

Call for partners: Erasmus+ Training Course on Nutrition and Environmental Awareness

Get Your Green Youth Fork

The Main Objective: raise awareness on healthy lifestyle.

In order to achieve our objective we have to enhance the knowledge on healthy nutrition through sharing gastronomic cultures among countries and to raise the environmental awareness among participants through promoting the sustainable lifestyle.

The project includes a basic Nutrition Guide Training Course on how to live a healthy life and a Camping and Hiking Training Course experience where the participants will learn how to be eco friendly with the environment raising awareness among young people concerning mental and physical health while exploring the beautiful nature and culture of Norway and Italy.

The project is organized in two stages and will begin in Italy with intensive workshops on Nutrition and Cooking and will be finalized in Norway with Camping and Hiking workshops and trainings.

Discovering the culinary diversity of each participating country, intercultural exchange, exploring the natural environment of Norway, discovering the diversity of resources will be just a few of the activities to be achieved by the participants and their trainers.

Duration of the whole training course project: 10 months

Duration of each individual training course:

Nutrition Guide Training Course/ Italy – a total of 9 days (including travelling days)

Camping and Hiking experience Training Course/ Norway - a total of 8 days (including travelling days).

Applicant country: Italy

Participant/ Partner Countries: This call is open to all EU based organizations active in this field.

Max no of countries to be involved is 8.

Each country participant should send 3 - 4 participants age 18-35 years.

Further details about the role of the participating organizations and the participants profile will be displayed after the selection process is concluded.

Outcome:

Promote a healthy lifestyle among the participants by changing cooking experiences, hiking and camping.

Create a campaign at the end of each training course to raise awareness among young people on the importance of nutrition and a healthy lifestyle and its impact on the world we live in today.

Learning about the nutrition transition diet and diseases in the developing world; how do we feed ourselves properly; how many calories do we need on a daily basis, what type of exercises are good for us; how and where do we buy our food; how do we keep our food fresh.

Present/identify main causes that lead young people to neglect themselves.

Raising awareness about a healthy diet and environment problems we deal with today.

Learning how to protect and clean our forests, natural parks and waters.

Learning how, when and where to plant trees, vegetables and fruits.

Present/identify main causes that lead young people to damage the environment.

Present/identify main causes of global warming.

Identify EU initiatives/platforms addressing the training course issues.

Use non-formal education methods to highlight training course issues on nutrition, diet, global warming, the massive forest disappearances.

Bring young people together and creating an intercultural experience where we can all share our education, background, tradition, knowledge in order to make the world a better place.

Results:

Gathering young people together, creating a bond between them, and showing them the importance of the unity with nature.

Improve self-esteem, diet, nutrition, social skills, cooking skills, organizing skills, making new friends, relaxing and learning while having fun.

The applicant participant country together with the partners who provide the logistic and organizing support will create a template with questions related to the training for the participants to answer.

Partner organizations will develop cooperation and networking and will get more experience in project design.

Interactive games, debates, outdoor activities etc. based on the non-formal education principle will be used to deliver this project.

If you are interested and feel that your organization could contribute to this project, please feel free to contact us.

Please email your PIF at: diana.luca@ambergroup.org

We look forward to hearing from you!