



# OLYMPIC GAMES OF DIVERSITY AND INCLUSION

## INFOPACK

**Dates:** 24<sup>th</sup>  
February–6<sup>th</sup>  
March 2023

## Project Partners:

Italy, Poland, Bulgaria, Ukraine, Spain

## Some Little information about our Project

"Olympic Games of Diversity and Inclusion" is a YOUTH EXCHANGE within the frame of Erasmus+ about how to use sport as a tool for social transformation and inclusion of diversity. During 9 days, participants from 5 countries will work together to discover and learn how to transform our society through sport. Specifically, we want to learn how to raise awareness in the population (young people, mainly) of the necessity of including LGTBIQ+ people in every field of our society and how to use sport to promote this awareness.

Nowadays we find that some hateful and non-inclusive speeches are taking part in our spaces and we think one of The things that we could do to solve that is to educate and raise awareness among the young population. In that way, it will be possible to build a more diverse, inclusive and respectful future for everyone. And we want to achieve this goal using sport as a tool or methodology due to its power to transmit values such as respect, comradeship, teamwork or solidarity.

We know that sport is a really interesting tool to work different things with children and teenagers, so we think it will be enriching for youth workers to know and to go in depth in its possibilities as a tool for social transformation. The last reason to use sport as a common thread is its health benefits, since, as we know, we currently lead more sedentary lives and away from nature. Therefore, we believe that this is a good way to introduce sport into the lives of children and teenagers and create healthy habits while transmitting values.

We all know how harsh can be express yourself in our villages. Therefore it is a topic that youth need to face with creative. Sport is our bet.

### **OBJECTIVES**

- To know sport as a tool of social transformation.
- To discover the situation of LGTBIQ+ people in our society and sport.
- To learn methodologies to use sport with the aim of sharing and transmit values
- To create activities to work about inclusion and diversity with children and young people.
- To remove stereotypes from our imaginary and help the young people we work with to remove them.
- To use sport as a tool to work with children and young people in the future.

## When and Where

The dates of the project are from **24<sup>th</sup> February to 6<sup>th</sup> March 2023** (including arrival and departure days).

The venue will be in CERRALBA, PIZARRA (MÁLAGA) Spain



In our village, there is not a hostel that we can pay for, so the accommodation will be very basic. We will sleep all together in a mixed room and only two showers will be available, so a good schedule will be display to guarantee hygienic among participants. **So, you will need to accept this before coming.**

We know that this will be a challenge, but our objective is to work on the development of rural areas, even if the resources are limited. We are willing to find people that are ready to break down personal limits and open up! 😊

The Village is very rural, so does not offers a wide range of services, but there is a little shop, and we will do our best to provide common goods for share.



## Basic information that we need to know

Find the schedule of the activities attached below! There you can have all the information about our workshops and daily routine.

Please, let us know as soon as possible:

- If someone has a special diet (vegetarian, vegan...) or food allergy (gluten, lactose...).
- If someone has some sickness or allergy.
- Or any other special need you may have

## Travel cost and budget

The cost of the food and accommodation will be covered 100% by the Spanish National Agency, furthermore, travel costs will be granted with an amount according to the travel distance.

According to the Erasmus + Guide for 2023, the amount per participant will be:

- For travel distances between 500 and 1999 KM: **275€** per participant (Italy, Germany, Austria)
- For travel distances between 2000 and 2999 KM: **360€**per participant (Bulgary)
- For travel distances between 3000 and 4999 KM: **530€** per participant (Ukraine)

**Remember to keep all your boarding passes and original travel tickets so we can reimburse you the travel costs!!**

**Please, before buy the ticket write to us, so we can check it.**

**Participation Fee: 15€/person. This fee will be paid in cash on the 3<sup>rd</sup> day of the project.**

## What do you need to bring?

Regarding to stuff to bring:

- Comfortable clothing.
- Towels, toiletries. We will provide basic goods for personal hygiene like Shampoo, hair conditioner, body gel, body milk, tooth paste, tissues and common hair dryer. So you don't need to bring them.
- A sleeping bag.
- Stuff for the Intercultural Evening: Local products from your area as well as brochures and information of your association, country and area.
- Some “ice breaking” activities prepared.
- Your ID and insurance documents (European Health Insurance Card)
- We recommend you to bring, your own water bottle, so we can avoid the use of plastic as much as possible.
- Your own masks. They are compulsory in public transports and pharmacies
- Good Mood!!

## Rules

- We will be host you in our building where our colleague will continue they working routine, so we will kindly ask you to keep silence specially from 8 till 15h
- Keep quiet atmosphere specially from 8-15h. Be aware of our space and take care of it!
- Participants will have to bring their own towels and sleeping bag
- There is no possibility to extend your stay in that place.
- Smoking, drinking alcohol or consuming any other harmful substance it is forbidden in the building
- Participants have to respect the installations, the rooms and the common areas.
- Covid measures. In case of symptoms or positive results quarantine expensive will need to be covert by the participant (you can have an insurance for it). In case the covid situation change, other measures can be implemented.

The rest of house rules will be created the first day of the training.

## What participant are we looking for

The participants could be students, teachers, youth workers, association workers, or any active person in youth field, or interested in sports or inclusion. Also young people willing to share their experiences to learn from others and to grow personally and professionally. To offer this opportunity to young people from rural areas is one of our priorities because we want to spread the knowledge and increase their opportunities for self-development. The ability to adapt to non-comfortable and shared spaces with more people should also be taken into consideration. In order to reach our goals in all aspects, we ask our partner organizations to pay attention to the gender balance in the selection

of the group. Besides, to keep gender balance in the whole group, we ask each partner to pay attention to gender and sexual diversity in the selection of participants.

We are looking for 4 participants + 1 group leader of each of the countries with +21 years old

## How to arrive to the place

Málaga has one of the biggest airports in Spain, so hopefully you will find direct flights to Málaga.

The itinerary that you should follow is:

1. Go Terminal T3 in airport to take the train. There is just a line, called C1 RENFE CERCANIAS
2. Buy a ticket at the vending machine to PIZARRA – just a single ticket.
3. Take the train from the airport (Terminal T3) towards
4. Promptly get off the train at the stop VICTORIA KENT, and change the train destination to ALORA. Line 2 (C2)
5. You will be on this train around 20 minutes and then you have to get off the train at the stop PIZARRA

### **More information in the official train page:**

<https://www.renfe.com/es/es/cercanias/cercanias-malaga/horarios>

**In any case, when we know your flight schedule we can help you to find the easiest way to get the place.**

## COVID -19 policy

As we all know we need to make some adaptations to the pandemic situation so, here you have some important questions:

- Before you travel, make sure what do you need to travel from your country to Spain (Covid passport, test, country form...)
- You will have to bring your own masks, and please take in account that in public transport and pharmacies are mandatory.
- In case of needing quarantine for contact, symptoms or positive results in tests, participants will need to covert that expensive. So we highly recommend to have you own insurance.
- During the week we will:
  - o Disinfect the common areas regularly
  - o Ventilation, or open air activities
- If the covid-19 situation changes, we will propose more measures

## How to contact us

**For further information and to send the**

**Our address:**

**GRUPO DESARROLLO RURAL  
VALLE DEL GUADALHORCE  
C/Caña, S/N 29569 CERRALBA-  
PIZARRA (MALAGA)**

**GRUPO DESARROLLO RURAL  
VALLE DEL GUADALHORCE  
C/Caña, S/N 29569 CERRALBA-  
PIZARRA (MALAGA)**

**To contact us by phone in  
case you need it:**

**Ana Hevilla Ordóñez:**  
+34 952 48 68 38  
**Salud González Guillén**  
+34 952 48 68 38  
**Paula García Guzmán:**  
+34 952 48 68 38

TIMETABLE

| DAY 1                                    | DAY 2   | DAY 3   | DAY 4   | DAY 5 | DAY 6   | DAY 7      | DAY 8                           | DAY 9              |
|--|---|---|---|-------|---|------------|---------------------------------|--------------------|
| GETTING TO KNOW EACH OTHER AND THE PLACE | GETTING TO KNOW EACH OTHER                      | SITUATION OF LGBTIQ+ PEOPLE IN THE WORLD AND IN SPORT | INCLUSIVE LANGUAGE: WHAT IS IT AND HOW TO USE IT IN THIS CONTEXT? | T     | SPORT AS A TOOL FOR SOCIAL TRANSFORMATION                           | GROUP WORK | PRESENTATION OF THE GROUP WORKS | GOODBYE ACTIVITIES |
|  | PRESENTATION OF THE PROJECT AND RULES           |   |   | R     | WORKSHOP: EXAMPLES AND FORMS OF SOCIAL TRANSFORMATION THROUGH SPORT |            |                                 |                    |
| GETTING TO KNOW EACH OTHER AND THE PLACE | SPORT AND VALUES                                | TECNICS FOR AWARENESS AND SENSITIVITY                 | GOOD PRACTICES  | I     | WORKSHOP: OLYMPIC VISIBILITY  | GROUP WORK | YOUTHPASS                       | GOODBYE ACTIVITIES |
|  | WORKSHOP: HOW TO INTRODUCE VALUES THROUGH SPORT |   |   | P     |   |            |                                 |                    |