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YOUTH PHOENIX

PROJECT

BLENDEND NATIONAL TRAININGS



SPORTIVIC



Project Summary

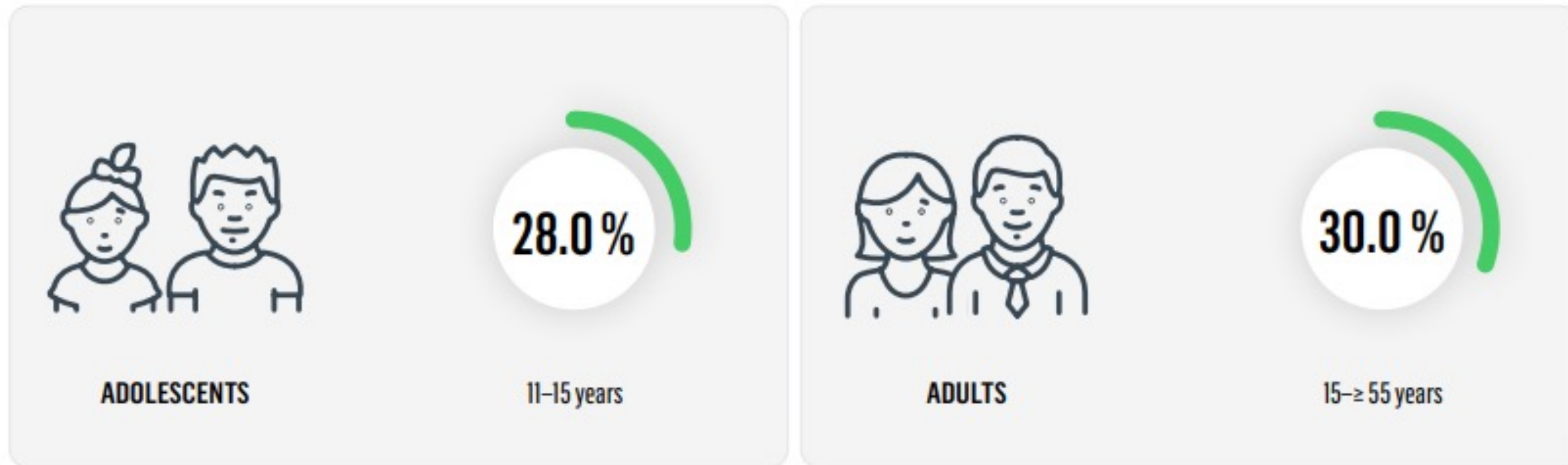
- The project will be launched with the initiative of increasing the involvement of the community of people aged between 10–30, in physical activities, the reduction of overweight people and increasing healthier habits
- The direct beneficiaries are youngsters, volunteers, management team etc. and the indirect beneficiaries are community, Social Media followers, friends of participants etc. and the period of the project is 12 months.

SEDENTAR COMMUNITY OF Roșiorii de Vede/Troianul

The Romanian community is endangered of becoming increasingly sedentary due to the lack of social activities which would entertain youngsters. Thus they become absorbed by the virtual world and become more entangled with an unhealthy behavior which makes them repulsive to new initiatives. And to the involvement in their community.

- Lack of initiative, excess of comfort;
- Lack of physical activity, uninvolvement of the community;
- Greater representation in the virtual environment, social marginalization;

Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018; data for adults and older adults were collected in [Special Eurobarometer 472: Sport and physical activity](#) in 2017.

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1. How often do you do physical activities? (1. 2.3.4.5.)
 2. How satisfied are you with your current physical condition?
(1. 2.3.4.5.)
 3. How often do you take part in cultural activities?(1. 2.3.4.5.)
 4. How pleased are you with your social condition?(1. 2.3.4.5.)
 5. If you had a sports center in your community, would you be more motivated to practice a sport? (Yes. No.)

Target groups

- A total of 100 young people
- From Roșiori de Vede and Troianul
- With ages between 10–30 years

1. DIRECT Beneficiaries

- 100 people from the community who will directly benefit from sports activities and the growth of civic spirit

2. INDIRECT Beneficiaries

- 50 young people who will indirectly benefit from balancing physical activity, awareness of a healthy habit, etc. in 12 months

Objectives of The project

- The objectives of the project are for people aged between 10–30 from Roșiorii de Vede and Troianul;
 - We plan to:
 - increase the civic spirit of 50 people in the community in 12 months
 - increase the Youth community's involvement in activities of 50 people in 12 months.
 - bring a conscious healthy behavior physically and mentally for 50 people in 12 months
 - improve the balance of physical activity and the digital life of 40 people in 9 months
 - engage around 100 people in the local sports contests in 9 months.
 - raise interest in the development of initiative projects of 35 people in 5 months

Partners of the project

PARTNER	BRIEF DESCRIPTION	ROLE IN THE PROJECT
City hall	To rent a place where the activities can be hosted	Providing space and security

Activities

- organising 2 workshops and trainings on physical and mental health
 - promotion of the activities
 - bringing 9 sports models for a conference about sport
 - the proposal for new initiatives
- development of an initiative project
 - the organization of 2 ecological actions at the local level
 - creating a sports community
- preparation for the championship
- Organize a project training in order to create new initiatives
- We will bring 9 sports models during the competitions and workshops, who will talk about how important physical activities are for us, how to find our motivation and how this helps us in the long term.
 - The number of people who will be present excelling between 30 and 100 people .
 - The 9 sports models will judge the final competition, a marathon-type running competition .



Gantt of the project

ACTIVITĂȚI	L1 - iunie	L2 - iulie	L3 - august	L4 - septembrie	L5 - octombrie	L6 - noiembrie	L7 - decembrie	L8 - ianuarie	L9 - februarie	L10 - martie	L11 - aprilie	L12 - mai
Plan de promovare												
Întâlnire echipă de proiect project management												
selectarea candidaților												
campanie de promovare pe tema proiectului												
crearea și publicarea toolkit (mindset, diet, goal -include taskuri active pentru mentinerea bunastarii fizice si psihice)												
workshop alimentație sănătoasă												
atelier de personal defense (box/karate)												
first contest												
workshop-uri de conștientizare a importanței exercițiilor constante, raportul minte-trup, eficiența academică în raport cu efortul fizic (poate include saha ca atelier de concentrare și perspicacitate)												
maraton												
physical health and the digital realm +useful digital skills												
dezvoltarea unui proiect de inițiativă (ex pistă de biciclete)												
ecologizarea ca exercitiu de activitate fizica												
vizita la un stadion de ex pentru antrenament si motivatie												
Competiția finala												

Expected results & Impact of the project

❑ THE DIRECT IMPACT.

- increasing the motivation of young people at the community level
- improving the mental state
- increasing physical agility

❑ THE INDIRECT IMPACT.

- the impact will be long lasting, after the contests are completed
- double to the increase in motivation and physical agility, young people will continue preparing for such competitions

Promotion and Dissemination

- The promotion and dissemination will be made via social media and via flyers and events.
- We will be promoting our project through Instagram and Facebook and will also make an article on the students council's Instagram page.
- We will also be making content marketing, such as articles, videos, etc.
- The city hall will also promote our project through posts, articles, events, etc.

Budget of the project

Define the expenses of the project.

Type of expence	Amount
Purchases	100
Rental	500
Prizes	600
Workshops/trainings	1000
Total	2200 EUR