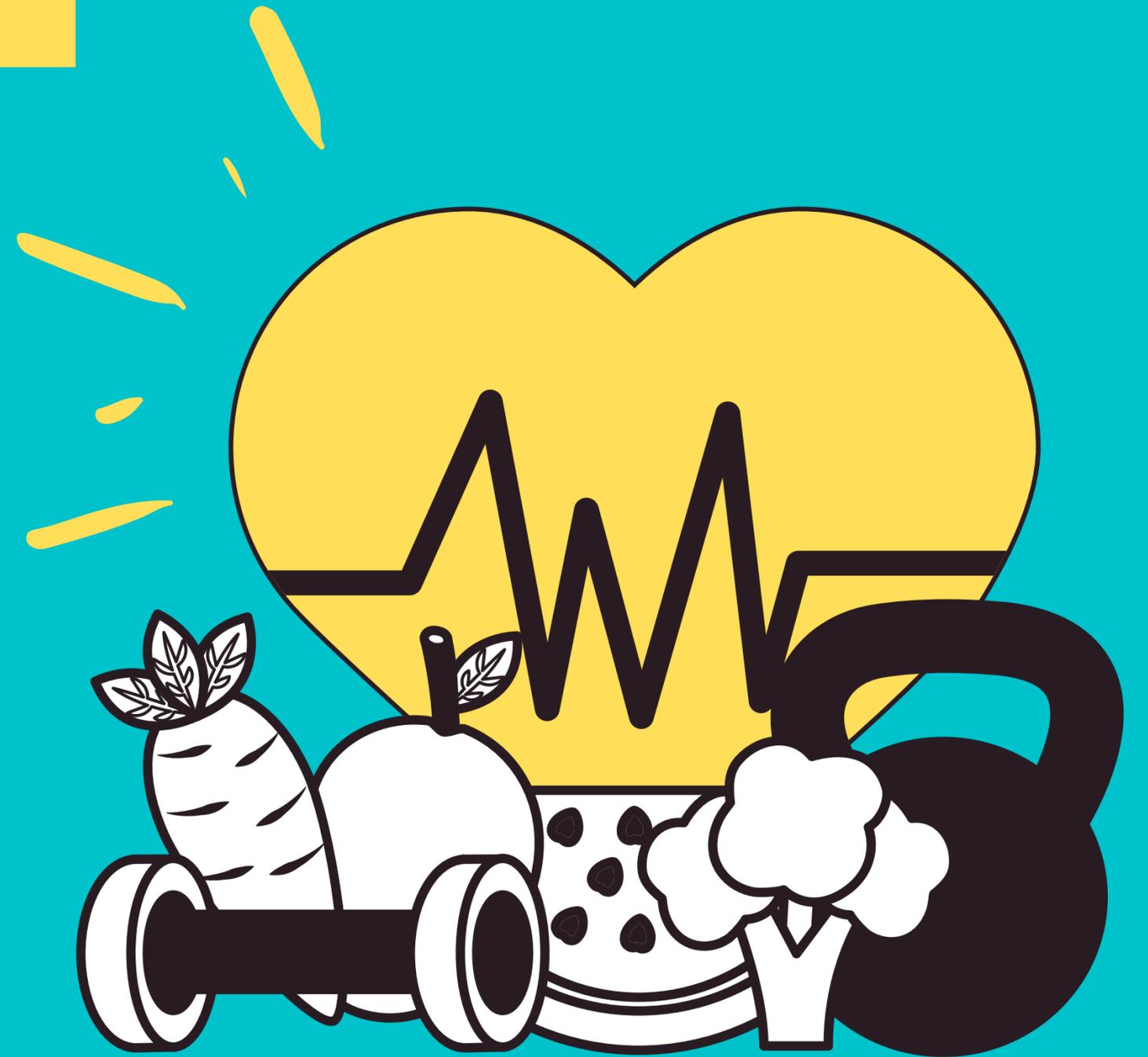


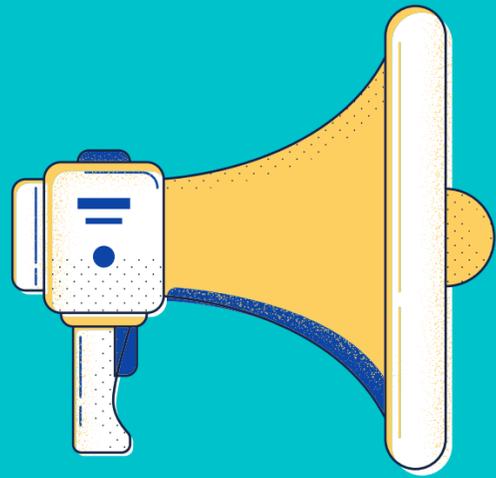
# BetterLife

Training Course

La Viñuela, Málaga

23/02/22 - 02/03/22





# What?

BetterLife is a training course about healthy lifestyles.

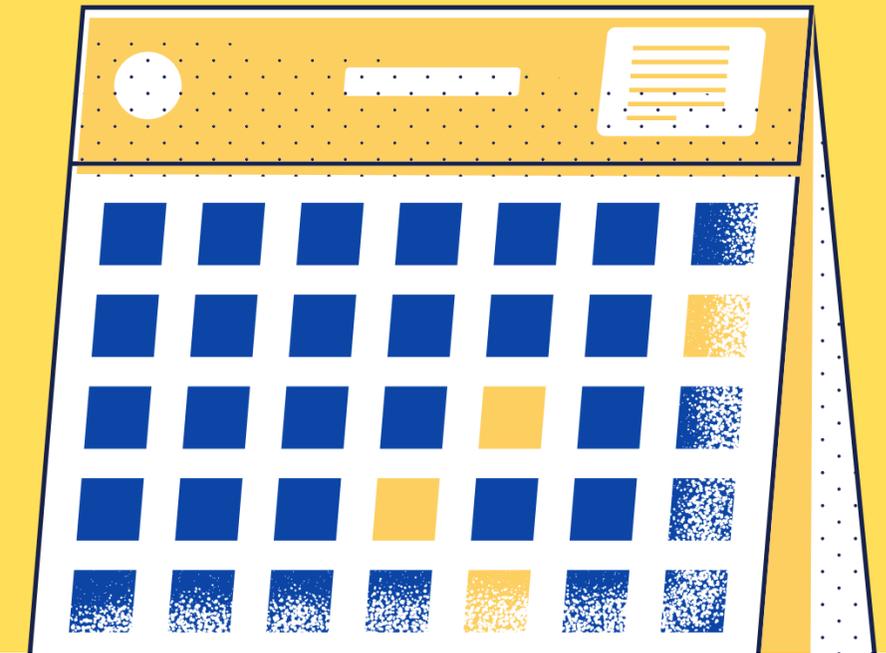
We will offer tools to discriminate between information and myth, between science and belief. In a guided way, you will develop activities earmarked to the youth you work with, to improve their lifestyles by transforming them into more active persons, with more knowledge and protagonism in their daily life.

We will have workshops on sedentary and active lifestyles, the difference between physical activity and exercise, stress and social factors related to it, adherence to programmes, sport, European situation, diet and nutrition and healthy life in general.

# Objectives

- 1 learn to differentiate true and false information related to nutrition and healthy habits
- 2 provide reliable sources of information
- 3 promote healthy lifestyle habits and the results of this project
- 4 procure tools to create projects that facilitate healthy habits
- 5 create activities aimed at youth to build healthy habits
- 6 know the social factors that influence a healthy lifestyle
- 7 learn the factors that favour adherence to a healthy lifestyle
- 8 analyze the variables that are related to stress

# WHEN AND WHERE



## DATES:

FROM  
23TH FEBRUARY (arrival day)  
TO  
2ND MARCH (departure)

## PLACE:

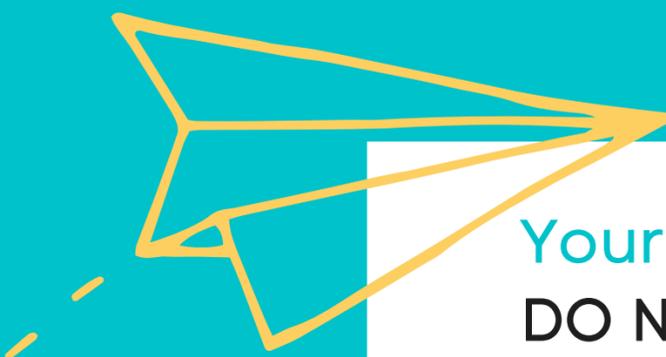
ESPACIO CONVIVEN  
LA VIÑUELA  
MÁLAGA  
SPAIN

# PARTICIPANT PROFILE

- Youth workers from 18 y.o.
- Interest in the topic
- Good level of English (B2 at least)
- Committed to the activities of the project (preparation, during the training and dissemination)
- Willing to put into practice what is acquired in this course



# ABOUT THE FLIGHTS



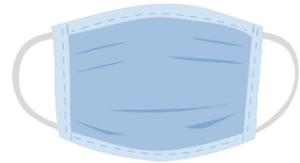
Your sending organization will help you find the best option to get to the venue. **DO NOT** buy any tickets without the approval of your sending organization and the coordinator group.

Keep all the original tickets, boarding passes, receipts you get. You will need them for the reimbursement.

The airport we recommend is Aeropuerto de Málaga-Costa del Sol (AGP). We will organize a shuttle from Málaga city (specific location will be provided closer to the date). Please try to arrange the flights to be in Málaga at 18.00.

Please also check if there are any restrictions related to COVID in all your itinerary (including scales) before booking the flights.

# COVID AND SAFETY



## Masks

Masks are mandatory in public transport and in any enclosed space.



## EU Digital COVID Certificate

A valid certificate is mandatory to enter Spain from other countries.



## Safety first

We will try our bests to keep a safe work space by cleaning, ventilating, maintaining distance and using hydroalcoholic gel. Rapid tests could be provided during the week.



# ACCOMMODATION



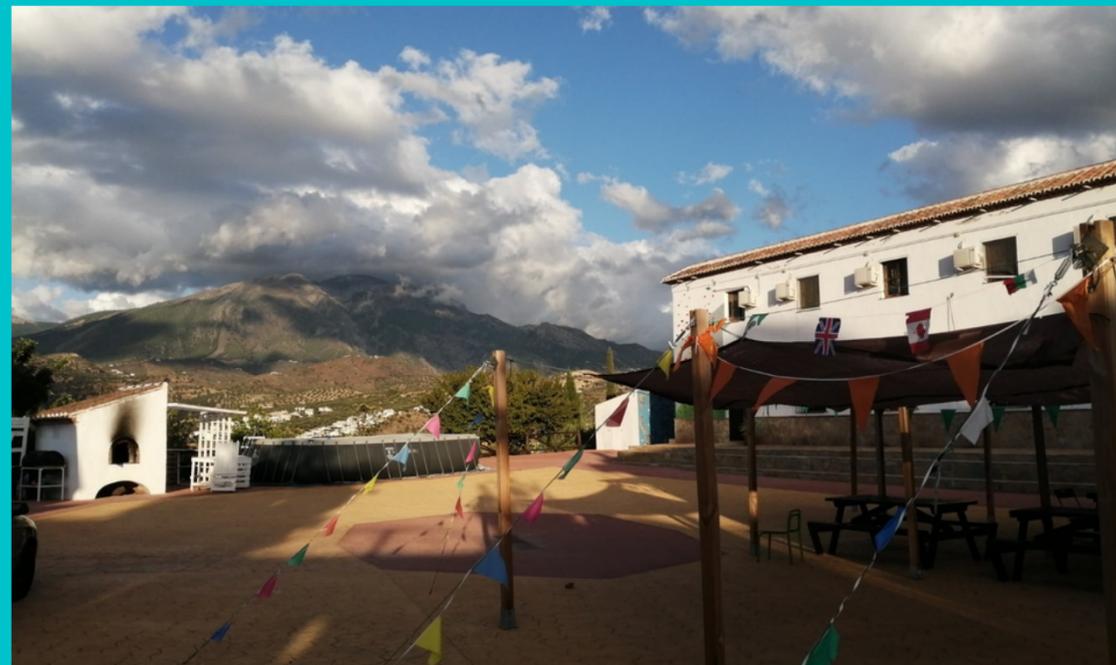
You will be hosted in "Espacio Conviven", a lovely location surrounded by nature in La Viñuela, a little village in Málaga, in the south of Spain.

You will be sharing rooms with at least 3 persons (some of them will have more persons per room). Bed linen will be provided but please bring your own bath towels.



We will provide everything you will need during the week, including 3 healthy meals per day and 2 coffee breaks.

# ACCOMMODATION





## WHAT TO BRING?

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Food, drinks, snacks (if possible bring healthy-ish stuff) from your country for the intercultural night.

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Towels, soap, shampoo and any hygienic products you may need

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Adaptors for the electricity socket in case it's different from "type F" socket

\*Preparatory activities will be explained to selected participants

# THE TEAM .....



PABLO CASTILLO  
Trainer  
Physical therapist and nutrition specialist



ALEJANDRO EGEEA  
Trainer  
Biology and immunology specialist



RAQUEL JURADO  
Trainer and Facilitator  
Psychologist and mental health specialist



JOSE MANUEL MÁRQUEZ  
Logistics and General Coordinator  
Youth worker and projects management

# CONTACT



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