

## **DELIVERABLE 4.4. YouCAMP Handbook**

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# YOU Camp

## HANDBOOK



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## WRAP-UP

YouCAMP, comes from 5 years of preparatory projects in which the concept of the Academy for Young Leaders of Grassroots sport has been developed, involving a network composed of 6 national grassroots sport organisations, more than 60 young leaders who have developed a set of skills and knowledge in the field of grassroots sport and 30 senior managers involved by the partner organizations who exchanged knowledge, good practices, experiences and ideas with the young participants. Furthermore, the design and test of an educational e-learning program for young leaders in grassroots sport management was designed, which gave the possibility to 75 European young people from 18 to 30 to be trained and developed curriculum of “young leader in grassroots sport management at national and international level”.

During the third edition of the Youth Academy called “YouLEAD,” the youth participants as a result of their training experience and exchange of ideas, devised 6 multi-sport camp proposals (one for each organization involved), with the aim of engaging participants aged between 14 and 19; the camps turned out to be a topic of common interest of the organizations involved. Furthermore, during the CSIT Congress week staged in November 2022, a representative of young leaders coming from 6 partners were gathered and a seminar was held to design together a project’s idea after having analysed the need of young people from 14 to 19 in grassroots sport organisation, developing a permanent working group of young leaders coordinate by CSIT. The main topics and ideas emerged during the Youth Seminar (12 participants from 6 national sport organisations) and the meetings of the Youth working group (12 participants) were structured into criteria to be satisfied by a new project proposal : The formula of the “Youth Sport Camp” brings the added value to gather youngsters together in one location, to experience sport combined with fun so to collect unforgettable memories; To discover/create innovative/new sport disciplines/games and to compete at national and international level well combines the 2 factors of fun and active role.

Combating inactivity of young people and the drop out mainly referred to the age 13-18 years old, especially for girls; The golden rules to bring back youngsters to sport: having fun and playing an active role; Cooperation between young leaders and senior leaders is a key factor;

## THE PROJECT: YOU CAMP

Coordinated by an International Sports Confederation (CSIT/AT) with a partnership of 6 national grassroots sport organizations (AICS/IT, TUL/FI, UCEC/ES, HOCSH/GR, HLA/HR, ASKÖ/AT), **YouCAMP** has the objectives of promote social inclusion in and through sport, promote gender equality and increase youth participation in sport activities.

These goals were pursued through the stage of **6 National Camps**, held in each country involved into the partnership consortium, from July to September 2024, by engaging 30 young participants (aged 14-19), divided into half female and half male.

Young people were the participants and the co-organizers of their own camp, through their engagement from the preliminary phases, coordinated by the intergenerational teams of the participating sports organizations.

The goal is to develop social inclusion by involving 180 young people, 90 boys and 90 girls, divided into gender balanced teams and promoting sports competition in mixed teams.

During the camps, each grassroots sport organisation developed 2 innovative sport activities, by using a teambuilding approach and the intergenerational dialogue method, promoting:

- environmental sustainability
- new adapted traditional games for all ages
- emphasizing the richness and distinctiveness of national cultures in sports which were developed during the staging of the camps, in each nation, reaching a total of 12 new innovative sport activities.



Furthermore, European Guidelines of innovative and inclusive sport activities were designed with the active role of the young participants.

The purpose of this handbook is to summarize the activities carried out by each organization in its own camp and to illustrate the innovative sports activities developed.

## AiCS (Italy)



## International Youth Sport Camp

<b>Name of the camp</b>	International Youth Sport Camp
<b>Dates</b>	From July 28 to August 3
<b>Location</b>	Bella Italia Village, Lignano Sabbiadoro
<b>Participants</b>	31
<b>Staff involved</b>	1 camp manager 2 camp supervisors 4 sport coaches and Young Leaders



### Camp Highlights



The camp featured diverse sports, workshops, and cultural activities aimed at inclusivity, sustainability, and cultural exchange.

**Sports** included 4vs4 Beach Volleyball for inclusivity, 7-a-side Football on a smaller field, Freeze Tag Basketball, Bike Hiking, Orienteering, innovative games like Kablowie and Evoball, and a Water Course with sea-life awareness tips.

**Workshops** included an Innovative Sport Activities session where participants developed and tested new games, and a Gender Equality workshop addressing discrimination in sports, coupled with an engaging football activity.

**Cultural highlights** included an Intercultural Night with regional presentations and local food, a Bike Hike exploring Friuli and Veneto, and a trip to Lignano Sabbiadoro to experience local culture and cuisine.

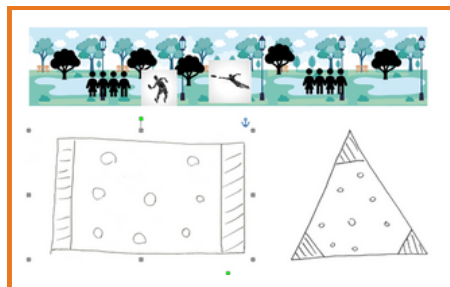
## ENVIRONMENTAL GAME TREESBEE



### INTRODUCTION

TREESBEE is a game that mixes a well-known activity like the frisbee game to the values of environmental sustainability. The game takes place in parks or woods. The main need is to be in a place where trees are spread all over.

Treesbee also pushes on the physical activities like run, catch and throw, but also on coordination and cooperation.



**Participants** 2 to 4 teams composed by 3 to 8 participants: 6 to 32 participants in total

**Duration** 30 minutes per game

**Age of the Participants** 8 to 99 years old

**Location** Outdoor, possibly in a park.

### OBJECTIVES OF THE GAME

Catch the frisbee in the “goal” area.

Do not hit the trees!

Learning to cooperate.

Learning how to respect environment both in a metaphorical and practical way.

### RULES

- A player that is holding a frisbee can't move
- When a player throws the frisbee and hits a tree, the other team gets the frisbee (in case of more than 2 teams, the frisbee goes to the first one to catch it, excluding the fouled team). The person who threw the frisbee will have to stay near the hit tree for the rest of the game.
- The player who holds the frisbee can move only while touching the tree
- If the frisbee hits the ground or goes outside the border, the opposite team gets the frisbee (in case of more than 2 teams, the frisbee goes to the first one to catch it, excluding the fouled team).
- To score a goal a player must throw the frisbee and another one of the same team has to catch it in the “goal” area.

**Respect of nature**

Contact with nature

**Environmental sustainability**



## TRADITIONAL GAME THE FARM



### INTRODUCTION

The Farm is inspired by a traditional Czech game, in which two teams must invade the opposite field and “convert” the opposite players.

In addition to this, the participants will have an animal assigned and will have to convert the opposite players with the same animals assigned.

### OBJECTIVES OF THE GAME

- Touch the opposite animals while attacking and don't be caught by the defence.
- Calculate time carefully.
- Hold the breath.
- Rediscover traditional games.

### RULES

- Attack: enter the opposite side repeating your animal sound until you have breath. Try to find and touch your opposite animal to capture them
- Defence: repeat your animal sound and try to catch the invader by taking only 5 steps in a cross pattern
- If you finish your breath in the opposite side, you change the team
- Match ends when all the players are in one side

<b>Participants</b>	Preferably 8 to 20 participants
<b>Duration</b>	About 15 minutes per round
<b>Age of the Participants</b>	10 to 19 years old
<b>Location</b>	Preferably outdoor on a soft surface like grass



## ASKÖ Sport Camp



<b>Name of the camp</b>	ASKÖ Sport Camp
<b>Dates</b>	From July 15 to July 19
<b>Location</b>	BSFZ Obertraun, Austria
<b>Participants</b>	30
<b>Staff involved</b>	3 handball coaches 2 Young Leaders 1 camp leader 9 Senior Leaders

### Camp Highlights

The camp offered a variety of activities emphasizing sports, inclusivity, and cultural experiences.

**Sports:** Handball training occurred daily, with matches on Wednesday and a game against the coaches on Friday. Participants could swim, take ice baths, play soccer, or engage in an orienteering day. A traditional obstacle course combined races and environmental trivia.

**Workshops** included a session on training with individuals with disabilities, led by ASKÖ President Hermann Krist, featuring videos and discussions. Special Olympics athletes joined for a day to foster inclusivity.

**Cultural activities** included hiking, ice cave visits, mountain sightseeing, or a popular boat trip to Hallstatt, offering time for exploration and leisure.

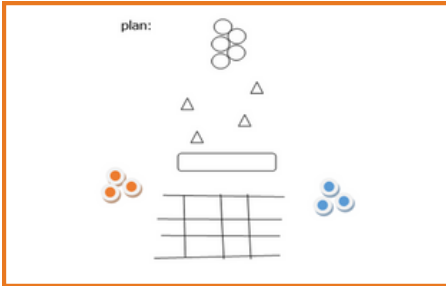




# ENVIRONMENTAL GAME

## ENVIRONMENTAL

### TIK TAK TOE RUN



### INTRODUCTION

The background of the game is to learn teamwork, communication and the importance of sustainability.

Fun in the game shouldn't be missing.

### OBJECTIVES OF THE GAME

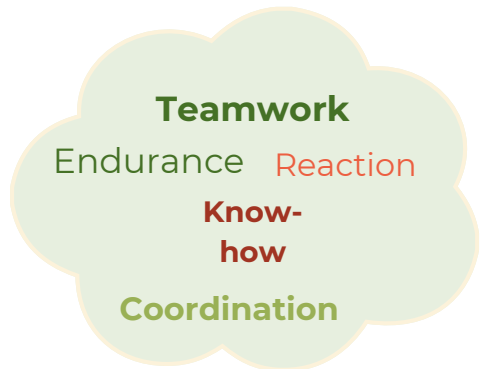
The participants are drawn into groups of equal size. The teams compete against each other 1:1 in the course race. At the end of the course race there will be the game "Tic Tak Toe". One trainer is waiting at the "Tic Tak Toe" field and ask a question. The faster participant may answer first. If he answers correctly, he first decide Tic Tac Toe field.

If the answer is wrong, the slower runner gets the chance. After they run back and the next in line can run. The team who won first the "Tik Tak Toe" Game will get win.

### RULES

- Only one of each team runs against the other one
- All obstacles must ne overcome correctly
- The faster runner has the opportunity to answer the question first
- The team who won the Tik Take Toe win the game

<b>Participants</b>	30 people
<b>Duration</b>	50 minutes per game
<b>Age of the Participants</b>	13 to 14 years old
<b>Location</b>	Outdoor on a soccer field



## TRADITIONAL GAME THE HOCKEY GAME



### INTRODUCTION

The background of the game is teamwork, playing sports together and having fun.

The participants are drawn into groups of inclusive equal size. Two teams of 6 play against each other. If a goal is scored, that team gets a point. The game lasts 5 minutes.



<b>Participants</b>	30, together with Special Olympics athletes
<b>Duration</b>	50 Minutes
<b>Age of the Participants</b>	14 to 15 years old
<b>Location</b>	Field hockey site

### OBJECTIVES OF THE GAME

Social inclusion and teamwork

### VARIATION OF THE GAME

- Can be played without scoring.
- Each player should have one ball in contact.
- Varyate the field and/or time.

### STRATEGY

The team members should score a goal by passing or blocking the opposing team.

### RULES

- The racets must be on the ground
- If the ball is out of the field, the other team gets it
- It is not allowed to hurt the others
- If there is a foul, the participant is out

Fun

Endurance

Coordination

Inclusion

## HLA (Croatia)



## Eco Roots Sport Camp

<b>Name of the camp</b>	Eco Roots Sport Camp
<b>Dates</b>	From September 23 to September 28
<b>Location</b>	Pula, Croatia
<b>Participants</b>	30
<b>Staff involved</b>	1 camp manager 3 sport coaches



### Camp Highlights



The Eco Roots Sport Camp combined sports, workshops, and team-building activities to promote fitness, sustainability, and collaboration.

**Sport Activities:** Participants engaged in football, basketball, volleyball, athletics, and dodgeball, along with innovative games like Basketball Clean-up, promoting waste management, and a Traditional Relay Race highlighting Slavic culture. They also coordinated activities for over 300 students at the European School Sports Day.

**Workshops:** A 90-minute workshop on "Environmentally Friendly Practices and Environmental Preservation" explored sustainable sports, focusing on waste reduction, eco-friendly materials, and innovative ideas, fostering collaboration and environmental responsibility.

**Cultural Activities:** While bad weather canceled cultural events, participants engaged in team-building activities during European School Sports Day preparations and enjoyed an icebreaker on the opening day.



## ENVIRONMENTAL GAME BASKETBALL CLEAN-UP



### INTRODUCTION

The Trash Collecting Competition aims to promote environmental sustainability by encouraging participants to actively engage in waste management practices. The game instills values of environmental consciousness, teamwork, and community engagement, as teams work together to collect and remove litter from designated outdoor spaces.



#### Participants

The game requires a minimum of two teams, each consisting of mixed-gender participants. There is no maximum number, as the activity can be scaled according to participant count.

#### Duration

15-20 minutes, including setup and cleanup.

#### Age of the Participants

Suitable for participants of all ages and abilities, with tasks adaptable to various skill levels.

#### Location

Any outdoor area that requires cleaning and is safe for group activities.

### OBJECTIVES OF THE GAME

The main goal is to collect as much trash as possible within a set time, fostering awareness about littering and waste reduction while promoting physical activity and teamwork among participants

### RULES

- Each team is responsible for collecting as much trash as possible in the assigned area within the set time.
- Only trash collected in the designated trash bags will be counted towards the team's total.
- Teams must work collaboratively, and any form of misconduct will lead to disqualification.

### Waste Management

Teamwork Awareness  
Physical activity  
Environmental  
sustainability



## TRADITIONAL GAME RELAY RACE



### OBJECTIVES OF THE GAME

To enhance physical coordination, teamwork, and cultural awareness through traditional games adapted for accessibility and inclusivity.

### VARIATION OF THE GAME

The Teams will get points and then two other teams compete against each other. Adjust the game for different physical abilities by varying the relay stations' distance or modifying the difficulty of each task. For example, the throwing distance can be reduced, and lighter materials can be used for ease.

### RULES

- Each participant must complete their designated task at each station before moving on.
- All stations must be completed by each team member for the team to qualify for scoring.
- A pair's task completion is only counted if both partners finish together (e.g., ball transport between heads).

### INTRODUCTION

The Relay Race incorporates traditional games from various cultures, including football, pljočkanje (a traditional Slavic game), and basketball.

This activity fosters intergenerational bonding, cultural exchange, and physical fitness.

#### Participants

Three teams with members divided into pairs, allowing for flexible team sizes.

#### Duration

Approximately 20 minutes, allowing 5 minutes per station plus transition time.

#### Age of the Participants

Adaptable for all ages, with emphasis on family-friendly and intergenerational involvement.

#### Location

Outdoor area with space for stations or an indoor gym setup that can accommodate relay activities.

**Physical Coordination**  
**Intergenerational bonding**      **Teamwork**  
**Inclusivity**

### YouCAMP Loutraki



<b>Name of the camp</b>	YOUCAMP Loutraki 2024
<b>Dates</b>	From August 26 to August 31
<b>Location</b>	Loutraki, Greece
<b>Participants</b>	30
<b>Staff involved</b>	4 sport coaches

### Camp Highlights

The camp offered a blend of sports, workshops, and cultural activities, combining modern and ancient athletic traditions with historical and cultural exploration.

**Sport Activities:** Participants engaged in archery, swimming, water polo, aqua aerobics, basketball, football, beach volleyball, tennis, and ancient Greek sports such as long jump, javelin, pankration, and shot put. Camp instructors provided technical guidance, safety instructions, and equipment, ensuring participants practiced safely and effectively.

**Workshops:** A 3-hour outdoor workshop on Ancient Greek Sports, explored the history and values of ancient Greek athletics and the origins of the Olympic Games. Participants learned about events like the Nemean and Pythian Games and practiced traditional sports, emphasizing honor, respect, and excellence.

**Cultural Activities:** Campers visited the Temple of Hera on the picturesque Perachora Peninsula, blending history and natural beauty. The excursion ended at Heraion Lake, where they enjoyed the sea and a relaxing lunch.





## ENVIRONMENTAL GAME ENVIRONMENTAL SUSTAINABILITY GAME



### INTRODUCTION

The activity integrates various principles of environmental sustainability, with a primary focus on educating, sensitizing and raising awareness among the youth population. Young campers are assigned simple but important environmental tasks while also being informed about the negative environmental consequences of failing to complete these responsibilities.

### OBJECTIVES OF THE GAME

Teams formed by the campers are expected to fulfill the assigned environmental tasks/ duties, during the camp days.

Assign environmental tasks/duties may be tasks as follows:

- Turn off the taps if they are leaking,
- Turn On/ Off the lights
- Collect waste

### RULES

- The evaluation scale ranges from 1 to 5, where: 1 indicates the task was not successfully completed. 5 indicates the task was successfully completed.
- Teams will receive evaluations from both instructors and other teams: Instructor evaluations make up 60% of the total score. Peer evaluations from other teams contribute 40% of the total score.
- Instructors are required to provide feedback explaining their scores (e.g., "The lights were left on after the training concluded").
- A winner is selected at the end of each day, as well as an overall winner for the camp (or week).

#### Participants

Teams of 6 to 8 participants. There is not a max number of participants.

#### Duration

24 hours

#### Age of the Participants

7 to 16 years old

#### Location

Camp site



## TRADITIONAL GAME OLYMPIC GAMES RECALL



### INTRODUCTION

The proposed sport activities actually recall some of the sports were organized during the Ancient Olympic Games. In particular the selected sports are:

- Long Jump
- Running
- Javelin
- Discus
- Pankration

These sports will be organized to reflect the original methods and styles of competition from the ancient Olympics.



### OBJECTIVES OF THE GAME

These sport activities assist physical strength, agility, and endurance, contributing to overall fitness as well as assist participants to connected into ancient Greek culture, values, and traditions.

### RULES

- Long jump: Athletes hold weights in each hand, between 2 and 4 kg. From a steady position they swing the weights forward during take-off and backward upon landing. Winner is the one with the longest jump.
- Running: Runners complete a distance of approx. 193 meters. The race begins with the judge's call: "Run, Leonidas, Run!". Winner is the one who completes the distance first.
- Javelin: Includes two distinct competitions: distance and accuracy. Athletes compete either for maximum distance or by aiming at specific targets. Accuracy competition is aiming to hit distant markers or designated zones, highlighting their precision.
- Discus: Since discus was not only a sport but a symbol of physical perfection and the harmony of body & mind, instructors evaluate only the spinning motion.
- Pankration: Evaluation of the three basic kicks and pounces demonstrated during the sport presentation.

**Participants** 15 participants per instructor

**Duration** 90 min per session

**Age of the Participants** 6 to 18 years old

**Location** Outdoor area

## Olympic Games

### Discus

### Ancient Greek Sports

## TUL (Finland)



## YouCAMP Sport Camp

<b>Name of the camp</b>	YouCAMP Sport Camp
<b>Dates</b>	From July 22 to July 27
<b>Location</b>	Olympic & Paralympic Training Center Pajulahti
<b>Participants</b>	30
<b>Staff involved</b>	1 camp manager 1 camp director



### Camp Highlights



**Sport Activities:** Participants enjoyed diverse sports, including volleyball, where coaches introduced techniques like serving and spiking before a match focusing on teamwork and strategy. Athletics sessions led by a former Olympian covered track and field events, emphasizing technique and safety. Pesäpallo, Finland's version of baseball, provided a cultural highlight with a hands-on introduction followed by a match.

**Workshops:** The Healthy Lifestyle Workshop explored sleep, nutrition, sustainable living, and gender-specific health in sports. A Volleyball Workshop taught technical skills, leadership, and gender equality, integrating eco-friendly practices. The Leading and Guiding Children's Camp Workshop focused on safety, inclusion, and leadership, with participants applying these skills in a real-world setting.

**Cultural Activities:** Daily lakeside sauna and swimming offered relaxation, while participants enjoyed activities like rock climbing, canoeing, fatbiking, and frisbee golf. Social highlights included a campfire evening, an adventure park challenge, and the Wacky Olympics. The camp began with icebreaker games and safety guidance and concluded with a reflective closing ceremony.

## ENVIRONMENTAL GAME FATBIKE CYCLING



### INTRODUCTION

The game revolves around fatbike cycling in nature, promoting physical endurance and environmental awareness. Riders navigate through diverse terrains while learning to respect and preserve the natural environment. The aim is to foster a connection with nature, encourage responsible outdoor activities, and enhance the understanding of sustainability by minimizing the environmental impact during the ride.



#### Participants

4 to 10 participants per Game; option to organize multiple groups for larger events

#### Duration

Between 60 to 90 minutes, depending on terrain and endurance

#### Age of the Participants

12 and above, depending on the difficulty of the trails.

#### Location

Outdoors in natural environments (forests, mountain trails, or beach areas with appropriate off-road biking paths)

### OBJECTIVES OF THE GAME

- Develop endurance and physical strength.
- Improve biking techniques and off-road skills.
- Encourage teamwork among participants.
- Promote environmental consciousness by adhering to eco-friendly practices while biking in nature.

### RULES

- Riders must stay on marked trails to avoid damaging the environment. Teams must complete the course within the allotted time.
- Each rider must wear safety gear, including helmets and gloves.
- No littering allowed; all trash must be carried out after the game.
- Respect wildlife and avoid disturbing natural habitats.
- Any technical issues with bikes must be resolved without external assistance.

**Nature  
Preservation**

**Teamwork** Endurance

**Off-road cycling skills**

**Environmental  
awareness**



## TRADITIONAL GAME PESÄPALLO



### INTRODUCTION

Pesäpallo, also known as Finnish baseball, is a traditional Finnish sport that combines elements of baseball and cricket. It emphasizes agility, strategy, teamwork, and hand-eye coordination. Players learn to work together, develop tactical thinking, and improve their physical fitness through running, throwing, and batting. It teaches discipline and promotes social interaction among players

### OBJECTIVES OF THE GAME

Pesäpallo involves two teams taking turns between batting and fielding. The batting team tries to score runs by hitting a pitched ball and running through bases, while the fielding team tries to prevent them by catching the ball and getting players out. It differs from baseball mainly in how the ball is pitched and the structure of the field, with a focus on tactical play and positioning.

### RULES

- A team consists of 9 players.
- The game alternates between batting and fielding innings, each team getting 9 outs per inning.
- The ball must be pitched vertically and hit within the playing field.
- Players must run through four bases in a zigzag pattern to score a run.
- A batter is out if a fielder catches the ball directly or tags the base before the runner arrives.
- The game is played over two periods, with the team scoring the most runs declared the winner.

<b>Participants</b>	There are two teams of 9 players each, but variations can allow for smaller teams.
<b>Duration</b>	A standard game lasts about 60 minutes, but it can vary depending on the number of innings played.
<b>Age of the Participants</b>	Suitable for children aged 10 and above. Younger players may need a smaller field or a softer ball.
<b>Location</b>	Any outdoor field with base markers (one can mark bases by themselves).

**Hand-eye Coordination**  
**Quick decision-making**      **Teamwork**  
**Agility**  
**Strategy**

### Esportaventur



<b>Name of the camp</b>	Esportaventur
<b>Dates</b>	From July 29 to August 2
<b>Location</b>	Almenar City, Lleida
<b>Participants</b>	30
<b>Staff involved</b>	1 camp manager 1 Young Leader 4 sport coaches

### Camp Highlights

**Sport Activities:** Participants engaged in volleyball, football, and athletics, focusing on basic skills and competition simulations after morning swimming sessions. Outdoor activities included horse riding, hiking, cycling, climbing, and an orienteering race, with progression tailored to individual participants. A morning at a local lake featured water sports like canoeing, paddleboarding, and swimming. The highlight was a city-center obstacle race, combining physical challenges with cultural exploration.

**Workshops:** The Leadership and Team-Building Workshop introduced leadership concepts through a dynamic group activity. Teams created and performed dances for the final obstacle course. The Innovative Activities Workshop focused on designing and practicing unique sports, encouraging creativity and collaboration.

**Cultural Activities:** The city-center obstacle course doubled as a cultural and farewell event, guiding participants through key landmarks. The camp concluded with an afternoon zip-lining adventure in the forest, offering a thrilling end to a week filled with sports, teamwork, and fun.





## ENVIRONMENTAL GAME ENVIRONMENTAL ORIENTEERING HIKE



### INTRODUCTION

The activity is an orienteering hike. It is a non-competitive activity useful to enjoy doing physical activity on a natural path.

### OBJECTIVES OF THE GAME

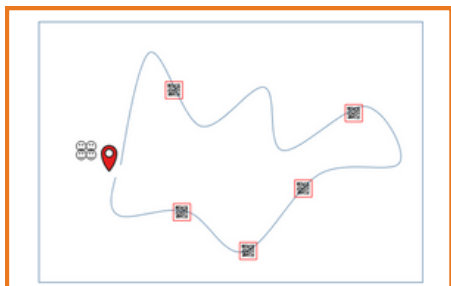
To be aware of the importance of respecting the environment. To know natural places to do physical activity.

### VARIATION OF THE GAME

- The Teams will get points and then two other teams compete against each other.
- We can change the route where the landmarks are located.
- We can reduce or increase the distance of the route.
- We could change QR to a written question so that it is not necessary to use phone.

### RULES

- The whole group has to go together
- They can't hide the landmarks
- They have to respect the environment



<b>Participants</b>	Minimum 5 – maximum 60
<b>Duration</b>	1 hour
<b>Age of the Participants</b>	6 to 18 years old
<b>Location</b>	Outdoor. Ideally, a hiking trail, forest space or mountain.

**Nature Path**

**Hiking Fun**

**Teamwork Sustainability**

**Learning**

## TRADITIONAL GAME CATALAN RURAL GAMES



### INTRODUCTION

The main idea is that participants could ask older people in the village about the game. They could receive advice about how that game was played before, and learn about the changes.

### OBJECTIVES OF THE GAME

To learn two traditional games: catalan bowling and three in a row. To promote intergenerational exchange.



**Participants** Minimum 5 – maximum 60

**Duration** 50 min

**Age of the Participants** 11 to 80 years old

**Location** Although it is adaptable to be played indoor as well, the idea is to play outdoor: a park or any natural environment

### VARIATION OF THE GAME

We can increase the distance or the ways they move (running backwards, jumping, or carrying something).

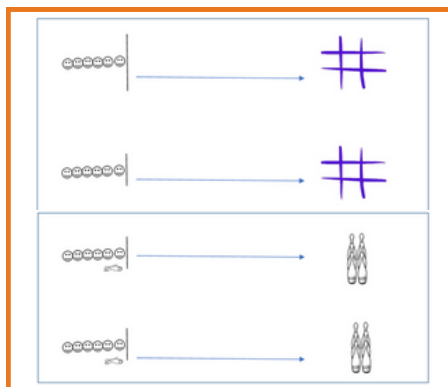
### RULES

- They have to pay attention the explanation of each game.
- They have to respect the rules and the material.
- They have to make an intergenerational exchange to learn more about the game.

## Traditional Game

### Cooperative Work

Intergenerational  
Exchange




# Partner Consortium:

## Coordination:

CSIT - International Workers & Amateurs in Sport Confederation

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