



SPORT AGAINST STRESS!

WHAT: YOUTH EXCHANGE ACTION 1.1

WHERE: KARPACZ (NEAR WROCLAW CITY) - POLAND (WWW.KARPACZ.PL)

WHEN: 11-17 OCTOBER (7 DAYS INCLUDING ARRIVAL AND DEPARTURE)

FOR WHOM: GROUPS OF 5 PEOPLE OF ANY SPORT ORGANIZATION (1 LEADER AND 4 PARTICIPANTS)

AIMS OF THE MEETING:

TO SHARE THE EXPERIENCE AND KNOWLEDGE OF A SUCCESSFUL ACTIONS IN SPORT ENVIRONMENT COUNTERACTING AND COPING WITH STRESS AMONG YOUNG PEOPLE. THE PRESENTATIONS OF EACH GROUP WILL CONTRIBUTE TO AN ACTIVE LIFESTYLE OF YOUTH AND WILL SHOW HOW TO COPE WITH STRESS THROUGH SPORT. THE SECOND AIM IS TO AMPLIFY AND ENLARGE OUR EUROPEAN YOUTH SPORT NETWORK AND TO MAKE DECISIONS ABOUT THE ROLE AND TASKS OF THE NETWORK IN FUTURE.

PROGRAM:

5 DAYS INCLUDING:

- PRESENTATIONS AND WORKSHOPS OF DIFFERENT SUCCESSFUL EUROPEAN SPORT PROJECT;
- INFORMATION OF THE POSSIBILITIES OF THE YOUTH IN ACTION PROGRAM OF THE EUROPEAN UNION;
- MAKING LOCAL, NATIONAL AND INTERNATIONAL FUTURE PLANS;
- GETTING TO KNOW EACH OTHER AND LEARN FROM EACH OTHER;
- SPORT ACTIVITIES;
- ART WORKSHOPS;
- GUIDE TOUR TO THE KARKONOSZE MOUNTAIN

Participation fee:

20€ per person (totally 100€ per one national group).

WE ARE GOING TO APPLY FOR THE 1ST OF JUNE. PLEASE BE SO KIND AND LET US KNOW IF YOU WOULD LIKE TO BE A PARTNER UNTIL 27TH OF MAY, ON FAX NUMBER 00 48 71 788 62 69 OR ON E-MAIL ADDRESS: KUBA@DIPS.PL

FOR FURTHER DETAILS PLEASE DO NOT HESITATE TO CONTACT US!

BEST WISHES!

JAN SZAGDAJ &
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