

Call for participants

Workout Europe!

13th – 21st July 2014

Bratislava, Slovakia

The Youth Exchange "**Workout, Europe!**" will take place in Bratislava, Slovakia from **13th to 21st of July 2014** (8 days). It will involve **20 young participants** from **Slovakia, Italy, Estonia and Latvia**.



Calisthenics or also known as **street workout**, that is gaining popularity in the world, is a fairly new way how to live a fit and a **healthy lifestyle**. The Youth Exchange is focused on exploring possibilities how to live a healthier and a more active lifestyle via street workout and elements of yoga. Exchange of personal experience and discovery of new possibilities and functions of people bodies will also be a big part of the project.

We will concentrate on **two main dimensions** of a person in order to live a healthy and fit life - the **health of their body and mind**. It's not enough to have a healthy body, but it's important to have a positively set mind, in order to live an active and a happy life. Even the healthiest body can be destroyed by a negative mindset. The main methods will be implemented from the basics of street workouts, or also known as calisthenics, and yoga. We will start by discovering the basics of calisthenics and yoga, as well as the importance of nutrition, motivation and consistency of their goals. The participants will also learn about the possibilities to work out anywhere - in a room, playground, a street, a forest or on a mountain.

In the Youth Exchange the participants will also learn from each other and will share their ideas by using non-formal methods of learning like discussions, interactive presentations, games and outdoor activities. Everyone will be opened to express their opinion on the topic. **In the end** the participants together will have created an example of a **happy and a healthy person**, and to bring this ideal back to their countries, where they can spread this idea further. **They will be the beginning of a chain-reaction to create a healthier and a more active society.**

Aim of the project:

To promote and motive people to start a healthier and more active lifestyle with the help of street workout and yoga.

Objectives

- Information about your body and mind
- To motivate people by using good examples
- To help people with their self- esteem so they can feel more comfortable with themselves
- Insight about the basic exercises of yoga and street workout
- Information about nutrition
- To teach about possibilities to work out everywhere

- To share personal experience about the topic
- To connect people via street workouts that will help them with their social problems
- To encourage people to implement the learnt things in their everyday lives.

Profile of the participants

- Young people between 18 and 30 years old
- Able to communicate in a basic English
- Interested in sports, preferably in fitness
- Interested in healthy lifestyle
- Previous physical activity of the participants is not an obligation, we also welcome participants with a low level of physical activity who are motivated to discover new perspectives
- Participants should be interested in applying the knowledge and skills gained during the project in their home organisations or local communities
- Participants should be available for the whole duration of the project



Each organisation is supposed to send **5 participants (1 group leader + 4 participants)**.

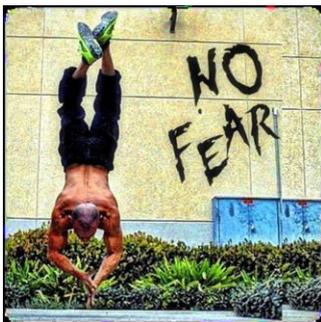
Everybody can do it no matter the age, body type or gender! 😊

Methodology

The youth exchange will be based on **principles of non-formal education** (various energizers, ice-breakers, teambuildings, role plays, brainstormings, discussions, presentations etc...). The aim will be to foster the intercultural exchange of the participants in the most efficient way.

Moreover we will include the **basic exercises of calisthenics and yoga** in order to introduce to the participants the benefits of regular exercising and leading a healthy lifestyle.

Preparatory work



There is an **advanced planning visit (APV)** planned in order to assure the detailed and responsible preparation.

APV is planned from the 30th of May to the 1st of June 2014 in Bratislava, Slovakia. All the leaders of every participating country should take part in APV and actively participate and contribute to the finalisation of the agenda of the youth exchange.

Financial conditions

Standard for the Youth in Action Programme.

70 % of the travel costs reimbursed for every participant of the youth exchange

100 % lodging and food covered for every participant of the youth exchange

100 % travel costs reimbursed for every participant of the APV meeting

100 % lodging and food covered for every participant of the APV meeting

We will refund all the participants after the end of the project as soon as we receive all the travel documents in originals.

Please note the price includes the tickets return (flight + train + bus) second class travels. The taxi cannot be refunded.

Below you can see the sums for travel costs for each country. Note that they are stated as 100% of travel costs per participant and the 70% of the sum will be refunded (100 % in the case of the APV meeting).

Country	Costs
Italy	300 €
Estonia	400 €
Latvia	400 €

Before you purchase your tickets please send the booking to our email education@inex.sk and wait for our confirmation.

Please note:

- that the deadline for registering your leaders is the 1st of May 2014
- that the deadline for registering the rest of the participants is the 25th of May 2014

When registering please fill in the application form [HERE](#).

If you you have some questions don't hesitate to contact me via email: education@inex.sk

Looking forward to all your motivated participants!

