



HEALTH4YOUTH PROJECT

Summer University Guidelines



What is the Health4Youth Project?

We are a new project of AEGEE and we aim to promote a healthy lifestyle for European students. Don't be afraid, we will not say what is wrong for you, but rather show you how easy it is to live healthy.



PURPOSE OF THE PROJECT

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



WHAT CAN HEALTH4YOUTH PROJECT OFFER YOUR SU?

- Help with providing content for the program of your SU. Activities are our ideas how to make your SU more healthy.
- Content help for the activities if needed.
- If needed a trainer – either from the project team or an external speaker.



TOPIC POSSIBILITIES FOR COOPERATION

- Lifestyle

Street actions, workshops what lifestyle is about etc.

- Food/eating

Providing healthy food for participants, cooking classes, eating, where does food come from etc.

- External factors

Movie night, awareness of media power etc.

- Sports

Sports competitions, evening run, hiking etc.

- Social and mental health

What is this about, how to improve your social/mental health etc.



If you're interested in one or more of these topics please contact us:

health4youth@aegee.org



Because health matters!