

International training course:

“VALUES EDUCATION THROUGH SPORT: APPLYING OVEP 2.0 METHODOLOGY”

27 January–4 February 2020
Druskininkai, Lithuania



Background of the project:

The National Olympic Committee (NOC) of Lithuania has identified Olympic Education as one of its strategic areas. For the past seven years, Lithuanian NOC has been implementing a great variety of Olympic Education programs targeting educational institutions, educators, children and youth. Most of the programs and activities are dedicated towards promotion of physical activity, education through sport, dissemination of Olympic ideals and Olympic values education. Through a long-term commitment towards disseminating Olympic ideals, Lithuanian NOC gained extensive experience in promoting Olympic values education for teachers while combining ideas of Olympism and methodologies of non-formal education.

In 2017 Lithuanian NOC successfully delivered an international training course “Olympism for values education”, which was funded by Erasmus+ program. In addition, the National Olympic Committee was one of the first NOCs to translate the IOC’s Olympic Values Education Programme into Lithuanian language and launched a national training program for educators of all levels in 2018. Presently Lithuanian NOC is running level I, level II OVEP 2.0 and OVEP trainers’ courses. Over the course of two years, Lithuanian NOC prepared 20 OVEP 2.0 trainers and trained 450 educators to use the OVEP.

Olympic Values Education Programme is a great tool, which is to be used by the National Olympic Committees around the world. It is essential that the NOCs collaborate and share their experience in delivering OVEP 2.0, identify challenges as well as joint opportunities for the implementation for the dissemination of Olympic values through sport. This international training course will create the space, learning and working environments for the participants and the organizations involved.

Partner organizations for this project are:

Estonian Sports and Olympic Museum, Olympic Committee of North Macedonia, Olympic Committee of Portugal, Olympic Committee of Slovenia – Association of Sports Federations, Czech Olympic Committee,

German Olympic Academy Willi Daume, Slovak Olympic and Sports Committee, National Olympic Committee of Poland and the National Olympic Committee of Lithuania.

About the Olympic Values Education Program:

„Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the value of good example and respect for universal fundamental ethical principles“ (IOC, 2019). Olympism is a catalyst for the development of each human being. The Olympic Values Education Programme (OVEP 2.0) is a tool that has been created by the international Olympic Committee. OVEP „communicates the benefit of sport and physical activity through an understanding of Olympism and its impact on individual health, enjoyment, and social interaction. Interlinked with the global education priorities related to promoting skill sets for the 21st century, OVEP uses the universality of sport in the Olympic context to support delivery of curriculum in and outside of the classroom. OVEP is based on the Olympic philosophy that learning takes place through a balanced development of body and mind. OVEP allows young people to experience life values such as excellence, respect and friendship“(IOC, 2019).



The IDEA of the training course:

27 participants from all over Europe (9 countries) who work in the fields of education, youth work and sport - practitioners and sports administrators, will gather for a 7-day training course. During the training course, different methodologies of non-formal education and Olympic Values Education will be presented. The training course is based on active participation; therefore, participants will be involved in a number of different activities ranging from teambuilding practices to reflection exercises to delivering workshops. Lithuanian NOC will present its experience in working with OVEP 2.0 methodology and the supporting structures, that were established to successfully implement this process. Participants will understand the philosophy of the Olympic Values Education Programme and will learn how to use adapt the OVEP manuals in daily work with young people.

Overall aim of the training course:

Train participants on how to use the Olympic Value Education Programme and sport in daily work with young people.

Objectives:

1. Explore and understand the principles of non-formal education and Olympic education;
2. Explore sports as a specific approach to work on values education;
3. Develop competencies of educators and youth workers needed for values education of young people;
4. Develop competencies needed to plan and conduct educational workshops based on OVEP 2.0 methodology;
5. Develop strategies on how to integrate values education through sport into daily curriculum of youth centres, schools, sports activities.

Who can participate?

3 participants will be selected from each partner country: one administrative / management staff from partner organization and two people

working in the field: youth workers, teachers, educators, coaches etc. All candidates should be interested in Olympic philosophy and willing to expand their knowledge and expertise and share their experience in education through sport.

All selected participants should be able to:

- Participate in whole duration of the training course;
- Committed to disseminating project results in their local environment;
- Conduct follow up activities of project in their local realities and daily educational work;
- Communicate in English language and be able to effectively participate in the training course.

Methodology:

The training course will be based on the methodology of non-formal education and Olympic Values Education Programme (OVEP 2.0, read more [here](#)), therefore, participants should expect to participate actively in various, challenging group and personal reflection activities.



About the trainers:



DONATAS PETKAUSKAS, TRAINER (LITHUANIA)

Experiential learning trainer and supervisor. Specialized in topics of group/ team building, leadership, decision making and conflict resolution, training of trainers, training of youth workers and sport coaches on various educational topics. Involved in the training field since 2002. He has conducted numerous trainings for youth workers and sport coaches on the topic of education through sports. Has delivered a number of values education through sport training courses in collaboration with the Lithuanian NOC for the past 10 years, one of them: Erasmus+ funded TC „Olympism for Values Education“ in 2017. What is more, Donatas was a consultant trainer at the IOC OVEP 2.0 training courses in the Kingdom of Saudi Arabia in 2019.



NERIJUS MIGINIS, TRAINER (LITHUANIA)

Field(s) of expertise: youth work, non-formal education, participation, European youth policy, youth research, advocacy and campaigning, strategic management and project management. Work experience in EU, EEE and EECA regions and capacity building of civil servants, civil society organizations, business companies and local communities. Has a Master's degree in Education Policy and Research from Vilnius University (2010-2012). Has delivered a number of values education through sport training courses in collaboration with the Lithuanian NOC for the past 10 years, one of them: Erasmus+ funded TC „Olympism for Values Education“ in 2017. What is more, Nerijus was a consultant trainer at the IOC OVEP 2.0 training courses in the Kingdom of Saudi Arabia in 2019.

Additional DETAILS:

Date: 27th January–4th February, 2020. Arrival to Vilnius by 15:00 on the 27th of January. 4th of February – departure day.

Location: town of Druskininkai, Lithuania.

Costs: lodging and boarding, program expenses will be covered by the organizers from the grant received from the “Erasmus+” program. Travel cost will be reimbursed according the “Erasmus+” regulations by the organizers upon the return of the participants from the training course. You will be asked to find the economic means of transportation as there are limited resources for every participating country. Lithuanian NOC will reimburse each participant 100 percent of the travel costs (return ticket to the location, where the training will take place).

PARTICIPATING COUNTRIES, PARTNERS	NUMBER OF PARTICIPANTS
Lithuania – National Olympic Committee of Lithuania	3
Germany – German Olympic Academy Willi Daume	3
Portugal – Olympic Committee of Portugal	3
The Republic of North Macedonia – Olympic Committee of North Macedonia	3
Czech Republic – Czech Olympic Committee	3
Poland – National Olympic Committee of Poland	3
Estonia – Estonian Sports and Olympic Museum	3
Slovenia – Olympic Committee of Slovenia – Association of Sports Federations	3
Slovakia – Slovak Olympic and Sports Committee	3

The training course will be implemented in the framework of EU “ERASMUS+” program (Mobility of Youth Workers, Key Action I). Accommodation and catering service will be fully covered. Travel expenses will be reimbursed at flat rates depending on the travel distance. Please consult with us before purchasing any tickets and we will assist you in finding the best options.

COUNTRY OF DEPARTURE	MAXIMUM REIMBURSEMENT(€ PER PERSON)
Lithuania	20
Czech Republic	275.00
Estonia	275.00
Germany	275.00
Portugal	530.00
Slovakia	275.00
Slovenia	275.00
The Republic of North Macedonia	275.00
Poland	180.00

How to apply:

All you need is to be INTERESTED, MOTIVATED and meet the criteria for the candidates. To apply, please fill in the online application [form](#).

To be submitted no later than November 1st, 2019 (selected participants will be informed by 15th of November 2019).

Contact info:

Vita Balsyte (Director of Olympic Education at the National Olympic Committee of Lithuania): vita@ltok.lt

If you have any questions regarding to content of the training course, please, contact Donatas Petkauskas: donatas.petkauskas@gmail.com or Nerijus Miginis: nmiginis@gmail.com



Program of the Training course: “VALUES EDUCATION THROUGH SPORT: APPLYING OVEP 2.0 METHODOLOGY”

	DAY 1, 28 TH OF JANUARY	DAY 2, 29 TH OF JANUARY	DAY 3, 30 TH OF JANUARY	DAY 4, 31 TH OF JANUARY	DAY 5, 1 ST OF FEBRUARY	DAY 6, 2 ND OF FEBRUARY	DAY 7, 3 RD OF FEBRUARY	DAY 8, 4 TH OF FEBRUARY
BEFORE NOON	Getting to know each other Group building and knowing the context of participants	Sharing good practice: how Lithuanian NOC is implementing its' Olympic education program Principles of non-formal education	Olympic education for 21 st century skills' development (based on OVEP 2.0) Experiencing OVEP methodology	Understanding the inner and outer world of young people Theories of youth psychology	Participation in LTEAM WINTER FESTIVAL	Workshops run by participants II [on Olympic values education]+ other participants' and trainers' feedback session	Trip to Alytus Gymnasium Workshops with young people in Alytus	Departure of Participants
AFTERNOON	Introduction to the training course, aims and the program. Identifying the expectations of participants. Introduction to values education	Sharing good practice: participants' experience on Olympic education, values education, education through sport, OVEP 2.0 Identifying the opportunities to cooperate in the field of Olympic Education	Trying out values education methodologies (based on OVEP 2.0) Tips and tricks for the implementation of active OVEP workshops	Working with diversity and marginalized youth Essentials for running educational activities Conducting reflection Designing workshops based on OVEP	Workshops run by participants I [on Olympic values education]+ other participants' and trainers' feedback session	Gathering learning outcomes from running workshops and using OVEP. Improving workshops and preparing for activities with youth	Planning local dissemination actions in project countries. Opportunities for future cooperation [Erasmus + Sport] Evaluation of the Training course	
MEETING IN REFLECTION GROUPS								
EVENING	Socialization evening	Cultural evening	Recreational evening	Free evening Dinner in town	Free Evening / sports activities	Networking evening	Farwell evening	

(please note that the program is subject to change based on the needs of participants during the training course)
Arrival of participants is planned on the 27th of January, 2020