



Erasmus+

## CALL FOR PARTICIPANTS

### Transnational Youth initiative “Shake a leg, together!”

*Are you a young adult between 18 and 30 years old, interested in an active, healthy lifestyle and sports? Do you have some skills or knowledge about different sports activities, exercising, body anatomy, nutrition,... and are prepared to share it with others or you are highly motivated to get more information about it? Would you like to meet like-minded people from different countries with whom you share similar interests and at the same time do something meaningful? Are you ready to leave your comfort zone and improve organizational, social and many other skills which can be beneficial for your life and at the same time travel, make new friendships and have a lot of fun?*

#### **About the project:**

“Shake a leg, together!” is a project designed by enthusiastic young people who would like to bring positive changes and increase people’s well being through raising the awareness about the importance of physical activity and its benefits. There is a lot of obesity, stress, low self-esteem, depression and a general lack of motivation and energy among youth and people in general. The majority of the activities during this project will be focusing on the solutions regarding the mentioned



Struga, Macedonia

problems. One of our most important aims is to encourage everyone to make physical activity a regular practice, which will be done with the help of interesting challenges and creative activities which we will develop during our blended mobilities when we will all come together.

We are looking for motivated young people who share our vision and will be willing to commit to this project fully for the whole period of one year, taking care of the responsibilities and actively participating in all the planned activities. We will be working together or in mixed international groups/couples through most of the duration, getting useful information connected to the topic, planning and leading workshops, developing interesting methods and activities which will show that physical activity can also be fun and it doesn’t necessarily take too much time or money. At the same time, it can be a socializing event, connecting people and bringing us closer together when we share the exercise or the experience. For this purpose, we will all come together twice for a week and prepare interesting Facebook challenges, informative articles and posts, and also local events which will take place in our communities. In the second part of the project, it is planned to organize a festival together and later in our home countries.

### **Project duration:**

From January to December 2020

### **Objectives:**

-To raise the level of important competences and skills of young people through various activities, workshops and other non-formal learning methods (improve organizational, management, communication and social skills, English level etc.),

-To gain better understanding of how our body works and how physical activities and healthy food affect our brain

- To get to know ways to increase the energy level and how to deal with stress,

- To raise the awareness of the people in our communities about the importance of an

active and healthier lifestyle and give them some practical tools they can implement into their lifestyle,

- To improve participants' self-awareness and the ability to recognize one's own strengths and weaknesses through regular practice of reflection and to enhance critical thinking,

- To empower young people with the greater ability for cooperation in a team, working with people from different cultural background,



*Trakai, Lithuania*

### **Participants responsibilities:**

- **Organization of some workshops or** activities in couples or groups according to the skills or interests each possesses,

- Participation on the 1<sup>st</sup> one-week **blended mobility** which will take place at the end of April in a beautiful city called Struga next to the Ohrid lake in Macedonia.

- Participation in the 2<sup>nd</sup> one-week **blended mobility** and organization of a small festival with various activities, which will take place in the end of August in gorgeous Trakai, Lithuania.

- Implementing the **follow up activities** in our country groups (Facebook challenge and organization of a small local festival)

- Attending the **local meetings** and checking the group chat where we will be planning the activities, deciding about the dates and responsibilities, doing evaluations and talk about everything connected to the project.

- Having **respectful attitude** towards other participants, **fulfilling the assigned tasks** on time and **active participation** in the activities.

### **Financial Conditions:**

All transport costs within the approved budget which varies according to distance, the food and accommodation costs during both blended mobilities, and expenses connected to the local activities will be covered by Erasmus+.

### **If you are interested please fill in the questionnaire:**

<https://docs.google.com/forms/d/18uvP4TemeY6wF1eNwaIQHSzTEDZaAV2XoMp8I97XoBU/edit>

