



Italy Be The
Change

Youth
exchange

Healthy

is the

new

wealthy

Co-funded by the
Erasmus+ Programme
of the European Union



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2023

WHAT IS YOUTH EXCHANGE?

The European Union (EU) program Erasmus+ aims to help youth, sport, education, and training in Europe. It offers financial support to both individuals and organizations.

Numerous options are available through Erasmus+, including internships, volunteer programs, and study and work placements. Additionally, it encourages collaboration and innovation in the fields of education and training, as well as in youth and sport.

Young people's non-formal learning mobility is supported by Erasmus through Youth Exchanges, with the aim of involving and empowering them to become active citizens, connecting them to the European project, and assisting them in acquiring and developing skills for both their personal and professional futures.

Youth Exchanges specifically aim to: promote intercultural dialogue, learning, and a sense of belonging to Europe; develop young people's skills and attitudes; strengthen European values and dispel stereotypes; raise awareness of socially relevant issues in order to encourage participation in society and active citizenship; and promote intercultural dialogue.



OUR PROJECT

From the 7th to the 16th of June, thirty-six people from Italy, Bulgaria, Germany, North Macedonia, Serbia and Turkey came together in Messina, Sicily, to discuss about healthy living, funded by Erasmus+. This project brought together students, young professionals and people with fewer opportunities, with strong interest in healthy living.

The name of the project is „Healthy is the new wealthy“, reflecting on the importance of healthy habits, not only referring to physical health but also mental health. This all happened through non-formal education, which means that the learning environment was not the one of a typical classroom but we all did activities and learned from each other, shared experiences and grew as people.

As part of the activities we created beach games which made doing sports more fun and bonding, as well as making a theatre show about the healthy and unhealthy habits of each country, or cooking together a healthy meal.

All the countries came together every evening through intercultural nights, where every national group represented their countries with presentations, quizzes and games.



OUR ACTIVITIES

SPORT GAMES



One of the main tasks of the project was for the participants to be creative and invent a new game. We created 5 different games, which included all the participants of the project. Those are the 5 games that we came up with and their rules:



ixathlon

The game reminds of a mixture of parkour and relay race. Only when the previous player of the team has finished the parkour, the next one is allowed to start. The winner is the team whose members have all completed the parkour first.



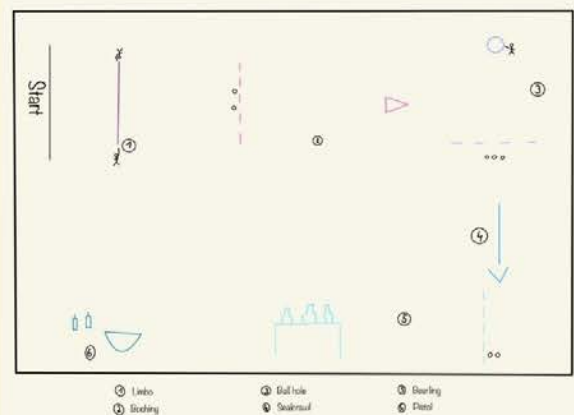
Rules of the game:

- Form two teams of equal size and line up at the starting line. Choose one member for each team to start.
- In Limbo, you must pass under the stick. This must not be touched (Station 1).
- Run on to the start line of station 2. here you have one throw. Whoever of the two teams throws his ball closer to the triangle wins and may immediately run to station 3. The loser has to wait for 5 seconds before he is allowed to run.
- At station 3 you have to hit the ring with your ball from the starting line or throw it through. As soon as you hit the ring, the race continues. Each player has a maximum of three attempts. If you still haven't hit the ring, you have to wait 5 seconds and can continue with station 4.
- Station 4 consists of crawling from station 3 to station 5 as a seal on the ground.
- Now you have to hit the bottles on the table from the starting line (station 5). If you hit it, you move on to station 6. If you still haven't hit it after three tries, you get to take one step forward and try again.
- At Station 6, fill the water guns with water. You must shoot the water at the next player on your team. Only when he has been hit, can he start with parkour.

Preparation:

Set up the playing field as drawn:

- Station 1: Limbo stick
- Station 2: place a triangle some distance away and place 2 balls on the starting line (dotted).
- Station 3: place two balls on the starting line (dotted) and hold a ring in the air at some distance.
- Station 5: place two balls on the starting line (dotted) and set up a table with three bottles on it at some distance.
- Station 6: place a bucket of water and two water spray guns



Hunter gatherers

Requirements:

Balls for shooting

Objects (need to be an odd number)

Minimal people: 6

Measurements of the court: A rectangle 8 meters x 10 meters



How to play:

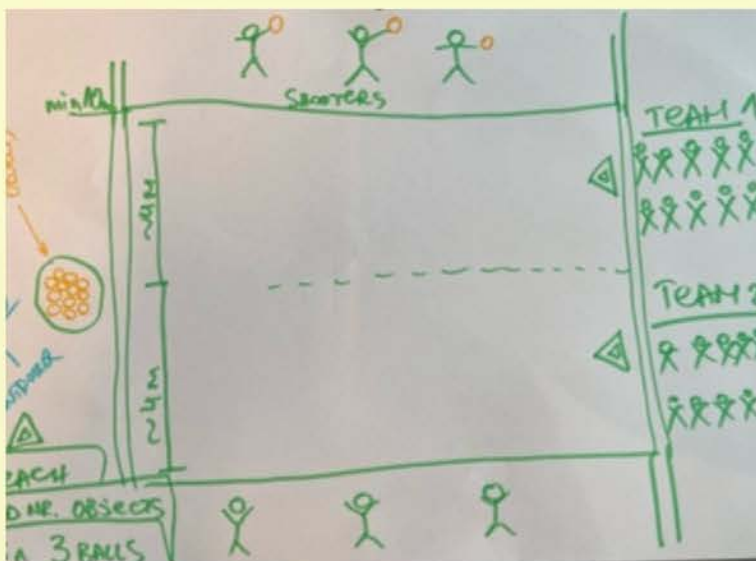
2 teams of 12 people lined next to each other.

Each team forms a line.

The game starts when the first person of each team starts running towards the objects. While running the shooters try to shoot them. If the person is shot before, they get to the object, they must return to the end of the line. When they reach the objects, they must take only one. If while returning they are shot, they must put down the object and return to the end of the line.

The winning team is the one with more objects.

MUSIC IS MANDATORY!!!



Frisbee Strike

Requirements:

- 1 frisbee
- 2 balls
- 10 spot markers



How to play:

In each round will be competing 2 groups of 6-7 people. One of each team will be guarding the goal area during the whole game. At the beginning the other 5 are standing at the goal line. In the middle of the field is the frisbee and at the signal for the start of the game one of each team has to run to the frisbee and the faster one takes it. At this point the other team members start running around the field and pass the frisbee around. The goal is to pass the goal line of the opposite team with the frisbee. The balls can be used to eliminate the person with the frisbee - if they get hit with the ball by the goalkeeper from the opposite team, they have to drop the frisbee on the ground and return to the starting line. Only if the person holding the frisbee is standing inside the goal area of the opposite team, they can no longer be hit by the ball. Also, you can block someone's hand by touching it - after this, they can no longer use this hand and have to hold it behind their back. But only one of the hands can be blocked, so that the person can still play. The person with the frisbee can run with it for 3 seconds and then has to throw it to someone else or stop. The game ends when someone passes the finish line of the opposite team holding the frisbee and their team wins the game.



Game Four



How to play:

Separate in two groups by squatting on one leg, the other one is straight

1. Each person balances an object on their head and a table tennis ball on a table tennis racket until they reach the bucket. If they drop the ball, they start from the beginning. If they succeed to reach the bucket, they go around it and go back to their team to let the next person go.

2. Once everyone from the group has done the balance task, the group gathers around the bucket and starts filling it with sea water using hands only.

The group which fills it first wins.



Game Five



How to play:

Game involved 28 people and 2 teams. Both teams will divide in 2 groups. In total we will have 4 groups and they will stay in their line,

You can see below:

xxxxxxx

xxxxxxx

xxxxxxx

xxxxxxx

Middle of the groups there will be 4 stage.

1st Stage: They will jump over it and run to second stage.

2nd Stage: There are three balls and player needs to hit the bottle.

3rd Stage: There are 4 triangles and they need to jump one by one. But not a step jump, with two legs jump.

4th Stage: Players will see the stick and they need to turn around the stick three times without touching the stick and they will run to other group and first person on the line will start the parcours.

When groups change their place completely, game is done and who finish first, they win the game.



OUR ACTIVITIES

FOOD RECIPES

FOOD



CHICK-NACH

Ingredients:

Chicken breast
Spinach (baby)
Mozzarella
Pistachio pesto
Breadcrumbs
Onion
Olive oil
Salt
Pepper
Toothpicks



Cut in half the chicken breasts: Slice each chicken breast horizontally along one side, but not all the way through, so that you can open it like a book. In a mixing bowl, combine the cooked spinach, shredded mozzarella cheese, bread crumbs, chopped onion, salt and pepper. Mix until solid. Place an equal amount of the spinach and mozzarella mixture onto one side of each piece of chicken breasts. Fold the other side over the filling, enclosing it, and secure with toothpicks in order to hold the chicken breasts together during cooking. Heat olive oil in a large pan over medium heat. Add the stuffed chicken breasts and cook it for about 4-5 minutes on each side until golden brown and cooked through. While the chicken is cooking, prepare the fresh spinach salad. In a large mixing bowl, toss the baby spinach with the pistachio pesto until well coated. Once the chicken is cooked, remove it from the pan and let it rest for a few minutes. Remove the toothpicks before serving.

To serve, divide the fresh spinach salad onto plates. Place a stuffed chicken breast on top of each salad, and drizzle any pan juices from the chicken over the salad for added flavor. Enjoy your delicious stuffed chicken breast with spinach and mozzarella, served with a fresh spinach salad and pistachio pesto!



SHAKSHUKA WITHOUT CUMIN

Ingredients:

2 eggs
0,25 kg tomato sauce
100g fresh tomatoes
1,5 bell pepper
Bread
1 onion
2 garlic
Feta cheese
Olive oil
1 tsp pepper
1 tsp salt
1 tsp paprika
Fresh parsley



Cut tomatoes, onions, garlic and bell pepper. In between put a pen, add olive oil and slowly heat. When the optimum temperature has been reached, add all the vegetables into the pen and leave it to stir. Add a pinch of salt and black pepper.

After 8-9 minutes add a tomato sauce, 2-3 minutes after add one egg and mix. When all the ingredients are solid add feta cheese and stir for a 1-2 minutes.

The last piece of this exotic puzzle is an extra egg atop of a dish. When placed upon, cover it with and leave it until steam cocked. Before serving add some parsley and/or fresh tomato and feta for decoration.

SUMMER PORRIDGE

Ingredients:

Oats (250g)

Bananas (2)

Peanut Butter (50g)

Plain Granola

Blueberries, Raspberries,
Strawberries (200g/1
box)

Assorted Nuts (1
Pack Little)



Easy and healthy summer breakfast. Treat oats with hot water and add some oat or soya milk, than add granola. The fruit should be added by the and according to personal preferences.



CLEAN GREEN

Ingredients:

Olive oil
Salt
Lettuce
Rucola
Cherry tomato
Mixed seeds
Avocado
Quinoa
Mozzarella
Lemon



Put quinoa in a bowl and cover it with water and leave it to soak. After 2 hours cook it until soft.
Add salt to the sesame and mixed seeds and fry it without oil in a non sticky pan.
Meanwhile squeeze two tbs of lemon juice, cut avocado and 7-8 cherry tomatoes in halves.
Mix the lettuce and rucola with the mixture above (tomatoes, fried seeds). Add salt, lemon juice and olive oil. Mix it.
Use the half of squeezed lemon to create a dish for quinoa. For the final, add mozzarella and quinoa to complete the dish. Enjoy!

SICILIAN HEALTHY TRIANGLE

Ingredients:

Chicken Breast - 150 grams
Tomatoes - 200 grams
Spinach - 1 pack
Rice - 100 grams
White cream (Panna) - 1 pack
Pesto - 20 grams
Garlic - 2-3 cloves
Pepper - 2 tsp
Paprika - 2 tsp
Salt - 2 tsp
Oregano - 2 tsp
Oil



For rice:

Wash the rice very well with water. Add 1 tsp of salt, mix it and leave it for 15-20 minutes. Melt the butter in the saucepan, add water to the drained rice and cook for 4-5 minutes. You can tell that the rice has been roasted enough when the rice starts to fall out one by one. Finally, add 1 tsp of salt. Leave the rice to cook over high heat first with the lid closed. Cook until the rice is tender and completely absorbs the water. After taking the cooked rice from the stove, cover it again by spreading a towel napkin on it. Add the rice for 10-15 minutes. Let it rest. You can then serve by mixing with a wooden spoon.

For the chicken:

Season the chicken breasts with the herbs and put them on low fire for 5 minutes on each side. Remove the chicken breast from the pan and put them aside. In the same pan put the cut cherry tomatoes for 3-4 minutes and make sure you mix them from time to time. Wash the spinach and add it in the pan. Add one spoon of the pesto and mix everything. Let it cook for 4-5 mins and then add the cooking cream. In another 3-4 mins add the chicken breasts, put some salt and pepper, mix everything and cover the pan with the lid. Let it cook for 5-7 mins. Don't forget to mix everything from time to time so it doesn't stick to the pan.

Serve the chicken with the rice and enjoy your healthy plate.



OASI TAMOGAYA

Ingredients:

Eggs / 4
Salt, black pepper
Spring Onion / 1pz
Parsley
Greek Yoghurt / 100ml
Cucumber / 1pz
Brown Rice / 1pz
Pistachio Cream
Zucchini / 1pz
Paprika / 1 Fresh
Garlic / ½pz
Olive Oil



The first step in creating beautiful Oasi Tamogaya is boiling the rice. While it's cooling, cut the pepper and make a vegetable paste - chopped pepper, onion, pepper, chopped zucchini. Put a olive oil in a pan, heat it then add pistachio cream and mix all together with rice for a 3 minutes. Add parsley and leave it to cool. It is possible to mold it in a different shapes as a purpose of serving.

The final touch is an omlette, placed a top of the dish. Prior to this, tzatziki should be prepared and left to cool down. Mix greek yoghurt, cucumber chopped in small pieces and mash garlic with a pinch of salt.



TIPS FOR HEALTHY LIVING

During our project, we discussed different ways, in which one can stay healthy. Healthy lifestyle consists of many things like sport, a balanced diet and taking care of one's mental health.

Here are some tips so you can maintain your health:

Move your body regularly

This includes working out, taking the stairs instead of the lift and walking or biking instead of driving or using public transportation.

Mental health

It is just as important as physical health. Taking care of your emotional wellbeing includes avoiding stress, going to therapy and finding meaningful connections.

Cooking

A balanced diet is not as complicated as it seems - our cooking experience during the project has showed us that a nutritious meal is quite easy and fast to prepare even on a tight budget.

Be creative and have fun

Being healthy doesn't have to be boring. Try new things, let yourself be inspired by others. There are plenty of ideas online but you can gain the most if you share your knowledge within your community.



As you can tell, it's not that difficult to lead a healthy lifestyle - balance is the key. During the Youth Exchange, we have learned various ways in which one can maintain their health in a way that is enjoyable and easy to implement in your life..

YOUTH EXCHANGE

"HEALTHY IS THE NEW WEALTHY!"

07-16TH JUNE 2023 - S.SABA (MESSINA), ITALY



Italy
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Change*



PARTNER ORGANISATIONS

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