

**PARTNERS SEARCH DATA SHEET  
(Erasmus+)**

<b>CONTACT DETAILS OF THE APPLICANT</b>	
Region:	Bjelovar-Bilogora County, Croatia
Institution name:	Bjelovar center for civil society development
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<b>INFORMATION ON THE PROPOSED ACTION</b>	
Key action 1 under the Erasmus+ framework	Cooperation between two or more organizations from different countries within and outside the EU
General description of the project:	Bjelovar center for civil society development will form a group of people which will be educated about healthy lifestyles. Through the workshop and with the help of doctors, nutritionists, psychologists, kinesiologists... would acquire the necessary basic knowledge about healthy living and how to transfer their knowledge to others.
Activities:	<p>The project consists of the departure of our representatives (groups 5-10) who completed education, in the partner-countries in the project to present and train their students interested in healthy living.</p> <p>In each country they will held workshops for 5 days. The workshops will consist of lectures and practical demonstrations of healthy habits.</p> <p>The host will provide a minimum of 10 participants of this course, as well as the presentation of their healthy lifestyles. Host should also provide a visit to at least one primary or secondary school kitchen to get familiar with their nutrition and eating habits of young people.</p> <p>The final event of the project will consist in arrival in Croatia and the gathering of all the participants, this event will be held in Bjelovar for three days and on the Adriatic coast for 5 days; participants will show their progress in a healthy lifestyle and will present the project to all participants and to the</p>

	general public.
Participants age:	18-25
Type of wanted partner:	Youth Associations
Preferred countries:	Any
Deadline for responding to this partnersearch	9 February 2015

## **PROJECT: FOUR STEPS TO A BETTER LIFE**

Association of Bjelovar Centre for Civil Society will form a group of people which will be educated about healthy lifestyles. Through the workshop and with the help of doctors, nutritionists, psychologists, kinesiologists... would acquire the necessary basic knowledge about healthy living and how to transfer their knowledge to others.

They will make a presentation about all four steps to a better life (healthy nutrition, healthy sleep, sports activities and prevention of addiction). Also, they will develop a cookbook with healthy meals that will be prepared at the presentation; teach participants how, when and how much sleep is necessary; demonstrate basic exercises and explain when and how to exercise; present problems of addiction and how it is solved. With a prepared presentation to meet as many people in their environment and contact as many European countries and familiarize them with the project and seek partnership for the project.

The project consists of the departure of our representatives (groups 5-10), who completed education in the partner-countries in the project to present and train their students interested in healthy living.

In each country they will held workshops for 5 days. The workshops will consist of lectures and practical demonstrations of healthy habits.

The host will provide a minimum of 10 participants of this course, as well as the presentation of their indigenous diet and lifestyle. Host should also provide a visit to at least one primary or secondary school kitchen to get familiar with their nutrition and eating habits of young people.

The final event of the project will consist in arrival in Croatia and the gathering of all the participants, this event will be held in Bjelovar for three days and on the Adriatic coast for 5 days; participants will show their progress in a healthy lifestyle and to present the project to all participants and the general public.