

Acro yoga " Tool of Life"



Croatia, Split 2015.10.06 - 16

Youth spends more and more time in the digital world, practicing unhealthy motionless lifestyle, losing touch with the nature and interest in direct human communication, possibly causing social fragmentation and exclusion. This allows and at the same time creates the need to address youth more creatively. AcroYoga combined with non-formal education methods can help to banish social exclusion and improve the professional and private lives of both young people.

The main objectives of youth exchange "Tool of Life" are:

- To introduce AcroYoga as a method that can be successfully used in improving the lives of the young people and to prepare them to be able to teach AcroYoga to others, resulting in increased motivation and satisfaction in their, their family's and friends' daily lives and improved competences linked to their educational and professional profiles. ;
- To create an online AcroYoga community with a forum and a database of photo and video tutorials that will be filmed during the project together with participants. This open community will reinforced cooperation between the partners from different countries and will ensure a long term effect for the project results. Furthermore, the page will also be useful for new AcroYoga practitioners;
- To create more effective activities for the benefit of the local community, to actively involve local young people. There will be public presentations of AcroYoga that include the local community, youth and youth workers;
- To enhance notably the participants' foreign languages competence by using English language as the program language and in all the methods and activities used in the project;
- To raise participants' awareness and understanding of other cultures and countries, offering them the opportunity to build networks of international contacts to promote the creation of future projects within the Erasmus+ Frame, to actively participate in society and develop a sense of European citizenship and identity through intercultural night, sauna night and other relevant activities.

49 young people interested in evolving mentally, physically and spiritually, thus becoming more efficient in their studies and happier with their lives, gather in a resort for 10 glorious days in the middle of beautiful Croatian autumn to learn to use innovative AcroYoga as a tool in their professional and personal lives.

Activity timetable of the youth exchange has been created with non-formal education methods in mind and divided into several parts: physical (AcroYoga, aerobics), performing arts (street theater) and efficiency (time-management). Attention will be paid equally to non-formal education based activities as well as to those that demand physical activeness. Daily results will be valuated during reflection groups. In the beginning of the project, participants will express their expectations, and during final evaluation they will evaluate if those have been reached.

During the youth exchange we are going to use methods of AcroYoga, street-theater, flash-mobs, discussions, interactive presentations, movement therapy, social games, team building activities, energizers and other tools of non-formal education.

Accommodation



