

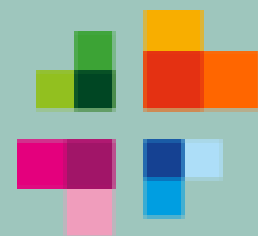


HI! HEALTHY INCLUSION

APV & Youth Exchange



Funded by the
Erasmus+ Programme
of the European Union



erasmus+
meer perspectief



Nederlands
Jeugdinstituut



WHAT IS IT ABOUT

Healthy Inclusion is a 3 phases project (APV, Exchange, Follow-Up) about social inclusion through a healthy lifestyle. Aiming at tackling the issue that many young people face, living an unhealthy life, Heimat is offering the chance to young people between 18-25 years old to get healthy (mentally and physically), get fit and inspire others to do the same.

OBJECTIVES

- To get useful tools and knowledge regarding healthy lifestyle & social inclusion
- To learn how to support other young people's social inclusion through a healthy lifestyle
- To practice active participation and online activism, by becoming the inspirers of a social platform on the topic
- To bust the sense of initiative & leadership through their own actions

THE PROJECT



AS A GROUP LEADER YOU ARE...

- Dedicated to work on the project more in order to support others to create social inclusion through healthy lifestyle
- Enthusiastic, supportive, willing to take initiative to encourage others
- Experienced with youth exchanges, trainings, other E+ projects & healthy lifestyle
- Committed to take part in all the phases and main activities (APV, Exchange, Follow-Up)
- Able to work in simple English



THIS PROJECT IS
FOR YOU:

AS A PARTICIPANT YOU ARE...

- 18 - 25 years old
- Interested in healthy lifestyle related with: nutrition, sports, mental health, connection with nature
- Active in/ or willing to become active in social activism or activism for social change
- Dedicated to actively participate in both Youth Exchange & Follow Up activities.
- Willing to change their own life to the best and to support others to do the same
- Able to communicate in basic English

TIMELINE

APV

6th to 9th March 2020

Youth Exchange

4th - 14th May 2020

Dissemination and Follow
up activities

May - July 2020

Evaluation

July - September 2020



IN 9 DAYS YOU WILL PLAY, CREATE AND EXPERIMENT



Self-development & Growth



Games & activities



Working in :
groups
pairs
individually



Outdoor activities



Cooking



Sports & body movement



Intercultural group of 35
youngsters from 7 different
countries

VENUE

HET BOSHUIS

During the Youth Exchange, we will be living together in a group accommodation at Het Boshuis which is 75 km away from Amsterdam. You will be sharing rooms in big rooms for 12 people (+).

Het Boshuis is located in an isolated place, next to the IJsselmeer, with a direct access to a big forest.

We will have meals 3 times a day prepared by yourselves in groups, is part of the project, that you put in practice the healthy food and cooking.

The meals are going to be prepared by the whole group, as part of the learning proces about healthy coocking. You will be taking part in light housework such as daily cleaning, dish washing, etc. These tasks are part of a learning process in a group environment.



PARTICIPATION

THE APPROACH USED IN THIS PROJECT IS BASED ON EMPOWERMENT, OF DEVELOPING SKILLS AND ATTITUDES REGARDING HEALTHY LIFESTYLE AND ACTIVE SOCIAL PARTICIPATION.

HEIMAT IS GOING TO CREATE A SAFE ENVIROMENT FOR ALL ITS PARTICIPANTS TO LEARN, PRACTICE, GROW AND GET ACTIVE.

THE METHODS THAT ARE GOING TO BE USED ARE THE ONES OF NON -FORMAL EDUCATION, LEARNING BY DOING AND LEARNING BY AND WITH EACH OTHER.

THE PROGRAM IS BASED ON A LEARNING BUILD UP DAY-BY-DAY AND THEREFORE REQUIRES FULL -TIME PARTICIPATION.

We expect an
active
participation!!

APPLY HERE!



COSTS, PARTICIPATION FEE AND REIMBURSEMENT

COSTS

The project is funded through Erasmus+ programme - accommodation, food and materials are fully covered.

We will arrange a bus to take you from Hoorn to the venue and back to Hoorn.

Since it will be a rented bus, the price is 15€/person for both ways.

We already calculate in the reimbursement cost below.

PARTICIPATION FEE

Participants' contribution is 35 € per person that will be paid upon arrival. We consider this as a symbolical contribution to your own learning that will cover some of the project costs.

REIMBURSEMENT

According to the rules of the Erasmus+ programme you can get our travel costs reimbursed up to amount stated in the table below, depending on the travelling distance. If your travel costs are lower or equal to this amount, you get 100% reimbursement of your travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. To be eligible for reimbursement, we ask you to keep all your original tickets, boarding passes and invoices. Reimbursement can be done ONLY if you have all the travel tickets, boarding passes and invoices!

Do NOT book travel before receiving Confirmation Letter.

The reimbursement of travel costs is done after the whole project is completed.

In case you have any further questions regarding the project, feel free to contact either our partner organisations, or us directly through foundationheimat@gmail.com

If you are selected, we will send a Confirmation Letter to you with more information regarding your participation.
ONLY then you can start booking your tickets!



Country	Organisation	Contact	Max. amount for travel reimbursement
Greece	Media Tera Nea N.P.O.	alexispoglou@gmail.com	260
Czech Republic	Brno Connected	brnoconnected@gmail.com	260
Lithuania	Asociacija TAVO EUROPA	Verseckas89@gmail.com	260
Spain	Asociacion ESN Erasmus Almeria	fabiano.esnalmeria@gmail.com	260
Italy	Vagamondo	infoyouthprojects@gmail.com	260
Bulgaria	Smokinya Foundation	info@smokinya.com	260
The Netherlands	Stichting Heimat	foundationheimat@gmail.com	0



HEIMAT WEBSITE

<http://heimatfoundation.com/>

EMAIL ADDRESS

foundationheimat@gmail.com

PROJECT WEBSITE

<https://hihealthyinclusion.wixsite.com/erasmusplus>

**MORE INFORMATION
NEEDED**

FOR QUESTIONS CONTACT US: