

Healthier together

Project description:

'Healthier Together' is a Youth Exchange that aims to encourage young people to practise healthy lifestyles which can help them to appreciate the importance of safeguarding their own health and the environment through outdoor activities. We decided to carry out this project that would give participants an opportunity to explore the association of healthy environment with healthy lifestyle, to get information about different aspects of a healthy lifestyle such as being mentally healthy, eating healthy, doing physical sport etc. and interacting with nature by means of outdoor activities within healthful environment which will help them to improve their cognition and relieve depression.

Key objectives:

- to raise awareness about a healthy lifestyle through a healthy environment;

- to enable participants to understand the potential risks of their unhealthy lifestyle on human health and the environment

- to encourage young people to make the most of their personal skills and talents, thus increasing individuals' self-esteem and self-confidence

- to encourage young people to adopt healthier lifestyles by experiencing the benefits of living in a healthy environment and practising outdoor activities

- to inspire the young generation to take challenges and initiatives towards well-being;

- to discuss and share different methods and solutions by different countries;

- to present the EU environment and health policy and strategies;

- to stimulate non-formal learning and outdoor lifestyle

- to motivate participants to practice outdoor activities and use open space for creativity and self-development;

- to give information about Erasmus+ EU opportunities and motivate future cooperation among participant organizations;

- to promote cultural awareness, tolerance and solidarity between countries;

Partner organizations:

1. Azerbaijan– Common Sense Youth Organization
2. Moldova- Gutta club
3. Egypt- Mi-Hi training for development
4. Spain- Projecto Kieu
5. Belgium-JOETZ vzw
6. Norway-TTB Association

Participants profile:

The participants chosen for this project are young people aged 16-25:

- who are less experienced on topic
- who are facing consequences most and are not aware of problems
- who have socio-economic, geographical, educational obstacles and facing low level of social inclusion
- individuals who are motivated to organize or participate in follow-up activities following the project.
- who are interested in learning and doing research on the project subject
- who can rationally analyze problems of their society and find solutions for them
- who are able to build good relations with other participants from different cultures