

Making healthy living trendy! – Alcohol prevention with attitude

Thu, Jan 21 – Sun, Jan 24 2016, Helsinki, Finland

Promoting healthy lifestyle, active participation and Erasmus+ Youth in Action, in particular Transnational Youth Initiatives and Mobility of Youth Workers

Preliminary programme

Thursday, Jan 21

Arrival and dinner

Friday, Jan 22

10.00- 11.00 **Expert input:** Alcohol & tobacco - global serial killers

11.00- 12.30 **Health challenges and success stories.** Presentation of the homework posters

14.00-15.00 **Expert input:** Trend-making – How (healthy) trends are born?

15.30-17.00 **What can we do?** Ideas about making healthy lifestyle trendy

18:00 Dinner

19.30- 21.00 **City Adventure** – Mocktail hopping in Helsinki

Saturday, Jan 23

10.00-10.30 Sharing the City Adventure experiences

10.30-12.00 **Expert Input:** A Grass-Root Experience on youth alcohol prevention

13.30-15.00 **Action plans for making healthy lifestyle trendy**

15.30-17.00 **Expert Input:** On relations of business and healthy lifestyle [TBC]

19.00 Dinner

Sun, Jan 24

Traveling back home

[Updated Oct 1, 2015]