

Social Innovation through Sport



October 8 to 17, 2022
Orio - Gipuzkoa, SPAIN

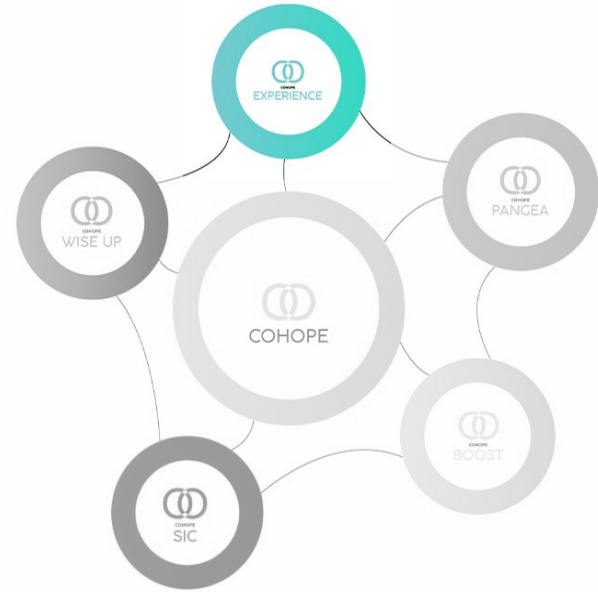
Who we are

Cohope is a Spanish organization which promotes and connects social impact between people, organizations and territories.

Cohope leads different projects which bring people together from different parts of the world, in order to generate a positive footprint in the region where it takes place, its inhabitants and participants. The integration of knowledge related to social entrepreneurship is the engine of change and evolution towards a society strengthened by the collaboration, connection and learning that collective experiences provide.

We create proposals which, holistically, promote the common good through the resolution of obstacles and the development of good practices.

www.cohope.info



About the project



Social Innovation through sport is a Youth Exchange project supported by the **Erasmus+ programme**, which includes participants and organizations from Croatia, Romania, Bulgaria, Italy and Spain. It will take place from October 8 to 17 (including travel days) in Orio, province of Gipuzkoa, Spain.

The main idea of the project is to **become aware of the values that sport promotes** and have the opportunity to join other young people to **develop new ideas** for implementing sports activities in different communities **using social innovation so it is not only an individual impact, but a collective and multiplying one.**

We combine sport with social innovation to provide new tools to promote sport and a more inclusive society, with **active, collaborative learning and real experiences** so young people are the ones who encourage the change at the organizations of tomorrow, in a more conscious, participatory and empathetic way.

During the project, accommodation and food will be covered by the programme.

OUR PARTNERS



Youth Opportunities Union
Bulgaria



Orio
Italy



ASOCIATA D.G.T
Romania



Meraki
Croatia

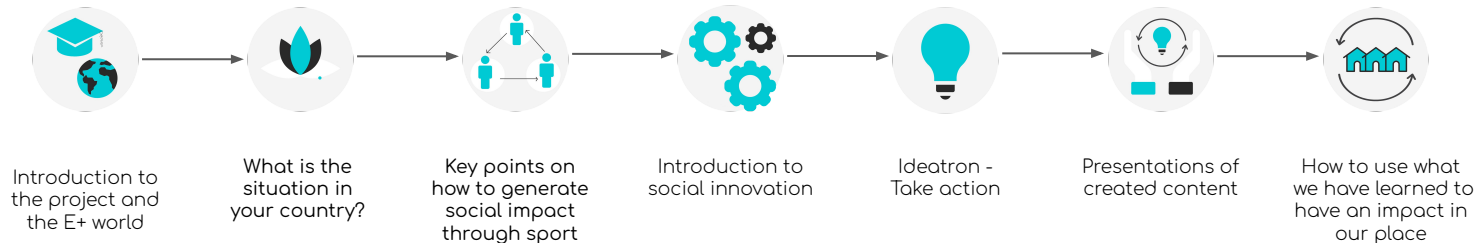
Objectives and Methodology

This project promotes health, physical activity and the exchange of ideas, culture and knowledge, developing more open and tolerant mentalities with others. **Encourage innovation and social entrepreneurship to create new ideas to solve social problems through sports.**

- ★ To provide spaces to share experiences, knowledge and learn in a constructive way from each other.
- ★ Introduce social innovation to develop new ideas and create a more inclusive sport and society.
- ★ Provide tools from the field of non-formal education and information on ways to promote sport to be used later in their own communities.
- ★ Encourage tolerance and acceptance among participants without judging each person's background and context.

We believe that this can only be learned by doing and practicing it, therefore we will make use of role-playing activities, case study analysis, evaluation of the situation in the community, simulation games, problem solving, etc. **We will focus on dialogue, sharing good practices, experiential learning, comparing situations in each country, among others.**

THE FLOW



Participant's profile

- ★ The project will bring together 32 young people **between the ages of 18 and 24** (except for the group leader of each national group, for whom there is no age limit) and it will include 6 participants per country. Ideally, participants will be young people who have faced inequality and/or social exclusion or have fewer opportunities due to personal, economic, cultural, social or geographic barriers.
- ★ Participants do not need to have any previous experience in the topic or international programs. However, it is very important they are **motivated to know more, to create and get involved as active citizens in their territories.**
- ★ Participants **must to be involved and active in all the activities**, we will require the participants to help in the good development of the project.
- ★ Participants are expected to have a **good level of English** to enable fluent communication.
- ★ We expect **commitment in respecting deadlines** and completing the requested preparatory tasks.
- ★ Partner organizations are encouraged to maintain **gender balance** to the extent possible when selecting participants.

Group Leader's Profile

We would like to prepare and carry out a very participative youth exchange in which the Group Leaders actively participate in the design of the activities and/or get involved with their sending organizations.

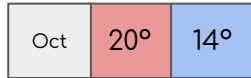


The Place



Orio is a Spanish municipality in the province of Gipuzkoa, in the autonomous community of the Basque Country. It is a coastal municipality of fishing tradition.

The arrival day to Orio is October 8, the meeting point will be at the hostel at 6pm. The departure day will be October 17 at 10am. Participants can travel maximum 1 day before and 1 day after the official start and end of the project. During those extra days, food or accommodation will be **NOT** provided.



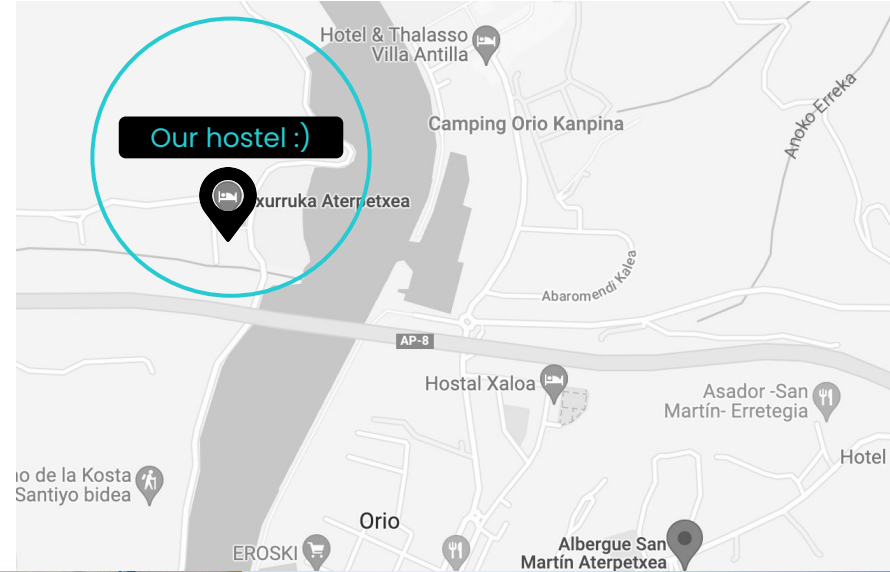
Average temperature



Accommodation

The project will take place at [Orio Hostel](#), located on the Oribazar beach in Orio.

Sheets will be provided. You must bring your own towel and personal hygiene items.



How to get there

Mandatory



1. Before purchasing the ticket send to the host organization the information to check and confirm.
2. Send us by email and bring with you:
 - Booking confirmation/E-ticket
 - Boarding Pass of the flights
 - Proof of payment/invoice
 - All kind of tickets used (train, bus)

We recommend traveling to Madrid or Barcelona and from there taking a domestic flight to San Sebastian airport or Bilbao airport.

- 1) **San Sebastian airport to Aia-Orio**
From the airport to the hostel you can take the public bus **E21** to **Bizkaia Pasalekua, 12**, which will drop you off within a 5 minute walk to the bus stop **Amana Donostia**, to take the final bus **E1**, that will drop you at **Aia-Orio**.
- 2) **Once in Bilbao airport to Aia-Orio**
From the airport to the hostel you can take the public bus **DO50B** to **Suhiltzaileen Biribilgunea**, which will drop you off within a 12 minute walk to the bus stop **Zarautz**, to take the final bus **E1**, that will drop you at **Aia-Orio**.

Finally, from Aia-Orio to the hostel is approximately 20 minutes walking.

The cost of the flight from Madrid or Barcelona to San Sebastian or Bilbao varies between 50 and 80 euros with [Vueling](#) or [Iberia](#). On the buses, cash fare payment is allowed, please have a few euros in hand for payment.

Here are some other options:

1. **From Barcelona**
 - a. **to Bilbao**
By bus: [ALSA](#) or Flixbus - between 20 and 35 euros
By train: Renfe - 55 euros approximately
 - b. **to San Sebastian**
By bus: Flixbus - between 20 and 35 euros
By train: Renfe - 50 euros approximately
2. **From Madrid**
 - a. **to Bilbao**
By bus: [ALSA](#) or Flixbus - between 20 and 35 euros
By train: Renfe - 48 euros approximately
 - b. **to San Sebastian**
By bus: [ALSA](#) or Flixbus - between 20 and 35 euros
By train: Renfe - 39 euros approximately

Reimbursement

We encourage you to get organized to have everything you need, **you must bring ORIGINAL flight tickets and invoices to the project**, otherwise we will not be able to refund the tickets.

The reimbursement will be made by bank transfer to the account of your sending organization, according to Erasmus+ rules.



We will refund all the amount once we have all the documentation and dissemination has been carried out, the process can take up to a month and a half.

When purchasing the tickets, please note that there is a fixed maximum amount reimbursable for your individual travel expenses. This amount is set by the European distance calculator, travel costs from your home city to the venue and back. Travel expenses in excess of the maximum reimbursable amount will not be covered. You should arrange your travel with the most economical route possible. We will only be able to reimburse for public transportation (no travel by own car, cabs, etc.).

Insurances are non-refundable.

The maximum amount for travel costs is:

*Ecological travel
(only train
and/or bus)*

360€	275€	360€	275€	180€	210€
BULGARIA	ITALY	ROMANIA	CROATIA	SPAIN	

If you have any questions, please contact your sending coordinator or host team before booking tickets.

What to bring to the project?



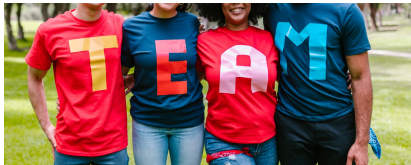
Cultural nights

During the project we will be able to discover more about the cultures of the participants. **Organize with your national team and bring traditional foods and/or drinks (alcoholic drinks are not allowed)** from your region to share with the group. As well as local stories, dances and songs.



Insurance

It is mandatory to have a **valid travel and medical insurance** (i.e. European Health Insurance Card) during your travel. The host organization will not cover any personal health costs. If you need help with this, please contact your sending organization.



Participation fee

There will be a **30 EUR participation fee to be brought in cash at the beginning of the project**. The money will be spent on the benefit of the activity to provide extra materials, activities and more fun times.



Comfortable and warm clothes

- Do not forget **towels**.
- **Umbrellas** or rain coats are recommended.
- **Sport clothes**

Join us and live an unique experience of personal development accompanied by young people from other parts of Europe who also want to become agents of change.

Interested? Fill in the [application form](#) and send it to us.

Feel free to contact us!
anadelvallecouto@gmail.com

