



Youth
in Action



STAGE Training Course

26 to 30 April 2015

Dolni Lozen, Bulgaria

A three days long training course took place from 26 to 30 April 2015 in Dolni Lozen, Bulgaria. The objective of the event was to acquire relevant competencies for the employment of gender traditional sport in the non formal education context. 40 participants took part in the training.

With this training course activity we wanted:

- To discuss gender equality concepts;
- To know gender equality situation in Europe;
- To provide space for exchange on how organizations deal with gender equality issues;
- To explore new methodologies to work gender equality issues with young people;
- To enable partnership building and networking in view of future strategic interventions and actions related to the theme of the training course.

Activities included:

- Participation to local sport events;
- Multidisciplinary workshops;
- Sport workshops;
- Discussions and debates;
- Panels with local sport teams;
- Workshops on intercultural activities.

Detailed programme of the event:

25 April 2015, Saturday

After 12:00 - Arrival of participants

26 April 2015, Sunday

9.30-11.00 - Welcome and opening ; Program and logistics

11.00-11.30 - Get to know each other

11.30-13.00- Ice breaking games

13.00-14.30 – Lunch

14.30-16.00 - Hopes and fears, Expectations and contributions

16.00-16.30 – Coffee/ Tea break

16.30-18.00 - Presentation of the participants and the organizations

18.00-18.30 - Feedback /open space

20:00- 21:30- Welcome evening and Dinner

27 April 2015, Monday

8:00 – 9:30 - Breakfast

9.30-11.00- Mapping: “Sports and women in my country and in Europe”

11.00-11.30 - Coffee/ Tea break



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11.30-13.00- Sexual discrimination and positive approach towards differences *Why should we include women?*

13:00-14:30 - Lunch

14.30-16.00- Physical activities – why are they important

16.00-16.30 – Coffee/ Tea break

16.30-18.00- Types of Female sports and their characteristics

18.00-18.30 - Feedback /open space

20:00- 21:30- Dinner and intercultural evening

28 April 2015, Tuesday

8:00 – 9:30 - Breakfast

9.30-11.00- How to organize a sports event (management)

11.00-11.30 - Coffee/ Tea break

11.30-13.00- How to sell a sports event and to include women actively(marketing)

13:00-14:30 - Lunch

14.30-16.00- Sport in the different periods of life Interdisciplinary relations

16.00-16.30 – Coffee/ Tea break

16.30-18.00- Sports and the non-formal education

18.00-18.30 - Feedback /open space

20:00- 21:30- Dinner – Visiting Sofia

29 April 2015, Wednesday

8:00 – 9:30 - Breakfast

9.30-11.00- SPORTS ACTIVITIES WITH PROFESIONAL WOMEN'S WOLLEYBALL TEAM

11.00-11.30 - Coffee/ Tea break

11.30-13.00- SPORTS ACTIVITIES

13:00-14:30 - Lunch

14.30-16.00- SPORTS ACTIVITIES

16.00-16.30 – Coffee/ Tea break

16.30-18.00- SPORTS ACTIVITIES

18.00-18.30 - Feedback /open space

20:00- 21:30- Dinner & free time

30 April 2015, Thursday

8:00 – 9:30 - Breakfast

9.30-11.00- Explore best practice traditional games

11.00-11.30 - Coffee/ Tea break

11.30-13.00- Explore best practice traditional games - continues

13:00-14:30 - Lunch

14.30-16.00- SPORTS ACTIVITIES

16.00-16.30 – Coffee/ Tea break

16.30-18.00- SPORTS ACTIVITIES

18.00-18.30 - Evaluation of the training

20:00- 21:30- Dinner & see you soon evening