

# SWELL: YOUTH TRAINING FOR HEALTH AND WELLNESS

## CALL FOR TRAINERS

### SWELL: YOUTH TRAINING FOR HEALTH AND WELLNESS

#### PLACE AND DATE

##### *Training*

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

#### INTRODUCTION

UFOLEP - Union Française des Oeuvres Laïques d'Education Physique in partnership with ISCA - International Sport and Culture Association, is organizing the training course SWELL: Youth Training for Health and Wellness. ISCA is recognized at the European level as one of the leading sport organization on the subject of "Sport and Health" whereas UFOLEP has made "Sport and Health" one of its priorities for the following years.

22 participants from 8 countries: Denmark, Slovenia, United Kingdom, Iceland, Italy, France, Romania and Bulgaria will take part in this training.

It is a training that 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).

Furthermore, the target group is participants with either interest/knowledge on the topic or specific involvement in sport and health projects.

#### MAIN AIM

The general aim of the overall project called SWELL is to activate an international network that can spread the idea of Health and Well-being through sport as a right and act as a multiplier at a local level. This network will have to deal with the topics of the training course with a special focus on Education through sport. We want the participant to be able to spread good practices or methodologies they will get to know during the training, in their own organization and network.

#### CONTENT

The methodology of the training is based on:

- Non Formal Education as a mean of facilitating the learning process and increase the interactivity of the training;
- Education through Sport, stressing the link between sport and well-being;
- "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.

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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

## ***REQUIREMENT FOR THE TRAINERS: COMPETENCIES, MISSIONS***

### ***Pre-Requisite***

The working language will be **English**.

The facilitators should have the following competences:

- have previous experience and knowledge about **Education through sport** methodology with ability and will to facilitate some sessions related to it
- have previous experience and knowledge about **Health and Sport** or **Human Rights related to Health and/or Sport** with ability and will to facilitate some sessions related to it
- have previous experience with active youth participation and volunteering
- have previous experience with Intercultural dialogue
- have the willingness to engage with an open mind into positive, constructive and respectful dialogue with other people taking part in the project; additionally, have the intention to promote and facilitate such an attitude among all the participants in the project
- have the motivation and capacity to support participants in their role as "multiplier" within their own organizations and communities
- have previous experience leading a team of trainer will be a plus

### ***Missions***

The facilitators will participate in:

- two preparation meetings
- the SWELL training
- the evaluation and follow-up process (including the creation of a magazine and a video).

ISCA will contract up to three facilitators for this project. The facilitators must be fully available for the preparatory meetings and the training itself.

**3 trainers** and **2 organizers** representative of ISCA and UFOLEP will be part of the **team** for this training.

**Trainers fee: 1200 €**

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## *Preparatory meetings*

There will be 2 preparatory meetings. The first one will take place on 9<sup>th</sup>-11<sup>th</sup> July 2012 most probably in Paris at the UFOLEP office and the second one will start 2 days before the training from the 16<sup>th</sup> to the 18<sup>th</sup> August 2012 in the training location.

## **APPLICATION PROCEDURE**

Facilitators interested in this call must express their interest by filling in the below form through the on-line questionnaire:

<https://docs.google.com/spreadsheet/viewform?formkey=dDBNX2NFaU0wdVRxLUExTGYYOVhRc2c6MQ>

Every applicant will receive an answer latest the 30th June 2012.

For more information or questions, please contact Laetitia ZAPPELLA: [Lzappella.laligue@ufolep-usep.fr](mailto:Lzappella.laligue@ufolep-usep.fr) or +33630713951.

Deadline for expressing of interest in this programme: **Monday 25th June 2012, midnight CET.**

***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)***