

Training Course

En.To.S.: Entrepreneurship Through Sport

Place: Vibo Valentia Province, Italy

Work language: English

Countries: Italy, Portugal, Poland, Bulgaria, Spain, Germany, Belgium and Denmark

Participants: No Age Limit

Italy: 3 participants

Portugal: 4 participants

Poland: 3 participants

Bulgaria: 3 participants

Spain: 3 participants

Germany: 3 participants

Belgium: 3 participants

Denmark: 1 participants

Date activities: from 9th to 14th June 2015

Travel days: Arrival- 8th June – Departure- 15th June

Dear partner,

This infosheet contains a lot of tools and tips that will help you for the Training Course

“En.To.S.: Entrepreneurship Through Sport”

Please, read it carefully according a special attention to “Reimbursement” and “Travelling tips” parts.

We are looking forward to meeting you!

Yours,

Associazione In Progress Calabria Staff

En.To.S.: Entrepreneurship Through Sport is a Training Course for youth workers. It will take place in Catanzaro (Calabria), from 8th to 15st of June 2015. The training wants to support the European Commission in promoting the Key Competence "Entrepreneurship&Sense of Initiative" among youngsters in order to increase their competitiveness and the competitiveness of the European Union in line with Europe 2020 strategy.

En.To.S. is addressed to boost the capability of youth workers to develop the Competence "Entrepreneurship&Sense of Initiative" in youngsters by means of Sport. It will be possible by mainly acquiring tools of Youth Group Dynamics.

The youth workers trained during the TC, will be asked to test the methodology in a group of young people in their home country.

The Working Method of the activities is the non-formal learning approach.

AGENDA - En.To.S. TC								
	8. June	9. June	10. June	11. June	12. June	13. June	14. June	15. June
10:00-10:30	Arrivals	Warm up	Warm up	Warm up	Warm up	Warm up	Free Day at the beach	Departures
10:00-10:30		The importance of the "Sense of Initiative&Entrepreneurship"	Team-working in theory (W.)	Effective Communication in theory (W.)	Time Management in theory (W.)	Problem Solving in theory (W.)		
10:30-10:45		Break	Break	Break	Break	Break		
10:45-12:00		Personal Motivation	Team-working in theory (W.)	Effective Communication in theory (W.+E.)	Time Management in theory (W.+E)	Role Play 1. (2 grupus)		
12:00-13:00		Free Time	Free Time	Free Time	Free Time			
13:00-15:00		Lunch	Lunch	Lunch	Lunch	Lunch		
15:00-15:30	Agenda Explanation	Personal&Collective Motivation (W.)	Transfer to Game-field	Transfer to Game-field	Group Dance competition (preparation)	Role Play 2. (2 grupus)		
15:30-16:00	Name Games	Goal Orientation in theory (W.)	Practice the Skills (Play Soccer) + Transfer to the hotel	Practice the Skills (Play Volley-Ball) + Transfer to the hotel				
16:30-17:00	Break	Break			Group Dance Show			
17:00-18:30	Rules Agreement	International Teams creation & Setting Team-goals	Teams evaluation	Teams evaluation	Teams evaluation	Teams evaluation		
18:30-19:00	Erasmus+	Personal Motivation Evaluation	Personal Motivation Evaluation	Personal Motivation Evaluation	Personal Motivation Evaluation	Project Evaluation		
19:00-19:30	Free Time	Sharing Moment	Sharing Moment	Sharing Moment	Sharing Moment	NGOs Fair & our future work together		
20:00-21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
22:00-23:30	Free Night	Welcome Italian Night	Portugues Night	German Night	Polish Night	Danish&Bulgarian Night	Final Spanish Night	

Please, notice that the Timetable is a draft. Small changes can be adopted for logistic needs.

On 14th, we are going to organize a whole free day for you to spend at the seaside in Pizzo or Tropea:



TRAVEL REIMBURSEMENT RULES

TRAVEL DAYS are compulsory on 8th June (arrival before 12AM) and 15th June (departure after 12PM). For additional travel days and travel stop in any other city (in Italy or abroad) have to be allowed by the Italian National Agency. Therefore, before buying tickets, you need to receive our admission on behalf of Project Coordinators.

PLEASE ASK FOR CONFIRMATION OF YOUR TRAVEL PLAN, BY WRITING TO:

vittoria.inprogresscalabria@gmail.com

and do not forget to insert in Cc karin.inprogresscalabria@gmail.com

The **ACTIVITIES DAYS** has to be fully attended: 9th-14th June.

Do not attending, also partially, the activities days will involve the reduction travel reimbursement.

The **maximum travel contribution** for each participant, according to the new rules of ERASMUS+ Distance Calculator, will be as follow:

DENMARK: 275,00€	SPAIN: 275,00€
PORTUGAL: 360,00€	BELGIUM: 275,00€
POLAND: 275,00€	GERMANY: 275,00
BULGARIA: 275,00€	

The travel reimbursement will be valid **ONLY** and FULLY PAID after the proof of your travel by giving us the following documents:

- 1) **TRAIN and BUS: Original tickets reporting the route, date and time of departure and the price**
- 2) **PLANE: Electronic ticket reporting the name of passenger, each route (nr. of flights, date and time of flights) and the price**
PLANE TICKET HAS TO BE COMPULSORY ACCOMPANIED WITH BOARDING PASSES !!!
You need to provide us each BOARDING PASS for each flight
- 3) **TRAVEL AGENCY INVOICE: Travel agency invoice has to be signed and stamped by the Travel Agency and report the name of participant, each travel route (nr. of flights/ticket, date and time of flights/departure) and the price**

Please, it is absolutely important that you hold all tickets, e-tickets and boarding pass need being delivered to the Project Coordinator.

For tickets of your travel back, before sending them per post, please scan a copy in case of post losts the letter (photos by smart-phones are not admissible).

Reimbursement Times:

Our National Agency delivers fund in 2 tranches: 65% and 35% (1.tranche and 2.tranche) 65% arrives before the project starts, therefore we will reimburse you the 65% of your ticket when you give us all the travel justifications required.

The remaining sum of 35% will be reimbursed at the arrival of the 2. tranche, normally after 2 months from the compilation of Mobility Tool.

We can reimburse your 65% on site in case at your arrival you are provided with all documentation, included the Return Boarding Passes of your Travel.

If not, we will send you per bank the 65% as soon as we will receive original BPs of your Travel per post.

It is in your interest to print all documentation required before your arrival in Italy.

During project's activities we won't have easy access to printers!!!

For example:

If you spend 170€ for your whole travel

you will have 65% = 110,50€

after the Mobility Tool compilation you will have the other 35% = 59,50€

TRAVELLING TIPS

For arriving where the project takes place:

- the closer train station is Lamezia Terme Centrale
- the closer airport is Lamezia Terme (SUF)
- the closer bus station is Catanzaro, but also Lamezia can be a second option

In any case, we advise you to check flights on www.skyscanner.net

By Plane:

If you arrive to LAMEZIA (SUF) airport you should change plane in Rome or Milan. We have also low cost direct flights:

- By **Ryanair** from Milano-Bergamo, Bologna, Pisa, Barcellona Girona, Francoforte-Hahn, Dusseldorf-Weeze, Londra-Stansted <http://www.ryanair.com/it> ;
- By **Easyjet** from Milano-Malpensa <http://www.easyjet.com/it>
- Also **Vueling** operates flight to Lamezia Terme

By Plane + Train from Rome: If you arrive to **Rome Airport** and you want to take the train, please check this link: www.trenitalia.com and choose **LAMEZIA** as final destination, no train change is required. Night trains arrives at Vibo Marina.

By Bus from Rome to Catanzaro: <http://www.autolineeromano.com/>

By Bus from Rome to Lamezia (only if you have no other option): <http://www.baltour.it/> ;
http://www.lirosilinee.it ; <http://www.venuslinee.it/>

Local Transfer:

For the transfer, from Lamezia/Catanzaro, we have to drive you by private bus-transfer, that is 10€ for arrival and 10€ for departure, in total 20€.

ACCOMMODATION

All the participants will be hosted at Parco Hotel Granaro: <http://www.parcotelgranaro.com/>
Sorbo S.Basile, close to Catanzaro.

FOOD

If you have special diet needs (allergies, vegetarian, etc.) please communicate it.
Breakfast, lunch and dinner is at Italian style.

WHAT TO TAKE WITH YOU

- You should bring the usual stuff that you take with you when you travel (**don't forget your bath towels**).
- Don't forget to take something with you from your country for the international evening... and your amazing flag!
- minimum 1 laptop for national group. If you can bring more is better.

Contact Person:

If you have some questions, doubts or comments don't hesitate to write to:

Vittoria: vittoria.inprogresscalabria@gmail.com for logistic needs

Karin: karin.inprogresscalabria@gmail.com for questions about activities

VENUE

