"Healthy lifestyle. Healthy Practices"

Brief description of project

Obesity is a big problem nowadays and the percentage of overweight people in Europe is growing daily. It affects the whole society, especially young people. Obesity has surpassed smoking and ranked first among causes of preventable death.

With this project we aim to create quality projects concerning the prevention of this problem by involving NGOs, youth groups and other institutions involved in the promotion of a healthy lifestyle and thereby improve international cooperation between relevant institutions and groups.

 The "Healthy lifestyle. Healthy Practices"

is related to the development of new partnerships through the implementation of seminars and reflections. Project will be 151 days and will take place in Plovdiv. Work on building partnerships, will be six days. Theme is a healthy lifestyle and healthy practices.

Objectives of the project are as follows:

-To develop projects for a healthy lifestyle.

-Development of international cooperation to combat obesity.

-To encourage young people to get acquainted with the problems of obesity and how it could be prevented

-To encourage young people about healthy lifestyles in the EU community.

-To present obesity as a problem that affects more and more young people.

-To organize activities that will enable young people to lead healthy lifestyles and to participate actively in public life

-Contributes to the spread of the "Youth in Action" using the methods of non-formal education.

((Activity participants are EU countries and participating in the program "Youth in Action", a facilitator, a speaker and two technical support staff, wholly to 35 participants.))

The expected results are as follows:

New project to encourage young people to lead a healthy lifestyle.

International cooperation between relevant institutions and groups will be established through new partnerships developed during the project.

Young people and other stakeholders to gain more knowledge on the fight against obesity.

Institutions and groups involved in the project will organize dissemination activities of the project results in their regions and thus learn more young people to the project and how to lead a healthy lifestyle and the project will reach larger masses