

Key Action 1: Learning Mobility of Individuals (Youth) “SPORT-BASED EDUCATION”

DATE: 16 – 23 SEPTEMBER 2019, KLAIPEDA



Probleminio mokymo institutas
PBL Institute

PROJECT NAME: “SPORT-BASED EDUCATION”

Project dates: 16 – 23 September, 2019

Place: KLAIPEDA

Organization: PBL Institute

Participants: Total of 35 Participants in the project will belong to 7 different countries: SPAIN, ROMANIA, PORTUGAL, ESTONIA, BULGARIA, POLAND and LITHUANIA.

Organizers

NGO “Problem-based learning institute” (PBL Institute) is public non-profit organization that aims to provide different educational consultancy in the sphere nowadays didactics in the settings of non-formal school, vocational, higher education. PBL Institute owns progressive paths in any kind of education realizing modern principles of nowadays education in terms of collaboration, contextually, self-direction and constructivism.

www.pblerasmus.com

About project

Nowadays formal and informal education provides myriad opportunities for youth to study, do research for professional and everyday life activities. Number of studying, training opportunities, sport activities provides good conditions for career development and spending life time meaningfully. Education technologies has progressed so far, that now any learner has its own library in the personal computer - so going to the real library not so needed, while studying or searching for particular information. Those advantages are not without obvious losses. Information technologies enriched access to information, but decreased learners physical activities proceeded while learning and living normal life. More and more time is being spent by the computer instead of doing sport or going

to spend active and fun activities with friends outside. This is very clear reflected with the newest data about youth physical activities and health problems related to youth obesity - according World Health Organization over 58% are overweight and 23% - obese in Europe (WHO, 2018). This is due to inactive life-style and education of youth.

In kindergarten usually children are being involved into number Game-based learning activities, where they have more opportunities to stay active physically while learning. From the beginning of primary school pupils are more likely treated more structurally with frontal education style learning separate subjects, where physical activities more treated as separate, discrete subject (Physical culture), but not as integral part of education itself. This situation puts out physical activity largely outside from mainstream education, leaving it just for the purpose of strengthening muscles and promoting general health conditions, forgetting, that physical activities highly supports memorization processes in education. Psycho-motoric memory usage in education could highly support in learning any subject, therefore different sport techniques should be minded to support its memorization and deep learning activities. This is the reason to promote Sport-based education for teaching and learning activities of youth, that are overloaded with nowadays data and information and wants more diversified, active learning activities with integrated physical actions. Therefore Sport-based education project initiated to promote sport activities in education for empowering active learning methods usage and promoting memorization processes within non-formal education of youth.

Good examples for Sport-based education also taken from Bulgarian partner "Bulsport" (Bulgaria), that are expert in the field, many years promoting different conceptions of "Sport for Education" and "Education for sport" Therefore this partner is involved within the project and will help to proceed methodologically. "PBL Institute" particularly promotes "Sport-based education" for better motivation, involvement and memorization purposes helping to achieve more deep learning in non-formal education.

The main aim of project - promote Sport-based education within non-formal education of youth, as a tool for a better physical, mental health and better memorization for a deep learning activities.

The main objectives of the project:

- 1. Introduction youth to Sport-based education conception;*
- 2. Introduction youth to Game-based learning methodology using different sport techniques and methodic;*
- 3. Introduction youth to Group-based learning methodology using different sport techniques and methodic;*
- 4. Introduction youth to Team-based learning methodology using sport techniques and methodic;*
- 5. Promoting inclusive education activities using sport techniques and methodic;*
- 6. Promoting of understanding of EU sport and education policy and its impact for EU integration processes.*

Project's links to "Erasmus plus" specific key actions:

- 1. Promotion of youth pro-social activity, civic engagement;*
- 2. Promotion of healthy life style and healthy living habits;*
- 3. Promotion of collaborative and constructiveness' dispositions in education;*
- 4. Promotion of "Key competences" in the process of non-formal education*

Issues and needs are going to take within the project:

Despite huge attention to the healthy living habits and promotion sport activities, still a lot of children and youth lacks physical activities within formal education and everyday routines. Therefore non-formal education comes with more flexible educational approaches and methodologies, that enriches youth learning processes with more diverse and active educational approaches. A lot of project partners already applying some kind of sport activities within non-formal education projects (Bulsport, 217SUR; PBL Institute), therefore this project will unify all partners efforts to deliver united methodology of how to use Sport for educational purposes. Every partner will contribute respectively for promoting physical activities within non-formal education process.

PROJECT'S PARTNERSHIPS

This project involves number of well-known partners, that are directly works with youth and youth workers and have certain experience in applying Sport activities within education. All partners have been previously involved int PBL Institutes projects, therefore there's mutual trust and acknowledgement on the both sides. This partnership particular suitable for Sport-based education realization, because they often uses sport-based activities and games within non-formal education of youth. They posses knowledge, expertise and staff for active participation and contributions to the project. Each of organization possesses specific expertise in relation to sport-based education.

- PBL INSTITUTE: works with youth workers and youth, promoting collaborative educational strategies. It's expertise in Sport-based education lies within Game-based learning methodology, that includes a lot of sport-based learning elements (Sport-games, Group games and Team games). Therefore PBL institute will frame the main Sport-based methodology and will deliver major facilitation within exchange.

- DARE TO TAKE YOUR CHANCE: brings expertise in non-formal educational methods working with youth. It has huge expertise on ice-breaking and energizers games methodic for active involvement of youth into non-formal education.

- ASSOCIACAO JUVENIL DA ILHA TERCEIRA: brings strong knowledge and facilitation expertise into the project. Therefore this partner will contribute with activities related to facilitation of collaborative learning in Group-based learning and Team-based learning.

- ASOCIACIA ZA RAZVITIE NA BULGARSKIASPORT: brings essential elements and expertise in "Education for sport" and "Sport for education", therefore this partner will greatly support PBL Institutes efforts to deliver Sport-based education methodically and correctly.

- ASOCIACION 217 SUR: brings into the project know-how of outdoors education methodology, including active scouting knowledge and skills like surviving in nature, orientation games in nature, healthy and active exercises in nature. It will be responsible for organizing some orientation games in the forest.

- I LIKE CZERSK: this organization brings advanced knowledge in working with local communities. This organization is founded in apart region of Poland in little town Czersk - have a lot of experience working closely with local community. Therefore this partner will help to get prepared for hiking activity for exploration local village acknowledging its natural and cultural ecosystem.

- *SEIKLEJATE VENASKOND*: this partner brings expertise in democracy in education promoting equal opportunities and strong gender policy. Therefore this Estonian partner will help organizing non-formal educational activities related to equal opportunities and gender equality in education.

TARGET

The Youth Exchange is designed for volunteers, youth workers and professional workers who work directly *with young people, youth workers and organizations who are interested nowadays didactical issues and approaches.*

Number of persons per country: 5 persons per country. (4- Age 18-30 and 1 – 18- unlimited).

PARTICIPANT'S PROFILE

- Youth participants of sending organizations, active youth workers and youth information workers.
- Capable of speaking, writing and understanding English at least at the medium level;
- Interested in the main topic of the exchange;
- Capable and willing to develop further projects.

PREPARATION WORK FOR PARTNERS

All partners must prepare indoors and outdoors educational activities (games /exercises) on following topics:

- **ASSOCIATION**, SUR 217, SPAIN - Surviving in nature skills;
- **ASSOCIATION**, D.T.C., ROMANIA - Volunteering in public organizations;
- **I like Czersk**, POLAND – Non-formal education;
- **BULGARIAN SPORT ASSOCIATION**, BULGARIA – Sports-based education;
- **SEIKLEJATE VENASKOND**, Estonia – Environment protection;
- **AJITER (Portugal)** – Facilitation skills in group work;
- **PBL INSTITUTE**, LITHUANIA – PBL and Cycling based learning methodology.

WORKING METHODS

In our training we will use a non-formal learning method. This means that learning is based on the participants' experience, their motivation and their needs. During the training, methods of non-formal education and methods for ensuring the balance between theory and practice are used in the form of presentations, group work, workshops, games, role plays, exercises, etc.

PARTICIPANT COUNTRIES AND PARTNER ORGANIZATIONS:

- **ASSOCIATION**, SUR 217, SPAIN
- **ASSOCIATION**, D.T.C., ROMANIA

- I LIKE CZERSK, POLAND
- BULGARIAN SPORT ASSOCIATION, BULGARIA
- SEIKLEJATE VENASKOND, Estonia
- AJITER, Portugal
- PBL INSTITUTE, LITHUANIA

TRAVEL

Arrival – 16 September, 2019

Departure – 23 September, 2019

Preferable airports /Coach Station:

Vilnius airport (<http://www.vilnius-airport.lt/en>)

Vilnius coach / train station

From Vilnius we will take you to the Klaipeda by special bus – all together
Before buying tickets – please send information to verify and confirm by us.

Buying of tickets allowed only from 01-06-2019

(I will inform you separately on purchasing once agreement with NA have been amended)

If you arrive before the date, please accommodate yourself. Some options for hostels:

Please reserve hostel (price varies from 10 euro / night/ person) in Vilnius centre, because you will be collected all and taken to the venue on 16 September (18.00) from Vilnius Centre (Central Cathedral, Tower Clock). Proposal for hostels (look at booking.com):

- 5 Euro Hostel Vilnius

- Sodu Hostel

- B&B

- Hostel gate Privates

- Hostelgate

- Hostel Filaretai

ACCOMODATION

Sodyba „Gribžė“

Mokyklos g. 7, Gribžinių k., Klaipėdos r.

[+37069300083](tel:+37069300083)www.pirtiskaime.lt



Commodities:

- Basketball court
- Tennis court
- Sauna
- Tub
- Nice environment;
- Forest
- Indoors games facilities

- WIFI
- Bikes
- Near the sea !

Contacts:

- Telephone: +37069300083
- Languages: LT RU EN
- WWW: <http://www.pirtiskaime.lt>

PROJECT WILL COVER: TRAVEL, THE PROGRAMME, ACCOMODATION AND 3 TIMES PER DAY MEAL.

- Breakfast (Provided by farm);
- Lunch (Provided by farm);
- Dinner (Prepared by ourselves from locally produced vegetables and meat).

Travel allowances

No	COUNTRY/ AREA	DISTANCE, KM	MAXIMUM REINBURSMENT FOR TRAVEL IN EUR.*
1	HUELVA (SPAIN) IN CASE TRAVEL FROM SEVILIA / FARO	OVER 3000	400
2	BUCHAREST (ROMANIA) IN CASE TRAVEL FROM BUCHAREST	UNTIL 2000	250
3	WARSAW (POLAND) IN CASE TRAVEL FROM ANY POLAND LOCATION	UNTILL 500	100
4	Tallinn (Estonia) IN CASE TRAVEL FROM THESALONIKI / ATHENS	UNTILL 500	120
5	SOFIA (BULGARIA) IN CASE TRAVEL FROM SOFIA	UNTILL 2000	250
6	Terceira (Portugal) in case of Azores	Until 5000	550

*Reimbursed according factual expenses

DOCUMENTS THAT MUST BE PROVIDED:

1. Boarding passes;
2. Travel invoices;
3. Payments (bank transfer sheets);
4. Taxi checks;
5. Public transport tickets.

IMPORTANT: please make sure you have all the documents with you once come. Try to do electronic check in to get backwards boarding passes before leave. All travel expenses will be reimbursed in case all required documents has been delivered in the right order. Money will be sent to sending institution's bank account. From Vilnius airport / Bus station you will be taken by minibus to Exchange location.

OTHER IMPORTANT INFORMATION:

- Please prepare for National night: bring some national food with you;
- Please make sure you have travel insurance; group leaders – travel and civil insurance;
- Every national group must prepare 3-5 icebreakers; be able to contribute to implementation of YEX programme actively;
- Equipment needed: smart phone (shooting pictures / videos).

INFORMATION NEEDED RULES

- YOU ARE EXPECTED TO PARTICIPATE FULLY IN ALL ACTIVITIES. UNAUTHORIZED ABSENCE FROM ACTIVITIES AND WORKSHOPS WON'T BE ALLOWED. WE WOULD REALLY APPRECIATE ENERGETIC AND ACTIVE PARTICIPATION.
- SMOKING IS PROHIBITED INSIDE OF THE BUILDINGS, SO ALL SMOKERS WILL HAVE TO LEAVE THE BUILDING IN CASE THEY WANT TO SMOKE A CIGARETTE.
- HEALTH AND TRAVEL INSURANCE: HEALTH INSURANCE WILL NOT BE PROVIDED OR REIMBURSED BY THE ORGANIZERS. ALL PARTICIPANTS
- ARE REQUIRED TO PURCHASE HEALTH INSURANCE INDIVIDUALLY, OR GET THE FREE OF CHARGE FORMULARY E-111; FROM YOUR NATIONAL SOCIAL SECURITY THAT COVERS MEDICAL COSTS AROUND EU MEMBER STATES (EUROPEAN HEALTH INSURANCE CARD).

SPORT-BASED EDUCATION

Activity n°	A1				
Participating organizations	PBL Institute (Lithuania), 217SUR (Spain), BULSPORT (Bulgaria), DTC (Romania), Seiklejate Vennaskond (Estonia), AJITER (Portugal), I like Czersk (Poland).				
Venue		Duration			
City/Town	Country	Start date	End date	Activity duration (excluding travel days)	Travel days
Klaipeda	Lithuania	16/09/2019	23/09/2019	6	2
Activity Programme					
Timetable	Activities	Non-formal and informal learning methods used			
DAY 1					

9.00-10.30	Introductory ice-breakers and energizers	<p>Ice-breakers and Energizers. In the beginning of the programme learners should be introduced to each other in order to feel comfortably throughout the process of non-formal education. Therefore number of Ice-breakers and energizers will be used for this purpose:</p> <ol style="list-style-type: none"> 1. Drawing session "Reflect my image" (Drawing in pairs, reflecting colleagues face); 2. "Tell the story of my name" Introductory game for remembering names and personalities; 3. "Simulate my favorite sport" Introductory game for visualizing persons most favorite sport activities without speech; 4. Energizer game "Guess who the leader is". Energizing game for all the group for relaxing and fun activities. All four activities "Reflect my image", "Tell the story of my name", "Simulate my favorite sport" and "Guess who the leader is" will help learners to get acquainted with each other by remembering personalities and their names. As well as activities "Simulate my favorite sport" and "Guess, who's the leader" will help to loose shy and get along with the group for the rest of activities. Afterwards all participants will stick stickers to the board reflecting their expectations, fears, doubts concerning this exchange project. This will help monitor of continues success of the project.
10.30-12.00	Art sessions "Sport in my life"	<p>Art workshop. Facilitator will group participants into groups of 4-5 persons and organize group painting session "Sport in my life" . The main idea of activity - to reflect on the sheet of paper sport activities, that are the most inspiring for participants. Learners will be given paints, brushes and will reflect their favorite sport activities using bright colors on the big sheets of paper. The main objective of this activity are:</p> <ol style="list-style-type: none"> 1. Reflection of the most favorite and valuable memories about sport and healthy life activities on the sheet of paper; 2. Feeling the sense of group work: reflection each other attitudes feeling while painting in the group; 3. List the most common and the most popular sport activities youth practice nowadays; 4. Promote spirit of groups raising its motivation, contributing t the raise for groups dynamics and ' cognitions.
13.00-15.00	Sport-based education: conception and it's implementation	<p>Presentation and film watching. On the second part of the day Facilitator will introduce youth learners with the main project conception of "Sport-based education". The aim of this activity - to introduce youth how different sport activities affects human health and education. Special attention will be paid to promotion psycho-motoric memory while doing sport activities. The following topics will be reviewed:</p> <ol style="list-style-type: none"> 1. Emphasizing two conceptions "Education for sport" and "Sport for education"; 2. Developing psycho-motoric memory using sport actions in non-formal education activities; 3. Revealing of Sport activities in "Game-based learning", "Group-based learning" and "Team-based learning"; 4. Promotion of creativity and memorization in non-formal education using sport activities. <p>This presentation will help learners to understand the whole conception of project 'Sport-based education" and its implementation. It will help to promote understanding about the sport as catalysator of progressive ideas, general health conditions and memory longevity promoting psycho-motoric memorization in non-formal education.</p>

15.00-17.00	Sport activities outside and reflections	<p>Relaxing and reflecting exercises. At the end of the day participants will be taken outside to practice some physical exercises for energetic and fun finalization of the day. They will practice different physical exercises in pairs and groups. The following exercises will be practiced:</p> <ol style="list-style-type: none"> 1. Stretching in pairs (Youth exercises in pairs helping to do stretching activities); 2. Sport activities in the circle: "Imitate my movement"; "Yoga activities in the circle", "Performing according the sound of the music". 3. Meditation activity "Hold the tree" (Participants hold the tree for 5 minutes and reflect their experiences in unity with the Nature). <p>Reflection groups will follow-up: reflection groups will be organized in big circle where every participant will have opportunity for reflection on different aspect of programme and activities implemented. Reflections will be summarized by the leaders of National groups. all remarks madden will be used for improving the activities of the following days in the project.</p>
<i>DAY 2</i>		
9.00-10.30	Icebreakers and energizers	<p>Ice-breakers and energizers. Ice-breakers and energizers of the second day will be organized and led by one of the project partners - 217SUR (Spain) and AJITER (Portugal), who will be responsible to wake-up participants energizing them for the new day programme. The following educational games to be proposed:</p> <ol style="list-style-type: none"> 1. "Fruit salad" (exchanging chairs by participants according particular characteristics); 2. "Tell the names in the circle" (Participants must say their names with the special move while others must repeat the name, particular moves in sequence); 3. "Blanket game" This game is for fostering quick orientations of participants by telling names of persons behind the Blanket as quickly as possible; 4. Special activities with a ball. Participants will stand in the big circle and one by one will try to demonstrate balance and creativity while doing different exercises with a ball. Every participant will have to demonstrate something different and unique. Those activities will help to remind the names of all participants memorizing completely them as well as to energize them for the following activities during the day.
10.30-12.00	Introduction to Game-based learning in sport activities	<p>Game-based learning. Facilitator will introduce participants with "Game-based learning" strategy and sport activities connected to this strategy's implementation. Three types of games will be emphasized:</p> <ul style="list-style-type: none"> - Discovery games; - Decision making games; - Simulation games. <p>All three types of games will be tried-out by participants performing and practicing particular scenarios involving sport and art elements together. Demonstration of all three kind of games will require the following sport elements: demonstration of body strength, plasticity, cooperation of learners, quick orientation, synchronically movements, artistic expression, and team work. Discovery games will include cooperative action of looking for information and solutions. Decision making actions will include cooperation actions on taking one of the best possible solutions and simulation actions will express cooperative tasks expressing of ideas, simulating one or other situations. Particular topic will be provided for youth: providing emergency help during sport events; accuracy on shooting from Arche; imitation of rafting sports; implementing aerobics movements, implementing Yoga activities.</p>

13.00-15.00	Open learning spaces	<p>Open learning spaces will be organized according major topic of the day - Game-based learning and sport. Those activities will be organized outside in park of forest environment therefore orientation games will be used to realize all three types of game activities. Participants will be involved into the game "Know the word to know the way". This orientation game is for promoting youth quick orientation using map and searching strategy looking for the particular station within forest environment. The task of them is to find particular stations and collecting the puzzle word. Puzzle word will be the keyword for finding particular information in the internet. Participants will have to find conceptual, procedural, reasonable, personal and contextual information about the keyword. This game is for promoting research and information literacy skills.</p>
15.00-17.00	Yoga activities and reflections	<p>Relaxing and reflecting activities. <i>At the end of the day participants will be taken outside to practice some physical exercises for energetic and fun finalization of the day. They will practice different physical exercises in pairs and groups. The following exercises will be practiced:</i></p> <ol style="list-style-type: none"> 1. <i>Laughing yoga activities (provoking laughing activities to keep up with good moods);</i> 2. <i>Listening sounds of nature (participants will be taken to the forest nearby and will have to listen different sound of Nature: birds, water flowing, wind blowing, insects moving ect). The aim of activity feel the sound on Nature and reflect them afterwards.</i> 3. <i>Yoga breathing activities for relaxing purposes (practicing different breathing techniques).</i> <p><i>Reflection groups will follow-up: reflection groups will be organized in big circle where every participant will have opportunity for reflection on different aspect of programme and activities implemented. Reflections will be summarized by the leaders of National groups. All remarks madden will be used for improving the activities of the following days in the project.</i></p>
DAY 3		
9.00-10.30	Icebreakers and energizers	<p>Ice-breakers and energizers. Ice-breakers and energizers of the third day will be organized and led by one of the project partners - BULSPORT (Bulgaria) and DTC (Romania), who will be responsible to wake-up participants energizing them for the new day programme. The following educational games to be proposed:</p> <ol style="list-style-type: none"> 1. Demonstration different massage techniques: head massage, shoulders massage, hands and legs massage. Each participant practice massage techniques in pairs; 2. Practicing different sport exercises in big circle: exercises with ball, stretching activities, physical activities to strengthen legs and hands mussels; 3. Morning cross in the forest (up to 1 km); <p>Those activities will help to wake up and energize participants for the activities of the day.</p>

10.30-12.00	Introduction to "Group-based learning" in sport activities	<p>Group-based learning. Facilitator will introduce with Group-based learning methodology. Differences between Group-based learning, Game-based learning and Team-based learning will be emphasized. The following group-based learning activities will be explained:</p> <ul style="list-style-type: none"> - Norming of group work; - Communication culture; - Distribution of work; - Information research activities. <p>Sport activities where group work needed will be explained and practiced:</p> <ul style="list-style-type: none"> - Orientation games; - Group trainings; - Cycling activities; - Aerobics activities. Yoga activities. Group-based activities will be explained and examples in sport activities provided. <p>Group-based sport activities will be emphasized in the light of groups' disciplines, rules keeping, and common goals emphasis.</p>
13.00-15.00	Open learning spaces	<p>Open learning spaces. This open learning space will be organized by coordinator PBL Institute (Lithuania) that will take all participants to group-based learning activity - cycling in Klaipeda City. During the cycling activity all benefits of cycling will be explained and practiced: promoting blood vessel system, cardio, concentration, good memory, fighting against depressive moods, promoting good reaction, feeling sense of community. During this group-based activity youth will visit major City's cultural and natural highlights: Klaipeda Old town, Smiltyne dunes, Juodkrante resort, Baltic sea surroundings. This activity will help understand and feel the real benefits of group work when certain community acts according united rules, exchanging their experiences and practicing certain sport or learning activities.</p>
15.00-17.00	Relaxing and reflecting	<p>Relaxing and reflecting. At the end of the day participants will be taken outside to practice some physical exercises for energetic and fun finalization of the day. They will practice different physical exercises in pairs and groups. The following exercises will be practiced:</p> <ol style="list-style-type: none"> 1. Educational game "Mother nature" (All participants in pairs touching each other faces, hands and shoulders, imitating of shaping human body's features (Mother nature's roles) This game helps to fight against xenophobic and discriminative attitudes. 2. Educational game "Keep balance". This game will be organized asking participants to cross different obstacles with minimum support: crossing the rope or stepping through vertical wood without getting down; This game if for concentration and keeping balance. 3. Meditation session with music of nature. Participants will be asked to close their eyes and imagine different personifications of self: fish, lion, and bird feeling the unity with nature. This personification will help them to understand the real sense of what it takes to be human beings comparing to other nature beings. <p>Reflection groups will follow-up: reflection groups will be organized in big circle where every participant will have opportunity for reflection on different aspect of programme and activities implemented. Reflections will be summarized by the leaders of National groups. All remarks madden will be used for improving the activities of the following days in the project.</p>

DAY 4

9.00-10.30	Icebreakers and energizers	<p>Ice-breakers and energizers. Ice-breakers and energizers of the second day will be organized and led by one of the project partners - PBL Institute (Lithuania) and I Like Czersk (Poland), who will be responsible to wake-up participants energizing them for the new day programme. The following educational games to be proposed:</p> <ol style="list-style-type: none"> 1. Morning stretching and aerobics activities. 2. Exercises on sport carpets: strengthening of particular muscles of legs and belly; 3. Training the particular muscles of face: antiaging exercises. <p>Those activities will help to energize and feel refreshed for the upcoming activities of the day.</p>
10.30-12.00	Introduction to "Team-based learning" in sport activities	<p>"Team-based learning". The main facilitator will introduce all participants of exchange with Team-based learning methodology. Team-based learning peculiarities on specific roles of learners will be emphasized. The following aspects of team-based learning will be explained and practiced:</p> <ul style="list-style-type: none"> - Team roles in education; - Team members roles in sport; - Teams versus group activities in sport; - Communication culture in learning and sport activities. <p>The following team-based sport activities will be taken for granted explaining team-based learning:</p> <ul style="list-style-type: none"> - Basketball; - Football; - Volleyball. <p>Different team roles will be explained within the games where specific roles of players play pivotal role in success.</p>
13.00-15.00	Open learning spaces	<p>Open learning spaces. This open learning space will be organized by coordinator PBL Institute (Lithuania) and BULSPORT (Bulgaria) that will take all participants to team-based learning activity - playing basketball and football games in special sport facilities. All participants of exchange will be taken to special sport playgrounds, where they will try themselves what it feels to play in teams playing football and basketball. Those sport games will teach them understand what does it mean understand clearly specific role in the team, communicate with other team members and act at the same time according game rules.</p>

15.00-17.00	Reflections	<p>Educational visit and reflection. At the end of the day participants will be taken to special educational visit. All participants will be taken to educational visit to Olympic Committee of Lithuania (Klaipeda department) for introducing with sport policy in Lithuania and the most famous Olympians from Lithuania. Participants will be introduced what role of sport within all education system and how promotion of sport helps to achieve better results in healthy life styles and in general education.</p> <p>Reflection groups will follow-up: reflection groups will be organized in big circle where every participant will have opportunity for reflection on different aspect of programme and activities implemented. Reflections will be summarized by the leaders of National groups. All remarks madden will be used for improving the activities of the following days in the project.</p>
<i>DAY 5</i>		
9.00-10.30	Icebreakers and energizers	<p>Ice-breakers and energizers. Ice-breakers and energizers of the second day will be organized and leaded by one of the project partners - Seiklejate Vennaskond (Estonia). They will organize ice-breakers and energizers connected to equal and democratically participation group work activities:</p> <ol style="list-style-type: none"> 1. Female will lead physical exercises promoting very gentle and accurate movements to be followed by all the participants: demonstrating slow movements body sculptures and signs; 2. Energizer "Exchange the roles". Educational game will involve females and males into untypical physical exercises for both sex. Females will try-out their strength in hand wrestling, while man will practice aerobics 3. Educational game "Balance". Participants will pull the rope - on the one side men while on the other women. Women and man must quickly exchange the places until approximately equal balance achieved in pulling the rope from both sides. Those energizing activities will help to understand importance of gender balance in any kind of activities.
10.30-12.00	Inclusive education strategies	<p>Inclusive education strategies. Inclusive education strategies will be explained and practiced for active cognitive, emotional and physical engagement learners with deep learning activities. For this reason all three known education strategies used integrally - Game-based learning; Group-based learning and Team-based learning. Particular topics for learning will be delivered for learners:</p> <ul style="list-style-type: none"> - Promoting healthy life style; - Providing emergency help for colleague; - Promoting of motivation in education; - Fighting against bullying. <p>All participants will be grouped and they will must to proceed particular topic using all three learning strategies - Game-based learning, Groups-based learning and Team-based learning. During group-based learning they should research the problem its scope and propose problem solving strategies. During team-based learning - they should create detail action plan how to tackle particular problem using sport as a problem solving method. And finally, - using Game-based learning they should perform particular situation simulating real problem solving conditions.</p>

13.00-15.00	Open learning spaces	Open learning space. This open learning space will be organized by all the participants of the project. Participants will be grouped and asked to create short motivational films according general thematic "Sport for inclusion". Each of the group will take their own approach of visualizing and shooting the video corresponding to the general topics. Interesting videos about how sport promotes motivation and health qualities will be delivered. The best film makers and actors / actress will be awarded.
15.00-17.00	Film award ceremony and reflections	Award ceremony and reflections. Film watching and award ceremony will be organized after open learning session, where films about Sport for inclusion have been created. Special awards will be announce: the best actor/ actress. The best music/track, the best producer. Winners will be awarded with special madden medals. Reflection groups will follow-up: reflection groups will be organized in big circle where every participant will have opportunity for reflection on different aspect of programme and activities implemented. Reflections will be summarized by the leaders of National groups. All remarks madden will be used for improving the activities of the following days in the project.
<i>DAY 6</i>		
9.00-12.00	Hiking to the local village: acknowledging natural and cultural ecosystem	Educational visit: Hiking activity to the local village. Energizers of the second day will be organized and leaded by one of the project partners - PBL Institute (Lithuania). PBL institute will take all participants for hiking to the local little village (Gribžinių village) for exploring its natural ecosystem and cultural life: little rivers, geography, landscapes, local wells, local church, architecture of homes, streets. This hiking activity will help youth to understand natural and cultural ecosystems unity exploring little cozy villages. Participants will research its history, greatest highlights, and legends. Learners will acknowledge benefit of hiking - for health and education.
13.00-14.00	Introduction to Erasmus plus programme and practicing project's writing skills	Presentation of Erasmus plus programme. The main facilitator and project manager will present "Erasmus plus" programme and its sub-programmes - KA1, KA2 and KA3. Also project manager will instruct on the basic important Erasmus plus project writing skills like: generating project's idea, gathering of partnerships, programming the idea, preparation, management and implementation of activities; Dissemination and valorization projects result.

13.00-15.00	Project-based learning activity "How to use sport in education"	Project-based learning. During project-based learning activity learners will have to prepare projects how to activate and integrate sport activities within primary and general school education in their countries. They will have concentrate on integration of physical activities into different disciplines learning and teaching. Therefore they will have to research existing good examples in their home countries and create action plan for promoting sport activities in the general education programmes. Each group will prepare presentation with poster for fostering sport activities in science class education in Secondary schools.
15.00-17.00	Reflections, finalization and certification	Final reflections and certifications. All participants of exchange will be instructed how to do dissemination activities within home countries about the project. Obligations and responsibilities will be reminded. The final reflection groups will be organized in big circle where every participant will have opportunity for reflection on different aspect of programme and activities implemented. Reflections will be summarized by the leaders of National groups. The final evaluation will be made and certificates delivered to all the participants.

CULTURAL NIGHT

DON'T FORGET TO BRING SOME TRADITIONAL MUSIC FOR THE INTERCULTURAL EVENINGS!

WE WILL HAVE 2 CULTURAL NIGHTS WHERE 4 COUNTRIES WILL SHARE SPACE AND LIMITED TIME, WHERE THEY CAN EXPOSE THEIR CUSTOMS, CUISINE AND CULTURE. PLEASE!!! ALL TEAMS MUST PREPARE SOME PRESENTATION OF YOUR COUNTRY IN A CREATIVE WAY (TRY TO AVOID POWERPOINT AND MOVIES FROM TOURIST AGENCIES). WE HOPE, THAT YOUR CULTURE MEANS YOU SOMETHING MORE THAN NATIONAL FOOD AND DRINKS. ALSO BRING FLAG OR YOUR COUNTRY. IT WOULD BE NICE IF YOU BRING ALSO SOME SMALL SOUVENIRS WITH YOU (COSTS ARE NOT COVERED).

YOUTH EXCHANGE PROGRAMME (SOME ASPECTS COULD BE DIFFERENT)

CONTACTS

Project manager Mikas Balkevicius
 balkevicius@gmail.com
 Mob.+ 370 606 42 050

