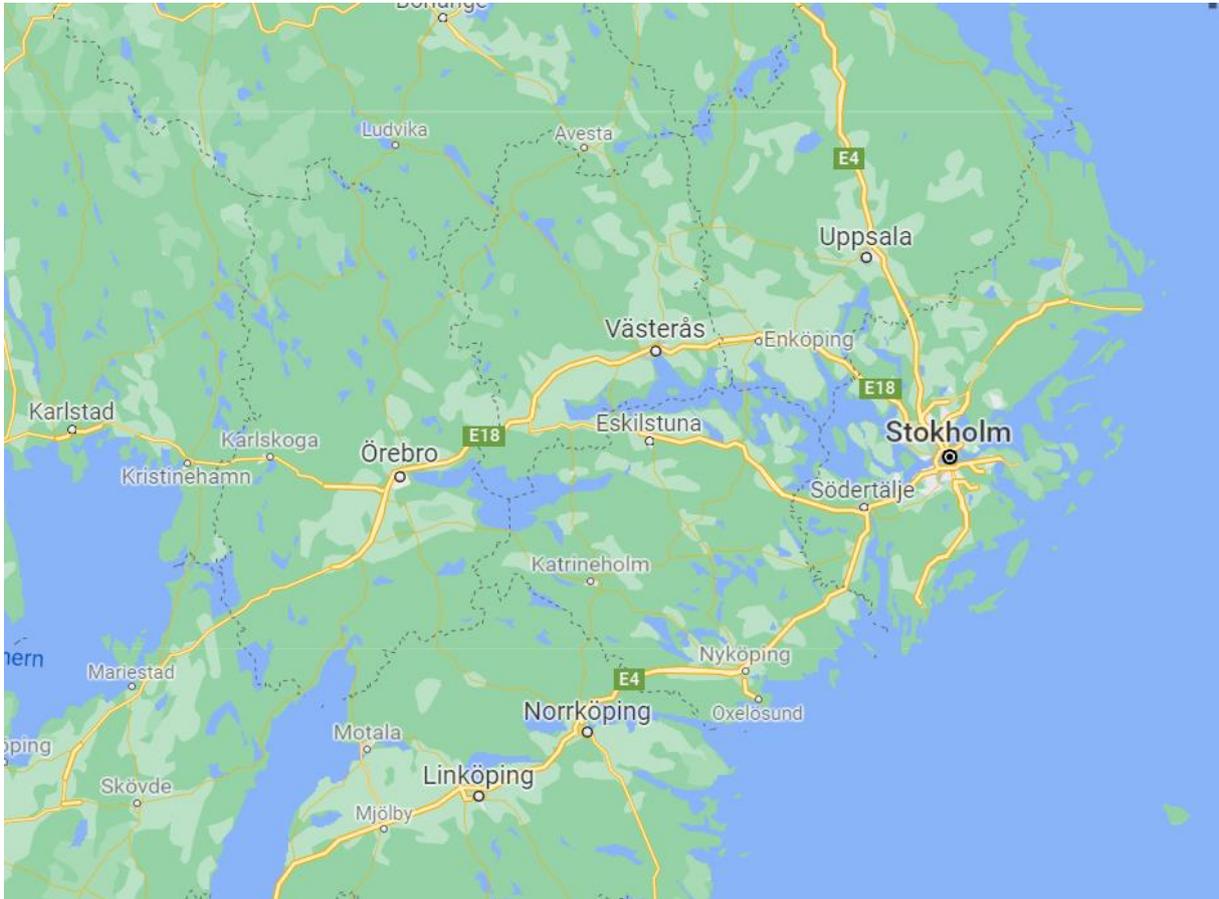




# HEALTHY LIFE



## YOUTH EXCHANGE

### KATRINEHOLM, SWEDEN

**PLACE AND DATE:** 12-24 SEPTEMBER 2022, KATRINEHOLM, SWEDEN

**PARTICIPANTS:** 60 people (8 Youth+ 2 group leaders from each country)

**COUNTRY:** Partner countries will be from **Sweden, Turkey, Italy, Greece, Spain and Lithuania.**

**LANGUAGE:** The working language will be English.



# SUMMARY



Healthy Life project will raise awareness about mental health issues specific to the covid-19 pandemic effects and will make young people understand the importance of physical and other stress-reducing activities for a healthier life, both from the mental and physical perspectives. We will use interactive non-formal education methods in a multicultural context and various practical activities (hiking, outdoor team sports, yoga, meditation, laugh therapy, etc).

## Objectives:

1. To increase awareness about the mental health issues associated with the covid-19 pandemic and help generated solutions through small but effective behavioral changes for the 60 young people participating, during the 11 activity days.
2. To involve the 60 young people in practical learning activities, both physical (hiking, outdoor team sports, zip-line, canoeing) and mental (yoga, meditation, laugh therapy). A total of 8 methods will be used during the 11 activity days.
3. To inform 60 young people from each of the communities of the project partners about the importance of understanding mental health issues during this pandemic and how important it is to create good habits (such as meditation, sports, yoga, etc), through local events organized by the young participants, supported by the partner organizations.



## ACTIVITIES AND METHODS



### Working Methods

The methods underlying the activities of the “Healthy Life” exchange come from the field of non-formal education and have various roles in obtaining the desired results from the implementation. They were chosen by young people and transposed into practical activities with the help of the project team. We grouped the methods according to their role:

**INTEGRATIVE:** To improve the dynamics between participants and stimulate group cohesion: name and knowledge games; team-building activities (Mission Impossible, Make your choice! Broomsticks, Hot Potatoes); work in mixed and national groups (presentations, research, production of promotional clips); Outdoor physical activities and mental health workshops;

**CREATIVE:** To develop the artistic sense and inventiveness, giving participants freedom of expression: interactive presentations; theater sessions as manifestation of creativity; creating motivational clips; artistic presentations and manifestations from cultural evenings;

**INTERCULTURAL LEARNING:** To overcome prejudices and stereotypes about other cultures: The Albatross; the content of cultural evenings; the visit to Höganäs and free time spent discovering local cultural elements;

**EXPERIENTIAL LEARNING (learning by doing):** To put participants outside their comfort zone through new situations for them and through which they will learn more about themselves (also about elements related to the organization and technique used in these types of activities): the outdoor physical and mental health related workshops (various styles and intensities); individual and team sports activities; interviews conducted in the visit to Höganäs;

**REFLECTION:** To encourage young people to express their thoughts and provide constructive feedback: daily reflection; intermediate and final evaluation; the beginning and end sessions dedicated to Youthpass (because it helps the young people to discover more easily the skills obtained and to systematize the information).



## Who can participate in the youth exchange?



The total number will amount to 60 participants.

The young participants of our project come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project. The project team drafted a participant profile, according to:

### 1. Generalities:

-Age: between 15 and 30 years

-Gender: we aim for a gender balance

-Education: most of the young people will be in the last years of high school and some will have the completed studies, while others will have dropped studies

-Work place: most of the young people are without a full-time job, but it is possible to have a percentage active in the labor market (part-time, freelancer); we have young people with reduced opportunities in the NEET category (who do not study and do not have a job)

### 2. Specifics:

-The cultural background: the national groups will generally consist of young people representing the majority culture of the respective country, but we will have young people from different ethnic minorities

-The social framework: the social experience oscillates from individual to individual, but we planned the integration of young people with problematic social situations (discriminated against by ethnic or religious criteria, displaced due to conflicts, etc.).



## TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Greece	Sweden	500 - 1999 km	10	275.00
Italy	Sweden	500 - 1999 km	10	275.00
Lithuania	Sweden	500 - 1999 km	10	275.00
Spain	Sweden	2000 - 2999 km	10	360.00
Sweden	Sweden	0 - 9 km	6	0.00
Turkey	Sweden	2000 - 2999 km	10	360.00

**AFTER SENDING** their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (**Sweden**). These distances must be calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants. It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).

**Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.**

*Please note any extra days you wish to stay will be your own responsibility and your food etc.*

**Visa costs** will be covered by participants.



## THE VENUE



Katrineholm (pronunciation: About this soundextended or About this soundshortened) is a locality and the seat of Katrineholm Municipality, Södermanland County, Sweden with 24,271 inhabitants in 2018. It is located in the inland of Södermanland and is the third largest urban area in the county after Eskilstuna and county seat Nyköping. <https://en.wikipedia.org/wiki/Katrineholm>

**Note:** Organisers will not provide accommodation for any additional stay in Sweden. If participants plan to arrive a few days earlier or depart a few days later, they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel



## ACCOMMODATION PLACE

# Granhedsgården!

<https://www.granhedsgarden.se/>



**Rooms:** Participants will be accommodated in 3 or 6 people each room. The main activity room is located in the hotel. Wi-Fi internet connection is available. Organisers will provide participants with three meals per day. Food will be served. Every day one country will wash the dishes with machine.

**Participants MUST bring bed sheets, cover for pillow and duvet, towels and their personal care products.**

**We strongly recommend each participant to inform the organizers about any special dietary needs in advance.**

## **HOW TO REACH THE HOTEL**

We will pick up all participants from **Hälleforsnäs Train station**.

Take train from Stockholm to Katrineholm/Malmköping and from Katrineholm/Malmköping to Hälleforsnäs.

<https://www.sj.se/>



## WHAT TO BRING



Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...

## HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high if you don't have.



The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).



Each of the participating countries should;

- ✓ Bring all your **travel documents** as presented above. **Print out all your documents even if they are online. We don't have printing opportunities.**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Prepare a **presentation on diversity** in their country.
- ✓ Find **interesting videos / games / exercises / educational activities on diversity.**
- ✓ Prepare **energisers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! :) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing).
- ✓ **Bring good spirit, joy and happiness!!!**

**Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!**



**SEE YOU ALL IN SWEDEN**