

## ACTIVITY PROGRAMME

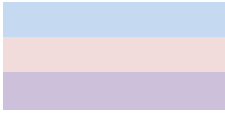
### Play f

Activity n°	
Participating organisations	FEL
Venue	
City	Country
Willemstad	Curacao
Activity	
Timetable	Activities
AM	Arrival
	Dinner
	Welcome evening / Informal opening (carried out by participants, with the support of Group leader if needed)
PM	Language games –“Language lesson” (carried out by participants, with the support of Group leader if needed)
AM	Breakfast
	Ice-breaker games
	Expectations, Contributions and Concerns & Introduction of the exchange and daily timetable (Team leader with 2 participants)
	Introduction of the exchange and daily schedule establishing rules of the project (Team leader with 2 participants)
12:30	Lunch
PM	Presentation of Erasmus+ Programme, YouthPass and Europass (carried out by participants, with the support of Group leader if needed)
	Interactive session about the main concepts and terms of Youth Exchange (carried out by participants, with the support of Group leader if needed)

	Team work and presentation about healthy lifestyle aspects (carried out by participants, with the support of Group leader if needed)
	Reflection via "Let's Summarize" (facilitated by team leaders)
	Dinner and Presentation of Teambuilding & Intercultural
	Intercultural Evening (including active games)
08:30	Breakfast
AM	Going to the center for Antigen test
	Teambuilding & Intercultural communication exercise (carried out by participants, with the support of Group leader if needed)
12:30	Lunch
	Theatre Performance preparation: Unhealthy Lifestyle habits and how to fight it
	Theatre Performance presentation and discussions: Unhealthy Lifestyle habits and how to fight it
	Dinner
	Reflection via "Let's Summarize" (facilitated by team leaders)
	Intercultural Evening (including active games)
08:30	Breakfast
AM	YOGA
	Active workshop -Yes or No -Healthy Lifestyle Myths (carried out by participants, with the support of Group leader if needed)
	Workshop: playing games from Curacao (carried out by participants, with the support of Group leader if needed)
12:30	Lunch
	Team work on Sport as a social learning process (carried out by participants, with the support of Group leader if needed)

	Workshop: playing games from Finland and Georgia (carried out by participants, with the support of Group leader if needed)
PM	
	Mid-term evaluation
	Dinner
	Intercultural Evening (including active games)
08:30	Breakfast
AM	Forum Theatre on being active citizen
	Learning swimming and biking
12:30	Lunch
PM	Free evening in the town
	Reflection via "Let's Summarize" (facilitated by team leaders)
	Dinner
	Free evening in the town
08:30	Breakfast
AM	Morning Sports
	Workshop: Defining Active Citizenship
	How active citizenship can be linked to a healthy lifestyle
12:30	Lunch
PM	Creating basketball wall mount together with daycare center kids
	Spending day with the kids of daycare center

	Reflection via "Let's Summarize" (facilitated by team leaders)
	Dinner
08:30 AM	Breakfast Morning sport
	Sharing online recourses (carried out by participants, with the support of Group leader if needed)
	Designing mobile apps for promoting healthy lifestyle
12:30	Lunch
PM	Forming and Working in key groups (carried out by participants, with the support of Group leader if needed)
	Group Reflection Dinner
08:30 AM	Breakfast Morning sport
	Future project development (carried out by participants, with the support of Group leader if needed)
	Presentation of project ideas (carried out by participants, with the support of Group leader if needed)
12:30	Lunch
	Shooting a TikTok, Instagram videos for promoting healthy lifestyle
PM	Presentation of videos
	Closing event - Firewall party Departure of participants
08:30	Breakfast
AM	Final Evaluation
	Free time and Departure



Curacao team takes responsibility that activities under their responsibility

Georgian team takes responsibility that activities under their responsibility

Finnish team takes responsibility that activities under their responsibility

## FOR A YOUTH EXCHANGE or Change

A2

IS Foundation from Curacao  
InoChange from Georgia  
Sirius from Finland

Duration				
	Start date	End date	Activity duration (excluding	Travel days
	26.10.202	02-11-2021	8	2 (No travel days for locals)

y Programme

Non-formal & Informal learning methods used

### DAY 1

Accommodation of the participants, showing the meeting room, restaurant, facilities, surroundings etc.

Get to know each other: Introduction, name games, ice-breakers (Non-formal and Informal)

Participants prepare small lessons and big flipchart with main words to learn on each of the presented cultures.  
game about tongue twister

### DAY 2

Name games, Integration Games (Non-formal)

Gather and overview the expectations, contributions and concerns of the participants through playing "Hope&Fear& expectation Tree".  
(Non-formal).

Presentation of the project and daily schedule, short information about key competencies and learning outcomes as well as agreement about the rules to respect during the project (Non-formal)

Through interactive game participants learn more about Erasmus+ opportunities. Special Focus will be on key action 1 and EVS. Youthpass will be introduced with the special emphasis on an eight key competencies. (Non-formal)

Participants define and explore the meanings of the main concepts, like healthy lifestyle, sport, nutrition and nutrients (protein, carbohydrates, fat, water etc), and etc. definitions will stay on the conference room wall during the YE. (Non-Formal)

Exploring what is healthy lifestyle and aspects of it (balanced diet, regular exercise, stress management, curbing smoking and drinking and avoiding unsafe sex and etc.) with the special focus on Physical Activity. (Non-formal)

A simple tool for daily group reflection. The idea is that we participantssit into the circle and share daily learning points. With the help of this method they will once again reflect on what was the whole day about, what did we organized, how well did we cope with tasks, what did we learn from each activity. This will also help us to gather our learning points together and share it with other participants. During dinner in an informal environment share intercultural experience from Integration game

Curacao team is presenting their cultures in an interesting and creative way through sharing national games, music, videos, traditional food and beverages (Informal)

### DAY 3

The participants are divided into 6 nationally mix groups and sent into the city. They should get to a certain meeting points with the special tasks like learning fruit names in Papiamentu from locals, while local participants should learn same things on Georgian ad Finnish. Taking photos with locals; questioning locals to learn what are the most popular sport in Curacao and etc. (Non-formal)

Participants into the nationally mixed teams will preprepare presentations about unhealthy lifestyle habits they are following. After working in mix groups, they will prepare thetre performance, showing their presentation in a creative way. each theatre Performance will be followed by discussion and Participants into the nationally mixed teams will preprepare presentations about unhealthy lifestyle habits they are following. After working in mix groups, they will prepare thetre performance, showing their presentation in a creative way. each theatre Performance will be followed by discussion and

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Georgian team is presenting their cultures in an interesting and creative way through sharing national games, music, videos, traditional food and beverages (Informal)

### DAY 4

side and argument his/her position. statements are chosen according to the myths spread back in communities influenced by culture, traditions, society (Everyday workouts are ideal, The more you sweat, the faster you get fit., Chocolate causes acne, chocolate is an antidepressant, Running is good for everyone, Choosing foods that are gluten-free will help you eat healthier, eating meat every day is healthy, eating after 6 isn't healthy, eggs are bad for your heart, carbohydrates make you fat and etc).(Non-formal)

Participants are playing games which are traditional or popular in Curacao (Non-formal)

Participants are divided into groups and they should brainstorm about the benefits of sport, choosing 3 different sports and linking them with the social and learning skills they develop,

Participants are playing games which are traditional or popular in Georgia and Finland(Non-formal)

MID-Term EVALUATION will be organized by team leaders in order to collect feedback about the daily timetable, methods used, group leaders, participants, atmosphere, future suggestions and etc (non-formal)

Finnish team is presenting their cultures in an interesting and creative way through sharing national games, music, videos, traditional food and beverages (Informal)

#### DAY 5

In small group of 5 volunteers will perform problem (which is problematic in their community), they can dramatise one of the scenarios discussed with them beforehand. They can either improvise or write a short script for their scenario. The audience is watching the scenario and other participants from audience can stop the performance, step into the scene and provide different continuation of the story in order to find the best solution of the problem. Followed by discussion (Non-formal)

Two teams will be created: 1. will go for swimming and another for biking (Bed&Bike Curacao allows to use bicycles for free).

Those who know swimming will teach others who does not know it.

Those who know biking will teach others who does not know it.

(Informal)

A simple tool for daily group reflection. The idea is that we participantssit into the circle and share daily learning points. With the help of this method they will once again reflect on what was the whole day about, what did we organized, how well did we cope with tasks, what did we learn from each activity. This will also help us to gather our learning points together and share it with other participants. (Non-Formal)

#### DAY 6

Divide participants into the nationally mixed groups and they brainstorm on following topics:

What being an active citizen means

How youth can contribute to society

Some different ways of getting involved

How to plan an active citizenship project (Non-formal)

Participants brainstorm on how active citizenship can be linked to a healthy lifestyle and their roles and responsibilities towards society in order to promote healthy living back in to their communities, followed by discussion and creating Action Plan (Non-formal)

Participants are creating basketball wall mount together with the kids from daycare center. The basketball mount will be later used by locals (Inofrmal)

This is was a great opportunity for kids to communicate in English with foreigners. They had fun as they got involve into the sports activities. The activities were: swimming in the pool competition, playing traditional games with kids, playing sports activities (informal)



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Dinner in town

#### DAY 7

Sharing online tools for Helathy living: Mobile APPs: VNutrition, Nutrifix, FitMenCook, Change4Life, Yoga Wake Up, Runtastic and many more

Participants are divided into the 2 teams and are designing mobile apps. Based on what they learned from previous workshop. They are designing new mobile apps. for promoting healthy lifestyle. (Non-formal)

Participants are forming key Working Group for preparing photo and video reporting, individual testimonials on3 different languages, Design of mobile apps., design and finalization and Action Plan for promoting project outputs (non-formal)

#### DAY 8

To raise awareness about importance of healthy lifestyle among participants' peers in our communities/countries, participants brainstorm on their own ideas on projects related to their interestd (small scale local projects to be implemented in their local communities or international projects under Erasmus + programme) (Non-formal)

Presentation of the project ideas, with feedback and suggestions

The participants divided into 5 groups filmed 5 small videos to be spread on instagram and TikTok aimed at promoting healthy lifestyle among their peers and children. This way, they reached the rproject message to different age groups. (non-formal)

The participants presented 5 videos and spreaded it via their own social networking channels on TikTok and Instagram (non-formal)

Presentation of Key groups work: photo and video reporting, press releases. Award Youthpasses (Non-formal)

#### DAY 9

Paper and informal evaluation organized at the end of project to reflect on how expectations being fulfilled or not, learning outcomes, suggestions for improving future project etc.(Non-formal)

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