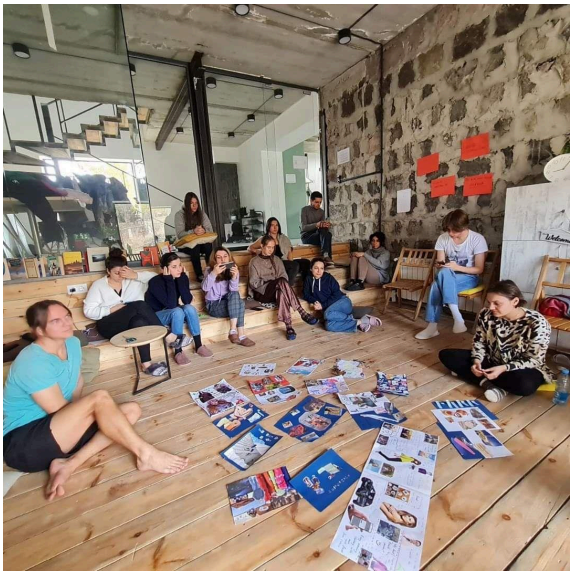
ERASMUS + TRAINING COURSE

THE GAME CHANGER:
Creating Inclusive Sporting Environments

1st to 7th October 2024
Aparan, Armenia

Funded by
the European Union





WHAT IS THE GAME CHANGER??

The Game Changer training program is designed to support youth workers and provide them effective tools and strategies to engage with disadvantaged youth, encouraging their participation in sports and helping them forge connections within their communities. Prioritizing wellness and inclusivity , youth workers can create environments that empower young individuals to overcome challenges and develop resilience, regardless of their circumstances.

The training program seeks collaboration with sports coaches, youth worker trainers, and professionals related to young individuals with fewer opportunities. By guiding them toward a healthy lifestyle, promoting not only personal growth but also contributing to a safer and more inclusive environment.

To equip coaches, the training will cover conflict resolution skills, adapting to local contexts, and adopting a holistic approach to fostering positive change. Critical needs identified for this training include innovative coaching methods, improving access to sports facilities in isolated areas, addressing gender disparities, promoting health and wellness, and actively involving communities.

What we offer you?

- Be part of a training course with a high level trainers
- Live a residential experience with professionals from 6 different countries
- A net with professionals and entities who works for the same goals
- An online platforms with resources that you can use in your daily work
- A digital toolkit that we will create with the learnings of the project
- A YouthPass, an european official certificate with your learnings

Youthpass

This training course is for you if:

- You area a trainer, couch, manager or coordinator in sports
- You want to improve your skills and knowledge regarding the professional sport coaching
- You are officially a resident of the partner organization countries
- You are able to work in english



- You want to bring back home what you'll discover and learn here
- You can be responsible of attend to the full duration of the activity
- You are able to use the learnings of the project in your own country after the project

OUR PROGRAMME

BASIC TOPICS:

- Introduction to Sport Management for People with Fewer Possibilities
- Effective Leadership in Sports Management
- Female / Male gender disparities in sports
- The Importance of Mental and Body Health in Sports Management
- Addressing issues related to stress, anxiety, or performance pressure
- Conflict Resolution and Team Dynamics
- Sports Psychology
- SMART goals
- Strategic communication in Coaching techniques
- CoachCraft



TRAINERS

ALBERT BAGHUMYAN born in Armenia, began his wrestling career at the age of 8. He has won the title of Spanish champion an impressive 10 times consecutively. In recognition of his achievements and contributions to the sport, he has been rewarded with the title of the best athlete of the Madrid team in 2010. Today he is a remarkable wrestler coach, supporting children and young athletes with difficulties in remote areas.

URTZI LERTXUNDI, obtained certification in 3 wrestling disciplines within the Spanish Wrestling Federation. Also, he studied psychology and gained valuable insights into mental health and wellbeing. Today he has dedicated himself to coaching and mentoring young people and adults at a wrestling club, fostering inclusivity by teaching individuals of all physical conditions, for example, including a deaf-blind individual on the team and the participation of competitors in the world of Mixed Martial Arts.

NEMAJA BJEDOV, is a Serbian with remarkable experience in basketball coaching. He's active involvement with FIBA in Asia, (Maldives, Thailand, and Qatar), has equipped him with invaluable insights into attracting young people from disadvantaged areas to basketball and addressing gender inequality in sports, showcases his passion for leveraging sports as a tool for positive change. His involvement in diverse projects aimed at utilizing sports to enhance overall well-being highlights his commitment to holistic development.

TANYA SOULTANA, holds a PhD in Special Event Sport Marketing & Management from San Diego State University, a Master's degree in Ergo Mechanics & Ergometry in Physical Education, and a Diploma in Nutrition from the Omega Institute in California. Tanja's career began as an athlete in Track & Field for the National Greek Team, where she competed at the highest levels for 17 years. Upon retiring from active competition, she transitioned into coaching and founded the ASTERI Organization. As a trainer, she has made significant contributions to the field, particularly in the areas of promoting non-violence in sports, advocating for good governance in sports, and equal opportunities for all athletes.

GIULIA SARGENTI founded a sports mountain club in the Italian Alps,
focusing on developing winter ice sports. This hands-on initiative shows her commitment to addressing the challenges of coaching sports in a rural context but also provides practical examples into creating successful sports coaching programs tailored for such environments.
Giulia's involvement in the club has also exposed her to the impacts of climate change on winter sports, with less snowfall each year, prompting her to adapt sports programs to the changing climate conditions. This real-world experience and adaptation to evolving circumstances make her a valuable contributor to the project, bringing climate change and the effects faced for some sports and the need for innovative solutions.

COORDINATOR

VERÓNICA CASTRO, from France, has an extensive professional background in coordinating and training youth projects in Erasmus+ and international educational activities. With eight years dedicated to Regain, Verónica has focused on the development and implementation of different initiatives in rural areas. Her expertise extends to promoting physical and mental well-being , fostering community engagement and encouraging healthy lifestyles. Verónica is committed to maintaining group energy, facilitating personal reflections, and integrating Erasmus+ principles into sports programs. Her work includes designing activities that support sustainable practices in rural development.

THE PLACE



The project will be held in Armenia at "altera lab" youth center & housing in Aparan community, 50 km northwest of the capital Yerevan, Armenia.

There is a big garden and beautiful spots which will be at our disposal both during the sessions and free time. The average temperature in September-October is around +20'C, be prepared for both sunny and rainy days!

There is wireless internet available in the venue.

Within non-formal education we foster community based living, so please be prepared to take care of the space keeping it clean and nice.



During a week, the group will become a temporary community, which is a space where we can learn in all directions, enrich ourselves at different levels, and offer the opportunity to establish personal links that may help develop future collaborations.

https://www.instagram.com/p/C1JnivjsGgk/?igsh=MXkwYzNyd214cGt6Zg==
https://maps.app.goo.gl/XjsiugEMRjeMQWuA7?g_st=iw

FOOD AND ACCOMMODATION



Meals will be with dairy products, and we will try to provide special diets if necessary (vegetarian, vegan, etc.). Please inform us if you have special needs.

Breakfast, lunch and dinner will be provided at the venue. There is an invited cook who prepares local and international meals with some authentic components, the food is served in a buffet.



Our **bedrooms** are simple, most of them 6-bed rooms. All of them have a beautiful view of nature.

You will be accommodated in dormitory rooms with other participants of the same gender.

Toilettes and showers are shared. If you have any priority, let us know.

The venue provides bed linens and one tower per person for the whole duration of the training.

Concerning drug use we would like to make it clear that there is a **no-drugs policy** during the training course. In the common spaces where the activities will be carried out, drinking alcohol it's forbidden. It can be consumed responsibly outside the event.

We also remind you that each participant has the **RESPONSIBILITY** to take care of his or her own health, and the health of the other members of the group, throughout the project. Armenia doesn't have a public health system, so **we must consider care as a priority.**

CURRENCY EXCHANGE

As you know, **Dram (amd) is used in Armenia.**

Our recommendation is to change some money once you arrive in Armenia.
In Aparan you can change money in an exchange house, or withdraw money from an ATM.
Also, we will go to Yerevan during the week, there you can find supermarkets where you can change the money.

At the airport the change is always worse, so avoid changing it there.

TRAVEL AND REIMBURSEMENTS

The training is **fully funded by the Erasmus+ program**: activities, food and accommodation are included.

The travel costs will be refunded at the end of the project. Each participant has to buy their tickets and at the end of the training, the travel costs will be refunded after all the receipts are provided. The reimbursement will be made by bank transfer.
It's very important **to keep all the original travel tickets and boarding passes** and to provide them to the coordinators.

Please, remember to buy your transportation tickets with **cancellation insurance**. In case of any kind of circumstances that prevent you from traveling, you will be able to recover your money. The Erasmus + program only reimburses the travel expenses when the travel has been made.

Take into account a **small fee** can occur if ticket prices exceed the maximum refund amount. If you come by plane, the maximum amount will be less, so check with the Spanish coordinator Maria Luisa for more details, and to clarify everything before buying the tickets.

285€ maximum	Armenia, mandatory to use Green Travel
309€ maximum	Cyprus
395€ maximum	Italy and Greece
580€ maximum	France
1188€ maximum	Spain

In order to be ready for the training, we expect participants **to purchase their tickets before the 5th of August,** so we can be sure that the ticket prices will be cheaper and available for all of you.

Please, contact the organizers before purchasing any ticket in order to check your travel.
Write an email to Maria Luisa for this coordination **mlgarachanacarpintero@gmail.com**

Participants should arrive at the hosting place on the 30th September and depart on the 8th October 2024.
Most of you will arrive during the night between 30th September and 1st October, this is also allowed. We will help you with all the transportation details.

It is not possible to travel outside of these dates, only if you travel from Armenia. Please, check these details before buying your tickets.
Any stay outside the activity period is completely on your arrangement, and the coordinator organization cannot take any responsibility outside the activity dates mentioned above.

Also**, taxi fares cannot be reimbursed,** if you decide to take a taxi, it will be at your own expense.

HOW TO ARRIVE AT ALTERA LAB, IN APARAN (ARMENIA)

ARRIVAL DETAILS

It's necessary to plan the trip well, so that the arrival and departure are the most beneficial for everyone.

Contact Maria Luisa for arrange all the transportation
mlgarachanacarpintero@gmail.com



1.- Arrive from your home, to the airport in your country.
Remember, **you should start the trip on 30th of September.** Ask Maria Luisa if you need to start before.

2.- You should fly to the **International Airport of Zvartnots.**

3.- We will try to pick you all up at the airport in Yerevan, in a van, because most of your planes arrive during the night.
Maybe you will wait a little bit, but we will let you know all the details as soon as we arrange the transportations of everyone.

4.- In case we don’t pick you up, you should go to the city center
DON’T TAKE A PRIVATE TAXI!! They will try, as much as they can, to convince you to go with them, but don't fall into their trap! It will be very expensive, and we will not be able to reimburse you.
You should use an App (**Yandex Taxi or GG Taxi**) or a **shuttle bus** in front of the airport (only during the day).

5.- Go to Aparan, by bus
This bus is not the most comfortable to use, it's a very old soviet type of minibus - marshutka.
If you use it, you need to ask the driver to stop in Aparan, because not always stop there. Also mention that usually there are no tickets for these minibuses, so they don't get any paper for their ride… It means that we will try to do our best to refund you this small amount of money.
You should pay in Dram (amd).
https://t-armenia.com/en/app/timetable/all/all/1-Yerevan/838-Aparan/departure-now

6.- Go to Altera Lab, the Hostel place
We recommended you to go walking, around 20 minutes.
https://maps.app.goo.gl/XjsiugEMRjeMQWuA7?g_st=iw

LEAVING DETAILS

Also, **we will try to drive you all to the airport,** because most of the planes start during the night. We will let you know when we finish arranging all the transportations.

GREEN TRAVEL (for armenian participants)

To reduce the project's environmental footprint, **participants from Armenia** will be asked to avoid flying for traveling to and from the training. Please make sure that you are comfortable with this condition if you apply. For special needs and exceptions please write to the organizers.

Participants who use green travel will also be refunded for the costs of a **maximum 1 or 2 overnight** stay that they need to spend while traveling each way. You will need **to provide proof of payment** (tickets, etc.). Ask Maria Luisa the maximum amount that is allowed.

IMPORTANT! Please note that this measure is not intended to support holidays or other detours before or after the training and that the amount spent will be refunded only if it is part of a coherent travel plan coming from and going back to your place of residence.

If something wrong happens during your trip, here you have a couple of contacts:
Altera Lab Contact, Laura: +374 93 41 84 81
Coordinator Maria Luisa's mobile: +34 699 64 74 00
Coordinator Vero's mobile: +33 7 88 98 57 79

TO BRING OR NOT TO BRING



- **PASSPORT (mandatory for travel to Armenia)**
- **Travel/Health Insurance** (not refundable)
- Notebook and pens for notes
- **All the original travel tickets and boarding passes**
- Your water bottle
- Ecological and biodegradable shampoo, toothpaste, soap, sunscreen and insect repellent
- Comfortable clothes
- Comfortable shoes for walking and being outside or being barefoot :).
- Your special needs, medication, etc....



CONTACT DETAILS

For further detailed information, please contact the coordinator for your country or Maria Luisa (**mlgarachanacarpintero@gmail.com**)

If you have any questions, we will be happy to answer!

WE ARE WAITING YOU!!