



Healthy Body, Healthy Mind

A Practical Guide for Youth Well-being, Inclusion and Bullying Prevention

▼ Introduction

▼ About the Project

“Healthy Body, Healthy Mind” was created during the Erasmus+ Youth Exchange “My Main Objective: Healthy Body and Mind”, which took place in Almeirim, Portugal, from 1 to 9 September 2025.

The project brought together 25 young people and 5 group leaders from Portugal, Greece, Romania, Germany, and Croatia. The youth exchange focused on three main themes: physical and mental health, inclusion of marginalised young people, and prevention of bullying.

During the project, participants explored how healthy habits, physical activity, emotional support, and respectful communication can positively influence young people’s well-being and social inclusion. Through non-formal education activities, participants shared experiences, reflected on personal challenges, and learned practical ways to create healthier and safer environments for themselves and others.

The activities included workshops on mental health and self-care, outdoor sports and team-building activities, discussions about inclusion and empathy, creative sessions, intercultural learning, and reflection groups.

Participants also explored the importance of active participation, solidarity, and mutual respect in multicultural environments.

Special attention was given to inclusion and accessibility. The project involved young people with fewer opportunities, including participants from rural areas, migrant backgrounds, and families facing economic difficulties. The exchange aimed to create a supportive and welcoming space where every participant felt respected, heard, and involved.

This guide was co-created by participants during the youth exchange. The content is based on ideas, reflections, activities, and practical methods developed throughout the project. The aim of the guide is to continue sharing the learning outcomes of the exchange and to inspire other young people, youth workers, schools, and organisations to promote well-being, inclusion, and bullying prevention in their communities.

▼ Project Objectives

The main objectives of the project were to promote physical and mental well-being among young people, encourage healthy lifestyles, support inclusion and diversity, and raise awareness about bullying prevention.

Through non-formal education activities, the project aimed to help participants better understand the connection between physical health, emotional balance, and social well-being. Participants explored practical self-care methods, stress management techniques, healthy habits, and the importance of emotional support in everyday life.

Another important objective of the youth exchange was to create an inclusive and safe environment where young people from different cultural and social backgrounds could feel respected, heard, and actively involved. The project especially focused on the inclusion of young people with fewer opportunities, including participants from rural areas, migrant backgrounds, and families facing economic difficulties.

The project also aimed to strengthen communication, teamwork, empathy, intercultural understanding, and active participation. Through group activities, discussions, reflection sessions, and collaborative tasks, participants developed social competences and learned how to build more respectful and supportive communities.

An additional objective was to encourage young people to continue participating in Erasmus+ opportunities and to become active multipliers of the project's values and results in their local communities.

Finally, the project aimed to co-create practical educational materials and tools that could continue promoting well-being, inclusion, and bullying prevention after the end of the youth exchange.

▼ Erasmus+ and Youth Exchanges

This project was supported by the Erasmus+ Programme of the European Union under the KA152 Youth Exchange action.

Erasmus+ Youth Exchanges give young people from different countries the opportunity to meet, learn together, and share experiences through non-formal education methods. These projects help participants develop personal, social, and intercultural competences while promoting active participation, inclusion, solidarity, and European values.

During youth exchanges, young people learn through practical activities such as workshops, teamwork, discussions, outdoor activities, reflection sessions, creative methods, and intercultural learning experiences. The learning process is based on active participation, cooperation, and mutual respect.

Youth Exchanges also create opportunities for young people to improve their communication skills, self-confidence, teamwork, and understanding of different cultures and perspectives. They encourage young people to become more active in their communities and more aware of important social topics affecting young people across Europe.

For many participants, this project was also an opportunity to discover new cultures, create international friendships, and gain their first Erasmus+ experience in a safe, supportive, and inclusive environment.

▼ How Participants Co-Created This Guide

This guide was co-created by participants during the Erasmus+ Youth Exchange "My Main Objective: Healthy Body and Mind". The content of the guide is based on the experiences, ideas, reflections, and learning outcomes developed throughout the project.

During workshops, group discussions, reflection sessions, and creative activities, participants shared their personal experiences connected to mental health, healthy lifestyles, inclusion, self-care, and bullying prevention. They worked together in international teams to exchange ideas, discuss challenges faced by young people in their communities, and explore practical solutions and positive habits that can support well-being and social inclusion.

Participants actively contributed to the creation of this guide by suggesting activities, reflection methods, self-care practices, teamwork exercises, and recommendations for young people and youth workers. Many of the ideas included in this guide were inspired by non-formal education activities implemented during the youth exchange.

The process of creating the guide was also part of the learning experience itself. It encouraged participants to reflect on what they had learned during the project, develop teamwork and communication skills, and take an active role in sharing the results of the youth exchange with a wider audience.

This guide represents the collective work, creativity, and contribution of the international group and aims to continue spreading the values of well-being, inclusion, empathy, and respect beyond the duration of the project.

▼ Mental and Physical Well-being

▼ Healthy Habits for Young People

Healthy habits play an important role in both physical and mental well-being. During the youth exchange, participants explored how simple daily actions can positively affect energy levels, emotional balance, self-confidence, and overall quality of life.

One of the main topics discussed during the project was the importance of creating healthy routines that support both the body and the mind. Participants shared habits that help them feel healthier, calmer, and more motivated in their everyday lives.

Some of the healthy habits explored during the activities included:

- regular physical activity and movement;

- spending time outdoors and in nature;
- balanced nutrition and healthy eating habits;
- good sleeping routines and rest;
- reducing stress through relaxation and mindfulness;
- limiting negative online influences and excessive screen time;
- maintaining supportive social connections;
- expressing emotions in healthy ways;
- taking time for self-care and reflection.

Participants also discussed how healthy habits can be difficult to maintain because of stress, social pressure, studies, work responsibilities, or mental health challenges. Through group discussions and reflection activities, they exchanged practical ideas and encouraged each other to make small positive changes in daily life.

The project highlighted that healthy living does not mean being perfect. Instead, it means learning how to take care of ourselves step by step, listening to our needs, and creating balanced routines that support long-term well-being.

An important part of the learning process was understanding that mental health and physical health are strongly connected. Participants reflected on how physical activity, healthy communication, rest, emotional support, and positive environments can improve both emotional and physical well-being.

The activities helped participants become more aware of their own habits and motivated them to continue building healthier lifestyles after returning to their local communities.

▼ Stress Management and Self-Care

Stress is a common challenge for many young people today. School, studies, work responsibilities, social pressure, financial difficulties, uncertainty about the future, and online environments can all affect emotional well-being and mental health.

During the youth exchange, participants explored different ways to recognise stress and manage it in healthier and more positive ways. Through workshops, mindfulness activities, group discussions, and reflection sessions, participants shared personal experiences and learned practical self-care methods that can support emotional balance and reduce stress in everyday life.

One of the main ideas discussed during the project was that self-care is not selfish. Taking care of our mental and physical well-being helps us better support ourselves and the people around us.

Participants explored different self-care practices, including:

- breathing and relaxation exercises;
- mindfulness and meditation activities;
- physical movement and outdoor activities;
- creative expression through art, music, and writing;
- talking openly about emotions and challenges;
- taking breaks and allowing time to rest;
- building healthy routines and boundaries;
- spending time with supportive people;
- reducing negative stress factors when possible.

Reflection activities also encouraged participants to think about the importance of asking for help when needed and supporting others who may be experiencing stress or emotional difficulties.

During the project, participants created a supportive and non-judgemental environment where everyone could express themselves openly and feel respected. Many participants shared that the exchange helped them feel calmer, more connected to others, and more aware of the importance of emotional well-being.

The activities showed that stress management and self-care are ongoing processes. Small daily actions, supportive relationships, healthy

communication, and self-awareness can make a positive difference in young people's lives and contribute to stronger mental well-being.

▼ Mindfulness and Emotional Balance

During the youth exchange, participants explored the importance of mindfulness and emotional balance as tools for improving mental well-being and managing everyday stress.

Mindfulness activities helped participants focus on the present moment, better understand their emotions, and develop healthier ways to react to stress and difficult situations. Many participants discovered that even simple mindfulness practices can help create a sense of calm, improve concentration, and support emotional balance.

Through non-formal education activities, participants practised different mindfulness techniques, including:

- breathing exercises;
- guided relaxation activities;
- silent reflection moments;
- mindful walking in nature;
- body awareness exercises;
- gratitude and positive thinking activities;
- reflection circles and emotional check-ins.

Participants also discussed how emotional balance can be affected by social pressure, personal challenges, anxiety, overthinking, negative environments, or lack of rest. Group discussions created a safe space where participants could openly share experiences, listen to each other, and learn from different perspectives.

An important part of the learning process was understanding that emotional well-being is connected to healthy communication, self-awareness, supportive relationships, and respect for personal needs and boundaries.

Many participants shared that mindfulness activities helped them feel more relaxed, emotionally aware, and connected to the group. The exchange also encouraged participants to slow down, reflect on their feelings, and pay more attention to their mental health in daily life.

The activities showed that mindfulness does not need to be complicated. Simple daily practices, moments of reflection, and positive routines can help young people feel more balanced, confident, and emotionally supported.

▼ Physical Activities for Well-being

Physical activity was an important part of the youth exchange and one of the main tools used to promote well-being, teamwork, and positive group dynamics.

During the project, participants explored the strong connection between physical movement and mental health. Through outdoor activities, sports sessions, energisers, and team-building games, participants experienced how movement can reduce stress, improve mood, increase energy, and strengthen social connections.

The activities encouraged participants to stay active in enjoyable and accessible ways rather than focusing on competition or performance. The project promoted physical activity as a healthy habit that can support emotional balance, self-confidence, and overall well-being.

Some of the physical activities implemented during the youth exchange included:

- outdoor sports and movement activities;
- team-building games;
- morning energisers;
- cooperative challenges;
- group walks and activities in nature;
- stretching and relaxation exercises;
- active intercultural games.

These activities also helped participants improve communication, trust, cooperation, and teamwork within the international group. Working together during physical activities created a positive atmosphere where participants could feel included, supported, and motivated.

Participants reflected on how physical movement can help young people manage stress, improve concentration, strengthen social relationships, and feel more connected to themselves and others. Many participants also shared that outdoor activities and time spent in nature helped them feel calmer and more emotionally balanced during the exchange.

The project highlighted that physical activity does not need to be intense or difficult to have a positive impact. Small daily movements, active routines, and enjoyable group activities can play an important role in supporting both physical and mental well-being.

▼ Inclusion, Respect and Bullying Prevention

▼ Creating Safe and Inclusive Spaces

Creating safe and inclusive spaces was one of the main priorities of the youth exchange. The project aimed to build an environment where every participant felt respected, valued, supported, and able to express themselves freely without fear of judgement or discrimination.

From the beginning of the project, participants worked together to create a positive group atmosphere based on empathy, respect, cooperation, and open communication. Group agreements and shared values were discussed during the first days of the exchange in order to ensure that everyone felt comfortable and included throughout the activities.

Special attention was given to inclusion and accessibility. The project involved young people from different cultural, social, and economic backgrounds, including participants with fewer opportunities, young people from rural areas, migrant backgrounds, and participants facing financial difficulties.

Through workshops, discussions, teamwork activities, and reflection sessions, participants explored topics connected to diversity, stereotypes, discrimination, empathy, and equal participation. The activities encouraged participants to better understand each other's experiences

and recognise the importance of creating supportive environments for all young people.

Participants also reflected on the importance of active listening, respectful communication, emotional support, and solidarity in international groups and local communities. Many activities focused on cooperation instead of competition, helping participants build trust and stronger social connections.

The project highlighted that safe spaces are created through everyday actions such as listening without judgement, respecting differences, supporting others, and encouraging everyone to participate actively.

Many participants shared that the exchange helped them feel more confident, accepted, and connected to others. The international and inclusive atmosphere of the project allowed participants to openly discuss important personal and social topics while feeling emotionally safe and respected.

The experience encouraged participants to continue promoting inclusion, respect, and positive communication in their own communities after the end of the youth exchange.

▼ Empathy and Respect in Youth Work

Empathy and respect were important values promoted throughout the youth exchange and played a central role in the learning process. Participants explored how understanding, kindness, and respectful communication can create healthier relationships and more supportive environments for young people.

During the activities, participants discussed the importance of listening to others without judgement, respecting different opinions and experiences, and recognising that every person may face different personal or social challenges. Through intercultural learning and teamwork, participants developed a deeper understanding of diversity and the importance of treating everyone equally and respectfully.

Workshops and reflection activities encouraged participants to practise empathy by putting themselves in other people's situations, understanding different perspectives, and learning how to support others emotionally.

Many participants shared personal experiences connected to exclusion, misunderstandings, social pressure, or bullying, which helped create honest and meaningful discussions within the group.

The project also highlighted the role of empathy and respect in youth work and group activities. Participants explored how youth workers, group leaders, and young people themselves can contribute to creating positive and inclusive learning environments where everyone feels safe, heard, and encouraged to participate.

Some of the key ideas discussed during the project included:

- active listening and open communication;
- respecting cultural and personal differences;
- supporting people who may feel excluded or insecure;
- encouraging cooperation instead of competition;
- creating equal opportunities for participation;
- responding to conflicts in calm and respectful ways;
- promoting kindness, patience, and understanding.

The international atmosphere of the youth exchange helped participants better understand the value of diversity and human connection. Working together in multicultural teams strengthened mutual respect, trust, and solidarity among participants from different countries and backgrounds.

The activities showed that empathy and respect are essential for building inclusive communities, preventing bullying, and supporting the emotional well-being of young people.

▼ Understanding and Preventing Bullying

Bullying is a serious issue that affects many young people and can have a strong impact on mental health, self-confidence, emotional well-being, and social relationships. During the youth exchange, participants explored different forms of bullying and discussed how young people and communities can work together to prevent it.

Through workshops, group discussions, role plays, and reflection activities, participants learned that bullying can happen in many different ways, including physical, verbal, emotional, social, and online bullying. Participants also reflected on how bullying can affect people differently depending on their personal experiences, background, or level of support.

An important part of the learning process was understanding that bullying is often connected to discrimination, stereotypes, exclusion, lack of empathy, and unequal treatment. Participants discussed how young people from marginalised backgrounds may face additional challenges and why inclusive and respectful environments are important for preventing harmful behaviour.

The activities encouraged participants to recognise signs of bullying, understand the emotional impact it can have on individuals, and explore positive ways to react when bullying happens. Participants shared ideas about how to support people who experience bullying and how to create safer and more supportive communities.

Some of the main topics explored during the activities included:

- recognising different forms of bullying;
- understanding the emotional impact of bullying;
- developing empathy and respectful communication;
- supporting victims of bullying;
- responding to conflicts in non-violent ways;
- promoting inclusion and equal participation;
- challenging stereotypes and discrimination;
- creating positive and supportive group environments.

Participants also reflected on the importance of speaking openly about bullying and asking for support when needed. Many discussions focused on the role of young people, youth workers, schools, families, and communities in promoting respect and preventing exclusion.

The project highlighted that bullying prevention starts with everyday actions such as listening to others, showing empathy, respecting

differences, and creating environments where everyone feels safe, included, and valued.

Many participants shared that the activities helped them better understand the effects of bullying and motivated them to promote kindness, inclusion, and positive communication in their local communities after the end of the project.

▼ Supporting Young People with Fewer Opportunities

Supporting young people with fewer opportunities was one of the main priorities of the youth exchange. The project aimed to create an inclusive, accessible, and supportive environment where all participants could feel comfortable, respected, and actively involved in the learning process.

The project included participants from different social, cultural, and economic backgrounds, including young people from rural areas, migrant backgrounds, and families facing financial difficulties. Some participants also had fewer international learning opportunities before joining the project.

Throughout the youth exchange, special attention was given to creating equal opportunities for participation and ensuring that every participant could contribute according to their needs, abilities, and personal experiences.

The organisers, facilitators, and group leaders supported participants by:

- creating a safe and welcoming atmosphere;
- encouraging respectful communication and teamwork;
- adapting activities to different learning styles and comfort levels;
- providing emotional support when needed;
- encouraging active participation and self-expression;
- promoting cooperation instead of competition;
- supporting intercultural understanding and inclusion.

Non-formal education methods played an important role in making the activities accessible and participatory for everyone. Group discussions,

creative workshops, teamwork activities, outdoor sessions, and reflection exercises allowed participants to learn in different ways and feel more confident within the group.

Participants also reflected on the challenges that young people with fewer opportunities may face in daily life, such as social exclusion, discrimination, lack of support, financial difficulties, limited opportunities, or low self-confidence. Through intercultural dialogue and shared experiences, participants developed greater empathy, understanding, and awareness of inclusion-related topics.

An important part of the project was helping participants recognise their strengths, feel valued within the group, and gain confidence in expressing their ideas and opinions. Many participants shared that the exchange helped them feel more included, motivated, and connected to others.

The project highlighted that inclusion is not only about participation but also about creating environments where every young person feels safe, respected, supported, and able to grow personally and socially.

▼ Non-Formal Learning Methods

▼ Learning by Doing

Learning by doing was one of the main educational approaches used during the youth exchange. Instead of learning only through theoretical presentations, participants learned through active participation, practical experiences, teamwork, reflection, and real interaction with others.

Throughout the project, participants were encouraged to take part in activities where they could explore topics connected to well-being, inclusion, and bullying prevention in practical and creative ways. This approach helped participants feel more engaged, motivated, and confident during the learning process.

The activities included workshops, outdoor games, group challenges, discussions, creative tasks, role plays, reflection exercises, and intercultural activities. These methods allowed participants to develop skills through direct experience and cooperation with other young people from different countries and backgrounds.

Learning by doing also created opportunities for participants to:

- develop communication and teamwork skills;
- improve problem-solving and critical thinking;
- build self-confidence and responsibility;
- practise empathy and active listening;
- express ideas and emotions creatively;
- learn from personal experiences and group reflection;
- better understand inclusion and respectful communication.

Participants were actively involved in the activities and encouraged to share their own ideas, experiences, and perspectives. Many sessions were participant-centred, giving young people the opportunity to contribute to discussions, lead small tasks, and support each other during the learning process.

Reflection was an important part of the methodology. After activities, participants discussed what they had experienced, how they felt, what they had learned, and how they could apply this learning in their everyday lives and local communities.

The project showed that learning can be more effective and meaningful when young people actively participate, cooperate with others, and learn through real experiences in a supportive and inclusive environment.

▼ Teamwork and Peer Learning

Teamwork and peer learning were essential parts of the youth exchange and played an important role in creating a positive and supportive learning environment.

Throughout the project, participants worked together in international groups during workshops, discussions, outdoor activities, creative sessions, and reflection exercises. Working in multicultural teams allowed participants to exchange ideas, learn from different perspectives, and develop stronger communication and cooperation skills.

Peer learning encouraged participants to actively share their knowledge, personal experiences, and opinions with others. Instead of learning only from facilitators, participants also learned from each other through open discussions, teamwork activities, and everyday interactions during the exchange.

The activities helped participants:

- improve teamwork and cooperation skills;
- develop active listening and communication;
- learn how to solve problems together;
- build trust and mutual respect;
- understand different cultural perspectives;
- support and motivate each other during activities;
- gain confidence in expressing ideas and opinions.

Many participants shared personal experiences connected to mental health, inclusion, self-care, and bullying prevention. These exchanges created meaningful discussions and helped participants better understand the realities and challenges faced by young people in different countries and communities.

The project also encouraged participants to take active roles during activities by contributing ideas, leading small group tasks, supporting teammates, and participating in decision-making processes. This increased participants' sense of responsibility, ownership, and involvement in the learning process.

Working together in an inclusive and respectful environment helped create strong social connections and international friendships. Many participants highlighted that teamwork and peer learning made the activities more interactive, supportive, and meaningful.

The youth exchange demonstrated that learning together through cooperation, dialogue, and shared experiences can help young people develop important personal, social, and intercultural competences while building stronger and more inclusive communities.

▼ Reflection Activities

Reflection activities were an important part of the learning process during the youth exchange. They helped participants better understand their experiences, recognise their learning outcomes, and express their thoughts and emotions in a safe and supportive environment.

Throughout the project, reflection sessions were organised regularly after workshops, group activities, outdoor sessions, and intercultural experiences. These moments gave participants the opportunity to slow down, think about what they had learned, and connect the activities with their personal lives and future actions.

Different non-formal reflection methods were used during the project, including:

- group reflection circles;
- emotional check-ins;
- small group discussions;
- personal journaling and written reflections;
- creative reflection activities;
- feedback sessions;
- daily evaluation activities.

Participants reflected on topics such as mental health, healthy habits, inclusion, teamwork, empathy, bullying prevention, intercultural learning, and personal development. Reflection activities also encouraged participants to express challenges, emotions, ideas, and positive experiences connected to the project.

An important part of the reflection process was recognising personal growth and learning achievements. Participants explored how the project helped them develop communication skills, confidence, emotional awareness, teamwork competences, and intercultural understanding.

The reflection sessions also supported the Youthpass learning process by helping participants identify competences and skills developed during the youth exchange. Participants were encouraged to think about how they

could use their new knowledge and experiences in their everyday lives and local communities.

Many participants shared that reflection activities helped them feel more connected to the group, more aware of their emotions and personal strengths, and more confident in expressing themselves openly.

The project showed that reflection is an important part of non-formal learning because it helps transform experiences into meaningful learning outcomes and supports personal and social development.

▼ Creative Workshops and Group Discussions

Creative workshops and group discussions were important learning methods used during the youth exchange. These activities encouraged participants to express themselves freely, share ideas, explore emotions, and discuss important social topics in an open and supportive environment.

Through creative methods such as art activities, storytelling, teamwork tasks, role plays, and interactive exercises, participants explored themes connected to mental health, self-care, inclusion, empathy, and bullying prevention. Creative activities allowed participants to communicate thoughts and feelings in different ways and helped create a more engaging and inclusive learning atmosphere.

Group discussions gave participants the opportunity to openly exchange opinions, personal experiences, and perspectives related to the project topics. The international environment encouraged intercultural dialogue and helped participants better understand the challenges and realities faced by young people in different countries and communities.

The workshops and discussions focused on topics such as:

- mental and physical well-being;
- stress and emotional balance;
- healthy lifestyles and self-care;
- inclusion and diversity;
- empathy and respectful communication;

- bullying prevention and safe spaces;
- intercultural understanding and cooperation.

Participants were encouraged to actively contribute during the sessions by sharing ideas, asking questions, supporting each other, and participating in collaborative tasks. The activities promoted active participation, creativity, critical thinking, and teamwork.

Creative workshops also helped participants develop self-confidence and communication skills while strengthening group connections and mutual understanding. Many participants shared that creative methods made it easier to discuss personal and emotional topics in a comfortable and non-judgemental way.

The project demonstrated that creative expression and open dialogue can support personal growth, emotional well-being, and stronger social connections while helping young people feel more included, heard, and empowered.

▼ Practical Activities and Tools

▼ Energizers and Team-Building Activities

Energizers and team-building activities were used throughout the youth exchange to create a positive atmosphere, strengthen group connections, and encourage active participation among participants.

These activities helped participants feel more comfortable within the international group and supported communication, cooperation, trust, and inclusion from the beginning of the project. Many participants did not know each other before the exchange, so team-building activities played an important role in helping the group connect and build mutual understanding.

Energizers were used daily to increase motivation, energy, and concentration during the programme. Short movement activities, interactive games, and cooperative challenges helped participants stay active, engaged, and emotionally connected to the group.

The activities also encouraged participants to:

- improve communication and teamwork skills;

- build trust and mutual support;
- overcome shyness and social barriers;
- create positive group dynamics;
- develop cooperation instead of competition;
- feel included and valued within the group;
- strengthen intercultural interaction and friendships.

Many of the team-building activities were based on non-formal education methods and required participants to work together, solve problems, share ideas, and support each other in mixed international teams.

The international and inclusive atmosphere of the project helped participants better understand the importance of respect, empathy, patience, and collaboration when working with people from different cultural and personal backgrounds.

Participants shared that energizers and team-building activities helped reduce stress, improve confidence, and create a more open and friendly environment during the youth exchange. These activities also made it easier for participants to communicate, participate actively in workshops, and feel emotionally safe within the group.

The project demonstrated that simple interactive activities can have a strong positive impact on group dynamics, inclusion, motivation, and overall well-being during international youth projects.

▼ Well-being Exercises

Well-being exercises were an important part of the youth exchange and helped participants explore practical ways to support both physical and mental health in everyday life.

During the project, participants took part in different activities focused on relaxation, emotional balance, stress reduction, self-awareness, and healthy communication. These exercises encouraged participants to slow down, reflect on their needs, and develop positive habits that can improve overall well-being.

The well-being exercises included:

- breathing and relaxation techniques;
- mindfulness and meditation activities;
- stretching and body awareness exercises;
- gratitude and positive thinking activities;
- emotional check-ins and reflection moments;
- outdoor activities connected to nature and movement;
- stress-management exercises;
- creative self-expression activities.

The exercises were implemented through non-formal education methods in a supportive and non-judgemental environment. Participants were encouraged to participate actively, share their experiences, and reflect on how different practices affected their mood, energy, and emotional state.

Many activities focused on the connection between physical movement, emotional health, and social well-being. Participants explored how simple daily practices such as rest, movement, healthy communication, and self-reflection can positively influence mental health and emotional balance.

The well-being exercises also created moments of calmness and connection within the group. Participants supported each other during activities and learned the importance of creating healthy routines and supportive environments for themselves and others.

Many participants shared that these exercises helped them feel more relaxed, emotionally aware, motivated, and connected to the group. The activities also encouraged participants to continue practising self-care and healthy habits after returning to their local communities.

The project demonstrated that well-being can be supported through small daily actions, positive relationships, self-awareness, and accessible practices that help young people feel healthier, calmer, and more balanced.

▼ Inclusion Activities

Inclusion activities were an essential part of the youth exchange and supported the creation of a safe, respectful, and welcoming environment for all participants.

Throughout the project, participants took part in activities designed to promote diversity, equal participation, empathy, cooperation, and mutual understanding. The activities encouraged participants to reflect on social inclusion, stereotypes, discrimination, and the importance of respecting different backgrounds, identities, and personal experiences.

The inclusion activities focused on helping participants:

- better understand diversity and intercultural differences;
- recognise the challenges faced by marginalised young people;
- develop empathy and respectful communication;
- encourage equal participation within the group;
- build supportive and inclusive communities;
- challenge stereotypes and prejudices;
- strengthen solidarity and cooperation.

Many activities were implemented in mixed international groups to encourage interaction between participants from different countries, cultures, and social backgrounds. Through teamwork, discussions, role plays, and creative exercises, participants shared personal experiences and explored how inclusion can be promoted in everyday life and youth work.

Special attention was given to supporting young people with fewer opportunities, including participants from rural areas, migrant backgrounds, and families facing financial difficulties. The activities aimed to ensure that every participant felt heard, respected, and actively involved in the learning process.

Participants also reflected on the importance of creating environments where everyone feels emotionally safe and accepted regardless of their background, abilities, opinions, or personal identity.

The inclusion activities helped strengthen group connections and created a positive atmosphere based on respect, understanding, and cooperation. Many participants shared that these activities helped them become more open-minded, confident, and aware of the importance of inclusion in their communities.

The project demonstrated that inclusion is built through everyday actions such as listening, supporting others, respecting differences, and creating equal opportunities for participation and self-expression.

▼ Anti-Bullying Workshops

Anti-bullying workshops were an important part of the youth exchange and helped participants better understand the causes, effects, and prevention of bullying among young people.

Through non-formal education methods such as group discussions, role plays, teamwork activities, case studies, and reflection exercises, participants explored different forms of bullying and discussed how bullying can affect emotional well-being, self-confidence, mental health, and social relationships.

The workshops focused on topics such as:

- recognising physical, verbal, emotional, social, and online bullying;
- understanding the emotional impact of bullying;
- developing empathy and respectful communication;
- supporting people affected by bullying;
- responding to conflicts in peaceful and constructive ways;
- promoting inclusion and equal participation;
- challenging stereotypes, discrimination, and exclusion.

Participants shared personal experiences and reflected on situations that young people may face in schools, online spaces, youth groups, and local communities. These discussions created opportunities for participants to better understand the feelings and challenges experienced by people affected by bullying.

The activities also encouraged participants to think about the role of young people, youth workers, schools, families, and communities in preventing bullying and creating safer environments for everyone.

Many workshops focused on practical solutions and positive behaviours that can help reduce exclusion and strengthen respect within groups and communities. Participants explored how empathy, active listening, cooperation, and inclusive communication can contribute to healthier social relationships.

The international atmosphere of the youth exchange allowed participants to exchange perspectives from different countries and cultural backgrounds, helping them better understand how bullying and discrimination can appear in different social contexts.

Many participants shared that the workshops increased their awareness of the emotional impact of bullying and motivated them to promote kindness, inclusion, and respectful communication in their daily lives and local communities.

The project highlighted that bullying prevention starts with creating supportive environments where every young person feels safe, respected, included, and valued.

▼ Reflection and Youthpass Activities

Reflection and Youthpass activities were an important part of the learning process during the youth exchange. They helped participants better understand their experiences, recognise their personal development, and become more aware of the competences they developed throughout the project.

During the exchange, participants regularly took part in reflection sessions after workshops, group activities, outdoor sessions, and intercultural activities. These moments encouraged participants to think about what they had learned, how they felt during the activities, and how the experience could influence their future actions and daily lives.

Different non-formal reflection methods were used during the project, including:

- daily reflection circles;
- emotional check-ins;
- group discussions and feedback sessions;
- personal reflection exercises;
- creative reflection activities;
- teamwork reflections;
- self-assessment activities connected to Youthpass competences.

The reflection process helped participants identify important skills and competences developed during the youth exchange, such as communication, teamwork, empathy, intercultural understanding, self-confidence, emotional awareness, problem-solving, and active participation.

Participants were also introduced to the Youthpass certificate and its role in recognising non-formal learning within Erasmus+ projects. The Youthpass process encouraged participants to reflect more deeply on their personal learning journey and recognise the value of their experiences during the exchange.

Many participants shared that reflection activities helped them better understand themselves, become more confident in expressing their thoughts and emotions, and appreciate the learning that happens through international experiences and teamwork.

The project demonstrated that reflection is an essential part of non-formal education because it helps transform activities and experiences into meaningful learning outcomes that can support personal growth, social development, and future participation in youth projects and local communities.

▼ Participants' Learning and Project Impact

▼ Learning Outcomes and Competences

The youth exchange provided participants with valuable learning experiences that supported their personal, social, and intercultural development. Through non-formal education activities, teamwork,

reflection sessions, and intercultural interaction, participants developed a wide range of competences connected to well-being, inclusion, communication, and active participation.

One of the main learning outcomes of the project was increased awareness of the importance of physical and mental health. Participants explored practical ways to support emotional balance, manage stress, develop healthy habits, and take care of their overall well-being in everyday life.

The project also helped participants strengthen important social competences such as:

- communication and active listening;
- teamwork and cooperation;
- empathy and respectful interaction;
- conflict resolution and problem-solving;
- intercultural understanding and openness;
- emotional awareness and self-reflection;
- confidence in expressing ideas and opinions.

Participants improved their understanding of inclusion, diversity, and bullying prevention through discussions, workshops, and collaborative activities. Many participants became more aware of the challenges faced by marginalised young people and reflected on the importance of creating safe and supportive environments for everyone.

The international dimension of the youth exchange also helped participants develop intercultural competences by working closely with people from different countries, cultures, and backgrounds. Participants learned how to communicate across cultural differences, challenge stereotypes, and build respectful relationships within diverse groups.

Reflection and Youthpass activities supported participants in recognising their own learning process and identifying competences developed during the project. Participants were encouraged to connect their experiences

from the exchange with their personal lives, future goals, and involvement in local communities.

Many participants shared that the project helped them feel more confident, open-minded, motivated, and emotionally aware. The learning outcomes of the youth exchange will continue supporting participants in their future studies, work, social relationships, and active participation in youth and community initiatives.

The project demonstrated that non-formal education, intercultural dialogue, and active participation can strongly contribute to the personal growth, well-being, and social development of young people.

▼ Intercultural Learning Experience

The intercultural learning experience was one of the most valuable parts of the youth exchange. Bringing together participants from Portugal, Greece, Romania, Germany, and Croatia created an international environment where young people could learn from each other through everyday interaction, teamwork, and shared experiences.

Throughout the project, participants explored different cultures, traditions, perspectives, and ways of life. Through intercultural activities, group discussions, teamwork sessions, and informal conversations, participants developed a better understanding of cultural diversity and the importance of mutual respect and open-mindedness.

The intercultural learning process encouraged participants to:

- communicate with people from different cultural backgrounds;
- challenge stereotypes and prejudices;
- develop empathy and understanding;
- improve foreign language and communication skills;
- build international friendships and connections;
- learn about different social realities and experiences;
- appreciate diversity and inclusion within multicultural groups.

Intercultural evenings and cultural sharing activities gave participants the opportunity to present their countries, traditions, music, food, languages, and customs in creative and interactive ways. These moments helped strengthen group connections and created a positive atmosphere based on curiosity, respect, and cooperation.

Working together in mixed international teams also helped participants develop flexibility, patience, and stronger cooperation skills. Many participants reflected on how cultural differences can become a source of learning, creativity, and personal growth when people communicate openly and respectfully.

The project created a safe space where participants could openly exchange opinions, experiences, and ideas related to mental health, inclusion, bullying prevention, and youth realities in their countries. These discussions helped participants better understand both common challenges and cultural differences across Europe.

Many participants shared that the intercultural experience helped them become more confident, tolerant, open-minded, and motivated to continue participating in international projects and multicultural environments in the future.

The youth exchange demonstrated that intercultural learning can build stronger connections between young people, promote European values, and contribute to more inclusive, respectful, and united communities.

▼ Personal Development and Confidence

The youth exchange strongly supported the personal development of participants and helped many young people become more confident, open-minded, and motivated.

Through non-formal education activities, teamwork, intercultural interaction, and reflection sessions, participants had the opportunity to step outside of their comfort zones, express themselves more freely, and develop new personal and social competences.

Many participants improved their confidence in communicating with others, sharing ideas, participating in group activities, and speaking in an international environment. For some participants, this was their first

Erasmus+ experience and their first time taking part in an international project, which made the learning process especially meaningful.

The activities encouraged participants to:

- recognise their personal strengths and abilities;
- become more aware of their emotions and needs;
- improve communication and teamwork skills;
- express opinions with more confidence;
- develop empathy and active listening;
- become more independent and responsible;
- feel more comfortable in multicultural environments.

Reflection activities also helped participants better understand their personal growth during the project. Many participants reflected on how the exchange helped them feel more accepted, supported, and connected to others.

The supportive and inclusive atmosphere of the project played an important role in helping participants build self-confidence and emotional safety. Participants were encouraged to participate actively, support each other, and contribute their ideas and experiences throughout the youth exchange.

Many participants shared that the project helped them reduce feelings of stress, insecurity, or social anxiety and motivated them to continue developing healthier habits, stronger communication skills, and more positive social relationships.

The international experience also encouraged participants to become more active and engaged in their local communities and more interested in future Erasmus+ and youth participation opportunities.

The project demonstrated that international youth exchanges can positively support young people's self-confidence, emotional well-being, social competences, and overall personal development.

▼ Impact on Local Communities and Organisations

The youth exchange created a positive impact not only on the participants themselves but also on the partner organisations and local communities connected to the project.

After the mobility, participants were encouraged to share their experiences, learning outcomes, and new knowledge within their schools, universities, youth groups, workplaces, and local communities. Through conversations, social media posts, presentations, and informal discussions, participants helped raise awareness about mental health, healthy lifestyles, inclusion, and bullying prevention.

Many participants became more motivated to take active roles in their communities and promote positive values such as empathy, respect, diversity, and social inclusion. The project encouraged young people to become multipliers of the project's results and continue spreading the importance of well-being and supportive environments for young people.

The project also strengthened cooperation between the partner organisations from Portugal, Greece, Romania, Germany, and Croatia. The organisations exchanged good practices, improved their experience in international youth work, and developed stronger partnerships for future Erasmus+ cooperation.

An important result of the project was the creation of this practical guide, co-created by participants during the youth exchange. The guide will continue supporting dissemination and sustainability of the project results by providing practical methods, ideas, and reflections connected to well-being, inclusion, and bullying prevention.

The project also contributed to the promotion of non-formal education and intercultural learning within local communities. By sharing their experiences from the youth exchange, participants helped increase awareness about Erasmus+ opportunities and encouraged other young people to participate in international mobility projects.

Many participants shared that the project inspired them to become more active, supportive, and engaged in promoting positive social change in their local environments.

The youth exchange demonstrated that international youth projects can create long-term impact by strengthening young people's competences, supporting organisations working with youth, and promoting healthier, more inclusive, and more connected communities.

▼ Final Reflections and Recommendations

▼ Messages from Participants

"This project helped me understand how important mental health and self-care are in everyday life. I learned many simple practices that I want to continue using after returning home."

"I felt accepted and supported during the whole exchange. The international atmosphere helped me become more confident and open-minded."

"Through the activities and discussions, I learned how important empathy and respectful communication are for preventing bullying and creating safer spaces for young people."

"This was my first Erasmus+ project, and it became an unforgettable experience. I improved my communication skills, met amazing people, and learned a lot about different cultures."

"The project showed me that small daily habits can have a big impact on emotional and physical well-being."

"I really appreciated the inclusive environment of the exchange. Everyone had the opportunity to participate, express themselves, and feel respected."

"The workshops helped me better understand the challenges faced by young people from different backgrounds and the importance of supporting inclusion in our communities."

"I learned that teamwork, kindness, and active listening can help create stronger and healthier relationships between people."

"This youth exchange motivated me to become more active in my community and continue participating in Erasmus+ projects in the future."

“I will always remember the friendships, discussions, and experiences we shared during this project. It was a meaningful learning experience that helped me grow personally and socially.”

▼ Recommendations for Young People and Youth Workers

Based on the experiences and learning outcomes of the youth exchange, participants developed several recommendations for young people, youth workers, and organisations interested in promoting well-being, inclusion, and positive group environments.

For young people:

- Take care of both your physical and mental health through small daily habits and positive routines.
- Do not be afraid to speak openly about stress, emotions, or personal challenges.
- Support others with empathy, kindness, and respect.
- Stay active and spend time outdoors whenever possible.
- Be open to meeting people from different cultures and backgrounds.
- Remember that asking for help is a sign of strength, not weakness.
- Try to create safe and supportive environments for the people around you.
- Participate actively in projects, workshops, and opportunities that support personal growth and learning.

For youth workers and group leaders:

- Create safe, inclusive, and non-judgemental learning environments where every participant feels respected and involved.
- Use non-formal education methods that encourage active participation, teamwork, creativity, and reflection.
- Support young people emotionally and encourage open communication during activities.
- Promote empathy, inclusion, and respectful interaction within groups.

- Adapt activities to different needs, learning styles, and comfort levels.
- Encourage reflection and self-awareness as part of the learning process.
- Include topics connected to mental health, well-being, and bullying prevention in youth activities.
- Recognise the importance of intercultural learning and equal participation in international projects.

Participants also highlighted the importance of continuing to promote Erasmus+ opportunities and encouraging more young people, especially those with fewer opportunities, to participate in international learning experiences.

The youth exchange demonstrated that supportive environments, active participation, and positive human connections can strongly contribute to young people's personal development, emotional well-being, and social inclusion.

▼ Continuing the Project Results

The results of the youth exchange will continue beyond the duration of the project through dissemination activities, follow-up initiatives, and the continued involvement of participants and partner organisations in youth work and Erasmus+ activities.

One of the main long-term results of the project is this practical guide, "Healthy Body, Healthy Mind", which was co-created by participants during the youth exchange. The guide will continue to be shared online and used as a practical resource for young people, youth workers, schools, youth organisations, and local communities interested in topics connected to well-being, inclusion, and bullying prevention.

Participants were encouraged to continue sharing their experiences and learning outcomes within their local environments through conversations, presentations, workshops, social media content, and community activities. Many participants expressed motivation to promote healthier lifestyles, positive communication, inclusion, and emotional well-being among their peers after returning home.

The partner organisations also strengthened their international cooperation and plan to continue developing future Erasmus+ projects connected to youth participation, mental health, inclusion, and non-formal education.

The project encouraged participants to remain active in youth initiatives, international mobility opportunities, volunteering activities, and local community projects. Several participants also became interested in supporting future Erasmus+ projects as volunteers, facilitators, or group leaders.

An important part of the sustainability of the project is the continued use of the methods, activities, and practices explored during the youth exchange. Participants and organisations can adapt and reuse many of the activities included in this guide during future workshops, youth activities, seminars, and local initiatives.

The youth exchange demonstrated that international projects can create long-term positive impact by building stronger communities, supporting young people's well-being, promoting inclusion, and encouraging active participation and intercultural understanding across Europe.

▼ Acknowledgements and Partner Organisations

This guide was created as part of the Erasmus+ Youth Exchange "My Main Objective: Healthy Body and Mind", implemented in Almeirim, Portugal, from 1 to 9 September 2025.

The project brought together young people and group leaders from Portugal, Greece, Romania, Germany, and Croatia to explore topics connected to physical and mental well-being, inclusion, healthy lifestyles, and bullying prevention through non-formal education and intercultural learning.

We would like to sincerely thank all participants for their active involvement, creativity, openness, and positive energy throughout the project. Their ideas, experiences, reflections, and teamwork made this guide possible.

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safe, inclusive, and meaningful learning experience for everyone involved.

Partner Organisations:

- Associação Youth Line Portugal – Portugal
- Youth Line GR AMKE – Greece
- Asociația MULTIKULTI – Romania
- Münster Universal Youth Group – Germany
- Udruga srednjoškolaca Hrvatske – Croatia

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The views and ideas expressed in this guide belong to the participants and reflect their experiences and learning outcomes developed during the project.



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