

Solve T.E.D.!

(Teen Eating Disorders)



YOUTH EXCHANGE KA1
ONEȘTI, ROMÂNIA, 20-28 AUGUST 2019

INFOPACK



Onestini Youth Association has been actively involved in local community problems since 2005 and its main aim is to educate, support and empower the youth in making the optimal choices for their future. Thus, on the grounds that there has been a significant increase in the number of teenagers facing **eating problems** and a severe outbreak of nutritional diseases, we decided to take a stand and provide specific solutions.

Malnutrition is one of the gravest threats to public health worldwide and it can be seen under two facets: **undernutrition**, not eating enough nutrients and **overnutrition**, when the intake of nutrients is oversupplied. Poor eating habits usually derive either from the lack of healthy options or a hectic lifestyle which makes people choose what comes at hand.

While undernutrition is a serious issue to be tackled in the countryside especially, the urban TEENAGERS face the opposed side of malnutrition: **obesity**. One in five children in **Romania** is obese (27% of the boys and 10% of the girls) and on a broader scale, WHO, through the Childhood Obesity Surveillance Initiative, has shown that southern European countries have the **highest** rate of teenage obesity, **leading** with our partner countries: **Greece, Italy and Spain**.

This youth exchange is consequently proposed by our young volunteers, that despite the huge amount of information and initiatives regarding food production and unhealthy consumption, they are unable to practice or to apply methods of improving their nutrition aspects because they lack the context, the education and the tools for that. Hence, throughout this project, we aim to raise awareness about the European youth eating disorders and to provide specific solutions in empowering the teenagers to change their bad eating habits and adopting a healthier eating routine.





The youth exchange will take place in ONESTI, Romania, between 20th - 29th of August 2019 (excluding travel days).

The activity sessions will be held in different locations such as: the Park hotel's conference room, the Onestin Youth Association's place, at a fruit & vegetables farm located in Halos (a village near Onesti), at a sheepfold in Manastirea Casin (10 km from Onesti), in the Youth

Detention Center's canteen from Targu Ocna and in the salt mine of Slanic Moldova.

The project will be based on a non-formal methodology (energizers, team-building, role playing, simulations) and it will include:

- interactive presentations
- practical innovative cooking workshops, inside and outside, in the free air
- intercultural moments
- counseling activities performed by 2 persons specialized in Nutrition Psychology and in Marketing Consumer Psychology
- lots of outdoor activities (hiking, exercising, exploring the forest and the salt mine).



The participants will be hosted in the **Parc Hotel**, near the town centre and very close to Onestin Youth Association's place, with 2-3 people sharing the rooms, individual toilets and free wi-fi.



- 28 young people from Italy, Greece, Spain and Romania.

- Each group should be gender balanced and composed of **6** participants (16-24 years old) + **1** team leader (no age limit).

We expect **each** group to include at least **one person with fewer opportunities** and **another one** that has faced **eating disorders**.

All the participants have to complete this **application form** by the **24th** of July in order to be registered within the project:

<https://forms.gle/T5xzuaNPxfwMgdqG7>

And **join** the Facebook group of the project together with all your selected team:

<https://www.facebook.com/groups/2209025829195147/>

Here we are going to exchange thematic and inspirational materials, updates and others.



Once selected, the groups should make a creative video presentation with **a type of food** invented by them and post it on the FB group.

!!! The team leader should be a responsible person, able to support, help and motivate both his/her national group and the organizing team during the project (preparation, youth exchange, follow-up).



Onestin Youth Association will implement this project in the framework of EU ERASMUS+ Programme. The accommodation and food will be fully covered. Travel expenses will be reimbursed at flat rates depending on the travel distance.

Every participant or partner organisation should buy tickets and according to real ticket price, we will reimburse travel costs but not more than you can see on table below.

Italy	275 Euros
Greece	275 Euros
Spain	360 Euros

**With the art in your heARTs and the magic within the hands,
come along with us and live the wonders of our lands!**

Diana Ghius

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