

Health4Youth



Description of the project including the project's goal

The purpose of the Health4Youth project is to show young people what a healthy lifestyle is all about. The main question to be addressed will be what is considered a healthy lifestyle and how to maintain it. This will be done via insights into how different factors affect our wellbeing and our looks.

The Health4Youth Project of AEGEE-Europe aims to create a pool of knowledgeable students about healthy lifestyles and the influencing factors, so the students can implement the gained knowledge for their and others' future benefit.

Non-formal education is the basic methodology. Main channel for this project is our website where all the information will be made available. Interaction will be reinforced via social media, and through events organized all over Europe containing workshops, seminars, training courses and conferences.

The target group is university students from all over Europe with an interest in health topics. Additionally, this project intends to cooperate with institutions and NGO's in order to share knowledge and work together on the topic of a healthy lifestyle.

Project's objectives, activities and achievements

Objectives:

- Inform students in an attractive and reliable way about healthy lifestyle and motivate them to implement it.
- Help students to make a knowledgeable choice regarding their health emphasizing the connection between eating habits and health.
- Identify and make students aware about factors around us that influence our lifestyle decisions.
- Include the topic of health in the long-term agenda of AEGEE.

So far this project has been present with workshops during General Assembly of AEGEE. What is more, during the summer of 2013, Health4Youth project will be present in 3 Summer Universities of AEGEE, which will tackle the topic of healthy lifestyle.

As the project is at this moment still ongoing, there are quite some activities still planned. For example, a training course for health multipliers or a big conference tackling healthy lifestyle topics.

Next, this project aims to have an online platform that would be interactive and with reliable information for young people concerning health, lifestyle, nutrition etc.

How young people were involved

As the name of the project says, it specifically aims for young people to have a healthier lifestyle, and the project team also consists solely of youngsters. The idea for this project was born while noticing the lack of making healthy choices among students in Europe. Therefore we believe we need an online tool, that is easy to access, but also interactive, and interesting for the target group: students in Europe.

We have an international pool of students working voluntarily on the content for this online tool, consisting of 20 people, and this group is increasing rapidly. At this moment the core team consists of 7 young and active Europeans from AEGEE. Content managers of the project have studied something relevant to health, such as nutrition, pharmacology, dietetics, food security or medicine.

Besides this online tool, we also work offline: the project arranges workshops for students to learn about sugar, test their general lifestyle and learn how to improve it. Next to that, we will organise 3 to 4 days during trainings about how you can improve your lifestyle in a way that combines theory and practice, e.g. a lecture about the functioning of a Mediterranean diet, and exploring the benefits and the risks of it, next to a cooking class and a workshop on learning how to merge the beneficial parts into your personal lifestyle.

Project funding

So far this project has been funded by AEGEE-Europe. It was required for a face to face team-meeting and for the webpage template. The amount of funds is so far around 250€.

The fund raising responsible is doing all his best to get some more funds for more opportunities.

Project's connections to national or international environment processes

At the moment, the project does not have any connections to national or international environment processes.

Project's connections to national or international health processes

At the moment we do not have any connections to national or international health processes, however we do plan on this for the future. As our project is relatively new for a long-term based project, we just got out of the developmental phase, but we find it very important to influence health programmes and policies on both national and international level.

Follow up, outcomes and future plans

The project is still ongoing for 1 year and 5 months. After that there will be half a year for collecting results. As one of the outcomes we wish to have two results booklets. One will give an administrative overview of the project: how many people reached, how many events organized, etc. The second one would collect all the content that was delivered while the project was running and this would serve as a manual of healthy lifestyle for young people.

As a follow up we wish to see a second cycle for the project with a new generation of people. Next to that we would like to see strong cooperation between AEGEE and other student organizations concerning healthy lifestyle topics.