



Co-funded by
the European Union



TRAINING COURSE

Sports for Active Minds, Healthy Lives



20–28
June 2026



Leipzig,
GERMANY



BE ACTIVE



STAY FOCUSED



BUILD TOGETHER



LIVE HEALTHY

ABOUT THE PROJECT

Sports for Active Minds, Healthy Lives is an international Training Course that brings together youth workers, sport coaches, trainers, and youth leaders from across Europe to explore how sport can be used as a tool for promoting mental well-being, healthy lifestyles, inclusion, and active participation among young people.

The training will take place between 20-28 June 2026 in Leipzig with 41 participants from 8 different countries: Czechia, Germany, Italy, Latvia, North Macedonia, Serbia, Spain, and Türkiye.

During the project, participants will take part in interactive workshops, outdoor activities, simulations, reflection sessions, and practical sport-based learning activities focused on the connection between physical activity, mental health, and youth work.

Together, they will:



- Explore the importance of sport and physical activity for mental health and emotional well-being



- Learn how active lifestyles can improve self-confidence, motivation, teamwork, and social inclusion among young people



- Discover non-formal education methods that combine sport with youth work and personal development



- Exchange good practices and successful approaches from their local communities and organisations



- Develop new tools and activities that encourage healthy habits and active participation among youth



- Discuss challenges such as stress, social isolation, unhealthy lifestyles, and lack of physical activity among young people



- Strengthen leadership, communication, teamwork, and facilitation skills through sport-based methods



- Promote intercultural dialogue, solidarity, and cooperation through group activities and shared experiences



- Create a practical Toolbox with games, energisers, sport activities, and educational methods to use in their future youth work



- Develop future Erasmus+ project ideas and build strong international partnerships for long-term cooperation

The main goal of the project is to empower youth workers and youth leaders with new competences, methods, and practical tools that use sport as a way to support healthier lifestyles, active minds, social inclusion, and the overall well-being of young people across Europe.



WHO ARE WE?

Lucky Punch Jugendhilfe gGmbH
Hosting and Coordinating Organization



- Founded in 2015 in Leipzig, growing into a dynamic youth welfare organization with a multidisciplinary team of more than 50 professionals.



- Provides both residential and outpatient youth welfare services for children, young people, and families in Leipzig and the surrounding region.



- Focuses on supporting young people facing social, educational, and personal challenges through inclusive and youth-centered approaches.



- Uses sport, movement, and non-formal education as key tools for empowerment, personal development, and social inclusion.



- Promotes healthy lifestyles, active participation, teamwork, resilience, and self-confidence among young people.



- Creates safe and supportive learning environments where young people can develop life skills and strengthen their social competences.



- Strongly committed to international youth work, intercultural dialogue, and European cooperation through Erasmus+ projects and partnerships.



- Encourages young people to create positive change in their lives and communities by helping them achieve their own “Lucky Punch.”



PARTICIPANTS PROFILE



Each national group consists of:

- 5 participants aged 18 or older



The hosting group from Germany consists of 6 participants.



We strongly encourage the participation of young people with fewer opportunities, as well as youth workers working with disadvantaged young people, including those facing economic, social, cultural, or geographic challenges, to take an active role in this project. If you require any individual support, please reach out to your sending organisation or the hosting organisation.

IDEAL PARTICIPANTS ARE:



- Open-minded, active, and motivated to promote healthy lifestyles and well-being through sport



- Interested in topics such as mental health, physical activity, inclusion, teamwork, and youth participation



- Motivated to engage in non-formal learning, intercultural dialogue, and sport-based activities



- Interested in using sport and physical activity as tools for personal development, and social inclusion



- Active youth workers, trainers, coaches, educators, volunteers, or young leaders working with young people



- Willing to actively participate in workshops, outdoor activities, group discussions, and team-building exercises



- Interested in sharing experiences, methods, and good practices related to sport and youth work



- Able to communicate in English during all activities



- Motivated to contribute to future Erasmus+ projects and international cooperation opportunities



BUDGET

 COUNTRY	 NO. OF PARTICIPANTS	 ORGANIZATION	 GREEN TRAVEL	 MAX. TRAVEL REIMBURSEMENT
 Czechia	5	European Youth Centre Břeclav z. s.	 Yes	€285
 Germany	6	Lucky Punch Jugendhilfe gGmbH	 Yes	€56
 Italy	5	Youth Alchemy APS	 No	€309
 Latvia	5	EXPRESS YOURSELF	 No	€309
 N. Macedonia	5	BRIGHT	 No	€309
 Serbia	5	Pokret Svest Vestina - Movement Awareness Skill	 No	€309
 Spain	5	Asociación EuroMuévete	 No	€395
 Türkiye	5	Demokrasi ve Hukuk Çalışmaları Derneği	 No	€395



GREEN TRAVEL (SUSTAINABLE MEANS OF TRANSPORT) IS DEFINED AS THE TRAVEL THAT USES LOW EMISSIONS MEANS OF TRANSPORT FOR THE MAIN PART OF THE TRAVEL, SUCH AS BUS, TRAIN OR CAR POOLING. TO MEET THE GREEN TRAVEL CRITERION, YOU SHOULD TRAVEL AT LEAST MORE THAN HALF OF THE TRIP BY LOW EMISSIONS MEANS OF TRANSPORT, NOT BY PLANE!



TRAVEL INFORMATION



If you are travelling from another city in Germany or Czechia, it is convenient and eco-friendly to travel to Leipzig by bus, train or car-pooling (green travel options).



If you're travelling from Italy, Latvia, North Macedonia, Serbia, Spain, or Türkiye it is of course possible but not mandatory to use eco-friendly means of transport.



If you have any questions or need help organizing your trip, feel free to contact us!



Please organize your own journey or contact your sending organization for a possible joint journey and please go through the rules for reimbursement of travel costs before purchasing anything!



Arrival: 20 June 2026 (Dinner only)



Departure: 28 June 2026 (Breakfast only)



Participants may arrive in Germany up to 2 days before the project or stay up to 2 days after the project, provided the combined total does not exceed 2 days. All extra accommodation and travel costs are the participant's responsibility.



THERE IS NO PARTICIPATION FEE IN THIS PROJECT. FOOD AND ACCOMMODATION ARE COVERED AND TRAVEL COSTS FROM YOUR CITY TO AND FROM VENUE CAN BE REIMBURSED AFTER THE PROJECT.



RULES FOR TRAVEL REIMBURSEMENT

-  Only the cheapest travel option between your country and the venue will be accepted. Send your travel plan to korkutkorkmaz.deltas@gmail.com for approval before booking anything.
-  Only travel costs during the official activity dates will be reimbursed.
-  Bank transfer fees and taxi expenses are not covered.
-  Scan and email all travel documents to korkutkorkmaz.deltas@gmail.com before sending them by post to avoid issues like document loss.
-  All expenses must be converted to euros using the official ECB exchange rate from the date of payment.
-  If a participant misses sessions due to late arrival or early departure, the daily amount will be deducted from the reimbursement. The maximum reimbursable amount is based on the European Commission's distance calculator.
-  Extra baggage fees, insurance, penalties for flight changes, or any similar costs will not be covered.
-  If there's any inconsistency or manipulation in your booking or documents, no travel reimbursement will be given.
-  Buy tickets only from official websites, preferably directly from the transport company after your plan is approved. Do not use travel agencies.



Please pay attention to the above mentioned rules.
Thank you for following these rules carefully!



PROJECT VENUE

Leipzig is a vibrant and youthful city in eastern Germany, known for its rich cultural heritage, progressive spirit, and green spaces. As a hub for creativity, sports, and education, it offers the perfect setting for dynamic learning experiences. With a strong tradition in music, social movements, and innovation, Leipzig blends history with modernity, making it an inspiring venue for youth work activities. Whether exploring its lively neighborhoods, visiting renowned sports institutions, or connecting with local communities, participants in Leipzig can expect both professional growth and unforgettable experiences.

Key Local Highlights:



St. Thomas Church:

Renowned for its connection to Johann Sebastian Bach.



Museum of Fine Arts:

A hub for cultural enthusiasts.



Cultural Sites:

Local art galleries, historic buildings, and Leipzig Zoo.



HOW TO GET TO LEIPZIG

Leipzig is easily accessible by plane, train, and bus.



BY PLANE

The nearest airport is Leipzig/Halle Airport (LEJ), with connections through major European cities.

Airport information:

<https://www.mdf-ag.com/en>

From the airport, take the S-Bahn S5 or S5X to Leipzig Hauptbahnhof. The journey takes around 15–20 minutes and costs approximately 5 EUR.

Train schedules:

<https://www.bahn.com/en>



BY TRAIN

Leipzig is well connected to many German and European cities via Deutsche Bahn.

Journey planner:

<https://www.bahn.com/en>



BY BUS

International bus companies also operate routes to Leipzig.

Bus information:

<https://global.flixbus.com/>



IMPORTANT

Taxi expenses will not be reimbursed. Please use public transportation or walk whenever possible.



HOTEL

Participants will stay at Victor's Residenz-Hotel Leipzig, located about 5 minutes walking distance from Leipzig Main Train Station.

Hotel address:

Georgiring 13, 04103 Leipzig, Germany

<https://www.victors.de/en/hotels/victor-s-residenz-hotel-leipzig>



THE ACCOMMODATION

During the Training Course, all participants will be accommodated at Victor's Residenz-Hotel Leipzig, a comfortable and modern hotel located close to the city centre of Leipzig. The hotel is situated in a peaceful area near the beautiful Johannapark and within walking distance of the main train station, offering both convenience and a relaxing atmosphere.



Hotel Information

Participants will stay in spacious and well-equipped twin rooms with private bathrooms. Each room includes:

- Free Wi-Fi
- Comfortable beds
- Towels and basic amenities
- Private bathroom facilities
- A quiet and comfortable environment for rest and relaxation

Breakfast will be served every morning at the hotel restaurant for all participants.



How to Reach the Hotel

From Leipzig Main Train Station (Hauptbahnhof)

The hotel is approximately a 5-minute walk from the station. Exit the station and head southwest towards Willy-Brandt-Platz to reach the hotel easily.

From Leipzig Central Bus Station (Fernbus-Terminal)

The central bus station is located next to the main train station, making the hotel reachable within a few minutes on foot.

From Leipzig/Halle Airport (LEJ)

Take the S-Bahn line S5 or S5X from the airport to Leipzig Hauptbahnhof. The journey takes approximately 15–20 minutes. From the station, follow the walking directions mentioned above.



About the Area

Victor's Residenz-Hotel Leipzig is located in a central yet quiet neighbourhood, making it an ideal base for the project. Participants will find parks, cafés, supermarkets, shops, and public transportation nearby, with easy access to the city centre and project venues.



MEALS

The following meals will be provided during the project:

- Breakfast: Served daily at the hotel
- Lunch & Dinner: Participants will receive pocket money to purchase dinner of their choice in the city



SOME USEFUL INFORMATION



HEALTH & SAFETY

All participants must bring a valid European Health Insurance Card (EHIC) or other valid health insurance covering their stay in Germany. Additional travel insurance is strongly recommended. Participants are expected to follow all safety instructions during the project.

Emergency Numbers in Germany:

- General Emergency: 112
- Police: 110
- Non-Urgent Medical Assistance: 116 117



PASSPORTS & VISAS

Please make sure your passport or ID card is valid for at least 6 months after your return date. Participants from EU and Schengen countries generally do not need a visa to enter Germany. If you require a visa, please contact the hosting organisation as soon as possible for support documents.



WEATHER

Weather in Leipzig during June is usually warm and pleasant, with temperatures around 20–30°C. Please bring comfortable summer clothes, sport clothing, walking shoes, and a light jacket for cooler evenings.



THINGS TO BRING

Please remember to bring:

- Passport or ID card
- Health insurance / EHIC card
- Travel tickets and boarding passes
- Comfortable clothes and shoes for activities
- Personal hygiene items and necessary medication
- Reusable water bottle and eco-friendly items
- Materials representing your country or organisation for intercultural activities

And most importantly: positive energy and lots of smiles 😊



ANY QUESTIONS?

Feel free to reach out!
We're here to help and make your experience
in Leipzig amazing.



CONTACT PERSON:
KORKUT KORKMAZ

*We look forward to
welcoming you!*



EMAIL

korkutkorkmaz.deltas@gmail.com



WHATSAPP

+90 536 060 0259



INSTAGRAM

instagram.com/deltas01



FACEBOOK

<http://facebook.com/deltas01>



THANK YOU & SEE YOU IN **LEIPZIG!**