

Mobility to Ion Creanga Technical College in TarguNeamt, Romania in the Erasmus+KA2 project “You are my Challenge” framework



When people are young, care must be taken to the lifestyle choices and directions they go in. Teens constantly come to forks in the road throughout their day-to-day lives, choices between different people to hang out with, some of a good influence, some of a harmful influence. They will face choices in which activities to engage in, and what to do with their free time.

“You are my challenge” is the project to promote human values in our life. The project was carried out from the 8th to 16th February 2020 in Romania, at “Ion Creanga” Technical College in TarguNeamt where a total of 50 young people from Romania, Portugal, Turkey, Netherlands, and Latvia participated.

The main idea of the project was to promote an active and healthy lifestyle, awareness, and training of young people so that they could use it and popularize it in their environment. We wanted to develop positive social skills, respect, and tolerance in our students.

To achieve the desired impact, several objectives were:

Explore the concept of active lifestyle.

Discuss current issues related to bad habits and the benefits of sport. Develop language, social and digital skills, creativity, and communication. Encourage teamwork of the participants in the Project (teachers and students).

Our program was rich and varied that included a lot of interesting instructional-educational activities. The main emphasis was placed on different workshops and presentations. During the implementation of the project the students had interactive sessions that harmoniously combined the theoretical and the practical part. We visited amazing places such as the Pharmacy Faculty and the oldest library in Europe. The students were part of intercultural and multicultural teams in which they developed their team spirit and competitive skills.

The project provided the knowledge and space for young people to learn, share and expand their current skills and to acquire new ones in relation to active lifestyles, nutrition, sports.

Group leader
IraKuzmina.

P.S. See the project photos

here: <https://photos.app.goo.gl/nWfRejVhtgP7kicP9>