

# NO PAIN NO GAIN

YOUTH EXCHANGE  
AUGUST 2021, ESTONIA



## The Idea

Today's world has formed our habits and physical activity to something other, that it could have been some generations ago. We were used to move, hunt and thrive. But now, jobs are more powered by brainwork and lattes. Getting a fast food meal is often seen as standard. These comfortable solutions are actually health risks.

Participants in this youth exchange are interested in acquiring knowledge about healthy nutrition, analyzing everyday habits and being physically active. The youth exchange will be held in Estonia in August 2021, in nature and accommodated in campings, during which young people will learn from each other through games and creativity-enhancing tasks through non-formal learning about risks arising from their habits of their everyday life and finding healthy alternatives to them.

### Country\_group

5 participants per country (with group leader)

Age: 18 - 30

### Organizer

Youth Forest (Estonia)

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Participants should have a background of an active lifestyle to be a role model or really looking forward to start with a physically active lifestyle. There will be trainings, morning jogs and more. Participants should be ready to participate in workout every day.

Most of the activities during the youth exchange will be carried out by the participants or group leaders from all the participating countries.

## Countries



Estonia



Lithuania



Portugal



Spain



Slovenia



Bulgaria