

You Are What You Eat

youth exchange



Erasmus+

The Project "You Are What You Eat" addresses the main theme of contribution toward environment and sustainable living but at the same time will focus on the importance of the development of personal skills of participants, sharing heritage of cultures and be useful and indispensable tool in these modern times that are governed by youth.

Poronin, Poland



30.08 - 08.09.2019

"You Are What You Eat" will take place in southern Poland in Poronin

It will gather 30 youth participants from 6 countries:

Poland, Slovakia, Lithuania, Croatia, Italy and Greece.

This Youth Exchange aims to promote the actions toward environment and sustainable living by non formal methods, as well as to explore the concept of healthy living and ecological awareness within intercultural experience with participants from various countries.



The goals of the activities are teamwork, active participation in an exchange of ideas, the elimination of communication barriers, and cultural diversity, all accomplished in a non formal method.

The exchange will get work through main activity that will be international cooking as well as group dynamics, lectures, presentations, "World Cafe", simulation games, workshops, cultural games and ice breakers, panel discussions, exhibitions, presentations, meetings, cultural visits, intercultural evenings from each country, activities entertainment and other ideas proposed by participants that address the issue of sustainable living.

Educational objectives of the project

- *Increasing the knowledge of ecology and good practices;*
- *Personal development*
- *Revealing and developing good habits in an everyday life*
- *Promoting pro-environmental attitudes;*
- *Sharing of knowledge on methods and tools for effective communication;*
- *Development of the ability to work in an international group;*
- *Development of language skills;*
- *Development of new effective forms of social communication environmental problems;*
- *Development of tolerance and understanding of diversity;*
- *Acquire the ability to analyze activities and solving problems*
- *Practical use of theoretical knowledge in the field of sustainable development;*
- *Acquire the ability to apply theory in practice;*

Working methods

The methodology of the project will be non-formal education. Non-formal education is purposeful but voluntary learning that takes place in a diverse range of environments and situations for which teaching/training and learning is not necessarily their sole or main activity. These environments and situations may be temporary, and the activities or courses that take place may be staffed by professional learning facilitators (such as youth trainers) or by volunteers (such as youth leaders). The activities and courses are planned, but are seldom structured by conventional rhythms or curriculum subjects. They usually address specific target groups, but rarely document or assess learning outcomes or achievements in conventionally visible ways.

Working language is English.

*Accommodation, breakfast, lunch, dinner during the YOUTH
EXCHANGE will be covered by the organizer.*

*You may wish to bring some money for snacks or drinks or souvenirs
while you are here.*

Venue

A scenic view of the Tatra Mountains, featuring a range of rugged, forested peaks under a cloudy sky. In the foreground, there's a rocky, grassy slope. The text is overlaid on this natural background.

Popular among tourists, a picturesque village Poronin is a resort and a good base in the Tatra Mountains and 6 km away Zakopane. Poronin is an attractive holiday destination also because of the many ski lifts, as well as old traditions Highlands, which still cultivates here. In addition, Poronin offers a variety of accommodation options.

Despite being so close to Zakopane, Poronin has retained a peaceful atmosphere and its inhabitants continue to attach great importance to respect the old customs and traditions. In the village survived several historic buildings, including buildings from the end of the nineteenth century. At many households you will see original kennels in regional style.



You will be accommodated in hotel, sharing rooms 2,3 or 4 beds.

The canteen and working rooms are within 50m.

- keep in mind that WiFi cannot work properly when too many people are using it in the same time

- tap water is drinkable

- there is European standard of electrical socket

- no need to take towels, hotel will provide them for you





Every participant will receive a Youthpass Certificate which confirms participation and validates the non-formal learning (NFL) experience of the Youth Exchange project. Youthpass is a European recognition tool for non-formal and informal learning in youth work. Youthpass is available for projects funded by Erasmus+ Youth in Action and Youth in Action programmes. With Youthpass the participants of these projects can describe what they have done and show what they have learnt. Through Youthpass the European Commission ensures the Youth Exchange activity is recognised as a non-formal learning experience. For more information on Youthpass you may wish to visit <http://www.youthpass.eu>.