healthy lifestyle and the impact of voluntarism in society. 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 importance of physical activity for a good health;
- 🕒 “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 the knowledge on the importance of physical activity for a good health;
- 🕒 To debate the role of voluntarism in the development of society;
- 🕒 To build competences on how to use the methodology “education through sport” to increase the active youth participation;
- 🕒 To create a network of people who are interested in using the methodology “education through sport” in their activities.

LANGUAGE

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

PARTICIPANTS

25 participants, 18 – 30 years old. A small number of people could be above 30 years old.

The eligible countries for this training are: **Czech Republic, Denmark, France, Germany, Iceland, Portugal, The Netherlands, Slovenia and United Kingdom.**

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 DTJ will support all costs related to accommodation and food. Participants will receive a travel reimbursement of 70% of the total costs, up to 200 Euro. A participation fee of 50 Euro will be paid during the training.

SOME INFORMATION ABOUT ISCA

The International Sport and Culture Association (ISCA) is an international association for sport, culture and youth organisations 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.

Want to know more? Please find more information on the ISCA website: www.isca-web.org

Active: Healthy lifestyle and volunteering is organized with a financial contribution from the Youth in Action programme and from the Council of Europe – European Youth Foundation.

APPLICATION PROCEDURE

Please complete the online application form before 30th of August 2010.

[Click here >>>. http://www.isca-web.org/english/events/activeyouthtrainingcourse.](http://www.isca-web.org/english/events/activeyouthtrainingcourse)

Application submitted after this deadline will not be accepted.

The results of the selection process will be sent to all applicants on the 3rd of September.

For more information, please contact Sorin Buruiana, ISCA Youth Network Coordinator at sb@isca-web.org.



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