

Project Report

Nela Kropová

Summary

<i>Name of the project</i>	Youth Exchange - Food for Life
<i>Background of the project</i>	Gain experience, increase awareness of vegetarianism and veganism, learn about the culture of other countries
<i>Date of the project</i>	Start : Mar 2, 2026 End : Mar 9, 2026
<i>Target group</i>	young people 13-17 years old
<i>Sending organization</i>	European Youth Centre Břeclav z. s.

Specification of the project

<i>Project scope</i>	<p>The Youth Exchange – Food for Life project is an international youth project focused on a healthy lifestyle with a vegetarian and vegan diet and ecological choices.</p> <p>The project took place in Murzasichle, Poland, in a beautiful environment in the Tatra Mountains and lasted 7 days.</p> <p>During the project, I was able to meet participants from Latvia, Turkey, Hungary, Poland and of course from the Czech Republic.</p> <p>The main activities of the workshop included:</p> <ul style="list-style-type: none">workshops on healthy and plant-based nutritionjoint cooking, baking vegan and vegetarian dishescreative activitiescultural evenings of all participating countriesteamwork and discussions <p>The project is funded by the Erasmus+ program. Its goal is to get to know each other, socialize, develop knowledge and international cooperation between young people.</p>
<i>Project limitations</i>	<ul style="list-style-type: none">● time limit - 7 days● limited budget determined by the Erasmus+ program● language barrier between different participants from different countries● activities must be adapted to the target group● compliance with the rules of the Food for Life project

My experience

My participation in the project was very interesting and very beneficial. During these seven days, I was able to meet people from different countries and get to know and discover their cultures. Together we participated in various activities and projects such as cooking, dancing, cultural evenings, etc. During this stay, I also got to know vegan and vegetarian culture, options for replacing meat, and that it is not a boring diet at all. During this week, I developed myself every day. The project helped me improve my communication in English, learn a few words in other languages, and also taught me to work better in teams. I realized how important it is to take care of my body and how

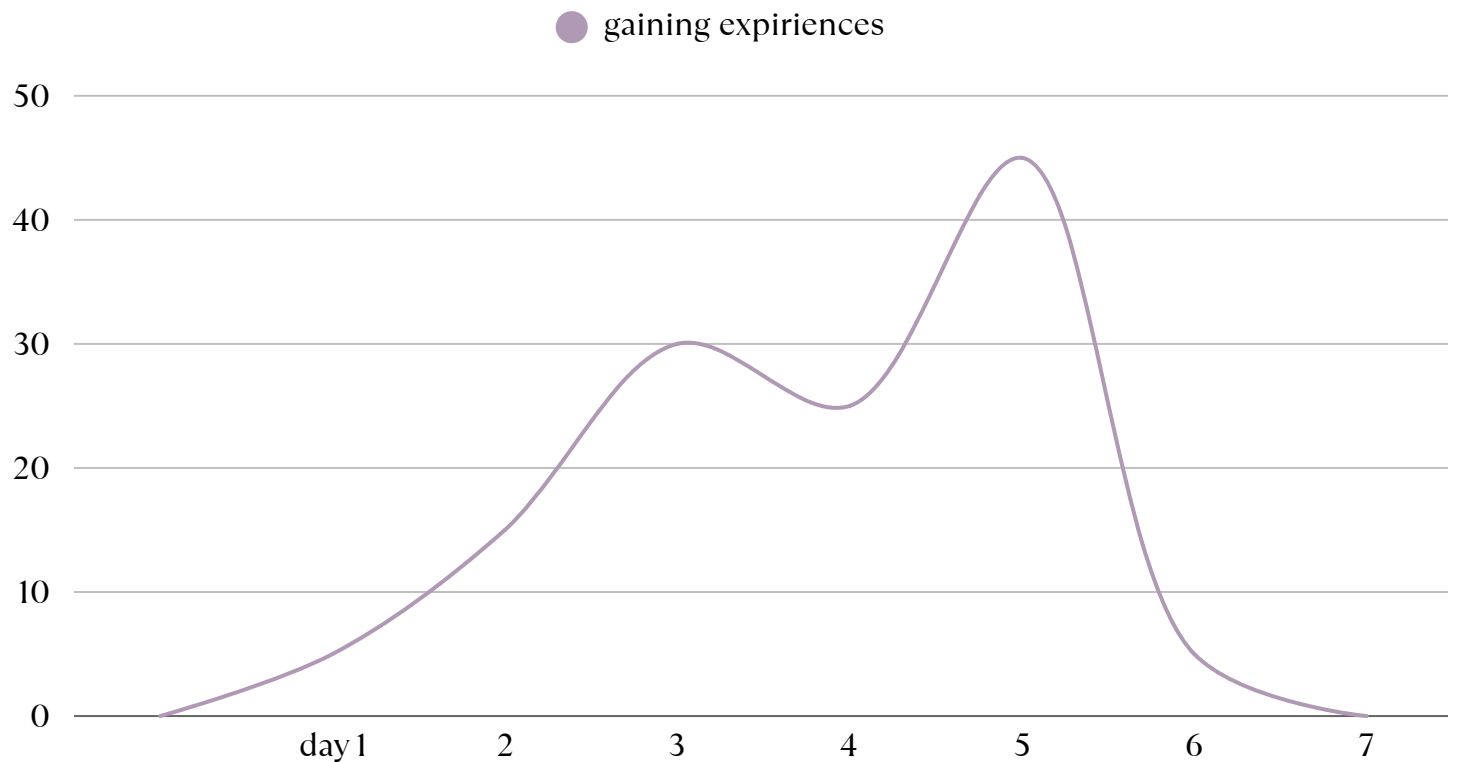
to be more ecological. I consider this experience one of my best and I am very happy that I was able to participate in this project.

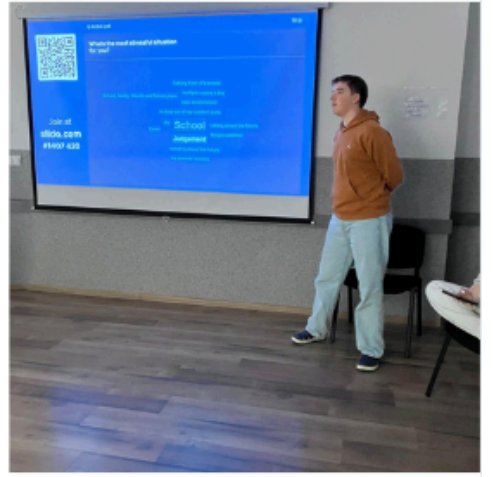
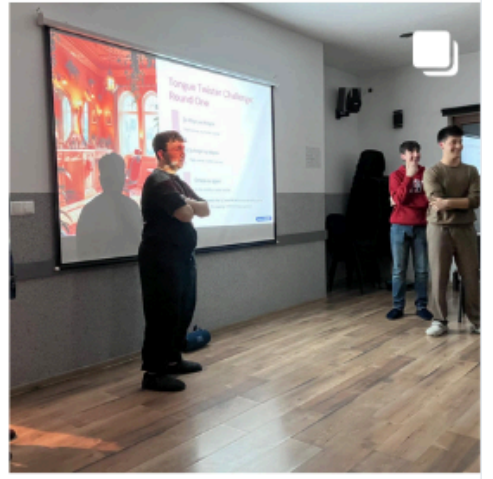
Conclusion

Project result

For me, the project had a very positive impact on all participants. We all gained new experiences, had fun all week and had a lot of fun. We learned how to prepare lots of delicious plant-based meals and dishes. We took away new practical skills that can be used in everyday life. I can further share and develop all this knowledge in my everyday life, among friends and family.

graf of the experiences







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