

A V Ē I M P E R Ā T O R , M O R I T Ū R Ī T Ē  
S A L Ū T A N T

# GLADIATOR GAMES



2 T O 1 2 S E P T E M B E R - B U L G A R I A



# INTRODUCTION

The Covid-19 pandemic was a pandemic that affected the health of some that got the virus, but it also affected our mental and physical health. Multifold researches indicate that the obesity rate, physical inactivity, and unhealthy eating habits have increased during the pandemic, and this also, directly and indirectly, affected our mental well-being. You

don't even need to read the research. We all have been through this. How many people haven't met who haven't casually mentioned their corona kilos? Gym and sports were a haven for many and a way to relax, but during the last years, these were the ones that were closed, which had a devastating effect on the physical and mental well-being of many young people. Therefore, we want to organize a Youth Exchange to address health issues and promote a healthy lifestyle. So, our idea is to do YE, in which we go back in time and participants practice & prepare healthy sports activities that Romans and Gladiators practiced. Also, we want to discuss a healthy lifestyle. Additionally, the participants will organize a final sports event and show that will take place in the ancient Roman Arena in Plovdiv.

The project will be a combination of a healthy lifestyle, mental health, physical activities, and culture, which will make it very exciting and dynamic for the participants

# WHAT WILL WE DO?

During the whole mobility, we will prepare for the final event that will take place on 10th September in the ANCIENT ROMAN STADIUM OF PHILIPPOPOLIS in Plovdiv

<https://ancient-stadium-plovdiv.eu/?p=12&l=2>

We will divide our 40 participants into five groups. Each group will prepare a gladiator sports game and a gladiator performance (Dans, Haka, workshop, etc.)

The groups prepare interactive games where the audience can participate as well.

The final event, 'Gladiator Games', will be a combination of sports activities, performances, dance, and music.

More information about the YE program and the final event will follow soon after the APV.

# DATES & VENUE

Arrival date: 2nd of September

Departure day: 12th of September

Venue: Prespa Hotel Pamporovo

<https://hotel-prespa.com/en/>





# HOW TO REACH VENUE

This info will be updated after the APV

# REIMBURSMENTS

Bulgaria = 23 Euro

Curacao = 1500 Euro

Estonia + 275 Euro

Netherlands = 275 Euro

Poland = 275 Euro

Romania = 180 Euro

Slovakia = 275 Euro

Ukraine = 275 Euro



# PARTICIPANTS

5 per organization Four participants, and one group leader.

For the YE, we are particularly searching for participants with following profiles:

- Age between 18 & 30 years
- Group leaders – No age limit
- Has affiliation with acting and role play -This YE will be a big simulation game like LARP, so being open to living for these ten days in another role is a must.
- Is interested in the topic of the YE

# GLOBAL VILLAGE

During these evenings, we will share characteristics from our culture. We ask you to bring foods and drinks to share! You can also think of other things to share with the group From your culture: stories, dances/songs, etc. If you play an instrument, it might be very nice to bring it. Just no PowerPoint presentation or country promotion videos, as it would be best if you could share something in your own words! By the way, to present something from your culture does not mean it has to be something from your country: it can also be from a region, a city, etc.



# REASON NOT TO GO

You should not take part in this Youth Exchange if:

- You are afraid of the Covid -19 situation for yourself or your family. We will take the measurements that will be valid at that time and not other than that. For example: having covid tests if someone feels sick or sending people away(isolate) that have covid. In any way, ITTI & CC4U will have the final say in this matter.
- Suppose you want to explore Bulgaria. Though we are in a beautiful country, this is NOT a holiday. You are allowed to come two before and leave two days after in, which you can travel through the island, but we will not have time for this during the mobility.
- The topic does not interest you.
- You are not open to roleplay/live simulation.
- You cannot be respectful to others.
- You are not able to participate fully because of any reason.



# WHAT TO BRING

- Temperatures in Bulgaria in September can be somewhere between 11 to 23 degrees, and at night even colder, so bring a different set of clothes
- Food and drinks for the intercultural night
- One nice creative outfit for the final Gladiator gala night
- Own coffee/tea mug & stationary
- Swimwear
- Sports clothes and shoes

The hotel will provide towels. Also, there is a gym and Sauna.

# INSURANCE

Keep in mind that you are self-responsible for sufficient insurance (illness/personal liability/cancellation/theft/Health etc.). Organizers take no responsibility for the insurance. Make sure you have travel & health insurance valid in Madeira for the mobility period.



# HOW TO APPLY

<https://docs.google.com/forms/d/e/1FAIpQLSexRzsHZPFrB7rv91kmxkERKCHKMzpFdHqFiV7oEvoYbn53NQ/viewform>

## MORE INFO

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