

HEALTHFIT – Promoting wellbeing in youth

15th – 23rd of November 2014. Palermo, Italy

BACKGROUND

During the recent years, Governments of many countries have started to promote more healthy lifestyles among the citizens, as one of the main methods to prevent diseases and disorders. European Commission has made the well-being and healthy lifestyle as one of the main priorities for the 2014-2010 Erasmus Plus Programme in the youth field, which shows the importance of the prevention policies and promotion of active lifestyle and healthy diet. Nutrition is a key factor for health in all age groups. The bad eating habits and inactive lifestyle may lead to many health and psychological problems, such as obesity, eating disorders, migraine, problems with cardiovascular diseases (mainly heart disease and stroke), diabetes; musculoskeletal disorders (especially osteoarthritis - a highly disabling degenerative disease of the joints); some cancers (endometrial, breast, and colon), low stress resistance and many other serious diseases which are a true scourge of nowadays societies and governments. Prevention of diseases is more efficient than the treatment and awareness increase on healthy lifestyle is one of the priority policy in the world. It is essential to start prevention and raise awareness among the young generation, which usually tend to pay less attention to correct alimentation and sometimes to physical activity.

THE TRAINING COURSE

We plan to hold **8 working days training course with 38 people** (32 participants, 3 trainers and 3 support staff) from 9 European Union and all Eastern Partnership countries: Italy, Bulgaria, Denmark, Germany, Greece, Romania, Slovenia, Croatia, Lithuania, Armenia, Azerbaijan, Belarus, Georgia, Moldova and Ukraine. It will take place from 15th (arrival day) to 23rd (departure day) of November 2014 in Palermo, Italy.

The main topics of the TC will be distributed in the flow of the learning path as follows:

- information, knowledge exchange and competences development about sport, nutrition and youth work
- youth (un)employment and wellbeing: how healthy lifestyles contribute and can be an opportunity for career development
- the Healthfit Portfolio: construction of a portfolio based on the main knowledge, methods and tools exchanged as well as a Health Planner for young people.
- Follow up, dissemination and evaluation of the TC.

The TC contents will be elaborated by the pool of trainers/experts, aiming at offering **the youth workers, project leaders, youth advisers and other professionals working for or with young people** the competences needed in their work when promoting healthy lifestyles and well-being.

Moreover we hope that the participants will serve as an example for the youth they work with. The working methods are primarily based on the active participation and learning of participants promoted through non-formal and informal activities. Theoretical sessions will also be integrated but in an interactive way. The main methodological approaches will be based on:

- Creative thinking methods - effective methods to find innovative solutions for traditional problems, through a variety of mental and manual activities which stimulate ideas generation: i.e. analyses of challenges and solutions to the engagement of young people in healthy lifestyles.
- Experiential learning - the so-called "learning from experience" i.e.: role games, physical activities, cooking workshop, etc.

CESIE

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CESIE is a non-profit organisation officially recognized by the Italian Government since 2001 and an ECSO (Civil Society Organisation with member organisations in more than 8 European countries) recognized by the European Commission DG EAC.

CESIE is accredited by the University of Palermo for internships and by the Sicilian Region for Vocational Training and orientation.

- Cooperative learning - participants will work together but divided in small groups to reach common goals, i.e.: the buzz groups.
- Peer learning - activities will allow participants to learn from each other, transferring good practices, experiences and knowledge, i.e.: fair of organisations.
- Open Space Technology – an interactive method of development of ideas for follow up projects and actions.
- Outdoor activities – activities implemented out of the working room that allows to experiment new methods (i.e. outdoor games and sport activities) or know other realities out from the group that integrate the learning outcomes (i.e. visit to food cooperatives and biological markets).

All the participants will be actively involved in the preparation for the training course by creating interactive presentations together with the partner organisations and gathering information on the topics, as well as in the everyday activities of the training in Palermo, bringing aboard their experience and vigorously participating in the learning process.

FINANCIAL AND LOGISTIC INFORMATION

Travel costs:

Please consider that due to the introduction of the new financial rules under the Erasmus + Programme, travel costs are based on the automatic calculation of the costs bases on the distance calculator from the European Commission: http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm . We will try to balance the grant received, with all the real costs of all participants' travel expenses, in order to make that every participant pays a fair amount of co-financing. In order to get the reimbursement of part of the travel costs, **participants will be requested to give to CESIE:** flight tickets and reservations, receipts of payment, round trip boarding passes, and other tickets/proofs of expenses of other means of transport (bus, train, etc.) from participants' home to Palermo and vice versa.

Accommodation and food

Accommodation and food are covered at 100% during the TC. Participants will be **accommodated in shared rooms of 2-3 people**. It will not be possible to have individual rooms, so please be sure that participants sent by your organisations are aware about this before buying the flight ticket. People with special needs such as people living with disability, people with allergies or with other food requests will need to specify it in the moment of registration in the TC, so to give the opportunity to the project team to make the necessary arrangements for their logistic

VISA costs

For those participants who need a VISA to come to Palermo, please contact us so we can provide you the necessary support letters from CESIE and from Italian National Agency to accelerate the process. The budget foresees 100€ of VISA cost per person. Reimbursement of this cost will be based on real costs, and proofs of expenses will be also requested.

If you need any further information about the TC please don't hesitate to contact Violeta Rustarazo: violeta.rustarazo@cesie.org or call to the office: +39 0916164224.

Looking forward to welcome you in Palermo!

The HEALTHFIT Team

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