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# PROJECT

**BLENDEND NATIONAL TRAININGS**





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# How to become wonderful

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# Project Summary

The 'How to become wonderful' project aims to raise awareness for healthy and environmentally sustainable lifestyles.

Through a youth exchange, participants will delve into the secrets of longevity in the world's most important Blue Zone: Sardinia

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# Context and Identified Problems/Needs

Many young people have an unhealthy and unsustainable lifestyle that can compromise their health in the long run.

It is essential that young people learn to have a correct lifestyle, with more conscious and sustainable food choices, also from an environmental point of view.

In order to better define the needs of the participants, we thought of asking them the following questions.

How much, from 1 to 5 do you agree with the following statements:

- Is it true that many young people do not have a good lifestyle?
- It is true that young people often eat unhealthy food?
- Do you believe that a sustainable diet has a positive impact on the environment?

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# Target groups

## **DIRECT BENEFICIARIS**

All young people from 14 to 30 years old

## **INDIRECT BENEFICIARIS**

All adults in the area

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# Objectives of The project

## General Objective

- Spreading healthy and environmentally sustainable lifestyles.

## Specific Objectives

- Spreading the importance of healthy eating;
- Spreading the importance of 0 km food;
- Spreading the importance of motor activity at every stage of life;
- Spreading the importance of environmental protection



# Partners of the project

PARTNER	BRIEF DESCRIPTION	ROLE IN THE PROJECT
Comune di Monteleone Rocca Doria	Public body that owns the structure in which the activities will be carried out	Will provide space and services to carry out the activity and help to organise events and project logistics
ASL	A public body that is responsible for the provision of health care services in a given area.	Bringing good practices to promote a healthy lifestyle and presenting studies on blue zone centenarians
National and international sports associations	Associations operating in the world of sport	Explain the importance of sporting activity for a correct lifestyle
National and international environmental associations	Associations that aim to protect nature and promote the sustainable use of resources	Spreading the importance of environmental protection closely linked to healthy living
Coldiretti	It is a trade union organisation that represents the people and companies that work in the agricultural and agri-food sectors.	Communicating sustainable agriculture and farming and promoting the consumption of 0 km products
3 youth associations from other European countries		Bringing good practices and presenting them, offering a contribution in terms of exchange of ideas.

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# Activities

- ✓ Bakery workshop
- ✓ Healthy km 0 cooking contest
  - ✓ Trekking in nature
  - ✓ Plogging with schools



# Gantt of the project

ACTIVITIES	January	February	March	April	May	June	July	August	September	October	November	December
Project Management	■	■	■	■	■	■	■	■	■	■	■	■
Executive planning	■											
Preliminary inspection		■										
Youth Exchange					■	■						
Communication	■	■	■	■	■	■	■	■	■	■	■	■
Dissemination									■	■	■	■
project final and financial report									■	■	■	■

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# Expected results & Impact of the project

## Objectives

- Spreading the importance of healthy eating;
- Spreading the importance of 0 km food;
- Spreading the importance of motor activity at every stage of life;
- Spreading the importance of environmental protection

## Results and Impact

- Young people more informed about healthy eating;
- Young people more informed about the importance of consuming local products;
- People informed about the importance of lifelong exercise and sport for a healthy life;
- People more informed about the importance of defending nature and more capable of acting as eco-citizens.

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# Promotion and Dissemination

- Social campaign on Facebook, Instagram and Tik Tok
- Press release
- Posters all over the territory
- Invitation to participate addressed to youth associations for the involvement of young people
- Seminar for presentation of results



# Budget of the project

Type of expence	Amount
Purchases	4.000,00
Personnel	8.000,00
Travel and hospitality	15.000,00
General expenses	2.000,00
Total	29.000,00