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Youth exchange “Healthy lifestyle” 23 April – 3 May, Osterholz-Scharmbeck(Bremen), Germany



Dear participants,

Welcome to the “**Healthy lifestyle**”, multinational Erasmus+ youth exchange with 50 young people, 16-23 years old that come from 4 different European countries – Croatia, Spain, Macedonia and Germany.

Participants: 10 participants plus 2 group leaders per country - total 48 participants

Place: KulturHaus, Osterholz-Scharmbeck(Bremen), Germany

Time: 23 April – 3 May 2019

Target group: Youngsters from different kind of background

Age: 16-23 years old.

Modern and fast life style, new technologies, new systems make our life in a way easier. We save time and money, we are more efficient with the time. However, all those good things have also negative influences on us (youngsters included)

Today's youngsters learn 4-5 different languages, go to school or university from 9-17h and have homework, assignments and tasks for the rest of the day. They communicate with their friends over facebook, snapchat and skype. Their schedules are planned weeks, if not months in advance and they don't have much of free time. And not to forget, we are talking about people who are 19 or 20 years old. The pressure of the society is not to be happy, healthy or fulfilled, but to be successful young person. That they have to look good, eat properly, have good grades, earn to pay their costs and afford living apart from their parents, they have to be successful, have many hobbies and interests. And all of this sounds really good. However, many of them have fears about their future, they are stressed from the full schedule, search for who they are and what they want to do in the rest of their lives. Having so much pressure and no time, usually the health suffers, mental and physical.

However, we also came to the idea that we can prevent those situations to happen, we just need to learn and share how. Young people are given a lot of responsibilities, but not tools of how to take care of their emotional and spiritual wellbeing. On this project we want to address those needs having the following objectives:

1. Raise awareness among youngsters about their wellbeing, what makes them stressed, how to approach their wellbeing and create a healthy lifestyle.
2. Raise awareness among their parents about the wellbeing of their children.
3. Give the youngsters practical tools how to handle their wellbeing such as meditation, cooking, yoga, sports, self-reflection and self-awareness.
4. Multiply the results in the local societies of the youngsters

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This project will be balance between self-awareness of the issue, proving tools for the youngsters to do at home, and to multiply the results in their local communities upon their return home.

Time	Monday 17-Sep	Tuesday 18-Sep	Wednesday 19-Sep	Thursday 20-Sep	Friday 21-Sep	Saturday 22-Sep	Sunday 23-Sep	Monday 24-Sep	Tuesday 25-Sep	Wednesday 26-Sep	Thursday 27-Sep
9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30		Welcome		Energizers	Energizers	Energizers		Energizers	Energizers		Sleep in
10:00		Expectation setting					Biking to Bremenhaven	Guerrilla gardening / Food gardening basics/Planting trees and veggies	Physical exercises to do at home		Erasmus+ Info point
10:30		Rules and Security	Positive Psychology Framework	Yoga: Stretching the Mind & Body	Meditation: Calm & Insightful	Silent Morning					Youthpass information
11:00		Name Games									
11:30											
12:00											
12:30											
13-15	Arrival	Lunch	Lunch	Lunch	Lunch	Lunch/setting tents up	Lunch in Bremenhaven	Lunch	Lunch	Lunch	Lunch
15:00		Energizers	Energizers		Energizers	Energizers	Visit UNESCO site	Energizers	Energizers	Energizers	
15:30		Name Games									
16:00		Peripatetic Getting to Know Each Other	Zumba: Dance for Health	what kind of impact do phones and computers have on our lives	Chiropractic: Learning & Receiving	Balanced Communication Techniques	Biking back from Bremenhaven	The Importance of Play	intellectual practices to do at home		Evaluation and future projects
16:30								Free time to play			
17:00											
17:30		Discussion	Discussion	Impressions	Discussion	Discussion		Discussion			
18:00											
18:30		Group leaders meeting	National delegation meeting	Group leaders meeting	National delegation meeting	Group leaders meeting		National delegation /Group leaders meeting	Free time	Free	
19:00	Dinner		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Profile of Participants

Participants of this youth exchange should be youngsters that are interested in the topic of wellbeing, that want to learn how to take care of their body and mind better. They should be interested about sharing experiences with other young people and discussions on the topic. The project is for young people that don't know anything about wellbeing up to youngsters who practice yoga, meditation and other wellbeing activities on regular basis.

Travels and costs

All costs for accommodation, food, participation in the program are covered from the Erasmus+ program. All travels up to 275€ will be reimbursed for Croatia, Macedonia and Spain, and up to 20€ for Germany.

You can fly to Bremen, Hamburg, Hannover, Berlin, Cologne, Frankfurt or Dortmund. It will take you 1.5-4h of trains or busses to reach Osterholz-Scharmbeck. We can reimburse only the cheapest possible travels, so please try to find the cheapest/most suitable flights.

Wizzair, Ryanair and other cheap airlines fly to Bremen, Hannover, Dortmund, Dusseldorf, Hamburg and Berlin. Busses you can find on www.flixbus.com (you have internet on the bus). Trains you can find on www.bahn.de.

Venue: KulturHaus, Osterholz-Scharmbeck (near Bremen)

We are going to stay in a very simple accommodation something like youth hostel, which is actually old group house in a middle of nowhere. In the house we are going to help the cooks together, do workshops together, have fun together as a group.

The house is located in a forest, with a lot of hiking places, places to run and ride bikes, but also to experience beautiful nature. The participants will be accommodated in rooms between 2-5 people. There will be same gender but mixed nationalities room. Most of the rooms have shower and toilet inside of the room, some have them just in front of the room.

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