

# WE INVITE YOU TO PARTICIPATE IN THE PROJECT "SOUND MIND IN A SOUND BODY".

- SOUND MIND IN A SOUND BODY is a Polish-Lithuanian exchange of young people encouraging to a healthy lifestyle.
- If you are active, athletic, you can not keep calm and always ready for new adventures, or you just want to change your life, but you do not know how, this project is for you!
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- The main goal of our project is to gain knowledge about a healthy lifestyle, learn various techniques of practicing sports.
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- We will fight with shyness by sharing our opinions about a healthy lifestyle through participation in cultural projects, such as creating LIP DUBU. We will destroy cultural barriers, we will become more open to other people and we will gain self-confidence especially in the field of communication in foreign languages.
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- We will learn how to maintain a healthy lifestyle through new technologies (mobile applications). We also offer you a meeting with the master of various sports disciplines, a dietician and a doctor.
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- We will talk about cultural and sports differences between the Polish-Lithuanian group, discuss about healthy nutrition stereotypes that apply in partner countries.
- We will together looking for internal ways of motivating to lead a healthy lifestyle. With the help of nutritionists in culinary workshops, we will learn how to prepare cold meals and snacks to help you manage a balanced diet.
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- At the end of our exchange and project, we want to record lip dubu in the Old Town in Lublin, promoting a healthy lifestyle, which we will combine with a mini campaign raising the social awareness of a healthy lifestyle.
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- All this will help you as a participant to reduce the cultural distance to get to know your self, Polish and Lithuanian pro-health habits.

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