



PARKOUR



RAP and parkOUR: the street art to promote social and cultural inclusion of young people

MAIN OBJECTIVE

To create a **methodology** that **integrates the creativity of young people in local communities**, in order to set up an educational path that strengthens the sharing and enhancement of urban spaces, creativity, physical-sports activity.

The intent is to promote the activities of **Rap and Parkour** in paths that are **correct, legal and positive**, encouraging artistic expression and participation, **developing civic and social skills**.

CONSTITUTIVE ELEMENTS

- ✓ - The creation of **Intellectual Outputs**,
- ✓ - Functional **Training Activities** for producing IO,
- ✓ - The **Dissemination** of results, also through **Multiplier Events** in EU countries,
- ✓ - **Meetings** between project partners for the implementation of the project

INTELLECTUAL OUTPUTS

METHODOLOGICAL

01 - NEED ANALISYS

02 - CURRICULA

03 - DIDACTIC MATERIALS

04 - GUIDELINES

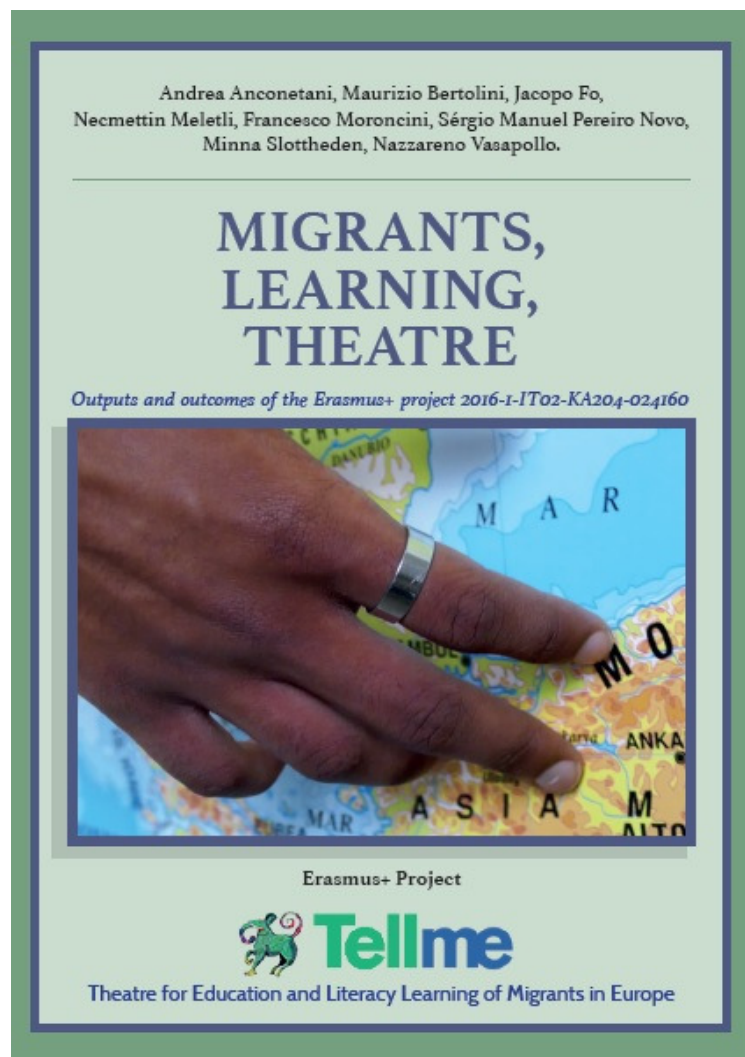
E-LEARNING PLATFORM AND REPOSITORY

DISSEMI-NATION

05 - Edu-Docufilm

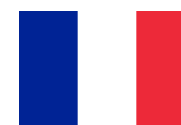
06 - Website & Social Media

07 - Social Platform



HANDBOOK CONTAINING INTELLECTUAL OUTPUTS AND PROJECT HISTORY IN

- ITALIAN
- ENGLISH
- PORTUGUESE
- FRENCH



DIDACTIC MATERIALS: EXERCISES?

GESTURES TO THE CENTRE

Key words - Opening up and warm up exercise.

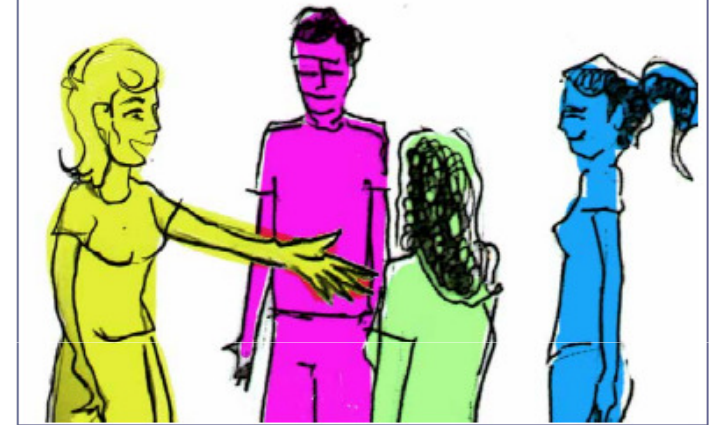
Purpose - Increasing the energy level and ability to listen within the group.

Description - Participants are in a circle. They must all be silent and focused. One of the participants randomly inhales and then energetically launches a hand toward the centre of the circle accompanied by a powerful breathing sound saying: "Ha!" At that same moment, all the others have to be able to reproduce the sound and the movement simultaneously. The exercise proceeds until all the participants have made the gesture and emitted a sound.

Duration - A minimum of 5 minutes to a maximum of 10.

Observations - You may notice that some members of the group purposely make preparatory movements anticipating their intention to lead with the gesture and, therefore, in some way helping out the group. In contrast, another member may do the gesture and voice in an unexpected manner trying to catch the group off guard. The trainer be aware of this and bring everything back to a level of mutual listening.

6



Gestures to the centre

Keyword: _____

WEBSITE + SOCIAL



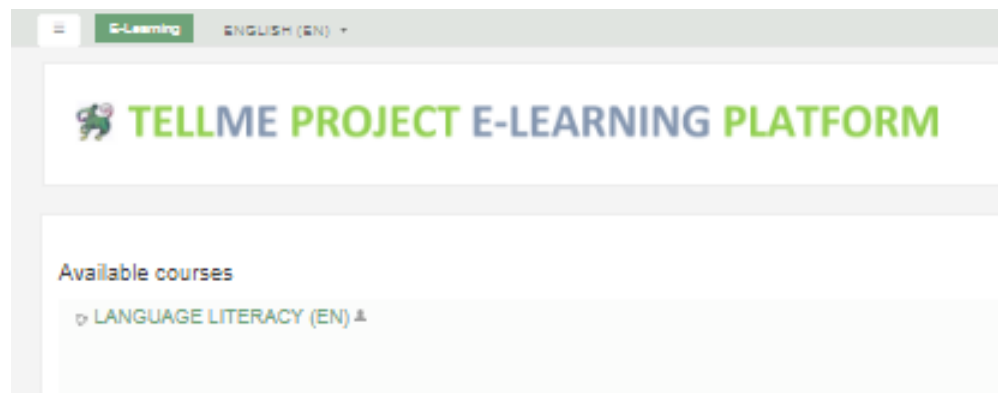
www.?????????.com

SOCIAL PLATFORM



<https://social.tellmeproject.com>

DOCUFILM



<https://elearning.tellmeproject.com>



ROLES AND RESPONSABILITIES



ASTA

Applicant.

- General management
- Translation, layout and printing in English and Portuguese of all the materials.
- Meetings 5, 8 and Skype
- Other meetings jointly with the other organizing partners.
- Outputs O2, O4, O6 and O7
- Course C2.
- Events E2 and E5.
- Recruiting and sending 3 participants to the workshop C1, 3 participants to the course C2 and 3 participants to the course C3.

ROLES AND RESPONSABILITIES



CND

Partner.

- Jointly with ANL, translation, layout and printing in Italian language of all the materials.
- Meetings 1 and 9
- Output O1. Secondly O6 and O7.
- Events E4 and E7.
- Recruiting and sending 3 participants to the workshop C1, 2 participants to the course C2 and 2 participants to the course C3.

ROLES AND RESPONSABILITIES



ANL

Partner.

- Jointly with CND, translation, layout and printing in Italian language of all the materials.
- Meeting 3
- Output O5. Secondly O6 and O7.
- Workshop C1
- Events E1.
- Recruiting and sending 3 participants to the workshop C1, 1 participant to the course C2 and 1 participant to the course C3.

ROLES AND RESPONSABILITIES



FPK

Partner.

- Translation, layout and printing in French language of all the materials.
- Meeting 7
- Jointly with CND O1
- Output O3. Secondly O6 and O7.
- Course C3
- Events E3 and E6
- Recruiting and sending 3 participants to the workshop C1, 3 participants to the course C2 and 3 participants to the course C3.

ЯАРКОУР PROJECT TIMETABLE

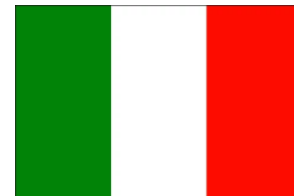
ЯАРКОУР PROJECT TIMETABLE																			
YEAR		2018				2019												2020	
MONTH		S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F
Work Package - Project Activity		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
WP1	Project management																		
	Assessment & Quality Assurance																		
	Meetings (No Budget)			1.IT 28-29			2.Skp				3.IT 15-21		4.Skp	5.PT 19-25		6.Skp	7.FR 12-18	8.PT 25-26	9.IT 8-9
WP2	O1 - Need Analysis						DEF												
WP3	O2 - Curricula						v. ß			v.1			v.2				DEF		
	O3 - Learning Materials							v. ß		v.1			v.2				DEF		
	O4 - Guidelines							v. ß		v.1			v.2				DEF		
	Training events							Workshop Preparation			1.IT 15-21	Course Preparation		2.PT 19-25	Course Preparation		3.FR 12-18		
WP4	O5 - Edu-Docufilm																	v.1	DEF
	O6 - Website & Social Media (No Budget)						DEF												
	O7 - Piattaforma Social (No Budget)						DEF												
	Multiplier Events (No Budget)										1.IT 19			2.PT 21-22	3.FR ???	4.IT 23-24	6.FR 14-15	5.PT 25-26	7.IT 8-9
											National			National	r&f	r&f	ShowCnf	r&f	ShowCnf

WORKING GROUPS

SC and RT	Work Package	Intellectual Output	ASTA Member	CND Member	ANL Member	FPK Member
ASTA, Sérgio Manuel Pereiro Novo CND, Nazzareno Vasapollo ANL, Andrea Anconetani FPK, Larbi Liferki	WP2	O1 - Need Analysis. WG:	Sérgio Manuel Pereiro Novo	Jacopo Fo, Nazzareno Vasapollo	Andrea Anconetani	Larbi Liferki
	WP3	O2 - Curricula. WG:	Sérgio Manuel Pereiro Novo	Jacopo Fo, Nazzareno Vasapollo	Andrea Anconetani	Benjamin Coignet
		O3 - Learning Materials. WG:	Sérgio Manuel Pereiro Novo	Jacopo Fo, Nazzareno Vasapollo	Andrea Anconetani	Sidney Grosprêtre
		O4 - Guidelines. WG:	Sérgio Manuel Pereiro Novo	Jacopo Fo, Nazzareno Vasapollo	Andrea Anconetani	Sidney Grosprêtre
	WP4	O5 - Edu-Docufilm. WG:	Sérgio Manuel Pereiro Novo	Nazzareno Vasapollo	Andrea Anconetani	David Pagnon, Loïc Ascarino
		O6 - Website & Social Media. WG:	Rui Pires	Nazzareno Vasapollo	Andrea Anconetani	Nicolas Eigner
		O7 - Piattaforma Social. WG:	Rui Pires	Nazzareno Vasapollo	Andrea Anconetani	Charlotte Dequevauviller
	DISSEMINATION		Rui Pires	Nazzareno Vasapollo	Andrea Anconetani	David Pagnon
Responsibles in red						

TRAINING ACTIVITY – C1

Workshop operators



3 operators for each partner

GOAL:

To test, review and improve v.1 of O2 Curricula, O3 Didactic Materials, O4 Guidelines

On 8th June: National event E1 (no budget)



Loreto or Bologna (?) – 5-11 June 2019

***Resp. Nazzareno Vasapollo (CND)
and Andrea Anconetani (ANL)***



TRAINING ACTIVITY – C2

Workshop operators



3 youngsters for each country

GOAL:

To test, review and improve v.2 of O2 Curricula, O3 Didactic Materials, O4 Guidelines

On 21-22 September: National event E2 (no budget)



Covilhã (?) – 19-25 September 2019

Resp. Nazzareno Vasapollo (CND) and Sérgio Novo (ASTA)

TRAINING ACTIVITY – C3

Workshop operators



3 youngsters for each country

GOAL:

Dissemination of results

On 14-15 December (?): Show conference in France



Strasbourg – Lille (?)
12-18 december 2019?

Resp. Nazzareno Vasapollo (CND)
and Sérgio Novo (ASTA)



MULTIPLIER EVENTS

08/06/2019	E1 - Loreto (I) – National event
21-22/09/2019	E2 - Covilhã (P) – National event
??/10/2019	E3 - rHappening & festiVAULT (Lille, FR)
23-24/11/2019	E4 - rHappening & festiVAULT (Bologna, I)
25-26/01/2020	E5 - rHappening & festiVAULT (Covilhã, P)
14-15/12/2019	E6 - Show-Conference (FR)
8-9/02/2020	E7 - Show-Conference (I)

National event = to launch the project. Possible limited show.

rHappening & festiVAULT = event for youngster with visibility of the project

Show-Conference = dissemination of results with stakeholders and show.

DISSEMINATION

- ✓ - Newsletters,
- ✓ - Events,
- ✓ - Website,
- ✓ - Facebook
- ✓ - TELL ME Social platform

RAPKOUR BUDGET

		ASTA (P)			CND			ANL			FPK (FR)			
		GG	€/die	Totale	GG	€/die	Totale	GG	€/die	Totale	GG	€/die	Totale	TOTAL
Management & Implementation				€ 9.000,00			€ 4.500,00			€ 4.500,00			€ 4.500,00	€ 22.500,00
Intellectual Outputs	O1 - Need Analysis	5	€ 137,00	€ 685,00	5	€ 214,00	€ 1.070,00	5	€ 214,00	€ 1.070,00	5	€ 214,00	€ 1.070,00	€ 3.895,00
	O2 - Curricula	15	€ 137,00	€ 2.055,00	12	€ 214,00	€ 2.568,00	8	€ 214,00	€ 1.712,00	8	€ 214,00	€ 1.712,00	€ 8.047,00
	O3 - Didactic Materials	5	€ 137,00	€ 685,00	5	€ 214,00	€ 1.070,00	5	€ 214,00	€ 1.070,00	5	€ 214,00	€ 1.070,00	€ 3.895,00
	O4 - Guidelines	15	€ 137,00	€ 2.055,00	8	€ 214,00	€ 1.712,00	8	€ 214,00	€ 1.712,00	8	€ 214,00	€ 1.712,00	€ 7.191,00
	O5 - Edu-Docufilm (Researchers)	10	€ 137,00	€ 1.370,00	5	€ 214,00	€ 1.070,00	20	€ 214,00	€ 4.280,00	5	€ 214,00	€ 1.070,00	€ 7.790,00
	O5 - Edu-Docufilm (Technicians)							5	€ 162,00	€ 810,00	5	€ 162,00	€ 810,00	€ 1.620,00
	O6 - Website & Social Media													
	O7 - Social Platform													
TOTAL				€ 6.850,00			€ 7.490,00			€ 10.654,00			€ 7.444,00	€ 32.438,00
Multiplier Events	E1 - Loreto (I)							20						€ -
	E2 - Covilhã (P)	20												€ -
	E3 - rHappening & festiVAULT (Lille, FR)										20		€ 1.000,00	€ 1.000,00
	E4 - rHappening & festiVAULT (Bologna, I)				20		€ 1.000,00							€ 1.000,00
	E5 - rHappening & festiVAULT (Covilhã, P)	20		€ 1.000,00										€ 1.000,00
	E6 - Show-Conference (FR)										20		€ 1.000,00	€ 1.000,00
	E7 - Show-Conference (I)				20									€ -
TOTAL				€ 1.000,00			€ 1.000,00			€ -			€ 2.000,00	€ 4.000,00
Meetings	Meeting 1 - Bologna (I)	1	€ 575,00	€ 575,00	1		€ -	1	€ 575,00	€ 575,00	1	€ 575,00	€ 575,00	€ 1.725,00
	Meeting 2 - Skype	1		€ -	1		€ -	1		€ -	1		€ -	€ -
	Meeting 3 - Loreto (I)	1		€ -	1		€ -	1		€ -	1		€ -	€ -
	Meeting 4 - Skype	1		€ -	1		€ -	1		€ -	1		€ -	€ -
	Meeting 5 - Covilhã (P)	1		€ -	1		€ -	1		€ -	1		€ -	€ -
	Meeting 6 - Skype	1		€ -	1		€ -	1		€ -	1		€ -	€ -
	Meeting 7 - Strasbourg (FR)	1	€ 575,00	€ 575,00	1	€ 575,00	€ 575,00	1	€ 575,00	€ 575,00	1		€ -	€ 1.725,00
	Meeting 8 - Covilhã (P)	1		€ -	1	€ 575,00	€ 575,00	1	€ 575,00	€ 575,00	1	€ 575,00	€ 575,00	€ 1.725,00
	Meeting 9 - Bologna (I)	1		€ -	1		€ -	1		€ -	1		€ -	€ -
TOTAL				€ 1.150,00			€ 1.150,00			€ 1.725,00			€ 1.150,00	€ 5.175,00
Viaggio	C1 - RAPKOUR Workshop (Loreto, I)	3	€ 275,00	€ 825,00	3	€ 180,00	€ 540,00	3			3	€ 275,00	€ 825,00	€ 2.190,00
	C2 - RAPKOUR Course 1 (Covilhã, P)	3			2	€ 275,00	€ 550,00	1	€ 275,00	€ 275,00	3	€ 275,00	€ 825,00	€ 1.650,00
	C3 - RAPKOUR Course 12 (Strasbourg, FR)	3	€ 275,00	€ 825,00	2	€ 275,00	€ 550,00	1	€ 275,00	€ 275,00	3			€ 1.650,00
TOTAL				€ 1.650,00			€ 1.640,00			€ 550,00			€ 1.650,00	€ 5.490,00
Supporto	C1 - RAPKOUR Workshop (Loreto, I)	3	€ 636,00	€ 1.908,00	3	€ 636,00	€ 1.908,00	3			3	€ 636,00	€ 1.908,00	€ 5.724,00
	C2 - RAPKOUR Course 1 (Covilhã, P)	3 (1)	€ 348,00	€ 348,00	2	€ 348,00	€ 696,00	1	€ 348,00	€ 348,00	3	€ 348,00	€ 1.044,00	€ 2.436,00
	C3 - RAPKOUR Course 12 (Strasbourg, FR)	3	€ 348,00	€ 1.044,00	2	€ 348,00	€ 696,00	1	€ 348,00	€ 348,00	3 (1)	€ 348,00	€ 348,00	€ 2.436,00
TOTAL				€ 3.300,00			€ 3.300,00			€ 696,00			€ 3.300,00	€ 10.596,00
TOTALE				€ 22.950,00			€ 19.080,00			€ 18.125,00			€ 20.044,00	€ 80.199,00

DOCUMENTS NEEDED

- ✓ - Specific RAPKOUR contract,
- ✓ - Document proving general relationship partner / human resource involved in intellectual output (only) production,
- ✓ - Declaration on costs and account books,
- ✓ - Register of events / meetings / training activities