

Erasmus+ Youth Exchange "Lifestyle project"

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".

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!

Project 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.