

## SUMMARY

# MOVE MOVing TogEther

ERASMUS + PROGRAMME - SPORT Actions  
Small Collaborative Partnership  
DEADLINE – 04/04/2019

### APPLICANT ORGANIZATION – ITALY

A.S.D. Gruppo Atletico Polisportivo Castelbuonese is an Association founded in 1994 with the purpose to promote the practice of sport. It is a no profit Association and has its headquarters in Castelbuono (Palermo-Sicily); the Association is specialized in the preparation and development of competitive runners and amateur races (road, cross and trail). A.S.D. Gruppo Atletico Polisportivo Castelbuonese was born from the passion of a group of young people for an historical competition (Giro Podistico Internazionale di Castelbuono) which has its roots in 1912. This group of people decided to create the Association to continue the tradition, giving more prestige to a sport event known and loved not only in the city of Castelbuono but throughout the athletics community, and to promote sport events and activities among young people and local population. For more information visit the website [www.girodicastelbuono.com](http://www.girodicastelbuono.com)

Currently, A.S.D. Gruppo Atletico Polisportivo Castelbuonese is managing the Project "START - Sport TrAining to Run Together" Project (Code 590484-EPP-1-2017-1-IT-SPO-SSCP), a Small Collaborative Partnership project focusing on the Priority 2017 "Encourage social inclusion and equal opportunities in sport" of the Erasmus+ Program (SPORT Actions). START is promoted by a partnership of 5 European organizations from: Italy, Bulgaria, Finland, Lithuania and Portugal. START has the main aim to develop and share within the partnership the use of the language and the methodology of Sport as a tool for integration and socio-cultural inclusion, strengthening the skills of the operators. For more information on START project, we invite to visit the website [www.startcastelbuono.eu](http://www.startcastelbuono.eu)

### FOCUS

Sport is an important vehicle for inclusion, integration, social aggregation; it promotes respect and solidarity among people and it represents a fair and playful competition that stimulates personal improvement and team play according to the principles of loyalty against all kinds of intolerance and discrimination. For these reasons sporting activities can be used as a tool to: improve own identity through a fair comparison; increase self-esteem; understand and respect the diversity, interacting with other people without fear or prejudice.

Sport also contributes to the integral development of the person because it offers the opportunity to compare and know oneself and others.

Sport practice therefore has an educational value, essential for the balanced growth of each individual and contributes to making individuals and society more open, integrated and inclusive respecting the diversity.

Furthermore, It is important to encourage and promote sport and physical activity among young generations because there is a very close interconnection among physical activity, health and quality of life. It has been shown that a sedentary lifestyle is a risk factor for the onset of many chronic diseases and it causes social and psychological problems. In recent years, the daily habits of young people have changed due to the excessive use of video games, Internet, smartphones and TVs that have drastically reduced the time dedicated to the movement. This change inevitably leads to two effects that, if not managed properly, could cause a psycho-physical dangerous damage:

- 1) The first effect is the creation of a form of technological isolation and alienation that induces the children to remain physically inactive, to disconnect from reality and do not create interpersonal relationships with their peers;
- 2) The second effect is that the lower physical activity may lead to an increase of the rate of overweight and an higher exposure to the risk of childhood obesity.

In fact, often many young people, during recreation or leisure time, prefer the solitude of a smartphone and the isolation through a video game instead of being with other friends, jumping, playing, running outdoors, etc. We must remember that the physical activity is a fundamental element of psycho-physical growth, it is an important moment of interaction, as well as a primary tool for the health protection of young people and adult; therefore,

physical exercise should be promoted as a tool to combat the risk of obesity and overweight of the young generations and the psychological risks associated to the intensive use of new technologies.

## AIM & OBJECTIVES

The Project "**MOVE – MOVE together**" intends to transfer to children and adolescents, and their educators, coaches and instructors, a full awareness about the theme of socio-cultural integration and respect of other people through sport, removing prejudices and feelings of fear, or in extreme cases of hate, which can potentially turn into episodes of violence, racism, intolerance and bullying.

"**MOVE**" also intends to stimulate in the young people a critical reflection on, the one hand, the psycho-physical risks related to a sedentary lifestyle and to an excessive use of videogames, smartphones, etc. and. on the other, the benefits related to the practice of physical activity, in particular the activity carried out in contact with nature. The Project foresees the sharing of Good Practices experimented by the partners involved, connected to the key theme of the project, and a peer reflection focused on the risks (psycho-physical) connected to the technological isolation and the sedentary life of young people.

Each partner will share methodologies, practices, and activities experimented that use sport as a tool for social integration / inclusion, according to a logic of mutual sharing and learning. The Applicant (A.S.D. Castelbuonese), will share the best practice experimented during START Project, transferring it to a new target group: children and adolescents (from elementary / middle schools or part of sports organizations, youth aggregation centres or local community) and their instructors, coaches, educators. The "Integration through Sport" methodology and the contents of the Handbook "START Project Transnational Training" will be transferred and shared within the new partnership as a valid tool to promote integration and socio-cultural inclusion and to fight and prevent, among young people, the phenomena or attitudes of intolerance, discrimination, violence, racism and bullying towards the different people (migrant, people with disability, ethnic groups, etc.). The other Partners will bring other examples of activities, methodologies and best practices tested in this topic. In this way the Project "**MOVE**" will contribute to strengthening the vision of sport as a tool for integration, social inclusion and the promotion of equal opportunities.

The project will foresee 3 main phases at 3 levels:

- 1) There will be a first phase of sharing, exchange and peer learning among instructors / coaches / educators / sports animators, staff of non-profit organizations sent by the 5 countries of the partnership (M2 - Peer Transnational Meeting) respect to the use of language and methodologies of sports activities as an instrument of social inclusion, respect for different people, thus combating phenomena of intolerance and discrimination and contributing to the development of the European dimension of Sport. The Peer Transnational Meeting will also be an opportunity to: share other experiences / methods experimented by the partners, related to the specific theme of the project; reflect together on the importance of promoting and strengthening the participation of young people in physical activity to combat the technological isolation, linked to the excessive use of digital tools and applications, and the progressive spread of food disorders, such as childhood obesity linked to sedentary lifestyle; identify activities, methodologies and techniques to stimulate reflection and awareness among young people on these issues. The activities, reflections, methodologies analysed and shared during the Peer Meeting will be described in a Toolkit that will represent a first output to use for the territorial activities to carry out.
- 2) Afterwards, the participants of the Peer Transnational Meeting (M2), will return in their origin countries, and they will organize at local level at least 2 Local Labs, Lab 1 during the first year of project (2020) and Lab 2 during the second year of Project (2021), in schools, sports centres, sport club, municipalities, with the involvement of children and adolescents (of elementary - primary / intermediate – secondary schools or part of sports organizations, youth centres or local people) and their instructors / coaches / educators / sports animators, staff of non-profit organizations with the aim of transferring and testing the methodologies and knowledge acquired during the Peer Transnational Meeting (M2).
- 3) Finally, in each partner country, will be organized at least one sporting event in order to involve and encourage participation in the sports activities of the primary target group of the project (children and adolescents of elementary - primary / intermediate – secondary schools or part of sports organizations, youth centres or local people). The sport event will be open to the public, in particular to other categories of disadvantaged people, such as immigrants, ethnic minorities, disabled people, disadvantaged people, etc.

The objectives of the project are to:

- Promote and reinforce the partners' ability to operate in a network on a European dimension, sharing ideas, methods, techniques and best practices in order to promote the education through sport, support supporting socio-cultural inclusion pathways and improve their levels of performance;

- Promote and reinforce the vision of sport as a method for integration, social inclusion and equal opportunities and raise awareness of its potential to combat and prevent among the young people phenomena of discrimination, intolerance, racism, violence and bullying;
- Promote the mobility of instructors / coaches / educators / sports animators, staff of non-profit organizations in order to strengthen their path of training and specialization and transferring them skills and abilities to use sport as educational instrument, functional to the creation of an open, inclusive and respectful community of other cultures, thus helping to support:
  - ✓ local paths of socio-cultural inclusion among children, adolescents, young people and adults;
  - ✓ local paths of equal opportunities between men and women in sport;
  - ✓ higher participation in the sports activities of children, adolescents, young people and adults.
- Transfer to children and adolescents, and their educators, coaches, instructors, through sport, a full awareness about the issues of socio-cultural integration and respect of different people, thus removing prejudices and feelings of fear or in extreme cases of hate, which can potentially turn into episodes of violence, racism, intolerance and bullying;
- Raise awareness among children and adolescents, and their educators, coaches and instructors, regarding the importance to practice sport and physical activity in order to limit and prevent psycho-physical damages caused by excessive sedentary lifestyle and technological isolation, since nowadays young people are totally immersed in the digital dimension and they are much more inactive physically;
- Encourage children and adolescents, and their educators, coaches, instructors, to practice sports and physical activity outdoors or immersed in nature in order to enjoy the physical and mental benefits related to: improving mood, increasing energy, decreased levels of stress, anxiety and anger, more sensitivity to respect the environment;
- Promote and strengthen more participation in local sports activities of children and adolescents, also in contact with ethnic minorities, immigrants, disabled people, disadvantaged subjects, etc.

## TARGET GROUP

The primary Target Group of the project will be:

- No. 5 instructors / coaches / educators / sports animators, staff of non-profit organizations from 5 countries partners (1 operator sent by each partner), that work within partner organizations carrying out non-competitive sports activities for local people (children, adolescents, young people and adults) that will participate to the Peer Transnational Meeting (M2); they will have the opportunity to acquire an innovative approach in the sport sector by adopting specific methodologies to encourage and support paths of socio-cultural integration, fight against discrimination and approach to sports.
- Children and adolescents (from elementary - primary / intermediate – secondary schools or part of sports organizations, youth centres or local people) who will participate in Local Labs. They will have the opportunity to discover how sport can break down prejudices, promote friendship, team spirit, eliminating the fear of different people and indeed encouraging trust and respect for others. They will also acquire a full awareness of the benefits associated to the practice of physical activity, in terms of psycho-physical wellness, improvement of self-esteem and acquisition of specific skills (physical, cognitive, social) that can also be spent in other contexts, capacity to build social networks with peers as a reference and support, feeling an active part of a local community.
- Other instructors / coaches / educators / sports animators or managers or staff members of No profit org. or Youth who will participate in Local Labs;
- Local people (children, adolescents, young people and adults) who will participate in sports activities planned during the project (Sport Day) to be carried out in the territories involved in the partnership, especially for children, adolescents in elementary - primary / intermediate – secondary schools or organizations sports, youth centres or local people and also to disadvantaged groups such as ethnic minorities, immigrants, disabled people, people in distress, etc.;

In addition, the project indirectly involve:

- The local population and the public that will participate in the dissemination events;
- Other local organizations that could use or consult the Toolkit or the photo/video materials developed during the project and presented at the dissemination events, in order to replicate the experience.

## PARTNERSHIP

The Project Partnership will be composed by 5 Partners from 5 European countries (Programme Countries). The Applicant of the Project "MOVE" will be A.S.D. Gruppo Atletico Polisportivo Castelbuonese (P1 - Italy). The project will also n. 4 Partners as following described: n. 3 Sport Clubs and 1 Municipality.

## ACTIVITIES PLANNED

The project will last 24 months (start date 01/01/2020) with the following activities planned:

### WP 1 - Management

- General management of the project during the entire period. During the project will be planned: n.1 Kick off Meeting - M1, at the Start of the project (hosted in Italy by the Applicant); n.1 Peer Transnational Meeting - M2 (hosted by one of Partners involved); n.2 Monitoring Meetings - M3 and M4 (hosted into 2 different Partners involved). Each meeting will last 2 days. The kick off Meeting – M1 and the Monitoring Meetings M3 and M4 will involve 2 participants (staff member) from each partner organizations; the Peer Transnational Meeting M2 will involve 1 participant from each partner organizations.

### WP 2 - Preparation and Development of Peer Transnational Meeting

- This action will include the preparation and implementation of a Transnational Peer Meeting (2 days) in one of the partners involved in the partnership. This Meeting will involve a total of 5 instructors / coaches / educators / sports animators, members of the staff of no profit org. (each partner organization will identify and send 1 operator to participate in the Transnational Peer Meeting). This Meeting will offer the opportunity to: present, share and exchange useful methodologies and practices relevant to the project theme, experimented by partners in a logic of peer learning and mutual enrichment; analyse and reflect on the issue of technological isolation, due to the excessive use of digital tools and applications; analyse and reflect on the issue of the progressive spread of eating disorders, such as childhood obesity, and on the importance of promoting and strengthening the participation of young people in physical activity (also immersed in nature) to limit the negative effects on their psycho-physical wellness. During the Peer Meeting will be shared the best practice experimented during START Project, the "Integration through Sport" methodology and the Handbook "START Transnational Training" focusing on the techniques and methodologies necessary to use sport as an educational tool and as a tool for social inclusion of vulnerable groups. The sharing of these tools will offer operators the opportunity to expand their toolbox in the pedagogical field and in sports activities. At the end of the Meeting will be elaborated a Toolkit that will contain the description of the good practices presented, shared among the Partners, focused on the use of sport as language and tool to promote integration and socio-cultural inclusion, useful suggestions for adopt teaching activities, specific methodologies and techniques to be proposed during the Local Labs to stimulate the reflections and awareness of the young people on these issues and on the effects and ways to limit the technological isolation and the pathologies linked to the sedentary lifestyle and the lack of activity physics. The document will be available online for download (published on the dedicated website and translated into the languages of the partnership).

### WP 3 - Preparation and Development of Local Labs in the Partner Countries involved

- After the Peer Transnational Meeting 5 instructors / coaches / educators / sports animators, members of the staff of no profit organizations will return in their home countries and will organize at least 2 Local Labs at the local level (1 Local Lab 2020 - during the first year of the project and 1 Local Lab 2021 - during the second year of the project), in order to use the methodologies acquired during the Peer Meeting with the target group. The potential participants of this action will be children and adolescents (of elementary - primary / intermediate – secondary schools and / or members of local sports organizations, youth centres or local people) and instructors / coaches / educators / sports animators and members of other non-profit organizations. All participants will have the opportunity to realize a guided reflection on the importance of sport for the growth of the individual and its primary function of support for socio-cultural integration.

### WP 4 - Preparation and Development of Sport Days in the Partner Countries involved

- Each Partner will plan and develop on his own territory the Sport Day, a local sport event, during the period June 2020 – October 2021, in the sport discipline in which is specialized (eg. Amateur race walking, swimming, handball, table tennis, volleyball, basketball, football, jogging, etc ... to define). These events will be realized with the support of the instructors / coaches / educators / sports animators, members of the staff of org. no profit that attended the Peer Meeting, according to a logic of social participation. The events will be addressed to primary target of the project: children and adolescents, but will be open to the local population and also to disadvantaged groups such as ethnic minorities, immigrants, disabled people, disadvantaged subjects, etc. (or other foreseen by the Partner). Each partner will develop a specific action of animation and dissemination to facilitate and encourage access to sports activities of the people that generally have less

access to sports (language barriers, economic, cultural, presence of prejudice, etc.). Operators and local people participating to a local sports event could be involved in the general activity of each partner organization, to encourage their active participation.

### WP 5 - Communication and Dissemination

- It will be planned dissemination and communication action in the countries involved, and promotion actions of the website dedicated to the project, in order to involve potential participants in the Local Labs and in Sport Days, according to a network logic. More specifically:
  - Each partner will create a short video to present and tell the experience realized during the Local Labs and the Sports Day developed at local level. The video will be available online and will be distributed through the website, social channels, email etc. (In total 5 videos will be created, 1 per country).
  - Each partner will offer its own contribution to the creation of a long video to tell the experience of the project "MOVE", from the Peer Transnational Meeting to the end.
  - Each partner will implement a communication campaign addressed to schools, sports clubs, Public administration, in order to present the project, the activities, the outcomes, and to disseminate the materials (photos / video) produced during the project.
  - Each partner will organize a dissemination event open to the public, to present the Toolkit and video created to local organizations (Sports Associations, School, Public Administration, etc.) interested to repeat the experience promoted by the project. In total will be realized 5 Final dissemination events, one per country. This event could be programmed inside other events planned by the partners, but with the aim to give visibility to the project "MOVE", the activities developed and the output products.

### WP 6 - Evaluation and Monitoring

- It will be planned and developed a specific activity focused to monitor the progress of project activities and the achievement of objectives planned.

n.	Work Packages	N. of months	Year 1 - 2020												Year 2 - 2021											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	D
WP 1	Management	24		M1																						
WP2	Preparation and development of Peer Transnational Meeting	2																								
WP3	Preparation and development of Local Lab - at least 2 Local Lab in each country	18																								
WP4	Preparation and development of local Sport Days - at least one in each country	17																								
WP5	Communication and Dissemination	24																								
	- creation and preparation of Video's by Partners that describe the experience of Local Lab and local Sport Days	14																								
	- communication campaign addressed to sport organizations, schools, associations, local authorities, an so on	6																								
	- preparation and development of events of final dissemination - at least 1 in each country involved	5																								
WP6	Evaluation and Monitoring	23		M1		M2									M3									M4		

M1	Kick off Meeting	Hosted by Applicant - P1 Italy
M2	Peer Transnational Meeting	Hosted by 1 Partners involved
M3 - M4	2 Monitoring Meetings	Hosted by 2 Partners involved

## EXPECTED OUTCOMES/OUTPUTS

The project will produce the following outputs:

- n. 1 Toolkit related to: good practices presented during the Peer Meeting by partners using the language and the methodology of Sport as a tool for integration and promotion of socio-cultural inclusion; reflections on the theme of technological isolation and pathologies linked to sedentary lifestyle, phenomenas that increasingly concern the young generations; educational activities, specific methodologies and techniques to stimulate the reflection and awareness of the young people on the proposed themes, the effects and ways to limit the technological isolation and pathologies linked to a sedentary lifestyle and to a lack of physical activity.
- at least 10 Local Labs carried out in 5 countries involved in the project (2 local labs for each country) addressed to children and adolescents (of elementary - primary / intermediate – secondary schools or part of

sports organizations, youth centres or local people) and instructors / coaches / educators / sports animators and staff of the partners org interested in the themes of the Project.

- at least n. 5 Sports Days realized in 5 countries involved in the project aimed in particular to children and adolescents, but open to local people and disadvantaged groups such as ethnic minorities, immigrants, disabled people, disadvantaged subjects, etc. (or other foreseen by the Partner).
- n. 5 videos (one for each country) that present and tell the experience realized during the Local Labs and Sports Day organized at the local level, in each country involved in the "MOVE" project.
- n.1 video created with the involvement of all partners to tell the Project "MOVE" experience, from the Transnational Peer Meeting to the end of the project.

## INVOLVEMENT OF EACH PARTNER

Each partner will develop the following activities:

- to send 2 referents (instructors / coaches / educators / sports animators or staff members) to project meetings scheduled (n.1 Kick off Meeting – M1, and n.2 Monitoring Meetings M3 and M4);
- to send 1 instructor / coach / educator / sports animator/staff member to the Transnational Peer Meeting (M2);
- to identify, share and present practices, methodologies, educational activities, approaches experimented in the specific theme of the Project during the Transnational Peer Meeting;
- to contribute during the Transnational Peer Meeting to the shared reflection on the themes of technological isolation and the diffusion of pathologies linked to sedentary lifestyle, linked to the lack of participation in the physical activity of the young people, and to the identification of useful tools and educational activities to stimulate reflection and the awareness of young people on these issues and promote their physical activity
- to contribute to the elaboration and the translation in national language of the Toolkit that will be used during the Local Labs to realize in the territories;
- to prepare and carry out at least 2 Local Labs on its own territory aimed to children and Adolescents (from elementary - primary / intermediate – secondary schools or part of sports organizations, youth centres or local people) and to instructors / coaches / educators / sports animators or managers or staff members of No profit org. interested to the themes of the Project;
- to prepare and implement the Sports Day (discipline to define) on its territory in particular for children and adolescents, but open to local people and also to disadvantaged groups such as ethnic minorities, immigrants, people with disability, disadvantaged people, etc. (or other foreseen by the Partner).
- to create a communication campaign aimed at schools, sports clubs, public administration, to present the project, the activities implemented, the results produced, and to disseminate the materials (photos / video) produced during the project.
- to create a video that presents and tells the experience realized during the local labs and the Sports Day at local level, in each country involved. The video will be available online and will be distributed through the website, social channels, email etc.
- to collaborate to the creation of a long video that tells all experiences realized thanks to the "MOVE" Project, from the Peer Transnational Meeting to the end of the project.
- to organize a dissemination event open to the public, in order to present the Toolkit and the materials and products realized to the local organizations (Sports Associations, Schools, Public Administration, etc.) interested to repeat the experience promoted by the project. This event could be programmed inside other events organized by the partners, but with the aim to give visibility to the project "MOVE", the activities developed and the output produced

## APPLICATION DEADLINE – CONTACT FOR FURTHER INFORMATION

The final date to submit the proposal to the European Office is 4 April 2019.

In order to join in our project idea, we invite you to confirm your participation by email as soon as possible, and then to send me the information required (contained in file word "Sections of EFORM E+SPORT to fill in") by 14 March 2019. It's necessary that all Partners have a Participant Identification Code (PIC Code). After your confirmation and receiving of the "Sections of EFORM E+SPORT to fill in", each Partner will receive a Letter of Commitment and the Mandate letter to fill in, sign and stamp in order to formalize the partnership.

For further information contact Mrs. Serena Venturella: [serena.venturella@gmail.com](mailto:serena.venturella@gmail.com)