

Information pack 1

1.1 Youth Exchange

Life in Action!

Venue: Marja Talu, Valga County, South-Estonia

Accommodation: <http://www.marjatalu.ee/indexee.php>

Organized by: **Valgamaa Seiklejad** (regional grouping of Seiklejate Vennaskond: <http://www.seiklejad.org>)

SUMMARY:

Youth exchange "Life in Action!" will bring together 32 young people from 5 countries: Estonia, UK, Greece, Romania and Italy. Project activities will last from 21.08 - 02.09.2013 (11 days). The objectives of the project are as follows:

- *To find common agreement on what is a healthy lifestyle and what to do to live healthily.*
- *To share experiences of different countries on how to spend leisure time in an active way (by doing sports).*
- *To explore how to use sport as a tool for cooperation and include different groups of youth.*
- *To practice different sport activities and analyse the beneficial outcome.*
- *To introduce foreign participants ways of spending time in a healthy way in Estonia.*
- *To acknowledge the participants that healthy lifestyle isn't only being active physically, but also includes mental health and eating healthy food.*
- *To raise awareness in the society about healthy lifestyles.*

We will use different non-formal methods, such as practice, meditation, group works, world cafe, campaign, walk in nature, canoe trip, adventure park activity, silence therapy, exploration etc. All activities will be organized by participants. We will also introduce opportunities in Estonia to keep oneself healthy and share good practices.

Partners:

- HELLENIC YOUTH PARTICIPATION, Greece
- Asociation Nevo Parudimos, Romania
- Naughty Cheese, UK
- Young Effect Association, Italy

Each partner should include 5 participants (aged 16-25) and 1 group leader (no age limit) - 6 people in total.

TRAVEL COSTS LIMITS FOR PROJECT ITSELF.

NB! NO TICKETS ARE ALLOWED TO BE BROUGHT BEFORE 01.08.2013 (official start date of the project costs). All tickets must be confirmed before buying.

Country	Cost for return ticket per person	70 % of cost
Greece	500 €	350 €
Romania	450 €	315 €
UK	450 €	315 €
Italy	450 €	315 €

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