

HEALTHY LIVING FOR LONG EXISTING

YOUTH EXCHANGE



**COLOGNE
GERMANY**

02-08/10/2018

FUNDED BY ERASMUS+



WELCOME

We are glad to see you in this project.

As everyone knows, sometimes people are struggling with daily problems and responsibilities, neglecting themselves and have difficulty in maintaining their happiness. Thousands of years ago, sports emerged with a human sense of competition and dominating nature. It still keeps its importance as being a cornerstone for a healthy life. As well as, the result of innovation in technology, developed the ways of food production and made the inorganic food became more common. Nowadays, considering all these situations, living circumstances has changed a lot that we should pay much more attention on our health. Therefore; there is a general judgement about Sports in Community of Europe, Countries give different amount of importance in their constitution which determines the differences of living styles and sportive life of the countries. Accordingly; our project is going to reveal the countries of European Community's point of view to sports and increase the awareness of the youngsters about these subjects. In addition to this; we aimed to start and establish a common vision of sports all over the countries of European Community.

Let's continue with more details...

TYPE OF THE PROJECT

Youth Exchange granted by Erasmus+ Programme, approved by German National Agency

TITLE OF THE PROJECT

Healthy Living for Long Existing

PROJECT'S VENUE AND DATES

*Cologne, Germany
02-08/10/2018*

HOSTING ORGANISATION

Youth for Vision

PARTICIPANTS' NUMBERS

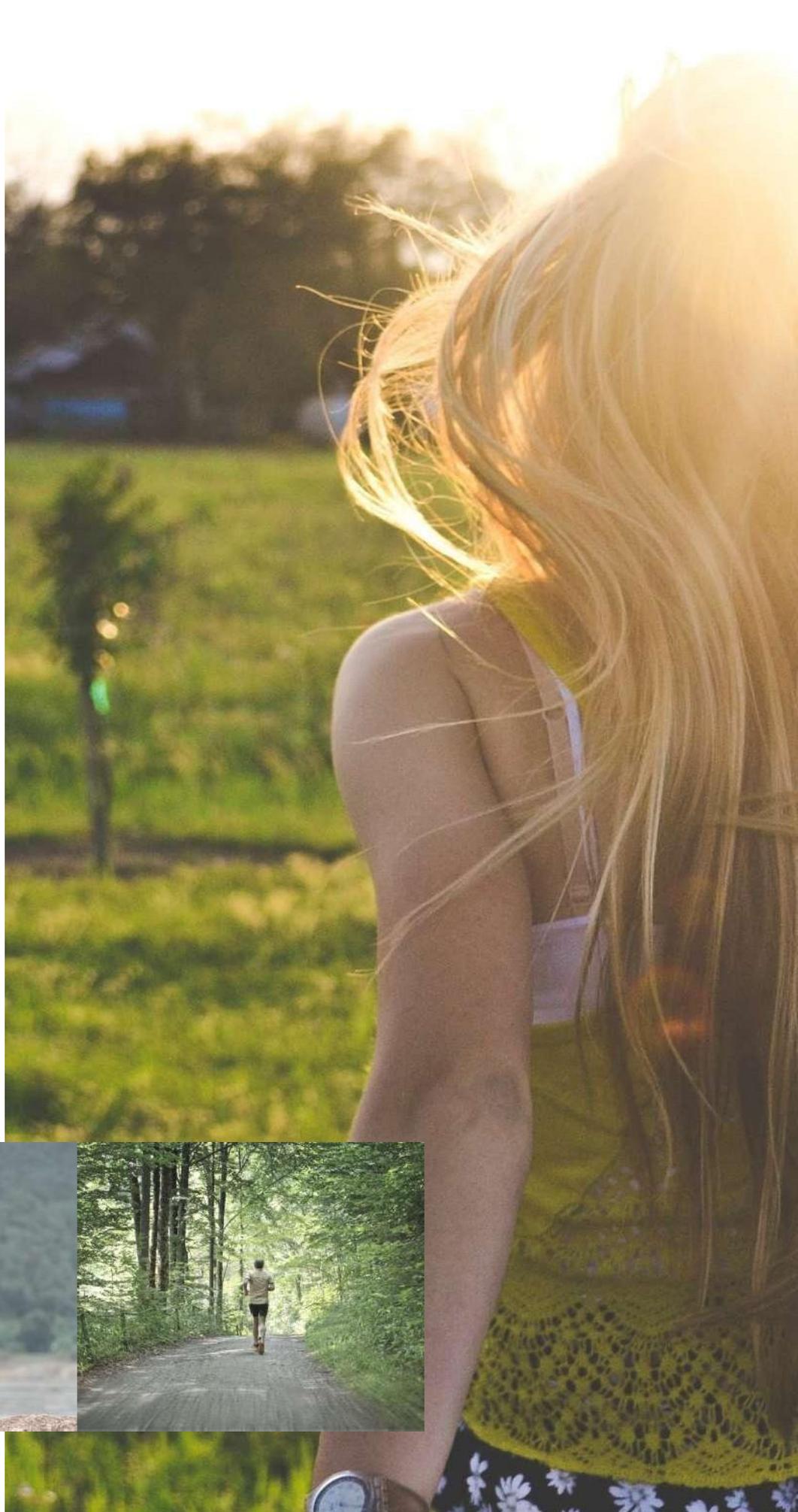
*6 participants per each country (5+1 Group Leader, gender balanced groups)
7 participants from Germany*

PARTICIPATING COUNTRIES

Bulgaria, Germany, Greece, Italy, Lithuania, Slovenia, Turkey

PARTICIPANTS PROFILE

Motivated, ready to contribute and learn, interested in the project's topic. People with low experience in the Erasmus+ programme projects will be preferred since we need to motivate more people into participating. Participants will have basic knowledge of English. The participants in our project will be more sensitive about social and sportive subjects in their environments, will have skills of taking responsibilities in organisations, will give more importance to sportive skills in their social lives and arouse people in their environment, will be more respectful to other cultures and thoughts, and as responsible, enterprising and self-confident European youngsters, we will perform our new skills and behaviors in their future lives. The participants will also have awareness of Erasmus+ Programme, and will come across new opportunities by the help of our project. The participants who will be aware of the importance and essentially of speaking foreign languages during our activities will make a push in getting over the language learning problems.





SPORT, HEALTH, LIFE

We will come up with ideas for making even more people aware of this issue and we will try to express our ideas through team work activities. We will understand how crucial non formal education and life long learning process is. And this project will break our stereotypes.

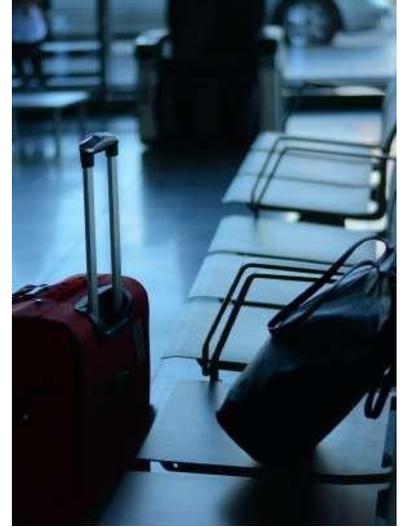
- WHAT IS COVERED BY PROJECT GRANT? -

Foods and accommodation will be 100% covered by the project throughout all project dates.

"TRAVEL REIMBURSEMENT DOCUMENTS"

Arrival city of project

Participants may arrive to several cities' airports in Germany to reach Cologne City for easy way. From the all cities of Germany you may reach the project city by high/low speed trains. For the venue, information is going to be posted to Facebook Group with all details of transportation.



PRE- PARA- TION



Remember that each national group has to prepare:

- Group presentation (Who are you?, Where are you from?, What do you do?, Which organisation do you come from?)
- Participants have to be familiar with the culture of their country, because during the meetings, they will have to prepare their own cultural evenings
- Please, bring some traditional treats from your country – some typical snacks or drinks to show how your cuisine looks like, videos, musics, costumes etc.
- If possible, please take your own computers – it will be useful during the sessions.



Summary of the Project

We tried to draw attention to healthy life and obesity problem. In this project, young people from different cultures and history will discuss about being more active in areas of olympism , healthy living, fair play and sporting organizations and share their ideas.

However, they will learn by providing their ideas , forming common ideas; consequently they will learn through experience. . The project will be organised in Cologne, Germany and it will take seven days . During different visits and activities of the project, German culture and hospitality will be shown to the European participants. Total number of participants is 43. The project includes different location visitings , group activities and individual workshops. There will be the final performance at the end of the project. All activities which will be planned will be consisted of the non formal education and life long learning techniques and the 8 key competences of the erasmus plus for youth will be gained throughout all planned workshops. Project will be organised from Youth for Youth so all partners will share equal partnership and responsibilities and all of us will make this project happen through collaboration, interaction and active participation. In our project, Germany group will be consisted of 7 participants whereas all the other groups will be consisted of 6. Our partners are from Turkey, Greece, Lithuania, Italy, Slovenia and Bulgaria. Groups will be gender balanced and as a long term result of the project we will open a healthy living online blog. One day before the end of the project, we will interact with the local community of Cologne in order to raise the awareness of the locals on top of Olympism, sports and healthy living.



Erasmus+

Youth Exchange

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02-08/10/2018

Cologne, Germany



**JUGEND
für Europa**

Nationale Agentur Erasmus+



Co-funded by the
Erasmus+ Programme
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