

The background is a complex, abstract geometric pattern composed of numerous overlapping triangles and polygons in various shades of blue, purple, brown, and grey. The bottom edge of the image is irregular and jagged, resembling a torn piece of paper, with a solid black area below it.

**SPORT IT!**

**ŠAL'A, SLOVAKIA**  
**30.04-08.05.2022**  
**YOUTH EXCHANGE**

***INFOPACK***

# Project information

The project „Sport it!“ seeks for:

1. Empowering participants with the knowledge and good practices about healthy lifestyle & diet;
2. Building up participants' physical endurance and enhance their well-being;
3. Discussing current issues related to the nutrition, sports, and social exclusion through sharing good practices and experiences related to prevention of diseases (caused by lack of exercise and poor eating habits), and using sport as a social inclusive method;
4. To empower youngsters to multiple competences gained during the Youth Exchange in their local communities by spreading outputs of the project (project video, press releases, photos, future local and international projects);
5. To discuss between countries what is local and state authorities approach to practicing healthy lifestyles, or if special guidelines exist for it, etc.;

# Project information



The project „Sport it!“ shall take place in Sal’ a – the city located 65 km from the capital Bratislava, and 25 km from Nitra

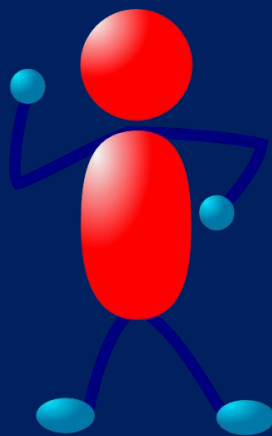
Dates of the project: 2-10.01.2022

- Arrival day: 2.01.2022
- Project days: 3-9.01.2022
- Departure day: 10.01.2022

# Participants' profile



**Communicative command of English  
Minimum level B2**



**Interest in the topic:  
Sport and healthy lifestyle**



**Willingness for active participation  
during the whole project**

# Travel grant

According to the Erasmus+ policy, accommodation and daily diet are provided from European Union Funds.

Regarding travel, all mobilities shall be reimbursed upon finishing the YE up to the following amounts for:

Slovakia – 20 EUR

Poland – 180 EUR

Greece – 275 EUR

Bulgaria – 275 EUR

Romania – 275 EUR

Spain – 360 EUR

## ***IMPORTANT!***

Please search for **the cheapest** option first, and do not purchase tickets unless confirmed with **the organiser!**

The amount above the given limit will not be reimbursed.

# Accomodation

The venue of the project:  
Zázemie - Lodenica Šaľa

[https://www.facebook.com/pg/LodenicaSala/photos/?ref=page\\_internal](https://www.facebook.com/pg/LodenicaSala/photos/?ref=page_internal)



Rooms: 4 people each, division  
between male and female

Smoking is prohibited within the area.  
Please bring your own towels.

## How to get there?

Closest airports: Vienna (VIE),  
Bratislava (BTS), optionally Budapest  
(BUD).

Train to: Šaľa (from Bratislava), or train  
to: Trnovec nad Váhom

Bus from Šaľa (Šaľa,žel.st.) to  
Šaľa, Veča, Lúčna and a couple of  
minutes by walk.

# Important information

All participants taking part in the mobility have to be **fully vaccinated** with the EU-recognised vaccination. Since the requirements may change, organiser shall provide all the necessary updates respectively.

According to the rule of Erasmus+, all participants are obliged to participate in at least 80% of workshops. Otherwise, the reimbursement shall not be carried out, and participants cover travel expenditures themselves.

## What to bring along?

- ✓ comfortable sport clothes, and a pair of sport shoes;
- ✓ a swimsuit/trunks;
- ✓ a towel;
- ✓ one laptop per national team;
- ✓ some national specialities for the Intercultural Evenings\*

# Countries Involved



Bulgaria



Poland



Slovakia



V-KINGS

ASOCIACIÓN  
ENTREJUEGOS



Spain

SYSTEM AND G



Greece

asociatia  
CPDIS



Romania



# Meet the team



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**In case of questions, feel free  
to contact us directly!**