

THE INTERNATIONAL SCHOOL SPORT FEDERATION (ISF) PRESENTS

# SHE RUN2

ACTIVE GIRLS' LEAD

PARIS, FRANCE

March 11<sup>th</sup> - 15<sup>th</sup> (and 16<sup>th</sup>\*) 2019

\*see the conditions below in the Bulletin.

## BULLETIN 1

IMPORTANT: This bulletin is meant for the ISF members **included in the list of Erasmus+ Program countries** of the European Commission (also called **ISF E+ countries**), that wish to take part in "She Runs - Active Girls' Lead". Therefore, this bulletin concerns the following countries:

Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, United Kingdom, The former Yugoslav Republic of Macedonia, Turkey.



International School  
Sport Federation



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# "SHE RUNS - Active Girls' Lead"

## WHY

To reach gender equality, it is crucial to prepare the ground for girls, as early as possible, to become the women who can achieve their dreams. The International School Sport Federation (ISF) is convinced that school can be a safe and inspiring environment that facilitates youth development equally. We consider sport as a soft and dynamic tool that allows young people to discover themselves and their abilities.

## WHO

Therefore, the International School Sport Federation (ISF), is proud to present the "She Runs - Active Girls' Lead" project, the first and largest ISF event dedicated to girl students. This is a unique non-profit sport program supported by the European Commission Erasmus+ Program.

## WHAT

"She Runs- Active Girls' Lead" is an international programme that aims to promote physical activity and develop leadership and empowerment of girl students through school sport.

It is a 1-year program, consisting of several actions that aim to bring together sport and education to reach gender equality in sport.

This bulletin especially concerns the activities of the project which will be run on March 11th - 16th, 2019, in Paris, France. Moreover, the week in question will be articulated around one **symbolic race** on March 13th, 2019, in the heart of Paris. Throughout the week, participants will also be invited to take part in **multi-dimension activities** linking sport, culture, education and innovation, while stressing the potential of sport and school sport in addressing gender equality.

# AGENDA & DESCRIPTION OF THE EVENT

## MAIN ACTIVITIES

11th March, Paris	Arrivals of all participants / Accreditation at the hotel
12th March, Paris	<p><b>"The Cultural Scavenger Hunt"</b>: Participants will get to discover Paris through a scavenger hunt that will mix different elements, as the history of the city, of the sport, and symbolic women.</p> <p><b>"The Nights"</b>: Cultural night to connect with the participants and to share their own culture and tradition in a fun atmosphere.</p>
13th March, Paris	<p><b>"The Race and Village"</b>: The international participants will meet with young local French women and will run together in the heart of the city of Paris in a non-competitive short race to celebrate intercultural friendship and the benefits of sport for health.</p> <p>Altogether, girl students will also participate in the "Village", a festival where participants will discover new physical activities and share experiences in a fun and intercultural environment.</p>
14th March, Paris	<p><b>"The Talk"</b>: 3 inspirational women will share their stories on stage in a prestigious location through a TEDtalk conference and provide tools that enable participants to be inspired, motivated and therefore to make a difference through sport.</p> <p>FREE AFTERNOON</p> <p><b>"The Nights"</b>: Farewell party to say goodbye</p>
15th March, Paris	Departures of participants - except the girl students and their mentors which will have been selected for the Design Sprint*
*14th afternoon - 15th March, Paris	<p><b>"The Design Sprint"</b>: The "Design Sprint" is an educational program that aims to train selected participants - supported by their mentor - to become leaders in school sport by designing and creating multi-dimension projects linking sport, culture, education, and innovation. They will particularly develop project management skills in the field of sport, to learn how to mobilize other young athletes in their local communities.</p> <p>The mentor will play a key role in the training by interacting with the participants, sharing his or her experiences, and committing to support the participants' ideas to be turned into real projects at the local level after the training, in a short period of time (from March 2019 until September 2019). The new girl leaders will in fact keep their community alive by sharing their sport projects within their local communities.</p>
16th March, Paris	Departures of all participants of the "Design Sprint"

\*Please refer to the bulletin "SELECTION PROCESS – DESIGN SPRINT" (*page 9 of Bulletin*).

# CONDITIONS FOR PARTICIPATION

## COMPOSITION OF THE DELEGATION FOR EACH ACTIVITY

Date	Activity	Composition of the delegation
12th March, Paris	"The Cultural Scavenger Hunt"	12 girl students + 3 mentors
	"The Nights"	
13th March, Paris	"The Race and Village"	
14th March, Paris	"The Talk"	
	"The Nights"	

Date	Activity	Composition of the delegation
14th March afternoon, Paris	"Design Sprint"	*2 girl students + 1 mentor
15th March, Paris	"Design Sprint"	

\*The selection of the participants for the "Design Sprint" (2 girl students + 1 mentor) will be **within the 15 participants of the event** (12 girl students + 3 mentors). Please refer to the bulletin "SELECTION PROCESS – DESIGN SPRINT" (*page 9 of Bulletin*).

For any issues concerning the number of participants for each activity, you are welcome to contact the ISF office at [ISF@ISFSports.org](mailto:ISF@ISFSports.org) or by calling tel. +32.27.10.19.38.

# CONDITIONS FOR PARTICIPATION

## PROFILE OF PARTICIPANTS

### Girl students' Profile

\*All girl students willing to participate in the "She Runs – Active Girls' Lead" must:

- Be born in years 2001, 2002, 2003 or 2004;
- Be registered as students in the school they represent;
- Represent the country in which their school is located;
- Be enthusiastic, and interested in the core objectives of the event;
- Be willing to actively participate in all the activities proposed by the event;
- Be able to communicate in English, for a more successful cultural exchange between participants.

\*please note a different profile for those girl students applying in the "Design Sprint" *(page 9 of Bulletin)*

### Mentors' Profile

\*All mentors willing to participate in the "She Runs – Active Girls' Lead" must:

- Be physical education teacher, school sport staff or any person nominated by the school sport entity to undertake the following responsibilities;
- Be enthusiastic, and interested in the core objectives of the project;
- Be able to fluently communicate in English;
- Accompany the girls throughout the event and actively take part in all activities proposed by the event.

\*please note a different profile for those mentors applying in the "Design Sprint" *(page 9 of Bulletin)*

IMPORTANT: Among the 3 mentors, each school sport entity must nominate 1 head of delegation, to be the contact person during the event.

# REGISTRATION AND FEES OF PARTICIPATION

To participate, the ISF E+ countries are kindly required to cover a pay a fee of registration of **100€/per participant** in total, that will cover all the following expenses:

- Transportation of the participants from capital city (or other city) to Paris;
- Local transportation in Paris;
- Accommodation in Paris;
- Food in Paris;
- Various activities proposed in Paris.

The fee of registration must be paid in the following bank account:

**Name of bank:** Fortis Bank  
**Address:** Warandeborg 3, 1000 Brussels, Belgium  
**BIC (Swift Code):** GEBABEBB  
**Payee:** ISF, Rue Archimède 59, 1000 Brussels, Belgium  
**IBAN:** BE03 0015 2130 7984  
**Reference:** ISF She Runs + name of participating country

The deposit must be sent as a single payment for the whole delegation by the organization responsible for school sport (federation, trust, ministry etc.). **Payments by individual schools will not be accepted.** The currency of the payment must be in Euro (€). All bank charges (for both deposit and balance) are to be met by the participating countries!

Once the payment has been registered, the ISF E+ countries will have access to phase 2.



# HOW TO REGISTER

To register in the program “She Runs – Active Girls’ Lead”, ISF E+ countries must register on the ERAS platform <https://isf-eras.org/>. Please use your ERAS credentials (national school sport entity) to access registration, or create new credentials (access / ISF User Registration).

## PHASE 1

Every ISF E+ country will be asked to:

- Verify the contact of the national school sport entity;
- Pay the deposit for the registration fee of 1500€ (see previous bank detail). The 1500€ deposit for the registration fee refers to:

Registration fee/ participant		Fixed # of participants		Total
100€	x	15 (12 girl students + 3 mentors)	=	1500€

**The deadline for registration in phase 1 is on 16th November 2018.**

## PHASE 2

In phase 2 every ISF E+ countries must:

- Fill in the profile of the participants – **12 girl students** and **3 mentors**;
- Confirm the city of departure of the delegation;
- Nominate 1 head of delegation (contact person during the event) out of all mentors;
- Accept consent forms.

In phase 2 the ISF will get in contact with each school sport entity to discuss transportation arrangements.

**The deadline for registration in phase 2 is on 26th November 2018.**

## PHASES RECAP

PHASE	WHAT TO DO	DEADLINE
PHASE 1	<ul style="list-style-type: none"> <li>▪ Registration access: <a href="https://isf-eras.org/">https://isf-eras.org/</a>;</li> <li>▪ Registration fee payment;</li> </ul>	16 <sup>th</sup> November 2018
PHASE 2	<ul style="list-style-type: none"> <li>▪ Registration of the profile of participants;</li> <li>▪ Nomination of the head of delegation;</li> <li>▪ Confirmation of the city of departure of the delegation;</li> <li>▪ Fill in consent form.</li> </ul>	26 <sup>th</sup> November 2018



# SELECTION PROCESS: "DESIGN SPRINT"

## WHO CAN PARTICIPATE?

To participate in the "design sprint", every ISF E+ country must nominate **2 girl students** (born 2001-2002) and **1 mentor** (out of the 12 girl's student and the 3 mentors participating in "She Runs").

### The 2 Girl students Profiles

All girls willing to participate in the training must:

- Have participated in the previous activities of "She Runs";
- Be proficient in English;
- Be enthusiastic about the core objectives of the event;
- Be committed to a successful deliver of the project.

### The Mentor's Profile

The ISF will not select the mentor but relies on the federations to ensure an adequate choice. The mentors proposed by the federations should, however:

- Be proficient in English;
- Be enthusiastic about the core objectives of the event;
- Motivate to help the girls to the successful deliver of the project.

## HOW TO APPLY

Every girl's student applying in the training must write a 1 page (around 400 words) **motivational letter** in English. **Other creative means of presentation** are also welcome, as video (max 2 minutes, please send through WeTransfer to [education@isfsports.org](mailto:education@isfsports.org)) pictures, montage, others, etc. The topics that need to be covered are:

- Information about the profile of the applicants in terms of past sport experiences;
- Motivation to participate in the training;
- Motivation to promote gender equality in sport.

To apply, every school sport entity representing the girl students must send an e-mail to the ISF ([education@isfsports.org](mailto:education@isfsports.org)) containing:

1. **motivational letters** (or other creative means of presentation)
2. **\*profile of participants and commitment form** (please refer to the attached documents)

\*Every school sport entity must send the profile of participants and commitment form in which they recognise the qualification of the nominated mentor, her/his responsibility in the training, and her/his commitment to support the participants' ideas to be turned into real projects at the local level after the training. The commitment form can be found in the e-mail attached.

The e-mails must be sent to the ISF **by the 16th November 2018**.

The ISF education office will communicate the results of the selection to each ISF E+ country by email by the 30th November.

# ADMINISTRATION

## INSURANCE

Each country is required to provide insurance for each member of its delegation. At a minimum the insurance is to cover civil liability, material damage and medical costs. Insurance will be checked upon arrival during the accreditation. In case of wrong or absent insurance, participants won't be allowed to participate to the event.

## TRAVELLING

ISF E+ countries' travel to Paris is financed and managed by the ISF. Please note that the transportation to the city of departures will not be covered.

## PASSPORT AND ID CARD

Please check if your country can enter France with an ID card or is in need for a passport at [https://europa.eu/youreurope/citizens/travel/entry-exit/eu-citizen/index\\_en.htm](https://europa.eu/youreurope/citizens/travel/entry-exit/eu-citizen/index_en.htm)

## VISA

Please check if your country needs visa to enter France. For additional information on VISA types, requirement and application, please visit the official VISA website for France at <https://france-visas.gouv.fr>.

## MEDIA

Every ISF E+ country is welcome to introduce the contact of a media referent to the ISF, in order to cover the event for its own country of reference. Please contact the ISF office for additional information. Please to send the contact to [romain.fermon@isfsports.org](mailto:romain.fermon@isfsports.org) and [education@isfsports.org](mailto:education@isfsports.org).

# ADMINISTRATION

## DEADLINES

DEADLINE	DATE
Phase 1 registration deadline	16th November 2018
"Design Sprint" registration deadline	16th November 2018
Phase 2 registration deadline	26th November 2018

## CONTACTS

Position	Name	E-mail Address	Telephone
Education office	Floriane Poncet, Irene Retis	<a href="mailto:education@isfsports.org">education@isfsports.org</a>	+32 27 10 19 38
Project Manager	Floriane Poncet	<a href="mailto:floriane.poncet@isfsports.org">floriane.poncet@isfsports.org</a>	+32 472 52 50 80
Marketing and Communication Director	Romain Fermon	<a href="mailto:romain.fermon@isfsports.org">romain.fermon@isfsports.org</a>	+32 472 58 31 97

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**THE ISF TEAM  
IS LOOKING FORWARD  
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