

INFO KIT

E+: Youth in Action KA1 project:

for the Youth Exchange »Mind your Body«

1) WHAT?

A youth exchange on the topic of healthy lifestyle, doing fun sports in your free time, learn how to deal with stress and time management, learn how to cook healthy meals and to recognize that home-made food is much better than take-aways and order-ins.

Objective: Young people aged 16 in 25 years old will recognize the meaning and influence of healthy life-style on physical health and general well-being.

Results:

- Make a ZINE of healthy recipes you can cook in less than 20 minutes
- Prepared a VIDEO with exercises
- VEGE-FESTIVAL as a final event
- Seven days WORKOUT challenge in the local environment.

2) WHEN AND WHERE?

In Trbovlje, Slovenia, Youth center Trbovlje. Youth center is a place for activities as well for accommodation since we have a hostel with 22 beds and kitchen. Find out more:

<http://mct.si/en/home/>

Youth Exchange is planned for 15th – 22nd July

APV from 4th to 7th June 2018.

3) WHO CAN PARTICIPATE?

Each country has 5 participants and one youth leader. The participants' age is between 16 and 25 years old. Everyone who is ready to change their life to better and to impact on other young people. We encourage that participants with less opportunities take part of these project.

4) WHAT WILL WE DO?

Our activities will be diverse and spread over the whole day from morning to evening. The mornings will start with a workout and breakfast made by ourselves, afterwards with planned workshops and activities, spending the time outside and indoors, learning a lot about importance of nourishment and sports, plan a VEGEfestival, have a trip, a organised group workout and many, many more.

5) WHY SHOULD YOU PARTICIPATE?

You will get the chance to meet people from abroad, enjoy their national evenings, achieve daily challenges, cook your own food, try to be vegetarian, workout every morning, organise a festival, enjoy sports and become more confident, spend less time sitting and be more active in group work, learn how to deal with stress and how to organize your time and mostly – have fun!

