
Healthier Future Europe

Project information

Dear potential participants,

In this booklet, you will get more information on training course Healthier Future Europe, taking place in Slovakia, from 5.2.2016 to 14.2.2016. Welcome!

In this booklet, you may find basic information, programme, venue information, instructions on how to get here and much more.

- Our project in few words -

The training course Healthier Future Europe aims to improve skills of youth workers, leaders and people interested in the field of health, healthy lifestyle and exercising. This project will be far from theoretical - we put big impact on real knowledge in fields of:

- **Healthy Eating**
- **Exercising**
- **Healthy lifestyle**

All of them will be presented from theoretical point of view as well as practical.

You will try what you learned. Next, you will get a training on management skills in order to be able to get the knowledge you gain among people. In the end, you will all create your own projects and get professional feedback!

- What can you expect from the project -

- as already mentioned, you learn to understand your body from point of view of eating habits, exercising and lifestyle. You gain very practical and concrete know-how. If you apply it in your life or teach others, it will change your / their lives
- you meet awesome people, discover Slovakia and get a lot of new skills and know-how during quality and well-prepared sessions.
- you will be treated as adults. We will not ask you to attend sessions. We will not motivate you to listen and participate. Make sure you are interested in the project itself and not in visiting Slovakia for free. If you attend less than 80% of sessions, your travel costs will not be reimbursed. However, if you participate, you learn so much, you meet awesome people and improve your life greatly

- What do we expect from you? -

- Your English is fluent: this project is a lot about presenting your ideas and experience and sharing it with others. If your English has lower level than B2 (meaning that you are able to speak English fluently and express your opinions), you will not get 100% from the project
- You have background in the field of fitness/health projects or you are a great fan of such lifestyle
- It is welcomed if you have an entrepreneurial mindset and want to change things in the world – you may already have your own running projects or you may plan to start something

If you like the project and what we offer and fulfill our criteria, you may be a good candidate for the project! Keep on reading!

- When? -

Start:	February 5th, 2016 (Fri)
End:	February 13th, 2016 (Sat)
Departure:	February 14th, 2016 (Sun)

On February 5th, you can arrive anytime after 12:00, we will be already expecting you.



- Project venue -

50% of the sessions will take part in a private training centre **Fitnessa**, rest of the sessions will take place either in the city centre, outside or in the hostel.



Fitnessa is located in the city centre, approximately 10 minutes by walk from the accommodation. Fitnessa is located 5 minutes by walk from the most beautiful chillout zone and shopping centre of Bratislava Eurovea.

Please note that there will be no internet connection in Fitnessa. You will however have enough time to connect with the world before the program or after it.



Fitnessa

- Accommodation -



The accommodation will take place in 'G Hotel Bratislava', situated near the center of Bratislava, the Capital of Slovak Republic. It takes about 10 minutes of walk from hotel to Fitnessa, where some sessions will be lectured. You will stay in double and triple rooms, designed as a „cell system“ (two or three rooms are sharing sanitary facilities). Wi-Fi is free throughout the whole hotel (whoooray!). Most rooms have a private balcony. You will get towels and hotel toiletries for free, as well as tea and instant coffee but do not worry, we will have a proper coffee of the best quality during each day. We will have breakfast in the hotel. Lunch, dinner and snacks will be served in restaurants.



The hotel is located in the city centre there are many restaurants and pubs around, as well as traditional Slovak market with home-made specialties. To walk to the very heart of the historic town, you will need approximately 20 minutes by walk or 10 minutes by bus.

- Food -



On arrival day, 5.2., there will be snacks prepared since everyone arrives at different time.

From 6.2. until 14.2., we will provide you with **full board and snacks**.

On 15.2. (departure day), there is no food included but you will get snack packets for travelling.

Full Board (lunch and dinner) is organised in quality restaurant situated between hotel and Fitnessa. Breakfast is served in the hotel every day.

- Program -

Arrival Day – 5.2.2016 – Friday	
19:00	Welcoming Tour
20:30	Opening of training course
Day 1 – 6.2.2016 – Saturday	
08:30 – 10:00	BREAKFAST
10:00 – 11:00	Let's start! Opening of the course
11:30 – 13:00	Meet the fears and expectations
13:00 – 14:00	LUNCH
14:00 – 17:00	Why is it important to be healthy?
17:00 – 18:00	Tea at 5 o'clock (voluntary activity)
18:00 – 19:00	DINNER
21:00	Intercultural Night – Turkey, Italy, Czech republic, Spain, Romania
Day 2 – 7.2.2016 – Sunday – FITNESSA	
08:00 – 08:30	Morning Exercise (voluntary activity)
08:30 – 09:30	BREAKFAST
09:30 – 10:00	Moving to Fitnessa
10:00 – 10:30	Pillars of healthy lifestyle – introduction
10:30 – 12:30	I.Pillar Eating theory & praxis
12:30 – 13:30	LUNCH
13:30 – 16:00	I.Pillar Eating theory & praxis we continue
16:00 – 18:00	Tour le Bratislava
18:00	DINNER
21:00	Mastermind night (voluntary) – find your uniqueness in business
Day 3 – 8.2.2016 – Monday – FITNESSA	
8:30 – 9:30	BREAKFAST
9:30 – 10:00	Moving to Fitnessa
10:00 – 13:00	second pillar exercising theory & praxis
13:00 – 14:00	LUNCH

14:30 - 17:00	Third Pillar: Lifestyle - theory & praxis
17:00 - 18:00	Understanding connections
18:00 - 19:00	DINNER
21:00	Intercultural Night - Bulgaria, Spain, Lithuania. Macedonia
Day 4 - 9.2.2016 - Tuesday	
8:30 - 9:30	BREAKFAST
10:00 - 18:00	Outdoor day
18:00 - 19:00	DINNER
21:00	Mastermind night (voluntary) - topic will be voted on
Day 5 - 10.2.2016 - Wednesday	
8:30 - 9:30	BREAKFAST
10:00 - 12:00	Looking for solution
12:30 - 13:30	how to get people's lifestyles and lives healthier - Designing new strategies
13:30 - 14:30	LUNCH
14:30 - 17:00	how to get people's lifestyles and lives healthier - Designing new strategies
17:00 - 18:00	Tea at 5 o'clock
18:00 - 19:00	DINNER
21:00	Intercultural Dance Night
Day 6 - 11.2.2016 - Thursday	
8:30 - 9:30	BREAKFAST
10:00 - 11:30	Communicating the vision
11:30 - 13:00	Presentation skills in practice
13:00 - 14:00	LUNCH
14:00 - 15:30	Organizing skills
16:00 - 17:00	Erasmus + info session
18:00	DINNER + SLOVAK TRADITIONAL NIGHT
Day 7 - 12.2.2016 - Friday	
8:30 - 9:30	BREAKFAST

10:00 - 11:30	Creating future projects
11:30 - 13:00	Creating teams and topics of projects
13:00 14:00	LUNCH
14:00 - 17:00	Time for project creation
17:00 - 18:00	Presenting results
18:00 19:00	DINNER
20:00	Free night to work on projects
Day 8 - 13.2.2016 - Saturday	
8:30 9:30	BREAKFAST
10:00-11:30	Creating the projects continues
11:30 - 13:00	Presentation of projects
13:00 14:00	LUNCH
14:00-15:30	Final session
15:30 19:00	FREETIME
19:00	DINNER + Goodbye party
Departure Day - 14.2.2016 - Sunday	

- Reimbursement conditions -

TRAVEL COSTS

We will accept flight tickets/train tickets/bus tickets/fuel costs few days before/after project start - we are open for people to travel around.

We do not accept the taxi invoices, City public transport tickets or flight tickets in Premium/first/business class! (we accept only economy class flight tickets)

For those who will be able to bring ALL invoices, we will reimburse costs directly during the course, in cash. For those who will still need to buy some tickets on the way home from the project, we will reimburse them after we receive all ORIGINALS of all invoices and boarding passes, latest on March 31.

Participants from Romania, Macedonia, Bulgaria, Turkey, Spain, Italy, Malta and Lithuania can be reimbursed max 275eur if you pay for travels to and from the project more than 275eur, you will get only 275eur. However if you spend less, the rest of the Money will be used for financing better trips and activities during the project. So please buy cheap flight/bus and train tickets.

Slovak and Czech participants have no reimbursement available.

Please bear in mind that you will be reimbursed only if you attend more than 80% of the sessions. If there are very serious reasons (illness, very very serious work), we will evaluate each case individually.

There is no participation fee and hidden fees.

- How to apply -

For each country, there are 3 places for participants eligible. We accept participants above 18 years both women and men.

To apply is very easy. Instead of filling out a long application, we would like to ask you to shot a short video. In this video, please:

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1. **Introduce yourself** (what do you do, what are your interests, what is your background and connection to fitness and healthy lifestyle)
 2. Tell us **your motivation** to participate
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The video should not be shorter than 20 seconds but not longer than 3 minutes. To us, content of the video matters, not the quality you can shoot it on your phone or professional camera it is up to you, but we take care only about what you say.

Please send the video to eli.brazdova@gmail.com with this subject of the email: Healthier Future Europe – (your country) – (your name).

DEADLINE for applying is 28.12. at 23:59