



Healthy lifestyle- do it right!

**Youth Exchange**



## GENERAL INFORMATION

**Title:** Healthy lifestyle- do it right! Youth Exchange

**Place:** Zakopane, Poland

**Date:** I APV 02.08 15;00 – 04.08. 12;00, Project 10.09- 17.09.2017

**Participants:** Young people and youth workers aged 18-30.

**Partners:** Poland, Lithuania, Portugal, Bulgaria, Romania

**Number of Participants:** APV ( 1 leader per organization), project 35 (7 per organization, including 6 participants + 1 leader who may be older than 30 years, please remember about gender balance ).

## PROJECT DESCRIPTION

The aim of our project is to encourage young people to practice a healthy lifestyle, and make them aware that they should not decide on him because of the pressure of society, but to approach it consciously and individually. Youth will present a number of positive effects that come from exercise and healthy eating, they also realize how important the issue is the proper preparation for possible changes in nutrition and correct physical exercise. We also want to develop in young people a sense of understanding and tolerance of other nationalities, to this end they will be organized cultural evenings and workshops on harmful stereotypes. We believe that our participation in the project young people acquire new skills and competences. More than that young people improve their language skills, because all planned activities will be conducted in English. Also gain valuable work experience in an international environment, increase their sense of belonging to the European Community. Our proposed methods of work are:

- Play Integration: game clock, team building- will allow a better understanding of the participants
- Fears and expectations: it will allow us to explore the concerns and expectations of the participants with regard to the project;
- On the impact of sport, a healthy diet and drugs on human health
- Brain storming: the participants will be able to freely express their opinion and to share experiences with peers;

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- Focusing on a single target, together we develop methods that will allow us to spread the idea of a healthy lifestyle;
- National evenings: participants learn about other cultures;
- Daily Evaluation: current enable us to monitor the progress of the project and rapid response in the event of emergencies;
- Secret friend.

Activities that take place outside the center:

- Visit A local educational institution: the participants will be able to share their experience with young people;
- Game City: it will allow for better integration of participants;
- Visit The Tatra National Park;
- Stretching, Nordic walking: encourage young people to physical activity.

## PLACE

### **General information:**

Zakopane (near Krakow), Poland.

Zakopane is situated in the South of Poland at the foot of the Tatra mountains.

### **How to reach to Zakopane:**

Two nearest airports are situated in Cracow (KRK) and Katowice (KTW). We suggest you to travel to Cracow Airport. The airport is connected with the city center by buses. When you reach the main bus/train station there are buses to Zakopane (they leave every 20 minutes). . The nearest LOCAL BUS stop (name U STÓP) is near Orlen gas station/McDonald's – but mind you in Zakopane – not Nowy Targ).

## ACCOMMODATION

In Zakopane we will stay in Willa Józef <http://www.zakopaneharena.pl/>

– a typical highlander house. The resort is situated at the border of Zakopane city and Tatra National Park. An additional advantage of the Southern part of the resort is the view of the mountains.

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Address: Harena 34 Street.



## PREPARATION

Remember that each national group has to prepare:

- group presentation (who you are, where you are from, what you do, something about your organization)
- participants have to be familiar with the culture of their country, because during the meetings, they will have to prepare their own cultural evening – bring please some traditional treats from your country - some typical snacks or drinks to show how your cuisine looks like, **keep in your mind we will be not able to use projector during the presentation**
- **be creative** 😊
- if possible, please take your own computers – it will be useful during the session

### IMPORTANT:

- Take some warm clothes and waterproof jacket. The weather may differ. In the mountain area it changes very changes very quickly. It may be cold and rainy. Be prepared.
- Take waterproof and comfortable shoes.
- Take your own towels!!! ;)**

## TICKETS AND DOCUMENTS

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In order to reimburse the money please provide us with the following documents:

- just economy class and second class tickets will be reimbursement
- **taxi cost will not reimburse**
- original versions of the tickets
- electronic tickets (please send them to project coordinator)
- **invoice for travel (without an invoice we will not be able to give you money back)**