



**Key Action 1
Wellness Knights**

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|---|---|-----------------|---|------------|-----------------------------------|---|------------|--------------------------------|
| Applicant organisation | Comune di Gangi (province of Palermo) | | | | | | | |
| Coordinating organization Responsible persons | Eprojectconsult- Istituto Europeo di Formazione e ricerca www.eprojectconsult.com | | | | | | | |
| Title of the project | Wellness Knights | | | | | | | |
| Type of Activity | Key Action 1/ Youth | | | | | | | |
| Partnership | <table border="1"> <tr> <td>Comune di Gangi</td> </tr> <tr> <td>Evropské centrum mládeže Břeclav/European Youth Centre Břeclav z.s.</td> </tr> <tr> <td>Eurocircle</td> </tr> <tr> <td>One Terrence International Latvia</td> </tr> <tr> <td>Asociatia Tinerilor Formatori pentru Promovarea Dezvoltarii Rurale</td> </tr> <tr> <td>Carpe Diem</td> </tr> <tr> <td>Asociacion Juvenil Intercambia</td> </tr> </table> | Comune di Gangi | Evropské centrum mládeže Břeclav/European Youth Centre Břeclav z.s. | Eurocircle | One Terrence International Latvia | Asociatia Tinerilor Formatori pentru Promovarea Dezvoltarii Rurale | Carpe Diem | Asociacion Juvenil Intercambia |
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| Distribution by age group | 36 participants: youth participants aged between 18 and 25 years, no limit age for the youth leader | | | | | | | |

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|--|--|----------------------|-------------|-----------------------|--------------|----------|--------------|
| Distribution by gender | 50-50% (if possible) - the participants must be resident in the country they represent during the youth exchange | | | | | | |
| Venue - Where? | Comune of Gangi | | | | | | |
| IMPORTANT! | Confirm the participation as soon as possible! Please buy the tickets after the 1st of January 2015 The participants should be resident in the country partner | | | | | | |
| Extra costs | It could be recommendable to cut some part of the travel cost budget in order to provide 1 transfer from Palermo to Gangi and 1 transfer from Gangi to Palermo on the days of arrival and departure. (public transports are very limited) | | | | | | |
| Where to send the boarding cards? | The return boarding passes will be sent to the following address: Eprojectconsult – Via TCP Arcodaci 48 – 98051- Barcellona Pozzo di Gotto – Messina - Italy | | | | | | |
| Date of the activity | 4 (arrival) -11 (departure) May 2015 | | | | | | |
| Health insurance | Health insurance will not be provided or reimbursed by the organizers. | | | | | | |
| Food and accommodation | Provided. There are three daily meals (breakfast, lunch and dinner). If there is any special nutrition need, like preparation of vegetarian dishes for your participants, please let us know in advance. | | | | | | |
| Travel costs from your home town to the town of Gangi | <table border="1"> <tr> <td>Italy 480,00 Euro</td> <td>6 x 80,00 =</td> </tr> <tr> <td>France 850,00 Euro</td> <td>5 x 170,00 =</td> </tr> <tr> <td>Slovakia</td> <td>5 x 170,00 =</td> </tr> </table> | Italy 480,00 Euro | 6 x 80,00 = | France 850,00 Euro | 5 x 170,00 = | Slovakia | 5 x 170,00 = |
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| Reimbursement | The reimbursement will be made via bank transfer after receiving the original of the return boarding cards. | | | | | | | | | | | | | | | | | | |
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| DESCRIPTION OF ACTIVITIES | <p>Each group will have to prepare at home and manage 2 activities, involving in them all the participants.</p> <ol style="list-style-type: none"> One non-formal active learning activity (workshop, brainstorming, discussions, etc.) related with the healthy lifestyle (plus presentation about the country); one physical activity/ traditional active game/ dances or sport game which is done by all the participants. | | | | | | | | | | | | | | | | | | |
| Summary of the project | <p>CONTEXT/BACKGROUND OF PROJECT</p> <p>Fact that half of the EU population has increased weight and acquired knowledge about the harm of it, as heavy burden to national healthcare systems because of illnesses caused by unhealthy lifestyle, brought us to idea to conduct a project on healthy and active lifestyle. We want to provide an</p> | | | | | | | | | | | | | | | | | | |

opportunity to the participants to live for the main activity time in a healthy environment as to learn and try fun physical activities in order to keep them healthy and happy. We expect that this experience will bring changes to their daily routine by making it healthier and more active. The main aim is to give a boost to have a healthy and active lifestyle in order to have a happy future.

OBJECTIVES OF THE PROJECT INCLUDES

Become aware and try specific sport/active games, dances or the most popular sport game or physical activity from each participant country to try different ways of physical activities as to raise inter-cultural understanding;

To learn each from other the skills, knowledge and competencies on the issues related to healthy lifestyle, consequences of obesity and overweight, balanced diets;

Involve in workshops, brainstorming and team works to promote healthy lifestyle from different angles;

To promote the European values about mobility, cultural exchange and cooperation between different countries;

NUMBER AND PROFILE OF PARTICIPANTS

In general **36** individuals (including **7 youth leaders**) will take a part in this project. For the project **4 participants will be selected from 7 countries.**

They will be accompanied by one group leader (for Italy 2).

DESCRIPTION OF ACTIVITIES

Each group will have to lead **2 activities**: one non-formal education activity and s some physical activity/ traditional active game/ dances or sport game which is done by all the participants (also has to give a short presentation about their country)

Discussions about healthy lifestyle principles, healthy

meal cooking and degustation.

Brainstorming and mind map production about the impacts on food choices.

Workshop with the aim to produce balanced meal and activity plan.

Workshop: Looking for Hidden Calories

Workshop: participants will visualize their meal by drawings, it will be evaluated according to healthy meal perception in group discussions.

Video watching in the Internet environment on healthy lifestyle issues afterwards opinion sharing on seen.

Video making with the aim to reflect the project and gained knowledge about healthy lifestyle and what changes and gain project brought for the participants.

Handbook development and project evaluation.

Social evenings, movie nights.

METHODOLOGY TO BE USED IN CARRYING OUT THE PROJECT

During the project non-formal and informal education methods through active learning will be applied. Under the frame of non-formal learning we will provide the possibility to gain knowledge each from other in the field of nutrition and healthy lifestyle.

As homework before departure to project venue, all the participant groups will prepare a presentation about their country and also some characteristic game, activity or sport game, dance or the most popular sport game at their country and some non-formal learning activity on healthy lifestyle.

Informal learning- it will happen all the time. As participants are in a foreign country they will improve their skills to adopt in another environment and lifestyle. Their communication skills in general and in a foreign language will be improved. They will develop their orientation skill in an alien environment,

as management and teamwork skills through the project activities.

A SHORT DESCRIPTION OF THE RESULTS AND IMPACT ENVISAGED

We expect that all the information and practical activities will inspire participants to have a healthier lifestyle also after the end of the main activities of the project. The aim of all games, brought from the 6 different countries, which will be played during the activities may lead some of it inclusion in participant's daily activities. We also expect that participants:

will have improved knowledge about healthy lifestyle;
will get a boost to have more physical activities in everyday life;

raise awareness about other cultures and the their enjoyment of physical activities through interesting games shared between the participants with different nationalities; will make wider their network;

will increase their knowledge about EU provided chances for mobility.

POTENTIAL LONGER TERM BENEFITS

Participants will be educated in a non-formal and active way about healthy and active lifestyle, knowledge and experience will stay with them forever. In long term gained experience living abroad cannot be over evaluated. Although the main activities are for short time, all the participants will have to adjust to be in a foreign country so developing their inter-cultural, self-awareness and self-reliance skills. One more invaluable gain to all involved actors is a chance to make their cooperation durable.

Weekly programme

1) 4th of May

Travel day - Arrival to the accommodation

2) 5th of May

- Introductory phase, icebreaker activities, analysis of individual expectations: General introduction to the weekly program-coordinator responsible entity;
- MY HEALTHY DIET, insights about healthy lifestyles and the identification of best practices and examples of lifestyles to avoid. Roundtable, Czech organization responsible
- WELLNESS KNIGHTS!: non-formal learning in the course of which each group can manage sports and / or cultural non-competitive.
- Evaluation: Responsible for coordinating

3) 6th of May

- CULTURE & LIFESTYLE: non-formal dynamics during which the youth will have the opportunity to discuss the connection between culture, environment, climate and traditions and food choices. Theatrical activity / Simulation: Methodology non-formal charge: Latvian organization
- WELLNESS KNIGHTS!: non-formal learning in the course of which each group can manage sports and / or cultural non-competitive.
- Evaluation: Responsible for coordinating

4) 7th of May

- IN ENERGY - ENERGY OUT: non-formal, to reflect on the eating habits of young people and provide tips on balanced diets and balanced, taking into account the body weight, the activities carried out routinely, sex. The objective is to create a weekly diet

of an individual, the result of debate and discussion on the dietary habits of the partner countries. - Team building - Head of the French organization.

- WELLNESS KNIGHTS!: non-formal learning in the course of which each group can manage sports and / or cultural non-competitive.
- Evaluation: Responsible for coordinating

5) 8th of May

- EU HEALTH CITY: simulation, with the opportunity to create their own HEALTH CITY, Italian organization responsible
- WELLNESS KNIGHTS!: non-formal learning in the course of which each group can manage sports and / or cultural non-competitive.
- Evaluation: Responsible for coordinating

6) 9th of May

- MAKING VIDEOS - VIDEO SHARING: moments of creation and sharing videos on the theme of the project followed by a phase of discussion - responsible organizations Romanian and Spanish
- WELLNESS KNIGHTS!: non-formal learning in the course of which each group can manage sports and / or cultural non-competitive.

7) 10th of May

- Evaluation: Responsible for coordinating final assessment of acquired skills at the individual and group level, collective identification and planning of follow-up measures - Roundtable

8) 11th of May

Departure

