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| PROJECT TYPE/NAME/CODE |
| Get Healthy!KA1 Youth Exchange |
| PROJECT DATES AND VENUE |
| Project dates: 01.01.2020 – 30.11.2020Activity dates: 21 April 2020 – 28 April 2020, Timisoara, Romania |
| ABOUT THE PROJECT |
| European Association for Adult Development (coordinator and host)Partners countries: 6 partners + host organization (Romania)Each partner will send 5 participants + 1 youth leaderParticipants should be aged 20 or above. Maximum age limit is 30 years old.The course will also include time for participants to learn about each other’s work and to develop ideas for new projects based on shared interests.The course trainers will be experts from our own team.Statistical data shows that young people’s life style is overwhelmingly unhealthy. According to Eurostat (EU Statistics Center) statistics, only 30% of young people have a daily mobility activity and almost 70% have a disorganized diet.Therefore, achieving a healthy lifestyle through (using physical education and nutrition) non-formal learning methods is the project’s aim, involving young people from different cultures and disadvantaged groups – 42 young people (out of which 5 disadvantaged groups) on a 6-month period, with intensive activities for 8 days in Timisoara.Objectives:O1. Informing and educating 42 young people (and other target groups) on healthy diets for 6 months with intensive activities for 7 days in Timisoara (this objective is in line with the general objectives of the program as set out in the Renewed Framework European cooperation in the youth field - 2010-2018 and the 2020 Strategy)O 2. Understand the benefits of sport and other regular physical activities by 42 young people (and other target groups) for 6 months with intensive activities for 7 days in Timisoara. This objective is in line with the youth priority that promotes healthy behaviors, in particular the practice of outdoor activities and mass sports as a means of promoting a healthy lifestyle. This objective is also in line with one of the general objectives of the program, namely the development of the European dimension in sport, in particular mass sports, in line with the EU Work Plan for Sport.O3. Involvement of young people in non-formal activities and development of skills and abilities in the use of non-formal education as a methodology for completing other learning methods, 42 young people for 6 months with intensive activities of 8 days in Timisoara Romania)O4. Developing a tolerant approach and tolerant of young participants (openness to other cultures, multiculturalism) and an inclusive attitude (inclusion of disadvantaged young people in the exchange activities – 6 young people) |
| MAXIMUM TRAVEL COSTS (PROJECT WILL HAVE TWO MOBILITIES) |
| €180, €275 or €360 depending on Distance Calculator approved rates. |
| PARTICIPATION FEE |
| There will be no participation fee. |