











- summa
- syllabu
- articles
- friends

PROJECT

Proposal

- Jarfalla gymnasterna (SWE)
- GK Inova-gim Osijek (CRO)
- Gymnastics club Tuzla (BIH)
- Institute of medicine and sports (SLO)
- Flik-Flak (NLD)

Grant

European Commision, Education, Audiovisual and Culture Executive Agency (EACEA)
Ermasmus + Sport, Youth, and EU Aid Volunteers

Implementation

Now we do what we wrote in proposal



DO

Protect athletes

by changing the system concerning high level gymnastics

Five Systems

- Selection
- 2. Training
- 3. Competition
- 4. Judgement
- 5. Supporting system

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- 1. Selection
- 2. Training
- 3. Competition
- 4. Judgement
- 5. Supporting system

Finance

- Unit cost
- Participate in Transnational meeting

Unit cost for implementation:

€ 250 per partner, per month (+ € 250 for coo.)

Total: € 3.000 to organize IC in own country, incl. man. costs

Participate in transnational meeting:

€ 575 per participant, incl. travel, lodging, food

Total: 14 per country (2x3 + 2x4) (+ 2 for coo.)

Coordination project: € 3.000 (12 x € 250)

Unit cost: € 15.000 (5 partners x € 3.000)

Participants meetings: € 41.400 (72 x € 575)

Total project budget:

€ 59.400

Reasons EU wants partners to implement project FROMSTOG

Suppor

small collaborative partnerships in the field of sport

Policy making

We 'the field' need to tell EACEA what needs to change

So they can give input to the European Commission

And

they need proof, want to show the European Commission good practices

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Time

WORKPLAN

	jan-20	feb-20	mrt-20	apr-20	mei-20	jun-20	jul-20	aug-20	sep-20	okt-20	nov-20	dec-20
Monitoring	Preparation I	Fase		Implementation Fase		Implementation Fase		Implementation Fase		Evaluation Fase		
Preparation	Invitational Conference 1											
Implementation				Invitational Conference 2		Invitational Conference 3		Invitational Conference 4				
Evaluation									Invitational Conference 5			
Dissemination	Preparation		IC1		IC2		IC3		IC4		IC5	Evaluation

Communication

- Board
- Country
- Sharepoint project
- EACEA
- www.fromstog.eu
- EU sites
- Everyone!

Monitor and Report

E-final report

- narrative part
- financial part
- annexes

Erasmus+ results database

- summary and conclusion of each IC
- syllabus (summary's,presentations,practices)
- articles
- friendship agreement

We report

They make decision about final payment

So.... stick with the plan produce (good quality) results

and have some fun

