



Reactivate yourself

Youth Exchange, Slovenia, 8th August - 16th August

REACTIVATE YOURSELF



Erasmus+



The manual was created during a youth exchange within the Reactivate yourself project, which was co-financed by Erasmus plus



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ABOUT OUR PROJECT

Erasmus + Youth [exchange](#) • [Reactive Yourself](#) 2021-2-1002-KA152-YOU-000039204

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	8.8.2022	9.8.2022	10.8.2022	11.8.2022	12.8.2022	13.8.2022	14.8.2022	15.8.2022	16.8.2022
8.15-9.15	A	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00-9.15	R	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting
9.30-13.00	I V A L S	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Final evaluation And Granting Youthpass
		Presentation of Erasmus+ and Youthpass	Sports only on TV!	Guest - round table Mayor- Inclusion of vulnerable groups in rural areas through sport.	What is a Reactivator	How we support learning in different parts of the project	Reactivate Yourself	The first step on the international stage	
13.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
16.00-18.45	Welcoming of the participants. Presentation of the accommodation and the surrounding	Team building activities	Benefits of sport	Learning through feelings	How to start? Determination of objectives	Our project goes out into the world	Sport inclusion	Ideas for new projects and visibility of our projects	D E A R T U R E
18.45-19.00	We get to know each other	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	
19.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00-22.15	Intercultural evening	National evening (Romania)	National evening (Italy)	National evening (Croatia)	National evening (Lithuania)	National evening (Czechia)	National evening (Czechia)	Firewell evening	



We can talk about the worst crisis of physical and movement development of youth in Europe of all time. It is clear that the negative effect of the complete closure of schools, sports clubs, and playgrounds will not be negated by the current way of working.

The purpose of the project is to re-inspire young people for sports and an active lifestyle after COVID 19.

With the "Reactive Yourself" project, we will empower young people with knowledge and skills for a healthier lifestyle, which will also affect their development after Covid 19. At the same time, we will train young people to work in supportive environments (youth organizations) as youth reactivators in rural areas and also in cities.

Please, use this handbook in a responsible fashion and be aware of your knowledge and skills considering the context of outdoor education and rural youth. The authors of this handbook are not responsible of incorrect use. We do not hold any credit for the activities and methods which are gathered here

ORGANIZATIONS INVOLVED IN THE PROJECT

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ADEL

www.adelslovakia.org



**Associazione
Scambieuropei**

www.associazionescambieuropei.org



**Institut za poticanje
mladih**

www.iyp-croatia.com



Tavo Europa

www.tavoeuropa.eu



ŠD Bogojina

www.nk-bogojina.si



VISION

The vision of the project is the reactivation of young people after Covid 19

AIMS

- The aim of the project is to increase the sports participation of young people in sports activities and thereby raise their quality of life.

Sub-goals

- Investigate the impact of Covid 19 on young people in rural areas.
- preparation of a sustainable organizational module for implementing projects of active spending time in nature for young people
- to empower young people and youth workers in the non-governmental sector with tools for implementing preventive youth health activities in local communities
- preparation of a work plan for the implementation of activities for implementation of activities of spending time actively in nature
- connect youth organizations in rural areas and transfer good practices for sports activation of rural youth in the face of Covid 19



THE PROBLEMS

04

A Brief Description About the Problems

Rural areas face the worst consequences due to the smaller offer of organized exercise. A survey of children's physical activity conducted with partners from 10 other European countries during the last week of the declared epidemic showed that the European youth to the greatest extent carried out sports lessons remotely and that two-thirds of young people claimed that during the epidemic more or equally physically active than before, but with the decline in movement efficiency in 2/3 of young people, it is clear that physical activity at home cannot replace sports at school and sports training in communities, and teaching sports remotely cannot even replace teaching in school.

Consequences

Restricting movement due to the COVID-19 epidemic has caused enormous damage to the physical and motor development of young children, which is an extremely bad prospect for development in other areas as well. The fact is that aerobic endurance and movement efficiency are generally proven to be related to children's academic performance. We can therefore also expect a decrease in the learning ability of children and young people, which can seriously threaten the potential of the current generations, who can already be described as the "corona generation". All partners in the project note that the enthusiasm for participating in social activities has also decreased among young people. At the time of Covid 19, we noticed that the proportion of young people who consumed alcohol and soft drugs (marijuana) increased, and the sale of alcoholic beverages in stores increased noticeably. People (worryingly, the vast majority of young people) have changed their lifestyle and daily habits, mainly for the worse.

COVID 19 & SPORTS

05

CAUSES:

- Using masks
- Closing of training facilities
- Social distancing
- Online life
- No P. E. lessons in school
- Postponing of projects
- Poor nutrition combined with less movement
- Social distancing isolation
- Institutions got closed
- Sport events cancelled

EFFECTS:

- No sport for young people
- Stop of championships
- No motivation
- No practice for pro
- Isolation
- No movement
- On-line training
- Exploring nature
- More smart devices

Post-Covid symptoms – inability to play sports

- Professional careers compromised especially for youngsters
- Total ban on team sports
- People got out of shape
- Less money invested into the sport
- Social and mental health issues
- Individual sports got more popular
- People became more creative
- Boom of online platforms
- More time in nature
- Free instructive videos for house workouts



COVID 19 & SPORTS

06



In Slovenia, the government decided to call for a lockdown that lasted for a year and a half.

In that time different laws were released, for some months it was very strict, and in some less.

While the most strict time the biggest problem was isolation or social distance. All of a sudden you couldn't even meet a friend for a run or a gym session, all clubs had to stop their training, and practices. That also meant sports events, no games, nothing that would allow being active as a group. At first, it might sound like a vacation, but individuals still had to keep up the form, and stay active, which was very hard when you have to do it by yourself.



Lithuania is known for its good basketball history and perspective players. What covid brought as a consequence is closing down facilities, and sports objects, which made it impossible for teams to come together and practice. Even outdoors was not an option due to social distancing and weather circumstances. Some clubs tried online coaching but the next issue was space. Not everybody is living in a house with a garden they can practice, so it was a very big challenge for coaches as well not to lose players. They were searching and trying other ways of practicing such as doing more strength, and mobility exercises and encouraging their team to go outside on the street or find a little field with a basket and throw, that was the least what they could do.



COVID 19 & SPORTS

07



Continuing with the problem of social distancing as banned team sports the big issue was motivation. When you are playing a team sport you are used to training together, learning how to be a team player, and you also learn a lot about yourself in relation to the group. In Italy there is already a big problem with kids or youngsters playing sport, especially when starting high school, that becomes more important and team sport or any kind of sport becomes pushed aside. Even without covid that is already a big worry, while the pandemic itself just underlined how much of a problem it is. A lot of times happens there is no one close by the club where you can choose what you want to play, determination has to be really big so that you travel 1h away in order to practice what you want and come back. If you are lucky enough it is only 1h drive, if not more. Options are very limited. The situation with the world virus made it even worst since a lot of youngsters quited a sport because they couldn't train and now they are not motivated.



Next problem that social distancing and motivation to train brought as consequence was health. Many people stopped moving, training as much as they did before, but they still kept the same nutrition. If you eat more than you need it influences your health. Not only on body weight but also body structure and on mental level. We already lacked team support and motivation, by staying at home by yourself, not being allowed to go anywhere it caused many mental and food disorders in Slovakia. Partly people became lazy, they didn't saw point in putting in effort to keep up with training if nothing was going on anyhow. It was very mentaly demanding to push forward, keep on, finding a way how to stay active. Similar as in Italy many perspective young sports athletes stopped practicing. We hope that we can reactivate them and find inner fighter to continue.



COVID & SOCIAL DISTANCING

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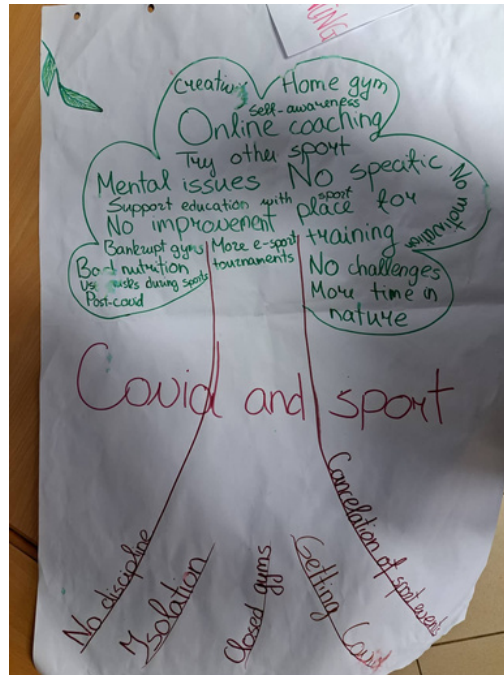
CAUSES:

Sick athletes

- Need to use masks
- Training facilities/ gym closed
- Job & school from home

EFFECTS:

- Less talented young athletes
- Less motivation
- People exercise less
- No equipment/space
- Postponed matches
- At home »creative« training/equipment
- Return to the nature
- People walk less
- Less activity for kids
- More expensive
- Hard to practice sport
- Sports less popular
- Lower income for sports
- Worse performance



ACTION PLAN

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BASKETBALL

PROBLEM:

- Not enough funds for the integration of Ukraine refugees into local communities.

SOLUTION:

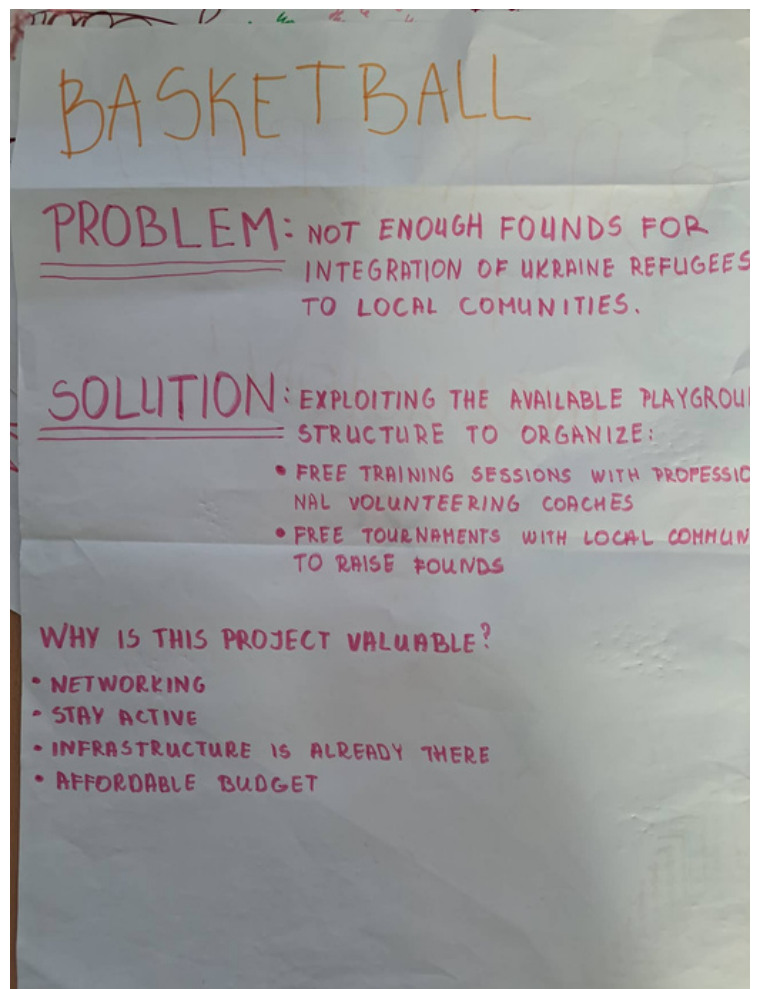
- Exploiting the available playground structure to organize: free training sessions with professional volunteering coaches, and free tournaments with local communities to raise funds.

Why is this project valuable?

- Networking
- Stay active
- Infrastructure is already there
- Affordable budget

FUNDING

- ERASMUS
- K1 Program
- Sponsorships



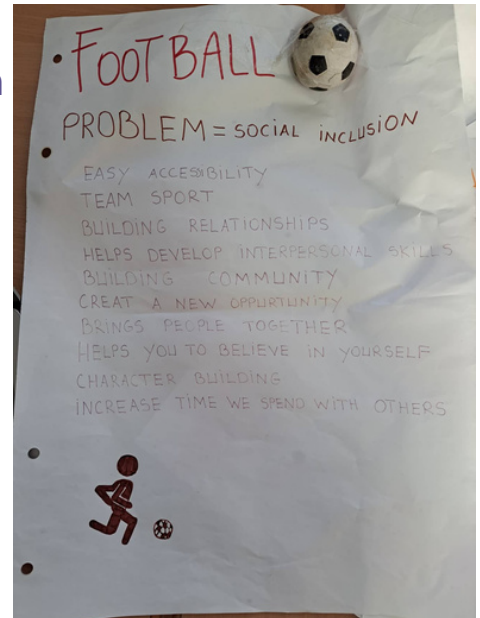
ACTION PLAN

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FOOTBALL

Problem = social inclusion

- Easy accessibility
- Team sport
- Building relationships
- Helps develop interpersonal skills
- Building community
- Create a new opportunity
- Brings people together
- Helps you to believe in yourself
- Character building
- Increase time we spend with others



ACTION PLAN

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VOLEYBALL

Mental issues:

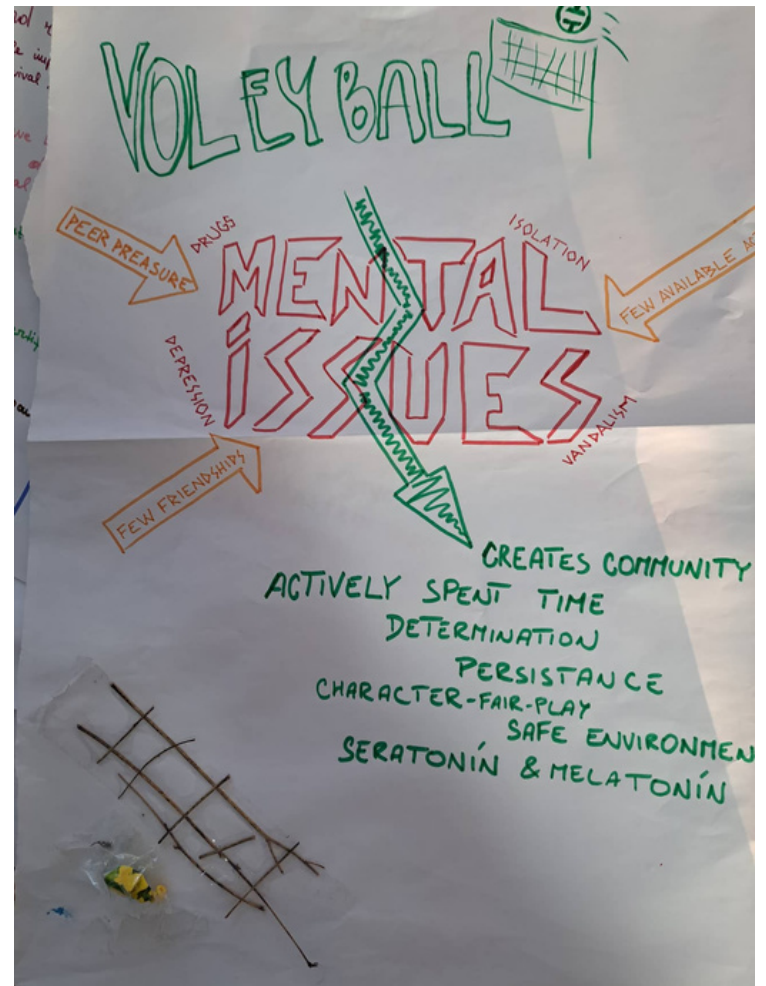
- Peer pressure

Drugs

- Few friendships
- Depression
- Isolation
- Few available activities
- vandalism

Creates community

- Actively spent time
- Determination
- Persistence
- Character-fair-play
- Safe environment
- Serotonin & melatonin



ACTION PLAN

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REACTIVATOR

A. GOAL

a. What is the goal of the project?

i. To reintroduce sports activities after covid – thanks to the power of community

b. What are the end results?

i. The end results would be: socializing (making friends)

ii. Learning basic exercises

iii. Motivation to keep doing exercises

iv. Be more self-confident

v. Sharing knowledge about sports

vi. More happiness

c. What is the vision?

i. To bring more people back to sports (especially not only professionals), improve their lifestyle, become healthier, and have a positive impact both on

the local and international community.

d. How will you know the results are reached?

i. From the participant's point of view: keep practicing in the activity, you enjoy the

activity, find a new sport to practice, you feel more energetic.

ii. From the organization's point of view: increasing/maintenance of numbers of

participants, an increase of subscriptions of sports activities in partnership with

sports associations, good feedback in post-training surveys.

e. Are the goals reachable?

i. Yes, they are achievable depending on people's attitudes and availability of partners.

REACTIVATOR

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REACTIVATOR



Reactivate yourself

Reactivator is an organization, group of people, or a person who are aiming to bring people together to do exercises, keep on moving and stay motivated.

ACTION PLAN

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REACTIVATOR

WHAT, HOW

a. Target group:

i. People from 16-30 years old.

b. Activities:

i. 1-2 meeting a week to learn basic exercises and 1 meeting a week to try some new sport with a partner of the sports center.

c. Personal experience:

d. What are the resources?

i. Partnership with sports centers should provide the space and equipment

ii. Basic equipment (resisting bands, dumbbells,...)

iii. Space in a park/gym

iv. 1 trainer

v. 1 Instagram/TikTok/Facebook/...

vi. Speakers for music

e. Time/place:

i. Place – parks and gyms

ii. Time – 6-7 p.m. (half an hour after work)

C. WHO

a. With whom are you working?

i. International organizations (ESN, Erasmus,...)

ii. Sports centers

iii. Municipality

iv. Sports shops (Dechatlon,...)

v. Students at sports universities for internship

b. What are the needs?

i. People look for: inspiration, light sports activities, information about sports,

meeting new people, to have fun.

c. Who do you want to include?

i. Young people from little and middle-sized cities, both international and local

who would like to practise a little bit of sport and socialise.

ACTION PLAN

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BIKE AND HIKE

GOALS

To teach how to survive in nature

Show people the importance of being active in nature

To teach how to prepare for hiking and biking

Show people how to apply theoretical knowledge in a practical way

ACTIVITY

Warm up together

Theory sessions:

- Reading maps
- using compass
- orientation skills

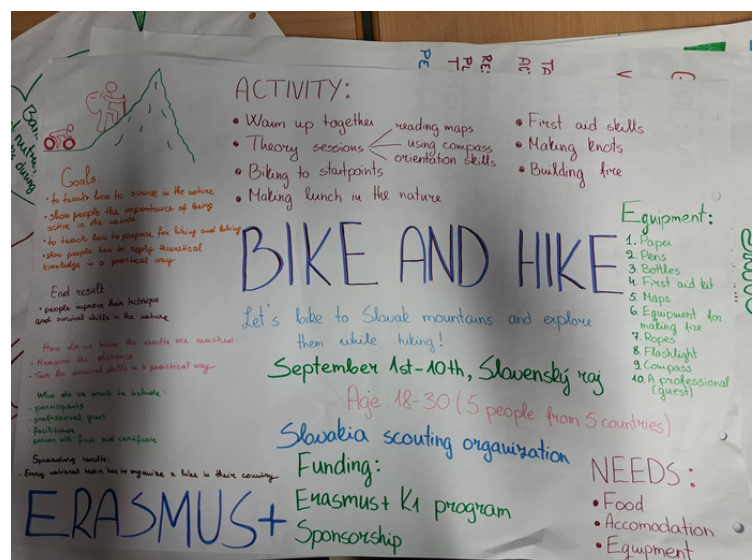
Biking to start points

Making lunch in the nature

First aid skills

Making knots

Building fire



END RESULTS

- People improve their technique and survival skills in nature

SPREADING THE RESULTS

- Every national team has to organize a hike in their country

FUNDING

- ERASMUS
- K1 Program
- Sponsorships

ACTION PLAN

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MENS SANA IN CORPORE SANO GO BEYOND!

REACTIVATOR – PROJECT WITH AN AIM TO RE-ENGAGE PEOPLE INTO ACTIVE MOVEMENT AND EXERCISE

GOAL

Create school programme focused on gradual engagement of youngsters into sports through active movement

VISION

Produce higher number of professional athletes and active youth

WHY

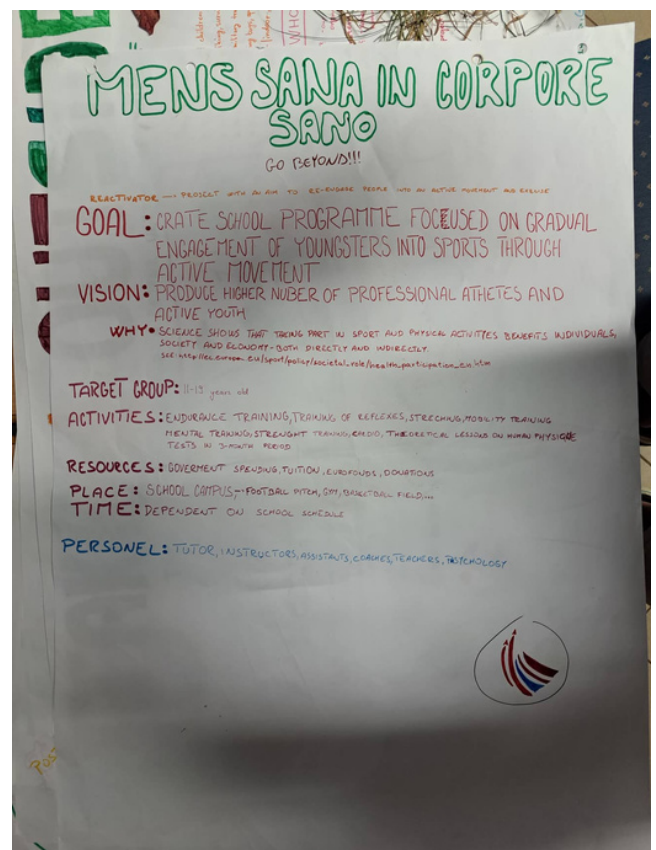
Science shows that taking part in sport and physical activities benefits individuals, society and economy – both directly and indirectly

ACTIVITIES

- Endurance training
- Training of reflexes
- Stretching
- Mobility training
- Mental training
- Strength training
- Cardio
- Theoretical lessons on human physique, tests on 3-month period

RESOURCES

- Government spending
- Tuition
- Eurofunds
- Donations



ACTION PLAN

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TAKE IT OUTSIDE!

TAKE IT OUTSIDE FOR A BETTER VERSION OF YOURSELF

Problem:

- Youth is sitting on their asses behind PC screens or scrolling TikTok. Need to make them move for their health benefits.

Goal:

- Increase youth participation in outdoor activities.

Tasks:

1. Build a team for the project
2. Raise funds
3. Find participants
4. Create activities for the program
5. Evaluate and propose improvements

Vision:

- Target group: school children 12 – 16 years old
- Activities: camping, hiking, survival games, sports, games
- Personal experience: military training, sports coaching, inspirational
- Resources: tents, sleeping bags, sports equipment, bicycles
- Time/Place: outdoor/ indoor, summer/winter, anytime anywhere

Who?

- Whom are we working with? Our target group, project team, and youth organizations. Sports clubs, schools

- Need? Finances and materials

End results:

- Instill discipline
- Teamwork and work ethic
- Survival skills
- Broaden the network of participants
- Exposer to nature
- Youth spending time outside
- Implementing a healthy lifestyle
- Learning new skills
- Developing healthy habits
- Social, mental, and physical skills improvement or development

Evaluation:

- Questionnaire before and after project
- Analysis of results
- Conclusions

