CALL FOR PARTNERS

Erasmus+ Youth Exchange

Si - Da – Yes

United Societies of Balkans is looking for partners for a project proposal for a **Youth Exchange** that is planning to submit to the Erasmus+ deadline of 7nd of May. The deadline to answer to this call is **10/04/2020**.

We are looking for partner organization (NGOs, sport clubs, public bodies, youth associations) who are working closely in the fields of youth, youth empowerment, inclusion, promotion of healthy lifestyle, and intercultural dialogue. This organisations will have to be working with young people from all social/cultural backrounds (refugees, immigrants, roma, NEETs, etc) and people with fewer opportunities already in grassroots level and to be open to realize activities in their local communities.

**PROPOSAL SUMMARY**

**Project description**

Food is the basic fountain of the human life. Its existence is defined by the finding of food that carries a great cultural element. In today's age because of the fast way of life and the waste of natural fountains and resources, people has forgotten the importance of food and its substance in it’s the daily life. Improper nutrition leads to mental and physical issues, such as bulimia, anorexia, melancholy and depression, diseases that are diseases of the modern age, and especially of young people who were born and raised in this era. Both the European Union, which has set itself the goal of enhancing the quality of life of its citizens, and Unesco, which among the 17 goals of sustainable development are the physical and mental health and well-being of people. The main themes of the program are the race of respect for food and nutrition and adopting a new healthy attitude and behavior towards a sustainable lifestyle.

**Activities**

The youth exchange "Si-Da-Yes" will bring for 10 days 50 young people / aged 18-30 years, from 8 Mediterranean countries. The participants in the exchange are victims of today's lifestyle, not only fast food rage, but also some people with eating disorders (bulimia, anorexia). Many of them have not previously been able to participate in mobility programs, due to geographical and economic disadvantages (Tunisia, Corsica), and there will be deaf or hard of hearing people, as well as a number of participants belonging to cultural minorities in local communities, among including refugees.

During the youth exchange, participants will have the opportunity through practical, experiential non-formal learning workshops to gain new knowledge and skills on how food can be a channel for intercultural communication and social acceptance and inclusion. They will come in contact with people from different social and cultural backgrounds (refugees, deaf people) and people with eating disorders (anorexia, bulimia) and in an environment free of dogmatism, stereotypes and prejudices, but with respect for free expression, and exchange ideas, break stereotypes and prejudices and embrace the principles and values ​​of democracy, freedom, understanding of difference and acceptance, key foundations of the European Union. Study participants will get in touch with the mother earth and study the whole food cycle to become aware of environmental issues and create a "green peace" with nature. The ultimate goal of the program is to change young people's lifestyles by adopting a new attitude and way of life.

To raise the awareness of the importance of quality nutrition habits through local healthy gastronomy and to educate young people in healthy eating habits 

**AIMS**

To promote a healthy lifestyle according to the EU priorities

To present the food as a tool for intercultural dialogue though which it can be used for the social inclusion

To build a network of young people, youth organization and volunteers willing to promote the idea of a healthy life style and “green peace”

**Objectives**



• To explore connection between healthy lifestyle and physical and mental personal development and health and to raise the awareness on the concept of healthy lifestyle from a holistic approach

• To cook and share traditional food recipes that are in line with healthy nutrition advices

• To learn from each other how to improve and make healthier further own traditional nutrition by including healthy advices and ingredients from other countries present

• To foster synergy with, and between, local, regional, national and international policies to address the food challenges

• To facilitate the integration of young people coming from different social/cultural backgrounds

• To provide an open and safe space where everyone can freely participate and develop their social, civic, soft skills in the field of “green economy”

• To create a strong network among the partners and the relevant stakeholders that are going to join the project, by implementing local activities related to food.

**Objectives**

**PARTNERS RESPONSIBILITIES**

- Participate in two virtual meetings with the other partners to deal with the practicalities of the project

- To recruit and prepare their teams, for implementing one session related with cooking of one of their national plates

- To organize one follow up activity during the European Sports Week.

If you want to take part in the project and agree with your role and responsibilities as partner organisation, then please send us fully filled **Partner Identification Form** (including the PIC) that is attached to this call to [aris.usb@gmail.com](mailto:aris.usb@gmail.com) with subject line “Si-Da-Yes”. Priority will be given to Mediterranean countries

**WANT TO BE OUR PARTNER?**

**Deadline for answering the call:** 10/04/2020

**WHO WE ARE?**

United Societies of Balkans (U.S.B.) is a non-profit, non-governmental organization based in Thessaloniki, Greece working in the field of youth mobility, participation and facilitating society’s awareness about social issues, inclusion and understanding. The vision and aim of the organisation is the promotion of youth empowerment, participation in the economic and political life, youth mobility, voluntarism and human rights.

Key areas of the organisation’s activities concern the defence of human rights and the intercultural dialogue, the organisation of youth related projects such as youth exchanges and training courses, which can bring young people from Balkans and Europe together, and the organisation of local interventions, campaigns, researches, seminars and multimedia productions. It envisions a global and inclusive society, where citizens are equally empowered to contribute in the shaping of a world with less prejudice, discrimination and other forms of injustice.

The organization has a very rich experience in organizing international activities and gives the opportunity to local youngsters and people to meet and interact with other people from Europe. It has implemented successfully more than 60 youth and other projects about many different subjects, having hosted more than 3,000 people in Greece. Moreover it has been involved in more than 1000 youth projects and has prepared and sent around 2,500 youngsters abroad to youth mobility projects. USB is also a very active organisation in the field of voluntarism and especially in European Voluntary Service (EVS) and now European Solidarity Corps. Since 2009 it has hosted 200 volunteers in projects of 10 months or short term and has sent 100 volunteers abroad. Since 2016 it has created a network of 10 different NGOs in the city of Thessaloniki where it coordinates volunteer projects.

United Societies of Balkans believes in networking and the creation of long lasting synergies and has been a member organisation of UNITED for Intercultural Action, Salto- Youth, Thess Network-regional NGO network, FERYP (Forum of European Roma Young People), Anna-Lindh Foundation (co-head of the Greek National Network), Youth for Exchange and Understanding (YEU International), Youth Express Network (YEN), Butterfly Dreamer and DYPALL (Developing Youth Participation at Local Level), Great Silk Way International Youth Union, ENTER network, Youth Networks.