

Week Without Walls Program September, 2019 NOVA International Schools	European Week of Sport in Macedonia		
<p>Location: Skopje - Macedonia</p> <p>Dates: 22 – 28. September, 2019</p> <p><i>* Activities may be scheduled and scattered throughout the day (8:00 am through 10:00 pm)</i></p> <p>Type of a project: Physical activity, sports, engagement with local community</p> <p>Group size: Max 15 students (grades 10 & 11)</p> <p>Travel and accommodation: None</p>	<p>Driving Challenge / Question <i>Would like to help people embrace physically active lifestyle, be active during the European Week of Sport, and stay active throughout the year?</i></p> <p>Brief description of the project <i>For five years, the European Week of Sport has helped tackle the inactivity crisis by encouraging Europeans to embrace a healthy and active lifestyle.</i> <i>Through the five (5) days of involvement in the European week of sport events organized in Skopje students will be actively involved in activities promoting participation in sport and physical activity, promoting the role of sport as a means of social inclusion, and building an inclusive and economically vibrant society.</i></p>		
<p>By participation in this project students will: <i>(what will student learn and be able to do?)</i></p>	<p>Assessment for the project:</p>		
<ul style="list-style-type: none"> - Learn the importance of regular exercise and engagement in sport for staying physically and mentally fit; - Learn the role of sport in promoting social inclusion and integration, particularly for marginalized groups; - Learn to work collaboratively; - Improve their organizational and leadership skills; 	<p>Product / Competency</p>	<p>Assessment Tool</p>	<p>Grade Weight</p>
	<p>Active participation in daily activities</p>	<p>Rubric and observation</p>	<p>70%</p>
	<p>Reflection paper</p>	<p>Learning outcomes</p>	<p>30%</p>
<p>Estimated cost: None</p>			
<p>Not included in the cost:</p> <ul style="list-style-type: none"> - activities will take place outside of NOVA and students would be expected to cover the local transport; - Lunch (food is not provided). Students should either bring lunch from home, or have some money to buy their own lunch; 	<p>Included in the cost: N / A</p>		
<p>Optional fees: N / A</p>	<p>Mandatory fees: N / A</p>		

Date	Tentative itinerary
day 1 (Sunday) (22.Sep.2019)	<p>Be Active - Opening day (10:30 – 13:00)</p> <p>Meet at 10:30 at Gate Macedonia 10:30 – 13:30 Volunteering and assisting with various activities</p>
day 2 (Monday) (23.Sep.2019)	<p>Be Active - Bike race on Vardar river bank (Kej) (14:30 – 19:30)</p> <p>Meet at 14:30 at Fontana in City Park 15:00 – 19:30 You may help with the organization or take part in the race (if participating in the race you need to have your own bike, skateboard, rollerblades / inline skates, or non-electric scooter)</p>
day 3 (Tuesday) (24.Sep.2019)	<p>Be Active - Multicultural Village FIBA 3x3 Basket (17:00 – 20:30)</p> <p>Meet at 17:00 at Gate Macedonia You may help with the organization or take part in the games</p>
day 4 (Wednesday) (25.Sep.2019)	<p>Be active – Rope Skipping Challenge (17:00 – 19:30)</p> <p>Meet at 17:00 at Gate Macedonia You may help with the organization or take part in the rope skipping challenge (you will receive a skipping rope)</p>
day 5 (Thursday) (26.Sep.2019)	<p>Lectures at NOVA (9:00 – 12:00)</p> <p>Meet at HS cafeteria at 8:45 9:00 – 12:00 Lecturers on the topic of Sport and Physical Activity</p> <p>Mandatory for all participants</p>
day 6 (Friday) (27.Sep.2019)	<p>Be Active - Light up Skopje (17:00 – 22:00)</p> <p>Meet at 17:00 School Koco Racin on Vodnjanska street Hike on Vodno (the goal is to hike to the Millennium Cross)</p>
day 7 (Saturday) (28.Sep.2019)	<p>Be Active – Closing day & Active Night (10:30 – 13:30 OR 16:00 – 19:30 OR 19:30 – 22:30)</p> <p>Closing event of the week we need volunteers to assist with the activities organized at Tose Proeski Sport Arena or Boris Trajkovski Sport Center</p> <p>Three shifts: 10:30 – 13:30 (meet at Arena Tose Proeski (National arena in City Park) at 10:15) 16:00 – 19:30 (meet at the entrance of Aqua Park at 15:45) 19:30 - 22:30 (meet at the entrance of Aqua Park at 19:15)</p>