



Information for media

Riga, 6 January 2014



International youth exchange project " My Life My Way " continues...

At the end of 2013th from 1th - 8th December near Riga, in guest house " Ezerkrasti " part took activities of the Baltic Regional Fund organized project " My LIFE My WAY". This Youth Exchange was designed and developed thanks to "Youth in Action " program, which is funded by the European Commission.

Participant in project were from five countries - Latvia, Turkey, Italy, Romania and Spain - 20 young people aged 18 to 25 years and 5 leaders .

During the exchange, were used interesting non-formal education methods, such as theater and storytelling methods. The youngsters presented their lifestyle, shared their appinions about the situation in their country , and discussed the problems , circumstances and possible solutions to develop a healthy lifestyle in their life's . As stated by the participants themselves , the biggest challenge was the task for each country to organize activieties in one of projects days. The fact that the majority of young people this was the first experience in such Youth Exchange project is great ! During the project, the participants actively collected suggestions , ideas, healthy recipes for the one of the main goals of project create booklet about healthy lifestyle!

Together they spent eight wonderful days in which time the group rallying together and reached the objectives of the exchange !

Wait for the product of project participants – booklet with great ideas, how to start to live healthy lifestyle. After the interest of members we can hope and wait for project second part !



This project is funded by the European Commission. This publication reflects the views only of the author , and the Commission cannot be held responsible for information contained in any use .

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