



# **ACTIVE MINDS, ACTIVE LIVES**

KA152 (YOUTH EXCHANGE)

TEAM 8 (TEAMMATE)

## Facilitator:



NGO JLC

## Partners:



POLYCHOROS VOROKLINIS



ACPELIA



OPEN SOUL



NÓ GORDIO





# 30 PARTICIPANTS



6 participants from each country with 15 to 18 years old

# 10 TEAM LEADERS

2 team leaders from each organization

# 7 DAYS

7 working days plus 2 travelling days





# HEALTHY LIFESTYLE



**Nutrition and  
Healthy Diet**



**Planting Bio and  
Healthy Food**



**Mental Health  
and Eating  
Disorders**



**Sport and  
Healthy Habits**



Time/day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
9:30 -11:00	Arrival	Getting to know eachother	Apresentation about the PAs	Visit to a local farm: Activities about Planting Bio and Healthy food	Visit to the City	Activities about Mental Health	Activities about Sport and Healthy Habits	Reflection about the whole projects and connection between them	Departure	
11:00 - 11:30		Coffee Break								
11:30 - 13:00		Getting to know eachother	Activity about Healthy Diet and Nutrition	Visit to a local farm: Activities about Planting Bio and Healthy food	Visit to the City	Activities about Mental Health	Activities about Sport and Healthy Habits	Reflection about the whole projects and connection between them		
13:00 - 15:00		Lunch								
15:00 - 16:30		Introdution to the topic of the project and its objectives	Activity about Healthy Diet and Nutrition	Reflection about what we did in the farm and small activity	Visit to the City	Activities about Mental Health	Activities about Sport and Healthy Habits	Delivering the YouthPass and Evaluation of the project		
16:30 - 17:00		Coffee Break								
17:00 - 18:30		Youth Goals and Youth Pass	Activity from Country A	Activity from Country B	Visit to the City	Activity from Country C	Activity from Country D	Preparation of the Dissemination an the next steps after the YE		
18:30 - 19:00		Dinner								
19:30 - 20:30		Reflection with team leaders about the day								
20:30 - xx		Welcoming night	Lituanian Intercultural night	Country C Intercultural night	Country D Intercultural night	Free night	Country A Intercultural night	Country B Intercultural night		Farewell night



# Thank you!

(You start clapping now)