



Youthpass

YOUTH EXCHANGES

Dragos Danciulescu

BORN ON **01/04/2002**

PARTICIPATED IN

To Eat Not To Stop

A YOUTH EXCHANGE WITH 28 YOUNG PEOPLE
FROM ITALY, LITHUANIA, ROMANIA, AND SLOVAK REPUBLIC.

THE PROJECT TOOK PLACE FROM **16/08/2019**
TO **23/08/2019** IN **Kaunas, Lithuania**.

YOUTH EXCHANGES

In Youth Exchanges supported by Erasmus+, groups of young people from different countries jointly design, prepare and carry out a work programme. It is usually a mix of workshops, debates, role-plays, simulations, outdoor activities. The young people are supported by experienced youth workers and leaders in this. Youth Exchanges allow them to develop competences, become aware of socially relevant topics, discover new cultures, and strengthen values like solidarity, democracy, etc.

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.

Vladislavas Krivoščenko
Chairman of association "Neribota ateitis"



The ID of this certificate is 8QU4-7LXU-LF18-R2AK.
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 **Dragos Danciulescu** took part in the Youth Exchange **To Eat Not To Stop** organised by **Neribota ateitis**.

The exchange project was developed and implemented in cooperation with the following partners:

Neribota ateitis, Youthfully yours, VulcanicaMente, Youthopolis

The aim and the specific objectives of the project were:

1. Raise awareness about importance of regular nutrition and danger of eating disorders.
2. Encourage project participants to eat regularly and reduce sugar consumption in daily nutrition.
3. Learn how to identify eating disorders in close environment and provide some first help.

Main activities:

- * presentations of nutrition habits and sugar consumption
- * case analysis about eating disorders
- * treasure hunt about impact of media for our nutrition
- * team activity „Sugar sugar everywhere“
- * movie about nutrition and discussion
- * consultations with nutrition specialists

Kaunas, Lithuania, 23/08/2019

Algė Martinkienė
Person in charge of the project