

"Action for Health: meet, improve, enjoy"

Youth in Action program
Action 3.1 - Seminar

On 6-11 of June, 2011, in the frame of Youth in Action program there was organized seminar - "**Action for Health: meet, improve, enjoy**" by the Italian social cooperative "L'Arcobaleno" that took place in Lecce (Puglia region, South of Italy).



8 countries were participated: Ukraine, Russia, Lithuania, Romania, Germany, Georgia, Armenia and Italy. Local Democracy Agency Georgia was the one of the 8 organizations involved into the seminar.



The aims of the seminar "**Action for health: meet, improve, enjoy**" were to share, to exchange, to improve about methods, knowledge, good practices on themes/issues related to health and youth. Direct target and ideal participants of the seminar were youth workers, youth leaders, social workers, professionals like psychologists, etc, dealing with health issues and youth.

During the seminar the themes were discussed:

- Common sense of "Health Culture"
- Risk - behavior (drug and alcohol abuse and addiction)
- Intercultural, interreligious competences related with health
- Stress management and burn-out in social workers
- Non-formal education, as tool and methodology in health education (group management, leadership, work evaluation).



The method of course was non-formal education and learning in individual and group work. Simultaneously, each seminar day was full of interesting and energetic energizers, role games, interactive exercises, team working and etc. in which all participants were actively involved. These all things made the seminar more interesting.

The idea to follow up of the "*Health in Action*" project was carried out with some different and productive project-plans, which should be implemented for the next future.

