

The background features a hand pointing towards a screen displaying various symbols: black arrows, red circles, and black crosses. The foreground is dominated by a large, abstract shape in shades of orange and yellow.

STUDY VISITS CATALOGUE 2019 – 2020

Exchanges and mobility in sport
EAC/S15/2018

**STUDY VISITS PROGRAMME
FOR GRASSROOTS TRAINERS**

www.studyvisits.eu

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With the support of the
Erasmus+ Programme
of the European Union



TOWARZYSTWO
SPORTOWE

Gogolin, Poland
www.max-sports.pl

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ABOUT THE SVIG PROJECT

The study visits programme for trainers, managers, decision makers and volunteers of sport clubs at the grassroots level is an initiative of the European Commission.

The general objective is to give the opportunity to staff of sport organisations (athletes entourage) to improve their competences, as well as qualifications and acquire new skills through learning mobility by spending a period of time in a foreign country (in and outside of the EU). Learning mobility should be seen an investment in the human capital and a contribution to the improvement of the capacities sport organisations.

The expected outcomes include:

- Regular exchange scheme for sportstaff,
- Establishment of European networks of coaches and sportstaff.

PARTICIPANTS

The participants of Study Visits will be coaches and other stakeholders of sport organisations (including volunteers) – linked to grassroots sport from 28 EU countries and Eastern Partnership: Armenia, Azerbaijan, Belarus, Georgia, Moldova and Ukraine.

Maximum number of participants: 20 persons.

ORGANIZATOR:



Towarzystwo Sportowe Iron Man (Poland) is a non-profit organisation working in the area of training, economic and social research, specialized in the fields of sport and youth. The organisation was created in Gogolin/ Poland in 2006 aiming to respond to the challenges of the human capital management and socio-labour inclusion. Special project experiences consist of fighting against obesity and overweight, and the promotion of active lifestyle, dual career and education in sports. Another important field of our work is to improve the consciousness and the importance of the values in sports. The association organized cross border events in football and cycling focused on Respect and Fair Play, that focused on Respect and Fair Play policies.. Another project is the development and improvement of the voluntary work in sport clubs.

KONTAKT:

project-svig@max-sports.pl www.max-sports.pl • www.studyvisits.pl

STUDY VISIT AGENDA

For each Study Visit we plan the same agenda:

- Three days of seminars, trainings and workshops, meetings with national experts, trainers, visits to sports clubs, institutions and universities.
- One day of participants' own presentations proposing their own solutions and reference projects.
- Preparation of your own presentation is the necessary condition, if you want to participate in the project. The topic of the presentation must be submitted in the application form.
- One day of participation in an open conference organized by national partners. Opportunity to establish contacts with national institutions, networking.

PROFILE OF THE PARTICIPANTS

The Study Visits are open to any trainers, volunteers and other stakeholders in grassroots sport. The project is open to any candidate, who is a national of or is permanently residing in one of the eligible countries,

namely: the 28 Member States of the European Union and Eastern Partnership: Armenia, Azerbaijan, Belarus, Georgia, Moldova, and Ukraine.

HOW TO USE THIS CATALOGUE

This catalogue comprises the Study Visits that will take place from September 2019 to the end of 2020.

Please consult the catalogue carefully. Full index of the Study Visits is available below after the introduction chapter.

For each Study Visit you will find a short description containing information about the activities and some information related to the Study Visit Organiser.

- Project number of the Study Visit
- Subject of the Study Visit
- Working language(s)
- Venue and date of the Study Visit
- Target group – who is expected to apply: trainers, management, volunteers, other staff working in the field of grassroots sports.
- Summary of the Study Visit activities in the working language

HOW TO APPLY

If you wish to apply to participate in a Study Visit, please proceed as follows:

- Firstly, select from the Catalogue the Study Visit, that you are interested in.
- Send the application form. You can find it on www.studyvisits.eu
- If you have been selected, you will receive a contract. Please sign it and send it back the project office.
- You can start to organise your trip.

COSTS FOR PARTICIPANTS

Participating in the Study Visits is free.

Project funds support cover:

1. Substantive programme, participation in the conferences, local transport fees.
2. Board and lodging

Accommodation in double rooms with breakfast, in economical class/hotel. One hot meal every day.

3. Travel expenses.

Participants organise their travel to the destination place on their own.

After the Study Visit has finished, the participants can get 50% refund of travel expenses on the condition that they send the tickets to the organiser.

Only the tickets from public transport will be refunded.

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001	17 – 21 April 2020	General workout for children aged 6 – 10	PL
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003	18 – 22 Mai 2020	Sports projects for children from environments threatened by social exclusion	UA
004	20 – 24 April 020	Issues and opportunities for women's participation in sport and exercise	DK
005	16 – 20 November 2020	Supporting athletes to pursue a dual career – the way to European model.	PL
006	09 – 11 September 2019	Sport and corporate social responsibility	DE
007	29 September – 4 October 2020	National, ethnic and linguistic minorities and sport.	RO
008	03 – 07 March 2020	Mental training in football practice	HRV

GOOD LUCK!



SV01

GENERAL WORKOUT FOR CHILDREN AGED 6 – 10

Warszawa/Poland
17 – 21 April 2020



BIAŁOLECKI OŚRODEK
KULTURY

SZKOŁA PODSTAWOWA 356
WARSZAWA

UCZNIOWSKI KLUB SPOR-
TOWY

DERBY 356 WARSZAWA

LEMUR

PARTNER/WORKSHOP ORGANISER

UKS Varsovia Warszawa is a leading youth sports club in Warsaw, that has been involved in training children and teenagers since 1959.

There are over 800 boys and girls training in the club in three sections: football, handball and athletics. Varsovia produced many homegrown talents, including currently the best Polish player – Robert Lewandowski.

Robert has been training in Varsovia for 7 years and is gladly visiting his home club regularly.

Varsovia created a remarkable authorial system – “Varsovia Football System”, which was recognised by the Polish Football Association (PZPN) at numerous occasions.

AGENDA

The organizer will present issues related to the organization of sports training for the youngest players. During meetings with speakers from the world of science and sports practitioners, issues related to proper nutrition, cooperation with parents, school and basic pedagogical aspects will be discussed.

DAY 0, 16 APRIL 2020

Arrival of the Participants

DAY 1, 17 APRIL 2020

TOPIC OF THE DAY – YOUNG ATHLETES' NUTRITION

- 8:00 Breakfast
- 10:00 Nutrition of the young football adepts – balanced diet before physical exercise
Quicker regeneration after the training
Yummy and healthy food recipes – useful tips for parents and coaches
- 13:00 Lunch
- 15:00 WORKSHOPS – Diet plan with supplementation, working in sub-groups and conclusion about learned practices
- 19:00 Dinner
Reflection

DAY 2, 18 APRIL 2020

TOPIC OF THE DAY – Cooperation with parents

- 8:00 Breakfast
Daily briefing, trip to the Białołęcki Culture Center
Cooperation with parents – how to help without harming
- 13:00 Lunch
- 15:00 Workshops
Discussion panel
- 19:00 Dinner
Reflection

DAY 3, 19 APRIL 2020

Topic of the day – EDUCATIONAL PROBLEMS PREVENTION

- 8:00 Breakfast
- 10:00 Daily briefing and trip to the Białołęcki Culture Center
Sport as an investment in child's future.
How to develop concentration ability?
- 13:00 Lunch
How to deal with failures?
Discussion panel
Return to the hotel
- 19:00 Dinner
Reflection

DAY 4, 20 APRIL 2020

TOPIC OF THE DAY – NETWORKING

- 8:00 Breakfast
Legia Warsaw Stadium tour
Official Conference and meeting by Municipality Warsaw and local partners
Old Town and City sightseeing
- 19:00 Dinner
Reflection

DAY 5, 21 APRIL 2020

- 8:00 Breakfast
Daily briefing
Participants presentations
- 13:00 Lunch
Participants presentations
Programme summary
- 19:00 Official Dinner
Reflection

DAY 6, 22 APRIL 2020

Participants leaving



SV02

DIVERSITY AND INCLUSION. POWER OF THE FOOTBALL METHODOLOGY TO TACKLE THE CHALLENGES OF RACISM, VIOLENCE, AND RADICALISM.

London/United Kingdom
03 – 07 August 2020

PARTNER/WORKSHOP ORGANISER



The Fare network (formerly Football Against Racism in Europe) is a network set up to counter discrimination in European football.

The network was set up in Vienna, Austria, in February 1999 after a meeting of football supporters' groups, football players' unions and football associations. The network has received backing from the European governing body UEFA, FIFA and the European Commission for its aims.

The Fare network is an umbrella organisation that brings together individuals, informal groups and organisations driven to combat inequality in football and use the sport as a means for social change.

Fare's commitment to tackle discrimination through football's inclusive power is based on the principle that the game, as the most popular sport in the world, belongs to us all and can propel social cohesion.

Fare combats all forms of discrimination, including racism, far-right nationalism, sexism, trans – and homophobia and discrimination against disabled people.

AGENDA

Each year, people involved in sporting activities, either as spectators or participants, witness or experience discriminatory incidents related to racism, sexism, homophobia, transphobia, disability and religion.

This seminars will offer participants the opportunity to discuss national strategies, and learn from grassroots initiatives, as well as considering progress, challenges and next steps on how to effectively tackle discrimination in sport.

DAY 0, 02 AUGUST 2020

Arrival of the Participants

DAY 1, 03 AUGUST 2020

8:00 Breakfast

9:00 Welcome presentation by Executive Director of Fare network, Piara Powar
Presentation about Fare network, its history and what we do at Fare network, Grace Veys
Icebreaker exercise between the participants, get to know each other.
Outlining schedule for the week, what to expect.

13:00 Lunch

15:00 Visiting Jason Roberts Foundation; a good practise on diversity and inclusion

19:00 Dinner

DAY 2, 04 AUGUST 2020

8:00 Breakfast

9:00 Presentation on inclusion, diversity, race and gender by Michele Moore from Moore Development Ltd
Workshop Football against knife crime and violence by André Ferguson, Director Mastering Manhood

13:00 Lunch

14:00 Presentation on refugees in football by Champions ohne Grenzen, *Johanna Small*
Workshop on gender balance by Goals4Girls, *Francesca Brown*

19:30 Dinner

DAY 3, 05 AUGUST 2020

8:00 Breakfast

10:00 Workshop on tackling radicalisation by *Obayed Hussain*, Imam and creator of Ramadam Football and coach at Positive Youth Foundation
Presentation on ethnic minority women in sport, *Lippa Nesa*, Co-founder 'I think She is offside' podcast and *Yasmin Harun*, Chair of Muslimah Sport Association
Homophobia in football by *Lou Englefield*, Director at Pride Sport

13:00 Lunch

14:00 Visit Chelsea FC on 'Say no to anti-semitism' project

19:30 Dinner

DAY 4, 06 AUGUST 2020

9:00 Breakfast

10:00 Presentations by participants on their own solutions and project relating to social exclusion.

13:00 Lunch

14:00 Workshop: Speed dating between the participants.

19:30 Final Dinner

DAY 5, 07 AUGUST 2020

8:00 Breakfast

9:30 Open conference. An international exchange on issues around urban sport and football.

19:00 Departure



SV03

SPORTS PROJECTS FOR CHILDREN FROM ENVIRONMENTS THREATENED BY SOCIAL EXCLUSION

Kiev/Ukraine
18 – 22 Mai 2020

PARTNER/WORKSHOP ORGANISER



Klitschko Foundation is a nationwide charitable organization that focuses on projects in sports, education and science. Klitschko Foundation's mission is to create an environment that supports the physical and intellectual basis of Ukrainian youth and provides them with opportunities for development. The motto of the Foundation is "Fight for your dream". We believe that everything is possible, You can get whatever you are ready to struggle for. In pursuit of this, we design and introduce social projects, locate additional financing and develop cooperative partnerships. Our goal is to continually increase the number of Ukrainian kids and teenagers who choose to pursue self-development and healthy lifestyle. To achieve this, we work in three main areas: 1) We support sports events and projects that encourage a social trend toward choosing healthy lifestyle. 2) We help youth grow in knowledge, involving them in educational projects concerning personal growth and ecology. 3) We conduct international scientific conferences Falling Walls Lab Kyiv and Falling Walls Venture Kyiv to develop scientific community and engage breakthrough ideas.

AGENDA

Tackling social exclusion should be a central aim of any civilised social policy. In this Study Visit Klitschko Foundation has assembled a vast array of examples and the best practices to demonstrate how the effects of social exclusion are as evident in sport as they are in any area of the society.

DAY 0, 17 MAI 2020

Arrival of the Participants

DAY 1, 18 MAI 2020

- 10:00 Welcome presentation by the representatives of Klitschko Foundation (Director or Project Manager)
- Introduction to Klitschko Foundation, history, projects, philosophy and mission of the organisation
- Project briefing, outlining participant expectations and schedule for the coming days
- Teambuilding exercises designed by the British Council.
- 13:00 Lunch
- 14:00 Transfer to the National Sports Complex 'Olympiyskiy'
- 14:30 Stadium tour
- 15:30 Klitschko Museum tour
- 16:30 Free time in Kyiv
- 18:30 Transfer to the project location
- 19:00 Dinner
- 20:00 Presentations by the participants about themselves to the rest of the group
- 21:30 Reflection

DAY 2, 19 MAI 2020

- 09:00 Breakfast
- 10:00 Presentation by Klitschko Foundation "How does Klitschko Foundation tackle social exclusion and why is it important to us?"
- 11:30 Presentation by Academic from a Kyiv based University "The issues faced by environments threatened by social exclusion"
- 13:00 Lunch
- 14:00 Presentation by the Ministry of Youth and Sports of Ukraine "Problems facing Ukrainian government in reaching socially excluded areas of Ukraine"
- 15:30 Presentation by FareNet "Discrimination and social exclusion"
- 17:00 Break
- 17:30 Presentation by Ukrainian Womens Fund "Accessing Internally Displaced Persons and Communities"
- 19:00 Dinner
- 20:00 Reflection

DAY 3, 20 MAI 2020

- 09:00 Breakfast
- 10:00 Workshop by Aspen Institute Kyiv
- 13:00 Lunch
- 14:00 Presentation by The National Olympic Committee of Ukraine "How to reach athletes living in socially excluded environments"
- 15:30 Presentation by Dynamo Kyiv or Shaktar Donetsk "Socially responsible recruitment of young footballers in socially excluded environments"
- 17:00 Break
- 17:30 Presentation by Klitschko Foundation "Presentation and public speaking skills"
- 19:00 Dinner
- 20:00 Reflection

DAY 4, 21 MAI 2020

- 09:00 Breakfast
- 10:00 Presentations by the participants on their own solutions and project relating to social exclusion
- 13:00 Lunch
- 14:00 Presentations by the participants on their own solutions and project relating to social exclusion
- 17:00 Break
- 17:30 Presentations by the participants on their own solutions and project relating to social exclusion
- 19:00 Dinner
- 20:00 Reflection

DAY 5, 22 MAI 2020

- 09:00 Breakfast
- 10:00 Open conference organized by national partners. Opportunity to establish contacts with national institutions, networking
- 13:00 Lunch
- 14:00 End of study visit



SV04

ISSUES AND OPPORTUNITIES FOR WOMEN'S PARTICIPATION IN SPORT AND EXERCISE

Hjørring/Denmark
20 – 24 April 2020

PARTNER/WORKSHOP ORGANISER



Fortuna Hjørring is a women's association football team from Hjørring, Denmark. Their biggest achievement in European football was reaching the 2002–03 UEFA Women's Cup final. The next try at a European Cup came in 2009–10 with the newly created UEFA Women's Champions League. In the round of 32 they defeated Italians Bardolino but then lost in the round of 16 to eventual finalist Lyon. In the 2016–17 season they have reached their best result since the final in 2003, when they made it to the quarter-finals which they lost 0–2 on aggregate to Manchester City.



The Dana Cup is an international youth soccer tournament held in Hjørring each summer. It is Denmark's largest sporting event and the World's third largest youth soccer tournament.

Founded in 1982 with 38 years of experience, we are honored to offer an amazing youth football platform for teams to come and play – The Beautiful Game.

Each summer more than 1.000 teams make their way to Northern Denmark to participate in a mind blowing youth football event. #DanaCup is uniting the youth of the world to experience their passion for football, respect, unity, equality, friendships and much more.

AGENDA

During this seminars, the participants will: explore major issues and obstacles facing adolescent girls and women in Europe, discuss access to sport for women and the growth of football opportunities in the region, share and reflect on tools and promising practices in addressing women's empowerment using sport.

DAY 0, 19 APRIL 2020

14:00 Welcome, check-in

DAY 1, 20 APRIL 2020

9:00 Breakfast

10:30 Presentation about the program and everybody. Fortuna Hjørring & Dana Cup. General information

12:30 Lunch

14:00 Around the Campus Hjørring Stadium and School area + boarding school visit

18:00 Dinner

19:30 Visit at football training in Fortuna

DAY 2, 21 APRIL 2020

9:00 Breakfast

10:30 Leisure and culture consultant Sine Dam – The Danish model for sport and culture

12:30 Lunch

14:00 Sportunion consultant in Hjørring – Mads Søndergaard + DGI

18:00 Dinner

19:30 Visit at football training in Fortuna

DAY 3, 22 APRIL 2020

9:00 Breakfast

10:30 Leader in middle school and Hjørring's Football class – Kenneth Kjærsgaard. Girls opportunities with football and school

12:30 Lunch

14:00 Trip to Rugbjergknode Fyr and Lønstrup.

18:00 Dinner

DAY 4, 23 APRIL 2020

9:00 Breakfast

10:30 Carrie – Head Coach in Fortuna Hjørring and 2 players from Fortuna Hjørring

12:30 Lunch

14:00 Academy Manager Adam Harell and Jette Andersen CEO Dana Cup. The opportunities for Fortuna players and Dana Cup History

18:00 Dinner

19:30 Visit at football training in Fortuna

DAY 5, 24 APRIL 2020

9:00 Breakfast

10:30 Task: Issues and opportunities for women's participation in sport and exercise in your country

12:30 Lunch

14:00 Presentation: Issues and opportunities for women's participation in sport and exercise in your country

18:00 Dinner

19:30 Snacks, bar and networking

DAY 6, 25 APRIL 2020

9:00 Breakfast



SV05

SUPPORTING ATHLETES TO PURSUE A DUAL CAREER – THE WAY TO EUROPEAN MODEL

Wrocław/Poland
16 – 20 November 2020



PARTNER/WORKSHOP ORGANISER

The University of Management and Coaching in Wrocław is the first university intended for coaches and managers dealing with various fields of sport – commercial and public.

To create sport and sport coaching management standards through education and raising qualifications of the managers and coaches by combining the knowledge of sport, economic sciences and psychology.

The purpose is to enable the managers to adopt professional and modern marketing and management solutions as well as implement innovations in the planning, managing, fulfilment and inspection processes in their work, based on the knowledge of social and biological sport fundamentals.

The major value is competence and permanent development, thus we regularly conduct numerous market researches based on the sport in order to learn more about its functioning and adapt the curriculum in the best possible way.

AGENDA

Athletes often face challenges to combine their sporting career with education or work. Not only high levels of motivation, commitment, resilience and responsibility from the athlete, but also special arrangements are needed to avoid the situation where talented and elite sportspeople are forced to choose between education and sport or work and sport. Such “dual career” arrangements should be beneficial for athletes’ sporting careers, allow for education or work, promote the attainment of a new career after the sporting career, and protect and safeguard the position of athletes.

DAY 0, 15 NOVEMBER 2020

Arrival of the Participants

DAY 1, 16 NOVEMBER 2020

- 09:00 Breakfast and transfer to the Stadium of Wrocław
- 10:00 Project briefing, outlining participants expectations and schedule for the upcoming days
- 10:30 “Dual Career in Sports”
Introduction to the topic: Why dual career is a topic
Importance of education in grassroots and successful sport-education setting
- 12:00 Break
- 12:30 “Dual Career in Sports”
Dual career framework in sport and education, stakeholders and their tasks. How to coordinate their partnership to work as a system in grassroots
- 14:00 Guided tour in the Stadium of Wrocław
- 15:30 Break
- 16:00 Presentations by the participants about themselves to the rest of the group
- 17:00 Networking
- 18:30 Dinner
- 19:30 Reflection

DAY 2, 17 NOVEMBER 2020

- 09:00 Breakfast and transfer to the Stadium of Wrocław
- 10:00 Workshop: “Skills and human resources Development connected to Dual career in sports”
- 12:00 Lunch break
- 13:00 Panel discussion with invited guests “Dual career challenges & solutions”
- 15:00 Break
- 16:00 Guided tour in Wrocław
- 18:30 Dinner
- 19:30 Reflection

DAY 3, 18 NOVEMBER 2020

- 09:00 Breakfast and transfer to the Stadium of Wrocław
- 10:00 “Sport-related skills to be used in the labor market: are athletes and former athletes aware of that?”
- 12:00 Lunch break
- 13:00 “Sport experience brings values for the life: which one of these values can be useful for companies?”
- 18:30 Dinner
- 19:30 Reflection

DAY 4, 19 NOVEMBER 2020

- 09:00 Breakfast and transfer to the Stadium of Wrocław
- 10:00 Conference “ Summary of the Erasmus+ Sport project: “TRAINER 1.0 Beta” 3 sessions
- 16:00 Break
- 18:00 Dinner
- 19:00 Reflection

DAY 5, 20 NOVEMBER 2020

- 09:00 Breakfast and transfer to the Stadium of Wrocław
- 10:00 Presentations by the participants on their own ideas, methods and solutions regarding dual career in sports in practice.
- 13:00 Lunch break
- 14:00 Presentations by the participants on their own ideas, methods and solutions regarding dual career in sports.
- 16:00 Break
- 16:30 Presentations by the participants on their own ideas, methods and solutions regarding dual career in sports practice.
- 18:30 Dinner
- 19:30 Reflection & Summary

DAY 6, 21 NOVEMBER 2020

Participants leaving



SV06

SPORT UND GESELLSCHAFTLICHE VERANTWORTUNG

Hennef/Germany
9 – 11 September 2019

PARTNER/WORKSHOP ORGANISER



ist eine Stiftung des Deutschen Fußball-Bundes mit Sitz in Hennef (Sieg).

Die Stiftung unterstützt unter den Slogan „Fußball – Mehr als ein 1:0“ verschiedene Projekte im Bereich der sozialen Integration und Förderung. Die Aktion „Kinder in Not“ unterstützte insbesondere Kinder in Ost-Europa, während in der Mexico-Hilfe sehr unterschiedliche Projekte angesiedelt sind (z. B. die Unterhaltung des Waisenhauses „Casa de Cuna“, des Mutter-Kind-Heimes der Vicentinas und die Förderung des Straßenkinderprojektes in Querétaro).

AGENDA

Gesellschaftliche, ökologische und Bildungsprojekte, durchgeführt von deutschen Sportverbändenin. Zusammenarbeit mit lokalen und regionalen Selbstverwaltungen und Sportvereinen.

Arbeitssprache: Deutsch

SONNTAG, 08 SEPTEMBER 2019

Anreise der Teilnehmer

MONTAG, 09 SEPTEMBER 2019

- | | |
|-------|--|
| 10:00 | Begrüßung
Präsentationen, Projekte und Programme der DFB, gesellschaftliche Verantwortung: <ul style="list-style-type: none">• Vorstellung DFB, gesellschaftliches Engagement DFB• Vorstellung DFB-Stiftungen Egidius Braun und Sepp Herberger |
| 13:00 | Mittagessen in der Sportschule Hennef |
| 14:00 | Bustransfer nach Bonn |
| 14:30 | Freie Zeit in Bonn |
| 16:00 | Besuch Bonner Sport-Club 01/04 e. V. |
| 19:30 | Bustransfer zur Sportschule Hennef |
| 20:00 | Abendessen in der Sportschule Hennef |

DIENSTAG, 10 SEPTEMBER 2019

- | | |
|-------|---|
| 8:00 | Bustransfer zum RheinEnergieStadion nach Köln |
| 9:00 | Besuch RheinEnergieStadion (Vortrag/Vorstellung Stiftung 1. FC Köln) Stadionführung, |
| 13:00 | Mittagessen im Stadion |
| 14:00 | Freie Zeit in Köln |
| 16:00 | Bustransfer zur Sportschule Hennef |
| 17:00 | Gespräch mit pol. Mandatsträger zum Thema kommunale Sportförderung (Robert Voigtsberger, Beigeordneten für das Dezernat IV – Bildung, Jugend und Sport in Köln) |
| 19:00 | Abendessen in der Sportschule Hennef |

MITTWOCH, 11 SEPTEMBER 2019

- | | |
|-------|---|
| 9:00 | Fußball-Verband Mittelrhein
Landesverbände und Sportschulen in Deutschland:
<i>Aufbau, Organisation/Struktur, Themen/Schwerpunkte, Vermarktung.</i> |
| 13:00 | Mittag
Veranstaltungsende nach dem Mittagessen |



SV07

NATIONAL, ETHNIC AND LINGUISTIC MINORITIES AND SPORT

Cluj-Napoca/Romania
29 September – 4 October 2020

PARTNER/WORKSHOP ORGANISER



ERDÉLY - IFJÚSÁGI
ÉS SPORT EGYESÜLET

ELDERLY is a sports organization of the Hungarian minority in Romania.

The Hungarians are the largest national minority in Europe living in one country, Romania. According to the 2011 census 1,237,746 citizens, 6.5 percent of Romania's population are of Hungarian ethnicity, the overwhelming majority (99%) of who live in Transylvania.

The main activities of ERDELY is to organize, coordinate, manage projects for the Hungarian minority in Romania. These steps are made alone or in partnership with other associations, clubs, and organizations to create an appropriate place for cultural exchange, strengthening the cultural identity of the minority community in Romania. The projects focus mainly on children, youth and sport, on healthy living, and we promote mass sports as well.

AGENDA

A seminar for people involved in the activities of sports clubs operating in the environment of national minorities. Hungarian experiences in developing national awareness, language learning and concerted cooperation with the Romanian majority will be discussed. Sports projects implemented by the Federal Union of European Nationalities (FUEN), primarily the football tournament of national minorities EUROPEADA 2020, will be presented. The seminar is addressed primarily to people belonging to various national minorities in Europe, as well as to people interested in this topic.

DAY 0, 29 SEPTEMBER 2020

Arrival of the Participants.

DAY 1, 30 SEPTEMBER 2020

- 8:00 Breakfast
- 11:00 Project briefing, program, outlining participant's expectations and schedule for the upcoming days
- 11:45 Erdély Egyesület presentation of the Programs, – by Mr. Zsolt-Attila GRABÁN, president of the ERDÉLY Ifjúsági és Sport Egyesület
- 12:15 Coffe break
- 12:30 Participant's presentations about themselves and the running program's in their Associations- part 1.
- 14:30 Lunch
- 16:00 Participant's presentations about themselves and the running program's in their Associations- part 2.
- 18:00 City tour
- 20:30 Dinner (location tbc)

DAY 2, 01 OCTOBER 2020

- 8:00 Breakfast
- 10:00 Follow up regarding the participants presentations. Proposals for an European Minority Sport activities Agenda, establishing the links between the Associations and their programs
- 12:00 Coffee break
- 12:30 Personal branding workshop: online&offline image building in Sports, – by Mr. Magor KÁDÁR PhD, habil, Associate Professor Babes-Bolyai University Cluj Napoca, Faculty of Political, Administrative and Communication Sciences – Department of Communication, PR and Advertising
- 14:30 Lunch
- 16:30 Brands are made by stories: image building for Sport Organizations, – by Mr. Magor KÁDÁR PhD, habil, Associate Professor Babes-Bolyai University Cluj Napoca, Faculty of Political, Administrative and Communication Sciences – Department of Communication, PR and Advertising
- 18:30 Presentation preparation for the seminar on Saturday (two groups of 10 participants make 1-1 presentation about the best practices in minority sports)
- 20:30 Dinner (location tbc)
Extra program – Europa League, Group stage matchday 2 (if we will have local team qualified to this stage and the game is on home pitch)

DAY 3, 02 OCTOBER 2020

- 8:00 Breakfast
- 10:00 Babes Bolyai University (BBU), Faculty of Sport's in "Iuliu Hatieganu" Sports Park, guided by the Pro-rector of BBU Mr. Prof. univ. dr. Bálint MARKÓ
- 12:15 Visit to "Dr. Constantin Radulescu" Arena, home of CFR CLUJ 1907 multiple winners of the Romanian Liga 1 Championship, Romanian Cup, Super Cup, and participant in the Champions League and Europe Cup, guided by (tbc)
- 14:30 Lunch
- 17:00 Surprise activity for the participants (tbc)
- 21:00 Dinner (location tbc)

DAY 4, 03 OCTOBER 2020

- 08:00 Breakfast
- 9:30 Minority and Sport's in Europe – Than&Now – Mr. Dr. László PÉTER, Sport Sociologist
- 11:00 Coffee Break
- 11:15 Minority's in Romania and their sport possibility's – Mrs. Enikő Katalin LACZIKÓ, State Secretary, Director Department for Interethnic Relations (DIR)
- 12:45 Two presentations about the best practices in the participating country's of the Seminar
- 13:15 Lunch
- 14:45 Difficulties between minority and majority – Presentation of the Federal Union of Nationalities FUEN, – by Mr. Lóránt VINCZE, President of FUEN
- 16:15 Coffee Break
- 16:30 Interactive discussions: The challenges and possibilities about what we can do together in sport's as a minority (in our Country's and Europe), but implementing it in the majority as well.
- 18:00 Free program

DAY 5, 04 OCTOBER 2020

- 8:00 Breakfast
- 9:00 Trip to Hunedoara
- 12:00 Visit to Castelul Corvinilor
- 14:30 Lunch in the Castle
- 16:00 Trip to Cluj-Napoca
- 20:00 Dinner (location tbc)



SV08

MENTAL TRAINING IN FOOTBALL PRACTICE

Gorica, Zagreb/Croatia
03 – 07 March 2020

PARTNER/WORKSHOP ORGANISER



Hrvatski Nogometni Klub Gorica (Croatian Football Club Gorica), commonly referred to as HNK Gorica or simply Gorica, is a Croatian football club based in the town of Velika Gorica, located just south of the Croatian capital Zagreb.



Mentalni Trening

Mental Training is a unique technology of training, approaches, and tools with the aim of developing mental abilities in individuals who want to realize their full potential.

Mental Training represents the psychology of excellence that, with its simple and scientifically based techniques, works on the development of personal excellence regardless of context.

Our goal is to take full advantage of athletes' potential and help them be the best they can be, leave a mark, progress daily, and break barriers."

AGENDA

This education is aimed at coaches who want to understand Mental Training for athletes and really apply it in their daily work. If you want to be better at your work, highlight the quality of your work, and be a modern coach, Mental Training is then an inevitable part of your today's education! This is not yet another education in a series that hands out certificates to everyone involved. This is not a motivational seminar. This is a scientifically founded, practical education, supported by hundreds of coaches, and intended for those who are ready to learn what they cannot learn anywhere else.

DAY 0, 02 MARCH 2020

Arrival of the Participants.

DAY 1, 03 MARCH 2020

9:00 Breakfast

10:00 Project briefing, outlining participants expectations and schedule for the upcoming days
Opening presentation by Mentalni Trening representatives.

1. MENTAL TRAINING IN FOOTBALL

10:30 definition of Mental Training

11:00 explanation of the MT process

12:15 Basic MT techniques: focus points; mental simulation from self-perspective and from outside perspective

12:30 specifics in working with different age groups

13:00 lunch Break

WORKSHOPS:

14:00 Focus points – every participant will define focus points for his/hers athlete for a tactical and technical element in football

15:00 Mental simulation – participants are going to make a personalized plan of mental simulations in football according to the periodisation in that sport

16:15 Participants are going to make a "mini MT plan" with focus points and mental simulation plan for children in football

17:30 Presentations by the participants about themselves to the rest of the group

19:30 Dinner

21:00 Reflection

DAY 2, 04 MARCH 2020

9:00 Breakfast

2. INDIVIDUAL PSYCHOLOGICAL FACTORS AND PERFORMANCE

10:00 Personality and football: positive and negative perfectionism as a player's weakness or strength

10:45 Anxiety and performance: the effect of anxiety as a state or trait in football

12:00 TBEP model: connection between thoughts, behaviour, emotions and physiology. Participants will learn what is under their control and how to use different breathing techniques

13:00 Lunch break

WORKSHOPS:

14:00 Basic control techniques: awareness in breathing, abdominal breathing and nervus vagus, Body Scan. Participants are going to learn how to use these techniques and how to implement them in their training sessions working with football players.

19:00 Dinner

20:30 Reflection

DAY 3, 05 MARCH 2020

9:00 Breakfast

3. GOAL SETTING

10:00 Pros and cons of goal setting in football: theoretical approach and S.M.A.R.T. goal setting in football. Participants will learn a difference between non-specific goals that don't inspire motivation and true S.M.A.R.T. goals that drive it

11:15 Goal setting and motivation: participants will learn the difference between motivation and engagement – what precedes and what follows.

12:00 Rules for efficient goal setting: what is the difference between short-term, mid-term and long-term goals. What is their effect on player's motivation

13:00 Lunch break

WORKSHOPS:

14:00 Goal setting in football: participants will have to define goals for an individual player and for a team of players: short – mid and long term according to S.M.A.R.T. criteria

15:45 Measuring of engagement in football

16:30 Conclusion and sum up

19:00 Dinner

20:30 Reflection

DAY 4, 06 MARCH 2020

09:00 Breakfast

10:00 Presentations by the participants on their own ideas, methods and solutions regarding mental training in football practice

13:00 Lunch

14:00 Presentations by the participants on their own ideas, methods and solutions regarding mental training in football practice

17:30 Presentations by the participants on their own ideas, methods and solutions regarding mental training in football practice

19:00 Dinner

20:00 Reflection

DAY 5, 07 MARCH 2020

9:00 Breakfast

10:00 Trip to Zagreb

10:40 Free time in Zagreb

13:00 Lunch

14:00 Trip to Dinamo Zagreb Academy (participation in the training as observants)

16:00 Trip back to Gorica

17:00 Home game HNK Gorica v Lokomotiva

20:00 Dinner

21:00 Reflection

Partners:



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