

YOUTH EXCHANGE



FIGHTING OBESITY THROUGH NUTRITION AND EXERCISE



13 - 21 OCTOBER 2023
RETTENEGG, AUSTRIA



Co-funded by
the European Union

‘Fighting Obesity Through Nutrition and Exercise’

Rettenegg, Austria 13 - 21 October, 2023

Hosted by: **Neue Generation Osterreich**

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DATES: 13 – 21 October 2023

LOCATION: Rettenegg, Austria

PARTICIPANTS: 8 per country (7 participants + 1 group leader) + 2 facilitators

COUNTRIES: Austria, North Macedonia, Lithuania, Serbia, Türkiye and Italy.

Project Description

The project 'Fighting Obesity Through Nutrition and Exercise' was created in response to the alarming prevalence of overweight and obesity in European Union countries. According to estimates, 30-70% of adults in these countries are affected by overweight and 10-30% are affected by obesity. The situation is even direr for European children, with an estimated one in three 11-year-olds in the WHO European Region being overweight or obese in 2014. Boys tend to be at higher risk than girls, and disadvantaged groups tend to have higher rates of overweight and obesity.

The main goal of the youth exchange 'Fighting Obesity Through Nutrition and Exercise' is to promote the health of young people and build a healthier future by directly involving 50 young people from 6 European countries. Through this exchange, we aim to raise awareness about the issue of overweight and obesity and empower youth to take action on this issue at the local, national, and international levels. To achieve this goal, the exchange will focus on the following objectives:

- Raise awareness about the problem of overweight and obesity and promote this issue in partner organisation countries and internationally;
- Encourage young people to engage in various physical exercises and activities;
- Create informational tools, such as a website, YouTube channel, handbook of activities, videos, and photographs, to share the knowledge gained during the youth exchange;
- Increase participants' knowledge of the Erasmus+ Programme and develop their competencies;
- Foster cooperation between partners and support the development of new ideas within the Erasmus+ Programme.

PARTICIPANT PROFILE

- In the age of 18 to 30 years old.
- Ability to communicate in English;
- Motivation to take part in an Erasmus+ Programme, increase their knowledge about it, and to be part of an intercultural team;
- Motivation to increase their previous knowledge about the issue of overweight and obesity;
- Ability and motivation to take part in organising the follow-up dissemination event, share the knowledge gained, raise awareness and influence their local communities and institutions.
- On this project, we will also include participants with fewer opportunities facing economic, geographical, social barriers, and health problems.

PROFILE OF GROUP LEADERS:

- Ability to set up online and offline meetings for planning, preparing, implementing the programme, and preparing the participants;
- Motivation to support the participants throughout the project;
- being able to support the participants during project: to organize and implement preparatory meetings, to communicate with other group leaders in the process of preparation of programme, to assist participants with arranging practicalities for YE, to support participants during YE, especially to support their learning process and active participation, to organize and to implement evaluation meetings with participants, to support development follow-up activities.
- Ability to organise and implement the follow-up dissemination event, raise awareness and influence their local communities and institutions.
- There is no age limit set for group leaders.

WORKING METHOD

- Learning by doing method.
- Ice-breakers and team building games to get to know each other.
- Workshops will leave room for discussions and debates
- Simulation games will allow us to identify current challenges of non-formal education and show possible measures that strengthen them.
- These sessions will provide the participants with concrete ideas that can be implemented in their local communities, thus ensuring an important multiplier effect.

ACCOMMODATION AND FOOD

Accommodation and food are 100% covered by the Erasmus+ programme. The participants will be lodged in Rettenegg, Austria (<https://goo.gl/maps/aH1CFZL6ojkkSnM87>). Rettenegg is a small town located one and a half hour from Vienna and Graz, surrounded by mountains and typical Austrian architecture. The facility is rented out to schools, associations, organizations and private individuals, primarily with a focus on children and youth.



Important information about the accommodation:

- During the activity participants will be accommodated in a room with 3-6 other people from different countries.
- Each participant will have a roommate from a different country and we can't make exceptions to accommodate people from the same country in the same room. The rooms will be gender divided.
- We can't arrange separate rooms for couples or make additional changes in the room match.
- The rooms have bunk beds. Mattress, duvet and pillows are provided (bed linen included). The participants must bring their own TOWELS and toiletries.
- Every room has its own bathroom.

Meals

Food: There will be 3 meals per day provided, prepared by a cook. **Participants will have a responsibility to help with food preparation**, and learn more about international cuisine. Each participant will be responsible to wash their dishes and silverware after eating.

During the official part of the event, and in the territory of the hotel **alcohol and drugs are strictly forbidden!** Smoking is not recommended and in case of urgency only permitted outdoors in a designated space.

Everyone is welcome with these restrictions. **Violation of this entitles the caretaker to immediately dismiss the person(s) concerned. No refund on travel costs will be guaranteed in case of dismissal.**

Please, inform us in the application form about your food needs (vegetarian, vegan, food allergies).

The accommodation is covered at Rettenegg, only for the days of the activity (13-21.10.2023). In case of a longer stay there is **no chance** of reimbursement of travel costs.

You are not allowed to arrive after 13th of October or leave earlier than 21st of October. Please keep in mind when booking the tickets. For any other questions consult with sending NGO.

We are not able to reimburse missing tickets!!!

IMPORTANT: Traveling sometimes requires an additional day for catching a flight and staying for an additional night at the city, where the airport is situated. We are aware of such situations, but organizers can't cover this cost, it is participants own cost. For that reason, we recommend you to use hostels (<http://www.hostelworld.com/>) or friends (<https://www.couchsurfing.org/>).

TRAVEL ARRANGEMENTS

HOW TO REACH THE VENUE

An invitation to try to travel mindfully - with no excess luggage and extra effort to store it. Welcome to use tips from EC: <https://bit.ly/3r23I00>

1. Fly to Vienna Airport

It is the closest airport to the venue. Flying to **Bratislava** is an alternative if you are arriving earlier. If landing in these airports, you will have to take a Bus, Metro or a Train to Vienna City Centar

2. AT **20:00** Jump on a Private Bus to Rettenegg.

There will be an organized, private bus waiting for you at HBF Wien - Vienna Train Station (<https://goo.gl/maps/woF5oCxZJ1dJ6EEo7>). The hosting organisation will provide the bus and share with you the exact location (all partners will get info for the location). The same bus will drop you off **AT THE VIENNA AIRPORT** at **09 am** on the departure day.

NOTE: bus will leave at 20:00 sharp so make sure you are there on time. There is no other way to reach the venue. Same bus will drop you off at 09am at the Vienna Airport.

If you are arriving from another place and not using the arranged transport, please use the most economical way of transport.

Tickets Purchase

Please note that only most economic travel and only public transport is subject to reimbursement. Taxi is not covered. Please consult us before buying!



YOU ARE NOT ABLE TO LEAVE PROJECT ONE DAY EARLY TO CATCH YOUR FLIGHT OR BUS. PLEASE BUY YOUR TICKETS ACCORDING TO PROJECT'S DATE and TRANSPORTATION ORGANIZED.

We need you to buy economy class tickets, and upload them in designated google drive ASAP. So our accountant knows, and adjust the budget.

We advise you to buy your tickets **as soon as possible**, so that it fits in our limited budget for 100% reimbursement.

We kindly ask you to save all documents (original tickets, boarding passes, invoices or bills with the ticket price) which are related to your travel, since the documentation background is obligatory for reimbursement. We kindly ask you to buy all the tickets for the travel for both directions – return tickets (plane tickets, train tickets, bus tickets and etc.), because we will be able to reimburse only REAL EXPENSES (made expenses). **IMPORTANT:** We cannot refund any travel costs done by taxi.

After sending your original tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project. These distances must be calculated using the distance calculator supported by the European Commission. **We send money to your sending organization and sending organization will pay participants for the duration max 2-3 months after the project ends.**

Please note if you buy your tickets in a currency other than EUR, we will convert to EUR according to the exchange rates from the official European Commission web-site: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Participants **must** travel from the country of the sending organization, and back. Following the guidelines of the Erasmus + programme the travel back must be realized by the participants in a direct way within a maximum of 2 days.

BUDGET TRAVEL COST

Country	Organisation	Max Amount Per Participant (EUROS)
Austria	Neue Generation Osterreich	23
North Macedonia	Karate Klub Metalurg	225
Serbia	Youth Workers Alliance	225
Lithuania	Asociacija "Aktyvus jaunimas"	225
Türkiye	Istanbul Social Running Group	225
Italy	Nutrizionisti senza frontiere	130

The original budget is reduced because of the organised bus roundtrip Vienna – Rettenegg – Vienna.

NOTE:

- The cost given is a limit in total PER PERSON, for both ways.
- PLEASE REMEMBER THAT ACCORDING TO ERASMUS+ RULES MONEY FOR TRAVEL WILL BE REIMBURSED ACCORDING TO THE REAL COST YOU SPENT, up to the amount given above per country, but not more (which means that if you spend less - you will be reimbursed the money you actually spent or if you spend more - you will get only limit)
- Before buying your ticket, please remember your cost limits, **EVERYTHING THAT WILL BE MORE THAN THE LIMIT WILL BE YOUR OWN COST.**
- Before booking the flight, please, make travel arrangements CONFIRMATION with us!

WHAT TO BRING?

- Passport or ID
- Comfortable clothes for the activities.
- Please bring clothes according to the weather forecast.
- Towels and personal care products: shampoo, toothpaste etc.
- Camera, laptop etc.
- Pills and medicines
- Positive attitude
- Sleepers

HEALTH & TRAVEL INSURANCE

- PLEASE, WHEN COMING TO AUSTRIA, MAKE SURE YOU HAVE A VALID EUROPEAN HEALTH INSURANCE CARD WITH YOU OR PRIVATE INSURANCE. ALSO, IT IS IMPORTANT THAT YOU NOTIFY US OF ANY HEALTH RISK OR POSSIBLY NECESSARY MEDICINES, SPECIAL FOOD ARRANGEMENTS (AS VEGETARIANS, VEGANS, INTOLERANCES) ... AND SO ON.

PREPARATIONS

- Find interesting videos / games / exercises / educational activities related with the topic.
- **Morning/Afternoon Energizers:** We would be really happy if each group prepare some energizers to increase the group energy
- Wherever possible, take your **laptops, digital cameras, smartphones and tablets** – we will be doing some multimedia work that requires mobile equipment!

BASIC RULES

All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Stress, nerves and bad mood is prohibited everywhere. Bring your best mood and a big smile with you and keep it through the exchange! Prepare for fun! 😊

Participants Task: It's very important to care for the schedule time, be kind, respect, be positive, destroy the borders, have maximum fun, be cheerful and try to be part of the solution.

Participants of the project will have to agree to the following rules for participating. They will sign a document on the first day of arrival for accepting the rules. Rules that participants should follow according Erasmus + Programme:

https://docs.google.com/document/d/1K2VKpbouFC-I3no_4_xltvypbRRHBIHW/edit?usp=sharing&oid=110024760128177444141&rtpof=true&sd=true

MONEY EXCHANGE

Austria's official currency is EURO. Credit cards are accepted almost everywhere.

PROJECT PARTNERS

HOSTING ORGANIZATION – Neue Generation Austria – Austria

Email: nextgeneration.austria@gmail.com

Karate Klub Metalurg - North Macedonia

Email: krstevski.vk@gmail.com

Youth Workers Alliance - Serbia

Email: mihailomitic123@gmail.com

Asociacija "Aktyvus jaunimas" - Lithuania

Email: info@activeyouth.lt

Istanbul Social Running Group - Türkiye

Email: hitsocialrun@gmail.com

Nutrizionisti senza frontier - Italy

Email: info@nutrizionistisenzafrontiere.org

To apply, please fill in the application form on this LINK

<https://forms.gle/LKvq4x5f229GojqX7>



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SEE YOU IN AUSTRIA 😊