



YOUTH EXCHANGE IN CZ : CALL FOR PARTICIPANTS

January 23, 2017 by [Future in Our Hands Youth NGO](#) in [Call for Participants](#)

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We're looking for 5 youngsters aged 19-25 interested in Sport for an Approved Youth Exchange in Czech Republic:

Location: Vranov Beach: Last 2 days in Prague

When: July 2017(16-23 July) Dates to be fixed yet

Number of Participants: 4+1 Team Leader

Summary:

Project Festival of healthy lifestyle was designed to help solving current problem which is tied to considerable part of young people all around Europe. The problem is wrong attitude to healthy lifestyle or let us say negative attitude to individual principles of healthy lifestyle as regular sport activities, regular and balanced food, handling of stress etc. Project has a form of 8 day youth exchange of 40 people in age of 19 to 26 years taking place in the Czech Republic. The aim of this exchange is to change an attitude of these young people towards each of the basic principles of healthy lifestyle and pass them a knowledge which will help them to continue following these principles. Most of activities will be realized with methods of games and non-formal education.

Participants will have a chance to try couple of unusual team sports, they will be creating campaign against racism and xenophobia in sport, they will be also creating nutrition pyramid, performing short theatre play about drugs and its effect on individuals and society and they will be actively organizing part of the agenda for other participants.

During the youth exchange participants will shoot couple of videos coherent with activities and as the main goal they will create Guidebook of healthy lifestyle which will work as a clue for both them and public helping them to get inspired and to follow principles of healthy lifestyle.

Activities will be divided into three main blocks:

- Sports part
- Educational part
- Creative part

To name a few of planned activities:

- Bumper football
- Orientation run
- Tree tops ropes course
- Yoga session
- Food shuffle game
- Prague city game
- Lecture on healthy nutrition
- Campaign against racism in sport
- Theater plays about drugs
- National cooking nights

Profile of the participants:

At least Basic English Communication Skills

Experience in any kind of sport

PLEASE NOTE: If you think you're not Sporty enough, you're afraid of heights, you don't like adventures, hiking, then this project is not for you. Please don't waste your time in sending CV's.

How to Apply:

Send your CV and Motivation Letter+ Photos of sport activities you do(3is enough) to info@fioh-ngo.com with the title YE-CZ-SPORT

The project is funded in the frames of Erasmus+ project.