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## ERASMUS+ YOUTH EXCHANGE

**H E A L T H Y**  
**Y O U T H**

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**OVERIJSE, BELGIUM**

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## WHAT DID WE DO?

This booklet has been carried out in the scope of the Youth Exchange "Healthy Youth" which is funded by the Erasmus+ Programme of the European Commission.

The project took place in **Overijse, Belgium** from the 20th to 30th of January 2023. It was led and hosted by the Belgium organization **New Horizons**.

## WHY DID WE DO IT?

The idea of the Youth Exchange is to bring together 40 young people from 8 countries, aged 16-30 from various European countries and promote the healthy lifestyle by exchanging good practices.

The main **objectives** of the project are as follows:

1. equip young leaders with competencies and creative tools/methodologies to promote healthy lifestyle
2. explore digital tools (programs, mob apps and etc.) in promoting healthy habits
3. Identify the non-healthy habits in the youth work process and develop ideas, tips and hints of changing them into healthy via mini-blogs series
4. share and mix the experience of visual, digital skills, healthy practice and create intellectual visual outcome(s) (booklet and e-visual resources - posters, videos, pics etc.) for the further dissemination.

## WHO DID IT?

The booklet has been created by the participants in the project and has been designed by the team of facilitators.

## FACILITATORS

Aleksandra Vainelovich (Belgium)

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## PARTICIPATING ORGANIZATIONS

 New Horizons (Belgium)

 FYCA (Armenia)

 Umbrella (Geogia)

 GUTTA-CLUB (Moldova)

 AEQUALITAS (Portugal)

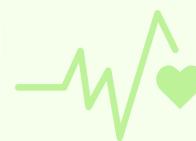
 Slovenian Rural Youth Association (Slovenia)

 Institute of Youth Power - IYP (Croatia)

 Development & Initiative (Ukraine)



# Nature and Health



Nature can generate many positive emotions and can facilitate concentration. Several studies suggest that nature connectedness can highly contribute to the improvement of mental health and have a positive impact on emotional and physical well-being, decreasing symptoms of anxiety and depression.

Positive influence on

## Physical health



improve strength and flexibility



reduce the risk of obesity, diabetes, and heart disease



reduce blood pressure and stress



regulate breathing and sleep pattern

## Mental health



Improves creativity;



Help develop inspiration, motivation, and problem-solving;



Provide opportunities for socializing, community building, meditation and spiritual nourishment.

## How to incorporate nature into your life?



variety of benefits for both physical and mental well-being from different nature elements

panoramic view is a therapeutic way to contact nature.



Mountains



Beach

calming feeling

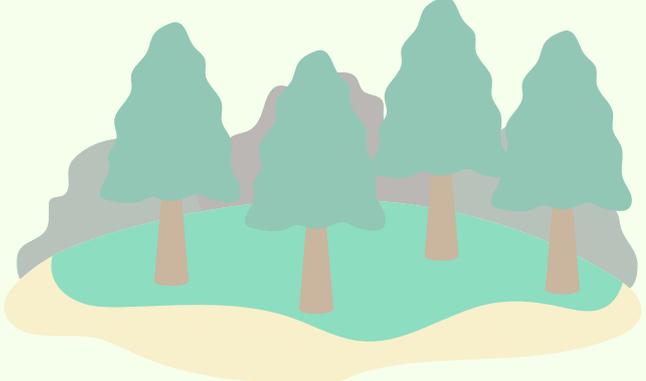
swimming

improve muscle strength  
endurance  
flexibility

FOREST

isolating from human made constructions

recharge our energy



The Portuguese team was responsible for the topic of Nature and Health  
Credits: Vasco Silva, Sofia Pereira, Rute Teixeira, Aline Martins Costa, Joana Sarmiento



# Sleep



Factors that **prevent** us from good quality sleep:

- Working or doing activities until bedtime
- Staying in bed and worried while unable to sleep
- Using screens in bed and immediately before bedtime
- Taking long naps
- Sleeping in an unrestful environment (not quiet, cool, and dark space)
- Varying your bedtime by more than an hour across the week



## Benefits of good sleep



Lower health care costs

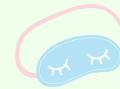


Good mood and high level of energy



Good example for younger generations

## How to improve your sleep



- Go to bed and get up at the same time every day
- Sleep and stay in bed not more than you need
- Go to bed only when sleepy, get out of bed after 15-20 of wakefulness
- Relax: tense and relax muscles while in bed, focusing on breathing
- Taking a warm bath or shower before bed associated with falling asleep faster
- Keep a daily sleep journal that tracks:

# Sleep Diary

	M	T	W	T	F	S	S
BEDTIME LAST NIGHT							
RISE TIME THIS MORNING							
NUMBER OF HOURS I SLEPT LAST NIGHT							
HOW I FELT TODAY:							
1 WIDE AWAKE							
2 A LITTLE SLEEPY, NOT MY BEST							
3 VERY SLEEPY, FIGHTING TO STAY AWAKE							



Review your records and check what actions work for you and which not

Remember, your sleep is a priority!

Search for some digital tools for your smartphone or wearable device to monitor sleep duration and sleep quality



Be sure to share your plans with those individuals who share the bedroom with you

Work on implementing your good habits.

The Belgium team was responsible for the topic of sleep.  
Credits: Guantsa Sopromadze, Sergiu Racila, Maryna Nikifarenka, Catalina Racila, Mathias Michielsen

# MYTHS

# about health

✓ Full rest can be obtained in 8 hours of sleep for an adult

✗ Long sleep does not affect your health

If this time is not enough for you, most likely you have health problems or you are in a state of constant stress. To improve your sleep, you need to fall asleep between 22:00 and 24:00. This is the best time for a person to fall asleep. The fact is that it is then that **melatonin** is released in the body, which helps to sleep better and more peacefully.



## ★ Recommendations ★

Age	Sleeping hours
6-13 years	9 to 11 hours
14-17 years	8 to 10 hours
18-25 years	7 to 9 hours
26-64 years	7 to 9 hours
>65 years	7 to 8 hours

### Is healthy food really more expensive?

**Healthy Snacks**  
 Yoghurt (170g) = \$2.15  
 Tin Tuna (90g) = \$2.10  
 Apple = \$1  
 Banana = \$0.70  
 Orange = \$0.65  
 Nuts (50g) = \$0.50  
 Carrot = \$0.55

**Common Snacks**  
 Chocolate bar (60g) = \$2.50  
 Can of Coke = \$3  
 Cafe Latte = \$4  
 Bag of chips = \$2  
 Muffin = \$4



Choosing healthy snacks will save you money!



1. Buy less portions
2. Local and seasonal always cheaper
3. Energy and healthy ingredients are important



✗ Healthy food = expensive



Combine different types of exercises for different muscles



Everyday training in gym = healthy

That's debating, at least because every person's muscles need time to recover. A good idea is to combine different types of exercises for different muscles. One day it can be stretching, the next cardio. No need to exhaust yourself. Remember that health is the most important thing.



An example of week of trainings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	Stretching	Day off	Strengths exercises	Cardio	Day off	Walking

The Ukrainian team was responsible for the topic of Myths about health.

Credits: Anastasiia Rudnitska, Sofiia-Mariia Prokopiiv  
Olha Rodina, Maryna Olinishevska, Anna Bilous

# Mental Health



Mental health is the result of good habits that support mental, physical, emotional and spiritual growth. We can establish habits that we implement in everyday life

To avoid problems from the past and future, let's get down to the present moment. We use our senses and observe how they react to their surroundings.



To deepen our sensory perceptions, we can use:



Listening to birds singing in the forest



Looking at the artwork and observing its message



Capture the scents of flowers and aromatic candles



Feeling the bark of tree



Tasting the taste of fruit



## Moving the body

There are practices with which we release tension in the body and enable a good flow of energy through the body and mind. To relax the body, we can use the following healthy habits:



• Running



• Team sports



• Dancing



• Singing



• Yoga



## Showing gratitude

To get rid of the dissatisfaction that comes from a lack of success, we can use gratitude for all the beauties that we taste in our life's journey. We can show our gratitude by:

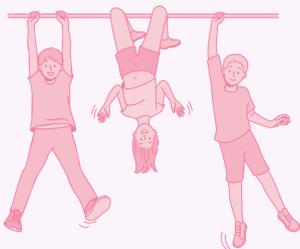
### **Writing things for which we are grateful for**

- Paying attention to the people we are grateful for
- Voluntary work
- Respecting others
- Accepting all living beings



## Playfulness

Let's relax! Let's be spontaneous and listen to our bodies and heart. Playfulness comes naturally, but we usually suppress it. Let it be. *Just for an idea though:*



- Climb a tree
- Say hello to a stranger
- Dance with a broom
- Whistle a song in public
- Give a compliment if someone impressed you

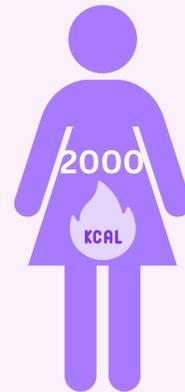
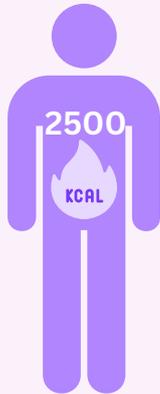
The Slovenian team was responsible for the topic of Mental Health.

Credits: Rene Paskolo Mlasko, Tadej Drnoušek, Maks Zupan  
Marija Maja Kersnik, Maruša Orel



# Food and Diet

## Basic needs



## Balanced diet and nutrition

Eat more



Eat less



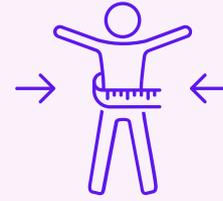
It is recommended that you should eat less saturated fats, dry snacks and high-sugar and deep-fried meals because they fill you up fast and pack lots of calories.



Eat more fruits and vegetables, low-fat or fat-free products, legumes (beans and peas) and whole grains (rice, oatmeal, cereal) since they fill you up with fewer calories.



## How your diet affects your weight



Generally speaking, weight loss diets are a myth. However, it is true, that if we eat less than needed, we lose weight and if we eat more, we gain weight. Every individual has a differently nt balance depending on how their bodies react to processing food. Some bodies burn through more energy than others, which explains the diversity in how we look.

## 7 Guidelines for Nutrition and Weight Loss

1 Eat smaller portions

4 Learn methods of food preparation for a healthy diet

2 Reduce the number of calories

5 Identify behavioral and environmental factors

3 Choose nutritious meals that are lower in fat

6 Hydrate throughout the day

## Best apps for healthy diet



MyPlate Calorie Counter



MyNet Diary Calorie Counter



Ate Food Journal



Yummly Recipes & Cooking Tools

The Georgian team was responsible for the topic of Food and Diet.

Credits: Konstantine Çagnidze, Salome Shavshvili, Çorgi Tçhabukashvili, Iako Epiashvili

# Hygiene and Health



Hygiene includes measures and behaviours that can protect you against pathogens, as well as promote your health and well-being. Maintaining good hygiene is the most cost-effective measure to prevent diseases



## Personal hygiene measures

### 1. Coughing and sneezing



- Cover your mouth in a tissue or in the elbow
- Wear a mask
- Disinfect your hands often
- Maintain a safe distance

### Shower routine



- At least once every 2-3 days
- Use lukewarm water
- Spend around 5-15 minutes
- Use a gentle shampoo and body wash
- Wash your hair and scalp for at least 1 minute
- Take care of your intimate hygiene daily
- Wash your feet and pat them dry



### Nail hygiene

- Trim your nails
- Wash them in lukewarm water
- Avoid putting them in your mouth
- Use your own utensils

### Wash your hands



- When preparing food,
- Before eating,
- After playing outside
- After using the bathroom,
- After touching an animal,
- After touching garbage,
- After coughing and sneezing.

### 4. Facial cleanliness



- Wash your face at least once a day
- Foss daily
- Brush your teeth twice a day
- Use mouthwash
- Clean your ears

## Cleaning your home: kitchen, bathroom, bedroom



- Use bleach and water/vinegar and lemon
- Clean pet supplies
- Disinfect all surfaces
- Place air-cleaning plants
- Vacuum the floor and carpet at least once every 2 weeks
- Use hot steam to clean the curtains
- Wipe the dust
- Change your bed linen and towels regularly (at least once every 2 weeks)



### Health impact of unhygienic environments



Immediate  
Anxiety



Direct (infections)  
Fecal-oral infections, Helminths or Insect vector diseases



Conditions caused by infections:  
Stunting/growth faltering; Impaired cognitive function; Pneumonia;  
Anemia (cause by hookworm infections)



Long-term consequences  
School absence; Poverty; Decreased productivity; High anti-microbial  
resistance

The Moldovian team was responsible for the topic of Food and Diet.

Credits: Constanta Cravet, Laurențiu Mitriuc, George Pascaru  
Mihail Novac , Anastasia Novak

# How to Walk Properly

Walking is an action that requires the use of your complete body. To completely comprehend how to walk correctly, it is beneficial to concentrate on each component of the body, from head to toe. Keep your head up.



The Croatian team was responsible for the topic of Walk Properly.

Credits: Sara Erdeljić, Anđela Skarpa, Petra Medarić  
Ela Šimunčić, Ivan Barth

# E-Health



E-health grew out of a need for improved documentation and tracking of patients' health and procedures performed on patients, particularly for reimbursement purposes, such as by insurance companies. However, rising healthcare costs and technological advances encouraged the development of electronic tracking systems

## Meditation

**medito**

meditations from MeditoFoundation

Medito - Based on ancient as well as recent meditation techniques, guided and non-guided



refocus your attention.

Calm - Helps to manage stress, balance moods, sleep better and



## Workout



MyFitnessPal all-in-one food tracker and health app is like having a nutrition coach, intermittent fasting tracker, meal planner, and food diary with you at all times



bodyweight training (no equipment!).

Fityfy - Workout routines & training plan at home. You can work out using only

## Sleep



methods from sleep clinics

Sleep Reset - Helps to get your custom program, with a sleep coach and prevent



Of physicians rely on healthcare mobile apps for making medical decisions



Of professionals are of the view that mobile application helps to reduce the time consumed in administrative tasks



Of healthcare providers think that they could increase and improve interaction with patients through medical mobile apps

The Armenian team was responsible for the topic of E-Health

Credits: Vergush Tadevosyan , Lilit Houvakimyan  
Lilit Hajatyan, Sona Saribekyan , Artur Adamyan

# Good Practices in 8 Country



Organizing Plogging (Jogging & pick up litter) - since 2019 FYCA is part of the Swedish activity about concerning plastic pollution. 2 000 000 people plog daily in 100 countries. They running, hiking, stretching in the mountains, forest or on the beaches. Let's see [Video](#).



[Gutta-Club](#) is organizing summer camps with young people to do sports, exercises and meditation in nature.



[FitPass](#) - Card, that is created to popularize healthy lifestyle for employed people - which company is a member of the FitPass union they can use it in a different spaces with lower price.



An [ecocheque](#) is a voucher given by the employer to the employee for the purchase of ecological products and services. The vouchers are issued by private businesses, such as Edenred and Sodexo. Payment to employees by means of ecocheques is exempt from social security contributions and taxes.



# Good Practices in 8 Country



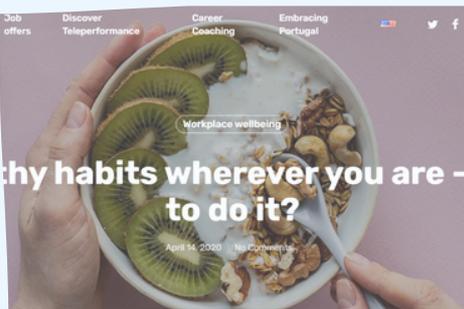
Healthy Initiative is a non-profit organisation which supports healthy lifestyle, have initiatives to decrease the consume of alcohol, tobacco and passive lifestyle in youth.



ZSPM Supports local farming (how to make products, get financed by local authorities...)



At Teleperformance Portugal, we make sure all employees have access to a healthy lifestyle. We supply free healthy food – soup, salad, bread, and fruit – to promote healthy habits for all employees.



Healthy Life Academy – provide young people integration into society by promoting healthy living through sport and physical activity. promotion of sport for children with disabilities, Organization of seminars and workshops to improve healthy living, Publishing, manuals, books and magazines in the segment of sport



# Conclusion

As a result of the Erasmus+ Youth Exchange "Healthy Youth", the participants improved their competencies in promoting healthy lifestyles, improved digital skills, developed creative ideas, familiarised with the good practices of different countries. Increased their knowledge of Erasmus+ Programme, Youthpass and Europass CV. Get acquainted with methods of non-formal learning and establish a long-term partnership between youth organisations.



**We create cool educational short Video - Watch it!**



**THANK YOU**