

Youth Exchange
10.000 Steps to
Heaven!
24 May - 4 June,
2023
Chania Crete



About the Project

The program that we are aiming to implement has a general topic regarding recreational sports outdoors. More specifically, our main matter is how we can exercise but at the same respect our environment and try to keep a general balance and harmony with it. Taking into account that nowadays the percentage of young people who live an unhealthy life, without understanding the severity of the matter, has sky rocketed with even more adolescent exercising less or not at all, not considering what they put into their bodies, taking up really unhealthy habits or not paying attention to their mental health, made us take a stance.

As organizers we would like to bring young people closer to healthier habits so as to not only make them understand the importance of physical and mental health but also give them the ability to make steps forward towards a better wholesome life. We would like to make them adopt a more active, healthy lifestyle close to nature and give them a variety of options that will suit them in their day to day life. We truly understand that today's youth has been brought up in front of a screen and that is what they always seek for. They are constantly looking or scrolling through their phones and social media or playing video games on their computer or other personal electronic device.

The phone screen has become an extension of their hand and most of the time they choose to spend time scrolling through Instagram, Facebook, Tik Tok looking and admiring virtual lives of other that cannot actually be attainable in real life, creating imaginary and unhealthy needs. It is an undeniable fact that today's relationships have become more distant because people have lost interest in investing in them in a more substantial way, such as going on walks with friends or organizing physical activities like hikes or bicycle rides.

Wholesome lifestyles stem from how a person has been raised. People who from a young age have encountered healthy living in all of its aspect are more likely to keep up with that lifestyle for the majority of their lives. On the other hand, teens that were not raised on those paths may have less motivation to engage in that kind of living and exercising. Less motivation can also be found in youngsters that do not appreciate their bodies, feel very self-conscious due to extra weight or just not having the bodies social media is trying to persuade as are healthy and admirable.

Feeling "weak" and generally underestimating ones value makes people look away from exercising and changing mind set. This leads to young people having higher risks of developing mental illnesses, heart conditions, weak bones and muscles and missing out on building a strong body, controlled weight and generally a happier life away from diseases and major health issues.

Environmental barriers, such as extreme weather conditions, limited parks or yards, and unsafe neighborhoods are also some reasons that may make young people to stay away from physical activity. Our aim is to provide them with a safe space that they will look forward to go to because it will exude security, calmness and serenity. And that will be the starting point of trying to include exercise in their day to day lives. However, it will be of utmost importance to point out how whilst exercising we should always take into account the environment and its needs. Being respectful and understanding how invading into a space can have a detrimental effect on wild life and generally the specific ecosystem.

Our main goal is to show young people how small everyday choices can have great effects on our life and that slowly but steadily we can create healthy habits that suit the needs of every individual and will lead eventually to a healthier, more wholesome life. Of course we definitely understand and take into consideration the life changing effects the global pandemic has brought and that is exactly why we want but also seriously need to restart our health journey so it can lead to the long term results everybody should strive for.

We would like to make a general moto that even small changes and steps are better than nothing and more is better than less. At the same time we would like to make them understand that physical activity requires no special equipment or preparation. It is all a matter of mindset and effort in very important targets.

In conclusion, we aim to take action and share solutions on everyday concerns the youth may have concerning their health and fitness journey. We would like to open the conversation and make all participants discuss, share their thoughts, ideas and ideologies. The Venue for our Youth Exchange will be young people from Greece, Turkey, Bulgaria and Czech Republic.

Our vision is led by healthy and wholesome living and based on formal and non-formal learning methods, which as an organization we have used, improved, distinguished and developed creatively. Through our involvement in promoting a healthy and friendly to the environment lifestyle we have understood some core matters that need to be understood by participant through a series of projects, workshops and trainings. We believe that for this project it is of high importance most activities be held outside in different environments so participants will be able to have a better understanding of the crucial matters that will be discussed.

On a day to day basis we will diffuse new information and knowledge but at the same time give them a better insight on what has already been discussed through outdoor activities and open discussion with experts. We aim for every activities to be coherent with all previous work the participants will involve themselves in in order to have an effective outcome. Even in their spare time participants will be able to work towards our target of understanding healthy living as a whole. For example, our accommodation facilitates an open gym, beach volley and beach tennis, space for yoga and pilates and also space for aerobic training. Located only two minutes away from the sea, participants will be able to see the amazing opportunities nature provides us with.

They will be able to understand the importance not only of physical activity but also the urgent need to protect all ecosystems and maintain what mother nature provided us with. Considering the needs and preferences of young people we decided to adopt a more fun, interactive and modern approach to healthy living. We understand their need to socialize, make new friends, discuss, share thoughts and ideas. So we will be encouraging them to work as a team and through innovative activities, encourage them to make greener every day choices in order to improve their local community, cultivating awareness to their peers for a healthier and safer for the environment lifestyle.

Their effort will be strengthened through the exchange of experiences and working methods with the active participation of young people, experts and facilitators. We want this program to become a mindful experience so we choose to implement methods of non-typical education, so the youth will be able to cooperate and create close bonds with each other. By this we will create the right conditions in order for information to be more easily obtained and will offer participants the opportunity to take place in original workshops which cultivate on safe and welcoming environments. Through this we firmly believe that participants will be able to manage all the knowledge provided and by time turn it in to general day to day practice.

Various discussion will also be held between larger and smaller groups, while the non-formal training methods that will practice will vary from get to know games, theatrical plays, "energizers", dance routines, movies , educational visits, workshops, directing and creating short films, collages, flash mobs, parties, cultural evenings, talent shows, food nights.

Timeline

Plan your trip according the arrivals to Crete and departures from Crete! Duration: 7 working days

Arrival date: 24 May, 2023 / Departure date: 4 June, 2023

FLIGHT OPTIONS

TO CHANIA:

Take the bus from the airport to the city center of Chania and get off at the last stop. Take the next bus number 21 from a square called 1866 and ask the driver to stop at the camping Chania. Duration :1 Hour

TO HERAKLION

Take the bus outside of the airport to the city center of Chania and get off at the last stop. Take the next bus number 21 from a square called 1866 and ask the driver to stop at the camping Chania. Duration:2,5 Hours

Profile of participants/partner organisations and Travel Reimbursement

From each organization we will host **13 participants (12 participants in age 18-30 and 1 leader with no age limit)** interested in the topic.

Participants with fewer opportunities are more than welcome.

Karvina Sustainably z. s. - Czech Republic - 275 EUR per participant for the travel
RONESANS ENSTITUSU DERNEGI - Turkey — 275 EUR per participant for the travel
System and Generation - Bulgaria— 275 EUR per participant for the travel

P.S.: All the tickets have to be confirmed with us before booking them!

These travel expenses will be reimbursed to the partner organisation via transfer after the project having all the original return tickets sent to us by post. We would like to remind you that flight tickets need to be economy class. Participants need to bring and submit the original tickets, invoices where is shown the PRICE and BOARDING PASSES in order to get their reimbursement. Invoices should be in EUR and your names should be written on the invoices. If the participants do not submit the respective original documents to us, their payment will not be reimbursable!!!

Preparation

- 1) Preparation of work by each national team on good practices for promoting a healthy, environmentally friendly lifestyle from their countries to be presented.
- 2) Preparation of the presentation of each partners' organization.
- 3) Preparation of the presentation of each country in the context of the intercultural evening through the national sport of each country.

Accommodation and Food

Camping Chania

<https://www.camping-kania.gr/>

The participants will be accommodated in the Camping Chania where the activities will be held as well. Camping Chania is situated in a local beauty spot known as Ag. Apostoli. All the participants will be accommodated in fully equipped bungalows that host

4/5 participants

Breakfast, lunch, and dinner will be served in the camping. In Greece you do as the Greeks do, so exceptionally traditional Greek food is on the menu.

Each participant must inform about diets and intolerances upon arrival. The form will be sent to partner organisations and shared with participants.

Insurance

All the participants are responsible to obtain a health and full travel insurance. The costs for the insurance have to be covered by you. **Remember your European Health Insurance Card!**

What to take with You:

specific medicines (if you need any)

personal documents to travel

laptop and/or tablets that serve to work for the project activities (please, do not count only with your smartphones as it will be not sufficient)

materials and a presentation regarding your Sending Organisations

some national/local snacks and sweets, swimming suit, Sun cream, Towel or the beach, Warm jacket for chilly evenings, and comfortable shoes.. any other item that you consider relevant.

Couple of words about Crete..

Crete : [kriti] is the largest and most populous of the Greek islands, the fifth-largest island in the Mediterranean Sea. Crete was once the center of the Minoan civilization (c 2700-1420 BC) which is currently regarded as the earliest recorded civilization in Europe.

Chania: [xana] is the second largest city of the Crete and capital of the Chania regional unit and it lies along the north coast of the island.

The beautiful city of Chania managed to preserve its original colors and historical character. Despite the fast-growing tourism industry. It is considered one of the most beautiful cities in Greece. the city has an airport and the port of Souda, the largest natural port of the Mediterranean.

Looking forward meeting you in beautiful Chania!

Don't forget to Join our FB group of the Project here:

<https://www.facebook.com/groups/639144811390169>

Your Host - Dose Zoi



Δώσε Ζωή