



**T.4.H.L.**

## **TEAM 4 HEALTHY LIFE**

**Arrivals:** 1st of September 2014

**Departures:** 9<sup>th</sup> of September 2014

**Duration of the activities:** 9 days

**National groups:** 6

**Composition of national group:** 6 participants from 15 to 17 y.o. plus 2 leaders (no age limit).

**Total number:** around 36 participants and 12 leaders.

**Partners:** (to be defined)

**Venue:** Casa vacanza di Pietra Ligure - Pietra Ligure (Savona)

**APV:** 25-27<sup>th</sup> July 2014

### **Themes:**

Sport activities, healthy lifestyle, social inclusion, intercultural learning.

### **Aim:**

Active involvement of participants with socio-economical fewer opportunities in the preparation, organization and implementation of activities related with sport, healthy lifestyle, social inclusion and intercultural learning.

### **Objectives:**

- 1) Promoting social inclusion of young people with less opportunities;
- 2) Raising awareness about the importance of sport in everyday life;
- 3) Promoting values such gender balance, team game, respect each other, cooperation, fun;
- 4) Promoting an healthy lifestyle through a balanced diet and promoting Mediterranean diet;



5) Promoting intercultural learning and overcoming stereotypes.

### **Group preparation and participation involvement**

For the involvement of the participants before and during the project each group will prepare:

- 1) a short funny sketch about sport and healthy lifestyle from their country;
- 2) one or more traditional games and activities that can be realized indoor or outdoor to involve all the participants;
- 3) the International Night: presenting their country with typical food and traditional sports.

Speaking English in a fluent way is not important: a basic knowledge of English is enough.

### **Money:**

The average fee will be around 75 Euros per participant. So we need a co-funding from the partners. In the questionnaire you have to submit, there is a question regarding the search for a solution to cover the costs.

The project covers 100% of food and accommodation and 70% of the travel costs, and for those who need 100% of Visa costs.

### **Location:**

This youth exchange will take place in a big guest house near the town of Pietra Ligure.

**Pietra Ligure** is a "*comune*" (municipality) in the province of Savona in the Italian region of Liguria,



located at about 60 km southwest of Genoa and about 20 km southwest of Savona.



The activities will be carried out at "Casa Vacanze Pietra Ligure": a big semi-circular building, surrounded by the typical Ligurian terrains, olive trees, pines, Mediterranean plants, close to the seaside and with a private beach. This guest house has also a big park with huge spaces for the activities and sport equipment.



"Casa vacanze Pietra Ligure" - via Milano 100 Pietra Ligure

The venue is about 245 km far from Milano Malpensa airport, 258 km from the international airport of Orio al Serio and 71.5 km from Cristoforo Colombo airport in Genoa.