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Smart Choices for Healthy Lifestyle

Reference number: 2022-1-RO01-KA152-YOU-000061195

ERASMUS+ YOUTH EXCHANGE

HOST ORGANIZATION: ASOCIAȚIA I.A.T.A., Romania

PARTNER ORGANISATIONS:

- En Root , France
 - BRNO FOR YOU ZS, Czech Republic
 - Società Cooperativa Sociale Sinergie a r.l., Italy
 - ASSOCIAZIONE EUROPALMENTE, Italy
 - Kultur Koprusu Egitim ve Genclik Dernegi, Turkey
 - Time For Youth, Turkey
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VENUE AND DATE FOR THE PV: Botosani (a city in the North of Romania),
27th-30th October 2022

Date for the YE: End of April – beginning of May 2023

NUMBER OF PARTICIPANTS for the PV: 1 group leader + 1 youth



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PROJECT'S MAIN OBJECTIVES:

- empowering the participants with knowledge and abilities for a healthy balanced lifestyle in the long term
 - designing 10 outdoor recreational, game-based, social activity models for youth
 - putting into practice instruments based on experiential, nature-based learning, non-formal methods
 - creating a collection of powerful healthy lifestyle tips for youth
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SUMMARY:

The project “**Smart choices for healthy lifestyle**” will implement a series of feasible activities conducive to improving participants’ well-being and empower them with the knowledge, skills towards adopting a healthy/ier lifestyle, paying more attention to diet and nutrition, the consequences of their choices upon themselves and the environment, taking up sport, (re)discover and harness the connection with nature.

Thus, we seek to build awareness of the multidimensional emotional, developmental, professional and personal benefits for young people when making conscious changes to their everyday routine.

The current project will provide a response to Goal 3 – Good health and well-being, as part of the 2030 Agenda for sustainable development. World Health Organisation draws attention to the spread of obesity among young people because of unbalanced nutrition and physical inactivity.

Within the project there will be implemented a **Preparatory Visit** and a **Youth Exchange**.

The PV will focus mainly on organisational issues of the YE, establish the final version of the timetable, decide on the methods that will be suitable to the profile of participants in order to achieve the set objectives, evaluation forms. Also, they will discuss about the location for the YE, menu, travel arrangements and financial aspects related to this.



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The YE will provide the space for the participants to work together for a duration of five full days in order to achieve a number of tasks that will empower them with knowledge, competencies and attitudes in the field of project topic and not only.

In the process, the participants will be supported by group leaders and will take part in various activities designed for this purpose, in the form of: group work activities, exercises, simulations, role-plays, outdoor activities, reflection sessions, developing and gaining new competences, becoming aware of ways to improve their lifestyle in various areas (nutrition, body&mind), socially relevant topics in their communities, consequences of their choices upon the environment, which they will learn and practice to consider with a critical eye, discover new cultures, habits and ways of life, learn from their peers, strengthen significant values such as solidarity, inclusion, friendship, develop creativity and sense of tolerance towards peers. The participants will have the opportunity to cooperate, share ideas, values, co-design activities and a collection of project materials, reflect on their learning process to strengthen their awareness regarding the multiple benefits generated by conscious and responsible changes to their routine.

The main consideration when selecting the **group leaders** refers to experience working in the field of/with youth, people who have the potential to professionally guide, support and stimulate youth in the learning process, empower them with confidence and foster active participation.

The youth leaders belong to the category of people who are familiar with situations which require working in multicultural groups and settings; they have excellent organisational and communication skills and are part of the selection board of participants in each national group. No age limit for youth leader.

Profile of participants (youth) in each national group:

- are between 18- 30 years old
- are members in the partner organisations, have previously taken part in projects and activities implemented by partner NGOs or are members of local communities interested in the project topic



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■ their English language level is minimum A2 level - independent user, proved with certificate, diploma, school report, recommendation etc.

■ are motivated to develop skills in project topics (how to integrate and further use the acquired skills, knowledge in their personal and professional life) expressed through a letter of motivation.

■ 2 youth in each partner organization are from disadvantaged backgrounds (facing geographical obstacles- for instance living in rural areas, financial obstacles that may impede them to participate or make it a difficult thing, migrants or coming from single-parent family etc.) or are facing health problems caused by leading an unhealthy lifestyle (obesity or other eating disorders, emotional distress or anxieties due to an unhealthy lifestyle).

■ all participants are enrolled in forms of educations such as high school students, university students or are employed.

Additionally, in order to ensure gender balance within the group, organisations will do their best to select an equal number of boys and girls.

YOUTHPASS:

At the end of the YE we will guide you through filling in a Youthpass which will comprise lifelong learning key competencies acquired and developed during the activity.

TRAVELLING:

Participants will cover travel costs that are to be reimbursed (in the case of the PV up to one month after the activity) taking into account the following:

- the distance calculator – the limit of the budget for all foreign participants is € 275
- private transportation services (taxis – unless proved that there is no other option at that time, private transfers, etc..) and 1st class tickets are not reimbursed.
- it is possible to arrive and stay 1 day before and/or after the activity given that the price of the tickets for these days do not exceed the planned travel days.

Recommended airports:

- Iași (IAS) – about 2 hours by car
- Suceava Salcea (SCV) – about 40 minutes by car

It is also possible to fly to/from Bucharest Otopeni (OTP). In this case, the travel will take about 7 hours by car/bus.

Depending on your arrival/departure time and location, number of people, we might arrange to hire a van that will take you from/to the airport.



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DOCUMENTS NEEDED FOR REIMBURSEMENT

- The electronic ticket with the travel plan or the e-mail confirmation of your flight (the e-mail received when the ticket was bought)
- All boarding passes (preferably online check-in, so it would be easier and faster)
- An invoice from the travel agency/website/airlines company from where the flight ticket was bought.
- The payment confirmation: you need a bank extract or a printed statement released by your bank showing the payment/transaction.
- If you need to travel domestically by bus or train, we suggest buying these tickets online as well.
- The reimbursement will be transferred to the group leader who will distribute it to the other participants.

ACCOMMODATION

Our venue in Botoșani for the PV is right in the city center.

HOTEL MARIA <https://www.maria-hotel.ro/>

is situated in a quiet pedestrian area. You will be staying in twin bed rooms and triple rooms (three single beds). During your stay you will be provided with towels and toiletries.

All 3 meals and coffee breaks, accommodation and travel expenses will be fully covered by the project grant. If you have any allergies or intolerances, please let us know beforehand, so we can prepare.

INSURANCE:

Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs. It is also suggested to buy plane tickets with the option for a refund in case you get Covid before the project.

We recommend participants purchase proper travel insurance AND have a valid EU healthcare insurance card.

FOR TURKISH PARTICIPANTS:

For participants who don't have and need a visa to travel to Romania, you apply at the Embassy of Romania Ankara or VFS Global visa application center. We will provide you with the invitation letter.



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Check the rules for returning to your home country. If you need to be tested for Covid before returning home, then this must be indicated on arrival so that testing can be scheduled within a specific time.

At the moment, there are no travelling restrictions for Romania, you can enter the country without proof of testing or vaccination for Covid. Masks are recommended in crowded places, but not mandatory.

Organisational team contacts:

Nicoleta: 0040740774410

Petronela: 0040752973684

asociatia.iata@gmail.com

See you in Romania!