

# LIFESTYLE PROJECT

SUMMER '22



Erasmus+ youth exchange



14.-22.08.22

PÄRNUMAA, ESTONIA

# 7 DAYS, 5 COUNTRIES, 6 MEMBERS FROM EACH

## WHY WE DO IT?

We want to make European youth more conscious about sustainable consumption, especially sustainable diet. To make young people think about healthier lifestyles and to motivate them to make more informed consumption choices. Much has been said, for example, about the impact of the food industry (meat production) and the excessive use of plastic packaging on global warming, but how can we really do something about it? How to keep your consumption habits sustainable and how to minimize your ecological footprint and your impact on the climate and nature? This we will find out and practice in the youth exchange "Lifestyle Project".

## WHO ARE WE?



We are a brand new NGO from Estonia, grown out from a youth group since 2016. We address important topics with an interesting twist, to make young people think critically!

# WHAT IS IT ABOUT?

The name of the youth exchange "Lifestyle Project" also comes from the fact that in order to get its negative impact on the climate and nature, it is necessary to shape it into your lifestyle. You need to be attentive and, above all, aware of your consumption habits and be able to think critically about the sustainability and wider impact of your choices.

In terms of lifestyle, there is also a significant change towards a more active lifestyle, so we also pay attention to young people's physical activity and move a lot in nature. In a healthy body lies a healthy spirit!

## **Objectives:**

- Learn about the need for a sustainable and waste-free lifestyle;
- Gain knowledge about the ecological footprint and its reduction;
- To develop critical thinking and conscious making healthier choices in everyday life;
- To develop young people's organizational and leadership skills by planning and conducting various workshops and activities;
- To support intercultural dialogue among young people participating in youth exchange through activities and working towards common goals.



# INTERESTED IN IT?

We are looking for participants, who:

- are interested in this topic;
- are ready to participate actively in all phases of the YE (preparation, implementation and follow-up);
- have an open mind and enterprising attitude to;
- want to improve their skills (organize and lead workshops)
- are 18-30 years old (or 18+ for group leader role)

**For applying, please contact our partner organization from your country:**

- TURKEY - AVRUPANIN GELECEGI GENCLIK DERNEGI
- UKRAINE - Civic Organization "Development and Initiative"
- SLOVENIA - FUNDACIJA STUDENTSKI TOLAR, USTANOVA SOU V LJUBLJANI
- SPAIN - ASOCIACION LAS NINAS DEL TUL
- ESTONIA - interEST



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