



Info Pack

Project Name: Find your balance through Parkour

Type of project: Training Course (TC)

Dates: arrive on 19/4 – depart on 29/4/2017

Proposal Organization: European Expression - Greece

Partner Organisations:

- ❖ EURO SUD from Italy
- ❖ Udruga za mlade Alfa Albona from Croatia
- ❖ PlanBe, Plan it Be it from Cyprus
- ❖ Organisation Française de la Coopération Internationale from France
- ❖ Stichting Diversiteitsland from Netherlands
- ❖ Stowarzyszenie Opus Humanum from Poland
- ❖ Ticket2Europe from Spain

Project Summary

The TC "Find your balance through Parkour" will be implemented in Greece. The purpose is to get people aware of the topic. This project is a work of active organizations that believe the future is on Youth activity and health. We decide to unite these expert organizations and make this project, in order to promote a common educational program of Parkour using video as a tool, but firstly - what is Parkour?

Parkour is a method of physical training that develops one's ability to overcome obstacles (both physical and mental). It involves movement that helps, if one is in an emergency situation. The underpinning concept of this philosophy is the altruism and the use of strength, of longevity, of self-improvement and of self-understanding. The skills of Parkour don't apply to an urban environment only, they can be utilized



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anywhere, in a forest, in a desert, on a mountain etc. It is not just the way you move that makes you a practitioner of Parkour, but the movement combined with the philosophy that defines Parkour.

In this TC, 24 people will participate from different countries, which practice Parkour professionally and they are members of Parkour Federation. We are going to prepare good and useful education materials about the origin and history of Parkour. All participants should be motivated, experienced and ready for work.

Objectives:

- To create educational platform with a common educational material for different countries, these material will be video recorded;
- To collect methods and ways of Parkour education from different countries;
- To develop new skills in Parkour;
- To collect information about prevention accidents in Parkour;
- To exchange skills, knowledge and technical competences of Parkour education, from different countries;
- To create a practical tool, like a video guide, that will be developed by the participants during the project. This will help Youth to promote the healthy life-style of Parkour.
- To tell more about Parkour as a tool of mental and physical development;
- To help future Parkourers to use correct way of education.
- To teach the young people the basic tools in videography, how to work with the materials and how to prepare education materials;
- To share and create professional social campaigns strategies about healthy life-style using tools and knowledge about video making etc.

Andy (Animus of Parkour North America) clarifies "a means of reclaiming what it means to be a human being. It teaches us to move using the natural methods that we should have learned from infancy. It teaches us to touch the world and interact with it, instead of being sheltered by it." "It is as much as a part of truly learning the physical art as well as being able to master the movements, it gives you the ability to



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overcome your fears and pains and reapply this to life as you must be able to control your mind in order to master the art of Parkour."

Besides, Parkour participants will get practical information and skills in videography, such as cropping, use of equipment, white balance, ISO, as well as basics skills in graphics editing programs. The participants will also learn how to create and plan social campaigns using all of those tools and how to work with subtitles. All of the activities will be held in a form of workshops, games, open space dynamics etc. With the help of trainers and linguist facilitators we will make correct and right translation that will be used in the future in other countries.

Participant's profile

Participants should be 18 years old and over.

The TC will involve people who are strongly interested to get new skills and knowledge and who are ready to share their own experience and create together, with the trainers and the group, new methodologies and tools of strong promotion in social and sport area and in personal development. To let participants to feel the whole picture, i.e. to see the different level of power and the need of sport, healthy life style at local, national and international level.

Practical arrangements

Place of the project - Vitsa (municipality Zagoriou)

Transportation (how to travel in Ioannina)

There are few options to come to Ioannina.

You can take a plane to Athens or Thessaloniki airports and then get the bus or the plane to Ioannina. We recommend to land in Thessaloniki and get the bus, it is less travel time.

You can also go by ship to the port of Igoumenitsa and from there take a bus to Ioannina.

The hosting organization will organize to pick you up from Ioannina bus station or Ioannina airport and drive you to the venue. (Vitsa, Zagoriou)

Accommodation:

Host organization will rent a house where participants can work and exercise on their outdoor activities. It will be closed to the area with special equipment for Parkour. You will stay in rooms for 2-3 persons. In the following links you can find information about the accommodation and the area that the program will take place:



ΕΥΡΩΠΑΙΚΗ ΕΚΦΡΑΣΗ

1. <https://epekeinhora.gr/>
2. <http://www.vezitsa-zagori.com/>

Meals

Breakfast, lunch, coffee break, dinner and evening snack is served. Inform us about any nutrition needs (special diets, allergies).

Financial Conditions

All costs for food, accommodation and other costs related to the implementation of the youth exchange will be covered by European Expression, the applicant organization. We, nonetheless, encourage you to bring some pocket money with you. **There's no participation fee.** Travels costs have been calculated according to the distance calculator provided by European Commission.

That means that the accepted grants are:

- 275 euro for each participant from Italy,
- 275 euro for each participant from Croatia,
- 275 euro for each participant from Cyprus,
- 275 euro for each participant from France,
- 275 euro for each participant from Netherlands,
- 275 euro for each participant from Poland,
- 275 euro for each participant from Spain

Attention: Participant must travel from country of sending organization, and back. Following the guidelines of the Erasmus+ program the travel back must be realized by the participants on direct way within maximum 2 days. (You can arrive in Greece up to 2 days in advance and leave up to 2 days later).

Insurance:

Insurance is each participant's responsibility. We strongly suggest you to have travel insurance and the European Health Card.

Medical safety:



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The hotel has everything you may need to provide first aid. There is also a medical center, to which we refer as necessary;

The hotel is close to hospital, so in case of need the hospital will be easily available.

During the entire project the participants will be assisted by 3 trainers, host, coordinator and facilitators who will provide them with any help and will try to explain all doubts or misunderstandings. They will be in charge of participants' comfort and security within the facility. The role of facilitators, among others, will be to provide support to the participants, to assist with their needs and learning difficulties, to help integrate them into the team, to promote the intercultural understanding, to create a friendly and open atmosphere, to overcome any language barriers, to build mutual trust between participants and organizers.

Preparation

1. About your NGO and your Country

There will be a special moment in which participants can present their sending organization and their countries, so you can do it orally or bring some materials such as PowerPoint presentations, leaflets, brochures, videos or any other promotional material. How you are going to present your organization, it is up to you, the goal is all of us to get to know better your association so that we can keep in touch and possibly cooperate in future projects. Don't forget traditional food for the intercultural night.

2. Bring with you:

- Sport clothes and shoes
- Clothes for rain
- Warm clothes
- 1 laptop per country
- Symbol and flag from your country.
- Traditional snacks, clothes etc. for intercultural evening, some leaflets of your country,
- Some leaflets of your organization to present it

The weather in April is a mixture of cold and rainy days with warm and sunny days.

- **IMPORTANT NOTE:** We have trekking and outdoor activities so bring proper shoes and clothes.

The weather



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The average temperature in the end of April is 16°C to 22°C. Please check updated weather conditions just before departure! Some of the activities will be outdoor so we strongly recommend you to bring suitable outdoor clothes and shoes.

Contacts

For all practical arrangements **prior** to your arrival, please contact Stefanos Panakoulis at:

- Email: icsdeu@gmail.com
- Mobile: 00306976678015

Facebook group: <https://www.facebook.com/groups/578190279042268/>

We are looking forward to meet you all in Vitsa.

Warm regards,

Stefanos Panakoulis, project manager

Katerina Androna, European Expression