



Youthpass

MOBILITY OF YOUTH WORKERS

Judit Szepesi

BORN ON **06/05/1965**

PARTICIPATED IN A LEARNING MOBILITY PROJECT

ACTIVE AND HEALTHY LIFESTYLE.

THE PROJECT TOOK PLACE FROM **23/05/2015**
TO **31/05/2015** IN **Gdansk, Poland.**

MOBILITY OF YOUTH WORKERS

Learning mobility projects of youth workers support the professional development of youth workers by enabling them to acquire new skills and professional experiences. The projects may include transnational activities such as seminars, training courses, contact-making events, study visits and job shadowing periods abroad. The projects also contribute to strengthening the quality and the role of youth work in Europe.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



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The ID of this certificate is PPRC-HAHM-7M7D-DD7U.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/qualitycontrol/>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+ Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



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This document certifies that **Judit Szepesi** took part in a project called **ACTIVE AND HEALTHY LIFESTYLE**. It was a seminar. The project was hosted by **STOWARZYSZENIE INICJATYW MŁODZIEŻOWYCH (SIM) - Poland**, and implemented in cooperation with **Sistema un G Latvija; System and G; Sdruzhenie Mozaika; mittetulundusühing INVOLVED; MTÜ Project Spirit; Tudás Alapítvány; Fundacja Kultury Duchowej Pogranicza; Asociación Cervino; Asociación Grupo Scout 217 Matterhorn; Naujosios Vilnius kultūros centras; Enlight Projects; Language Exchange Club**. The participation was supported by **Tudás Alapítvány**.

A seminar organised within the Erasmus+ Programme aims to provide a platform for discussion and exchange on the important issues in European youth work or youth policy. Supported by one or more facilitators and often also theoretical inputs, participants contribute to discussions about the development of youth work or youth policy, and exchange good practice on the chosen theme.

Altogether, **34** people from **Bulgaria, Estonia, Greece, Hungary, Latvia, Lithuania, Poland, Spain, and United Kingdom** took part in the project.

The overall aim and specific objectives of the project:

Main aim of a seminar was to find a new rule for NGO in dissemination and promotion active and healthy life style and strength (or develop) new trend for such a behaviour.

Objectives are:

- providing young people with information (in the frame of healthy diets and the need to introduce physical activity into everyday life)
- dissemination of good practices,
- making new contacts for future projects,
- to develop network of cooperation between participation countries.

Main contents and activities of the project:

- games,
- presentations
- outdoor activities,
- country quiz and presentation,
- sketches,
- power point presentations,
- zumba classes,
- film making

Trainer/s:

Anna Krzeszowska-Howanecz; Anna Szlęk

Among the results of the project are the following:

After the Project participants know: what is health food, what are good and Bad ingredients of the food, understand the negative influence of the junk food the the human body, know active, outdoor activities for different target groups, have basic knowledge about the tips to save energy and water