



YE

# No Obesity



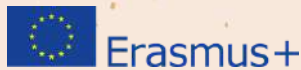
**31.03 - 08.04.2022**  
**MSIDA, MALTA**

**MT | LT | TR | PL | HU | PT**



### *Project Name*

NOB: NObesity



### *Type of Activity*

ERASMUS+ YE



### *Duration*

7 +2 travel days  
(31/03 - 08/04, 2022)



### *Participating Countries:*

Malta, Lithuania, Turkey,  
Poland, Portugal and Hungary



### *Number of Participants*

6 per country (36 in total)



### *Age Limit*

18 – 29 (No age limit for team leader)

# SUMMARY

WHO expresses how obesity has reached epidemic proportions globally, where in the EU a minimum of 2.8 million people lose their lives as a result of being obese or overweight every year. Additionally, the EU Action Plan on Childhood Obesity 2014-2020, also states that approximately 7% of national health budgets in the European Union are spent on diseases which are associated with obesity. The latter indicator does not include considerable indirect costs resulting in lost productivity at the workplace due to workers' health complications and premature death.



The Youth Exchange is aimed at both educators and youth who, now or in the future, are able to influence generations to improve the quality of our day to day lifestyles as we believe that it is not simply a matter which affects a small sector of the community, but rather an act which holds the potential of generating a domino effect. We therefore seek to not only improve the quality of future lifestyles of our participants, but on a greater scale to raise awareness to the people around us so that the envisaged impact is ensured.

The goal is to tackle obesity and unhealthy lifestyle problems by 1) raising awareness of the issue and 2) encourage active participation of young people. And to reach the goal, the following objectives have been set:



- develop youngsters' understanding of obesity, its root causes and ways to tackle it;
- raise awareness on how unhealthy lifestyle leads to various psychological issues, and importance to pay attention to it;
- generate applicable ideas to improve healthy lifestyle by creating interactive physical activities;
- promote healthy dishes inspired from the participating countries which in result would keep the traditional culture and heritage alive; integrating food and culture as a tool for non-formal education.

# ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE "NObesity"

Creative Youth (Malta), Anadolija "Aktyva jaunimas" (Lithuania), SZABAD TER EGYESULET (Hungary), Future Europe Gençlik Grubu (Turkey), Anadolija Move+1+ (Portugal), Fundacja "Zdrowy Senior" (Poland)

City - Malta		Country - Malta		Start date - 31/03/2025		End date - 08/04/2025		Activity duration (including travel days) - 7 days		Travel days - 2 days	
7:30-9:00	Arrival Day  31st	Day 1 (1st April)	Day 2 (2nd April)	Day 3 (3rd April)	Day 4 (4th April)	Day 5 (5th April)	Day 6 (6th April)	Day 7 (7th April)	Departure Day  8th		
<b>BREAKFAST</b>											
9:30-10:00	Interactive energy/booster	Energizers (Lithuania)	Energizers (Portugal)	Energizers (Turkey)	Energizers (Poland)	Energizers (Hungary)	Energizers (Malta)				
10:00-11:30		Introduction to the Project   Ice-breaking		World Café Discussion about Obesity	Mind full or Mindful	Guest Speaker	Importance of Nutrition	Move with Me	Creating Digital Posters		
11:30-12:00		<b>COFFEE BREAK</b>									
12:00-13:30	Hello	Team Building Activities	Bonding through Challenge	Gratitude, Motivation, Happiness	Sports Time	Mystery Challenge	Move with Me	Social Campaign & Dissemination			
13:30-15:30		<b>LUNCH/FREE TIME</b>									
15:30-16:30	Team Contract	Country Presentations	Mindfulness Afternoon / Free Time		Sports Time	Mystery Challenge	Exploring the Island / Free Time		Final Project Evaluation	Goodbye	
16:30-17:00	<b>COFFEE BREAK</b>										
17:00-18:00	Creating Special Games	NOBesity Quiz	Sports Time		Nutrition in Creative Way	Project Wrap-up and Special Awards Ceremony					
18:00-18:30		Introduction to Feedback & Reflections	Feedback & Reflections	Feedback & Reflections		Feedback & Reflections					
19:00 - 21:00	<b>DINNER</b>										
21:00 - ...	Socialising Evening	Socialising Evening	Games Night	Cultural Evening (Portugal & Hungary)	Cultural Evening (Hungary & Turkey)	Cultural Evening (Turkey & Malta)	Free Evening	Goodbye Evening...			
<b>DINNER/FREE TIME</b>											

# FINANCES & TRAVEL BUDGET

Accommodation, living and other project related expenses 100% funded by the EU.

\*100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

<b>Travel distances</b>	<b>Amount</b>
Between 10 and 99 KM	20 € per participant
Between 100 and 499 KM	180 € per participant
Between 500 and 1999 KM	275 € per participant
Between 2000 and 2999 KM	360 € per participant
Between 3000 and 3999 KM	530 € per participant
Between 4000 and 7999 KM	820 € per participant
8000 KM or more	1300 € per participant

**Travel distances must be calculated using the distance calculator supported by the European Commission. The distance of a one-way travel must be used to calculate the amount of the EU grant that will support the round trip.**

We will reimburse the travel expenses after the mobility by bank transfer in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you.

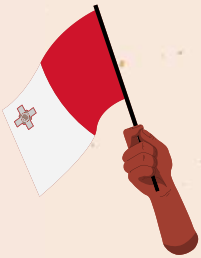
For bus / train travel the documents that we need are: **digital / original RECEIPTS.**

For plane travel the documents that we need are:  
**digital / original BOARDING PASSES and INVOICES.**

***Travel by cars / taxis is not reimbursed!***



The official currency in Malta is Euro. The examples of prices in Malta are: bus ride - 2 EUR, pizza – 9 EUR. You can check cost of living in Malta.



Flying to Malta is easy. Malta is comfortably reached within a few hours from many cities worldwide. Malta has just one international airport which is no more than 45 minutes by car from anywhere on the main island, or a little longer by bus.



Start your trip with finding a flight to Malta International Airport (MLA). The arrival day is **31st of March** and the departure day is **8th of April**. Try to find a suitable option for the flights on these days.

The hosting organization (Creative Youth Malta) is covering the accommodation ONLY for the stay during the mobility. **In case of earlier arrival or later departure, participants themselves must cover the accommodation.** In addition, we can only cover tickets up to 3 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your tickets. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

**ADDITIONAL**  
**STAY**

# ACCOMMODATION & FOOD

Participants will stay in the **NSTS Campus Residence & Hostel**. This Student Residence is a modern and minimalistic hostel in Msida. It is located in a central, safe, quiet residential location by the University of Malta. Msida is close to the capital city Valletta.



The main activity room is located in the same building. WiFi internet connection is available. Organizers will provide participants with **three meals per day and two coffee breaks**. Food will be served at the hostel. We strongly recommend each participant to inform the organizers about any special dietary needs in advance (Participants Information Form will be shared to collect this information).

**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. Smoking is prohibited everywhere inside buildings (the hostel levies a fine of 50 EUR), thus all the smokers will have to go outside or to specially designated smoking areas. Any damages to the property of the hostel or the material of the project will be deducted from the travel reimbursements of the ones responsible.

## PROJECT'S FACILITATORS

**Samanta Tumpyte** is an experienced youth worker. She has been working as a youth worker and facilitating local and international projects on different topics for 3 years. Furthermore, she finished her Bachelor Degree in Psychology and Spanish Philology. Following her studies, she continued her traineeship as a psychologist's assistant in Malta and had meaningful experiences during her work with people from different culture and who were facing various psychological problems. She will guide and support the participants in their personal, social and educational development to help them reach their full potential.

**Christian Briffa** is a warranted educator who has years of experience in youth work and addressing multicultural audiences. Christian's main profession is that of an architect and civil engineer. Through his skills in design, our youths will be mentored on film, photography, use of digital tools and leaflet/poster design for dissemination purposes in the YE activity section. He also worked as a basketball coach and is currently a senior player with Mellieha Basketball Club. His coaching experience equipped him with ample knowledge in training young athletes with mixed abilities. His organizational skills and experience in Erasmus+ projects left Briffa with an everlasting passion to share his knowledge with youth from other countries.





# SEE YOU SOON IN MALTA!





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