



Co-funded by
the European Union

PLAY FOR CHANGE



ERASMUS+ YOUTH
EXCHANGE

"PLAY FOR CHANGE"
WILLEMSTAD, CURACAO
26/10 - 2/11 2021

PARTICIPANTS FROM
CURACAO FINLAND AND GEORGIA

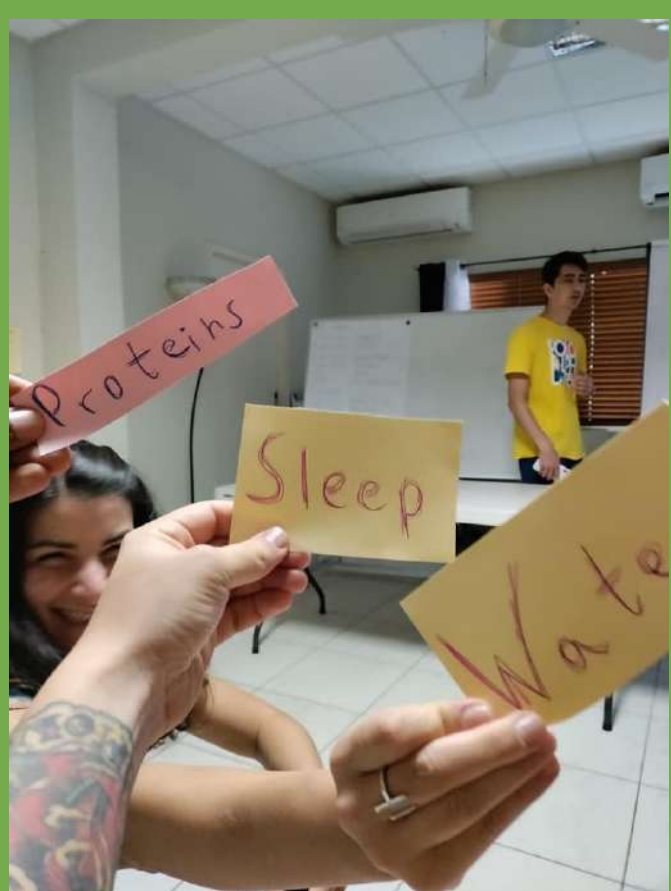
THE PROJECT "PLAY FOR CHANGE" WAS FUNDED BY ERASMUS+ PROGRAMME AND GATHERED PARTICIPANTS FROM CURACAO, FINLAND AND GEORGIA.



THE EIGHT DAYS PROJECT BROUGHT TOGETHER 31 YOUNG PEOPLE WILLING TO CONTRIBUTE A POSITIVE CHANGE IN HEALTHY LIVING AMONG PARTICIPATING YOUTH AND THEIR COMMUNITIES.



FEW MAIN POINTS RAISED BY PARTICIPANTS WHICH WE ALL NEED TO FOLLOW



- GET BALANCED DIET
- KEEP REGULAR PHYSICAL ACTIVITY
- USE STRESS MANAGEMENT TOOLS
- MAINTAIN REGULAR SLEEP
- EXPOSE TO THE SUN
- GET SOME SOCIAL CONTACTS
- QUIT BAD HABITS (DRUGS, TOBACCO)
- ACCEPT YOURSELF AS YOU ARE

