

IN HEALTHY BODY, HEALTHY MIND

Youth in Action Programme, Action 3.1 Training Course

The Foundation "Boljai Farkas" - Senta –Serbia has implemented an international project named "In healthy body, healthy mind" which had an 8 day training course as the main activity. The training course was held in the timeframes of 9th till 17th May, 2014, in Coka-Serbia, with 30 participants from the countries of: Serbia, Montenegro, Bosnia and Herzegovina, Hungary, Romania and Bulgaria.

It provided an opportunity for participants to practice and learn the topics of healthy lifestyles and use of different outdoor and sport activities, in order to foster social inclusion and active participation of youth.

The participants have explored various problems concerning youth and have tackled ways to overcome them by creative ways of spending time in nature and doing sports and recreational outdoor activities.

The participants were from target groups of: youth activist, leaders and youth workers.

The objectives of this training course were:

- raising awareness about necessity of healthy lifestyles among youth
- exploring and exchanging programs of good practice
- exploring different problems of youth which were addressed by using outdoor/sport activities
- creating different micro-workshops which empowered active participation of youth, using sport & outdoor activities, and implementing the same with local youth
- raising awareness about active participation, cultural diversity and non formal education
- raising awareness and learning ways to ensure active participation of youth regarding healthy lifestyles
- establishing new future partnerships
- contributing to future use of newly learned skills in future work of youth workers/activist/leaders with youth

The training used non-formal education methods, such as: workshops, brainstorming, facilitated discussions, problem-posing, individual and group work, evaluation questionnaire and learning points, practical activities, exchange of good practices, exchange of previous knowledge and experience, introspection.

The participants have shown great interest from the application form till end of the training course for the topics we've chosen. The topic was the main motivation why the participants chose to come to this training course. Their active participation and interest, ideas and general positive attitude showed great interest for the topic, for development of skills and eagerness for new knowledge.

As results we could say that new project ideas and cooperation networks emerged and our international partner organisations will now support these participants in the sharing the knowledge that they gained. Via the training the participants held micro- workshops in local school which directly influenced and impacted on the local community.