

CALL FOR PARTNERS

Youth Exchange: “Looking for a healthy lifestyle”

22th – 30th March, 2021
Puente Genil, Spain

✓ WHAT?

"Looking for a healthy lifestyle" is a youth exchange about getting a healthy lifestyle, considering how the actual society is changing so fast that we don't dedicate time to take care about ourselves. The topics we are going to work in this exchange are healthy alimentation, the abuse of new technologies, the fault of social skills, the abuse of different substances... All with the goal of being the best version of ourselves in our lives.

The main objective of this project is to be aware of our lifestyle and how important it can be for our development

Objective:

- Raise awareness about the abuse of new technologies
- Promote a healthy alimentation
- Stimulate the improvement of our social skills
- Being concerned about different substances and their effects

✓ HOW?

The methodology will be based on: learning among peers, constructive debates, role playing, presentations, active participation, learning through experiences, cooperation and group dynamics, artistic creations, theatre forum, etc...

✓ WHERE?

In **Puente Genil**, a town from Cordoba (Spain).

The accommodation will take place at the MUNICIPAL RESIDENCE.

Furthermore, the building has a garden and is located in the center of the city.
Regarding the places we are going to do the activities, the accommodation has one big activity room where some of the activities will be made and some other activities will be made in the local sports facilities that is very near to the accommodation.



✓ WHEN?

This project will take place from 22th – 30th March 2021.

✓ WHO?

This project is aimed to young people between **18 and 30 years old**. The number of participants per country is 6 at the most (5 participants + 1 leader). The total number of countries will be 5, included Spain.

✓ COSTS

This project will be implemented within the framework of **Erasmus + Programme** of the European Commission (**K1**). Hence, all costs related to food, accommodation and activities will be paid in full. The travel costs are financed by European Commission, attending to the programme rules according to distance calculator.

Please see on the link: http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

✓ DOES IT SOUND INTERESTING? WOULD YOU LIKE TO BECOME OUR PARTNER? PLEASE FOLLOW THE STEPS BELOW:

1. Fill in details of your organization in the **Partner Identification Form (PIF)**

2. Send **PIF and OID** to **mesalocalpg@gmail.com**, no later than **Thursday 30th March, 2020**, to the attention of **Antonio**.
3. Once the selection is finished, we will inform all successful organizations and about the next steps to take, in order to fully confirm their participation.