

Youth exchange in

Lithuania

2017 October



HEALTHY BODY – HEALTHY MIND

Social Action team is inviting you to join our youth exchange!

During this exchange we are going to connect human body and mind health. We are going to search new methods and techniques how we can become more healthy on our daily basis and how can we become more calm and relaxed in this fast living century. While searching ways to achieve these goals it is important to share intercultural differences and experiences due to this topic. During this exchange young people will be involved in creating an event for local community on healthy body and mind topic.

• Youth exchange will be hosted in authentic Lithuanian farmstead in the middle of the forest, next to small village called Jankai.

The main objective of this exchange is to promote responsible living as a human, taking care of your body and mind. The aim is to grow young people's critical thinking about society's positive and negative effects on them and to be able to choose their own way in life, not to be lost in fast living.

Participation in this exchange will encourage young people to make changes in their life and to show positive example to others in the future.

Young people will be able to:

- Express their country healthy cuisine
- Participate and lead active sport games
- Organize and lead community event
- Participate in forest hike



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Our organization is looking for partner organizations that could form one group from each country (5 participants and 1 group leader). We ask you to involve 1-2 participants with fewer opportunities (emigrants, refugees, people with disabilities, people from rural areas and etc.) Participants should be 17-25 years old. Group leader needs to be over 18 years old. All costs of accommodation and meals are covered by Eu programme.

- Exchange would be organized in 2017 from 9th to 15th of October
- IPV meeting would be hosted in 2017 from 5th to 7th of September

The language we communicate is English

Waiting your answer until 31 of March, if you have more questions please contact us!



Sincerely,

Eglė Ona Nikliauzaitė

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