



Youth for Equality

# DANCE IT OUT!



ERASMUS+  
YOUTH  
EXCHANGE

**KOSICE, SLOVAKIA**

**12 - 19 JULY 2019**



Erasmus+

OFFICIAL PROJECT HANDBOOK



# What's inside?

LET'S TAKE A L 👁 👁 K

**a) What's Dance It Out?**

**b) Who are we?**

**c) What did we do?**

*(Activities, Zumba sessions, trips)*

**d) What did we achieve?**

*(Creative outcomes)*

**e) What are our future plans?**



# Dance It Out is a really cool Erasmus+ project



"WE HAVE NEVER THOUGHT HOW GREAT IT WOULD BE TO INVOLVE ZUMBA, HEALTHY LIFESTYLE AND NON-FORMAL LEARNING IN ONE PROJECT" says the team of **Youth for Equality**.

Dance It Out is a youth exchange project funded by Slovak National Agency (Iuventa) under the program of Erasmus+ of European Union.

The project brings together 30 young people from Spain, Croatia, Czech Republic, Turkey, Lithuania and Slovakia together for 7 days in Kosice, Slovakia to achieve common aims together:

- To live together
- To live healthier
- To gain lifetime experiences, self confidence and long-lasting friendships!



**Zumba and  
Erasmus+  
Together?  
That is so  
awesome!**

Like every youth project, Dance It Out deals with a problem of the society; which is obesity and lack of mobility in people of 21st century. But the project tackles the problem via teaching a solution: Zumba!

# where the youth meets healthy life



We know that people of the era exercise less and sit more; depend on diets that involve less nutrients and more fat & sugar.

Sometimes it is not very easy to change our lifestyle, but with small touches we can create massive positive effects on our mental and body health!

This project takes Zumba as a tool, in order to give people a way to exercise without feeling like they are exercising, but having lots of fun!

Zumba Fitness is, consequently, is a way of keeping it fit, healthy and fun combining various types of world dances and fitness moves together!

# People of Dance it Out is a bunch of crazy, creative, lovely people

The association based in **Slovakia** named **Youth for Equality** is the hosting organization in this project, while there are partners from:

- Asociace Tom Dumanci, **Czech Republic**
- Unique Projects, **Lithuania**
- Group Health&Wellness Promoters, **Turkey**
- Associaco Globers, **Spain**
- Institut za Poticanje Mladih, **Croatia**



*In our project participants had the best group dynamics that could ever be built. They always put their best shot in creativity, participation, kindness and understanding!*

# Youth for Equality made us feel home...



The organization, founded in Slovakia as a local youth initiative with the aim to realise positive changes and develop activities on local but also international level in the field of education, labour market, protection of human rights and environment. The organization had previous projects on healthy life, dances, promoting fitness through various types of exercises and dances as well!

P.S.: This one was the best!



Oh, the  
activities? We  
have so much  
to tell...



## ICE BREAKERS AND GROUP DYNAMICS

for premium quality  
friendships

In order to allow our participants to live, work and dance together in a warm, welcoming environment, we cared a lot about their acceptance and tolerance towards one another. To achieve this aim, we started the project with activities that enable participants to socialize and swarm with.



# LET US BREAK THE ICE!



## 1. Say Your Name & Make A Movement

A person says his / her name out loud and makes a body movement (hand clapping, turning around, shaking shoulders, etc.) and the rest of the group shouts his / her name, repeats the movement. This continues until the last person gets the chance to say his / her name and move. This activity enables participants to get used to the environment and people in the very beginning of the project.



## 2. Speed Dating

The facilitator instructs participants to draw a clock on a piece of paper. For 12 hours, they need to set a meeting time (a date) with one group member. Then, the facilitator gives 12 different topics (sports, music, family, school, traveling, etc.) to be discussed with the dates. 1 or 2 minutes are given for each topic. In the end, one person will have spoken with 12 different people on 12 different topics and will have better environmental awareness.



### 3. Reach The God!

In this game, the participants are required to play a rock-scissors-paper game. The participants start from the level of an insect and as they beat others, they move to the next level. One can only play with people who are in the same level as himself / herself (A frog can play rock-scissors-papers with a frog only). The last level is becoming the God and if there is a god, the game is over!

Example hierarchy:

1. Ameoba
2. Frog
3. Cat
4. Dog
5. Monkey
6. God



### 4. OH James

The group comes into a circle and a leader stands in the middle. This attention-requiring game is played through the leader's shooting at a person and saying one option:

1. Oh James!
2. Marilyn Monroe!
3. Blender!
4. Washing Machine!

According to what the leader says, the shot person becomes one of the characters above and the two people next to the shot person accompanies the moves. For example, if the shot person is now a blender, he opens his arms and the people standing next to him turn around. Or if the shot person is a washing machine, he / she turns his head while the ones next to him / her make a square with their arms. The game begins slowly, then turns faster and people who are inattentive come out of the game.



## 4. Funky Chicken

In this song-based ice-breaker, the group makes a circle, a person asks the questions in the lyrics and the rest of the group repeats the **"What did you say?"** and chorus parts.

According to the lyrics, the group makes chicken moves, a cool move for John Travolta. It's up to the group's creativity!

For tired people in the morning, this ice-breaker works very well!

The lyrics:



Let me see your funky chicken.  
What did you say?  
I said let me see your funky chicken.  
What did you say?  
I said let me see your funky chicken.  
Funky chicken, funk-funky chicken.  
Funky chicken, funk-funky chicken.  
Let me see your shoot the moon.  
What did you say?  
I said let me see your shut the moon.  
What did you say?  
I said shoot the moon, shoot-shoot  
the moon.  
Shoot the moon, shoot-shoot the  
moon.

let me see your john travolta.  
What did you say?  
I said let me see your john travolta.  
What did you say?  
I said john travolta, john-john  
travolta.  
John travolta, john-john travolta.  
Let me see your nancy sinatra.  
What did you say?  
I said let me see your nancy sinatra.  
What did you say?  
I said nan sinatra, nan-nan sinatra.  
Nan sinatra, nan-nan sinatra.  
Let me see your underwear.  
What did you say?  
I said let me see your underwear.  
What did you say?  
I said under wear, un-under  
wear  
Under wear, un-under wear..

IT'S ALWAYS GOOD TO SHARE WHAT YOU  
EXPECT



## *the Flower of You and Me*

*In the first day of the project, we asked our participants to clearly and openly say what they expect from the project, how they can contribute to the project and what kind of fears they have and what kind of solutions they could produce for their fears. We divided them into groups and asked them to first write their expectations, contributions, fears and solutions on each flower, then to collect their common ideas in the middle of the flower. After they had a little bit of self reflection and group talk, we talked about everything together and came up with the guidelines of our project to have a warmer, orderly environment!*

# TREASURE HUNTING IN KOSICE

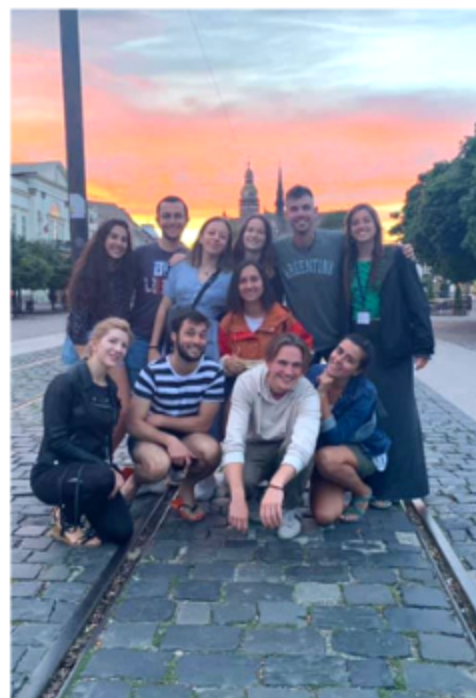
We set a list of tasks to follow as our participants went for treasure-hunting in Kosice for one hour. In the limited time, they had to complete hard tasks to find out more about the city, the Slovak culture and about their friendships too!

## CITY GAME KOSICE



*The city game is designed for you to get to know Kosice with your friends and experience Slovak culture together. If you cannot find the places written below in the tasks, just ask locals. Go beyond your comfort zone!*

1. Take a "creative" picture in front of the Urban Tower and find out which century it was built in and write it down.
2. Find out how many tons the bell on Urban Tower weighs and write it down.
3. Find out why St. Michael's Chapel is called "Slovak Church" and write it down.
4. Go to a market and find out how much a bottle of Kofola costs.
5. Ask a local restaurant about the price of Bryndzove Halusky.
6. Ask a local about the legend of Beggar's House and take a picture with the local person.
7. Right by the State Theatre on Hlavná Ulica is Slovakia's oldest inn, which has stood here since the 15th century. Find out what it is and take a picture in front of it.
8. Sing a song in front of the Singing Fountain and make a short video.
9. Go to a gift shop and ask for the Slovak Blueprint products. Take a picture of one product that you like.
10. Take a walk to Hrmčiariska Street and ask for the town's former hangman's house to shop owners. (Executioner's Flat)
11. Find examples of Kosice's famous street art and take a "hipster" photo.
12. Have fun!





## ABOUT

We drew a line in the middle of the activity room and asked participants questions about Erasmus+. If they were able to say "yes" as an answer, they would go to the "yes" side of the line and they would do the same for "no". After asking the questions and seeing the results, we also made clarifications and explanations about the questions regarding Erasmus+ programs.



## INFORMING

It's always important to talk about Erasmus+, what other types of exchanges and non-formal learning opportunities there are in Erasmus+ world. In this case, in order to ensure that all of our participants are aware of the sea of possibilities in front of them, we had an informative simulation game about Erasmus+.



## ERASMUS+

After this session, participants who had experiences with training courses, European Solidarity Corps, Erasmus Mundus, Erasmus Internship, Erasmus Exchange and Erasmus for Young Entrepreneurs told us their stories and experiences. Also participants with experiences from other programs shared their ideas and experiences as well!

# MULTIMEDIA CLUBS

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## CREATING MEDIA CONTENTS

We had multimedia sessions to improve the creative skills of participants, as much as adding values to their digital competencies. In each multimedia club, there were different tasks to follow for each group. When a group was composing a song about the project, the others were designing colorful, attracting social media contents to help us disseminate the project in the best way possible!



## PURE CREATIVITY

Our participants put their activeness, creative ideas and souls into everything they did and the results of multimedia clubs were always worth to share. While creating these tools, they enhanced their group dynamics, shared ideas and concluded their products with collaboration, had brainstorming sessions, had lots of fun and added good values to their 21st century social skills as well!



Throughout the project we had a lot of sessions mainly with Zumba Fitness Basics. Our participants also practiced other forms of Zumba as Strong by Zumba and Aqua Zumba as well!

## And those Zumba sessions...

In our project, we practiced Zumba Fitness, learned about the background of Zumba, where it comes from, how Alberto Perez found and developed it, how the company works now, how big the community of Zumba is, how it helps people to be motivated, healthy and to feel great without dancing with perfection!

**We emphasized that Zumba is indeed for EVERYONE!**







# FROM THE VERY START TO SUPERSTARS!

Day by day, our participants learned all the choreographies that our Zumba instructor selected exclusively for them and taught them with love. From the first day they showed bravery, attentiveness and they gave us their best shot to be involved. In the end, with all the practice they proved that they were, indeed, superstars!





In our project our main focus was to promote healthy life style via discussions, sharing ideas and fruitful solutions to our main problems. Participants contributed to the sessions with their big enthusiasm to put their ideas forward and to produce new ways to help others find their healthy living ways. Doing so, we also gave information about EU 2020 health targets.

## Experience sharing on healthy life style

We talked about the realistic side of things, how marketing and social media affect our eating and exercising methods in 21st century, how to gain awareness on our own health considering the living conditions of the century, the food quality through time. We also shared the reasons and causes of obesity to our daily lives, along with giving each other suggestions.



# VISIT TO KOSICE PUBLIC HEALTH CENTRE

We made a visit to Kosice Public Health Centre, to learn more about Slovak Republic's public health targets, projects, current and future accomplishments. The institution welcomed us with an interactive presentation about health problems caused by overeating and not getting enough nutrition; along with giving us the opportunity to have our cholesterol, BMI and breath quality checked. Here we learned that each country have similarities and differences on health problems and reasons behind them and geographically closer countries have similar problems caused by obesity. In this case, we have realized that it is our duty to be more aware of making better decisions for our health and being more conscious about our geography's health problems as well.



# TALKING ABOUT FACTS ON HEALTHY LIFE

One of the sessions about healthy life was held in a conference context. A representative from each country sat together on a table, facing the other participants who became journalists for the sake of the activity. The journalists prepared questions that they have been curious about, to ask the representatives of each country, about the eating habits of nations, the obesity rates, how people perceive following a healthy diet and exercising in different countries. The representatives took help from the researches that they made before the project, so it became easier for them to answer the questions directed at them.

Throughout the information-sharing session, we learned that so much needs to be done for EU's healthy living, especially for the food quality in general. It's our duty as future youth workers to inform more people around us about the benefits of critical thinking regarding what we eat & how we treat and perceive our bodies.





# THERE IS ALWAYS A SOLUTION

## Creative drama for positivism

In one of the sessions, our participants were divided into groups and they received an incomplete scenario, to which they would create their own endings. The scenarios were about people who were able to overcome many of their problems with the help of Zumba, positivism and healthy lifestyle. The participants performed their small theatre shows for us, not knowing the real endings of their stories. In the end, we watched the reality of each situation and we were able to see that the power of Zumba has healed people with cancer, serious weight problems, stay-at-home moms without any aim in life, refugees seeking for acceptance and simply everyone looking for a solution, an inspiration.





## PEOPLE LEARN BY DOING

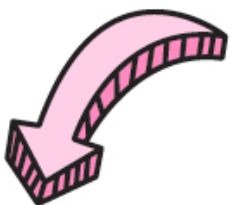
In one of the sessions, we gave the participants healthy ingredients (fruits, seeds, yoghurt, milk, vegetables, nuts, etc) to let them speak with their creativity to prepare healthy snacks. In 21st century, most young people do not have time to eat proper meals because of busy lifestyle and they usually snack on unhealthy options like chocolate, sweet drinks or salty crisps. In this activity, we aimed to help people practice balancing their diet by doing, by creating and working with hands. With the ingredients that they chose and by putting their love and friendship in it, our people made delicious protein bars, smoothies, frozen yoghurts and others. And they never skipped having fun!





## Now it is us who decide

After learning so much about healthy eating, policies of health in countries and days of practice on Zumba, our participants now were ready to create their own healthy diets and their unique projects to be possibly implemented in the future. They had two tasks: One was to prepare a menu for a whole day, from breakfast to dinner which gives them enough nutrition without building extra weight. The second was to create their own projects which would help people with disabilities, children and elderly, young people and working families to gain better means of health, to involve them to the awareness on public health.



**Below, it is possible to check what we have created!**

*Healthy Menus*

**AND**

**PROJECT  
IDEAS**

*(by us)*



# MENUS

## HEALTHY OPTION KOSICE

By Onur, Melis, Scott, Ena, Enio, Lukas and Pavol

### BREAKFAST

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**YOGHURT BOWL** 1.25

Yoghurt, banana, cranberries, blueberries, honey, oats

**PROTEIN BOWL** 1.25

Boiled eggs, white cheese, tomatoes, lettuce, crunchy bread

### LUNCH

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**CHICKEN SALAD** 3.00

Marinated grilled chicken breast, lettuce, tomatoes, basil, baked veggies

**SALMON SALAD** 4.00

Marinated grilled salmon breast on wood, lettuce, tomatoes, basil, rice

### DINNER

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**YOGHURT SOUP** 1.25

**BEETROOT SOUP** 1.25

**MOZARELLA PLATE** 1.25

**GREEK SALAD** 2.00

lettuce, tomatoes, basil, baked veggies, olive oil, feta cheese, cucumbers, onion

### SNACKS

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**SMOOTHIE** 1.25

**HOMEMADE PROTEIN BAR** 1.25

**FROZEN YOGHURT** 1.25

# GAINING MUSCLES & HEAVY TRAINING DIET

## BREAKFAST

water with lemon  
1 slice of whole wheat  
bread  
1 boiled egg  
1 slice of cheese (50g)

## BREAK (SNACK)

green apple  
1 piece of dark  
chocolate  
watermelon  
kiwi

## LUNCH

steamed chicken  
broccoli and cauliflower  
carrots



## BREAK (SNACK)

handful of nuts  
yoghurt without sugar  
u

## DINNER

steamed salmon  
green salad with  
cucumbers and  
lettuce, olive oil  
reen sala

# FRESH EATS



## BREAKFAST

Omelette with 2 eggs:

1 teaspoon of olive oil

1 green onion

1 pinch of chopped parsley

Sandwich with whole-wheat bread:

Spread cheese, tomatoes, salt, onion

1 boiled potato

3 pieces of jambon or 1 carrot with yoghurt

chicken soup & green salad

## DINNER

rice with vegetables, salad, boiled chicken



## LUNCH

## SNACKS

handful of nuts

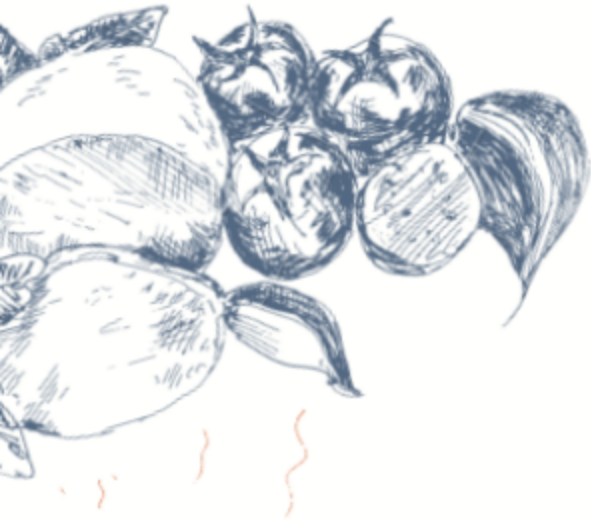
detoks: 1 bunch of parsley, 2 apples, 1 lemon, black grapes

smoothie: pineapple, banana, apple, spinach and a glass of water





# MEAL PLANNER MENU



## BREAKFAST

### SMOOTHIE

Blend frozen fruits, banana and berries, yoghurt or coconut milk



## SNACKS

### FRUIT BOWL

Bananas, apples, pears, grapes & nuts

## LUNCH

### DETOXS LUNCH

Steamed spinach, potatoes, cabbage, broccoli, carrots, onions and garlic with a spoon of olive oil



## SNACKS

### GREEN TEA AND MUSLI

Green tea and a small bowl of yoghurt with dried fruits

## DINNER

### FISH AND SOUP

Steamed fish (salmon) with green salad and vegetable soup

# Group 5 Menu



## YOGA

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IT REDUCES BLOOD PRESSURE,  
INCREASES MUSCLE STRENGTH,  
REDUCES INSOMNIA

## BREAKFAST

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- YOGURT WITH OATMEAL
- BERRIES AND FRUITS SMOOTHIE  
WITH GINGER AND SPINACH

## SNACK

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- PROTEIN BAR WITH NUTS
- GLASS OF WATER

## LUNCH

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- ZUCCHINI PASTA WITH TUNA
- GLASS OF WATER

## SNACK

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- CUCUMBER SLICES WITH HUMMUS

## ZUMBA

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- TONES YOUR ENTIRE BODY
- BOOSTS YOUR HEART HEALTH
- MAKES YOU HAPPY

## DINNER

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- SALAD WITH CHICKEN MEAT
- MINT TEA WITH HONEY

HEALTHY

# PROJECTS

*Created by our participants*

## FRIENDS ARE EVERYWHERE



### THE PROJECT

Based on a minority school in Katowice, Poland

A local project

The kids are from Ukraine, living in Poland

They want to be included to the Polish society more

The aim is to bring Ukrainian and Polish kids together with the help of sports, sharing cultures, friendship, learning

1 year of activities, meetings, camps, going to pool, going to lake, hiking, preparing food, playing games, dancing, exercising, meetings, etc.

Each Friday they meet for 3 hours for different activities.

Cultural days as fundraising



Funding:

- Fundraisers
- Municipality of Katowice
- Silesian Regional Government
- Donation
- Parents

Festivals to disseminate the project

Continuous meetings with local community

End-year shows to present dance, theatres, etc.






# UNIVERSITY

# WEEKEND

Ivame Javakhishvili  
Tbilisi State  
University



50 people from 15-25 years old are invited to this adventurous weekend!

This weekend is designed for spreading awareness about healthy lifestyle, promoting healthy habits, creating a safe environment for people to inspire others about gaining more confidence and self love.

#### Activities:

Ice breakers, energizers, games to get to know each other better

Shorts presentations about the project, goals, expectations

Quizz about healthy lifestyle


Exercises each morning (rock climbing, Zumba, basketball, soccer, cycling, swimming)

Short presentations about what the university offers

2 hours of hiking inspired on a treasure hunt, talking with locals

Trips to supermarkets and trainings on how to buy healthy groceries

Trainings on how to set a lifestyle that includes healthy eating, exercising



28 SEP 2019 09.30 - 29 SEP 2019 20.00

# Group 5 Project



## TIME

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- 4 DAYS
- THURSDAY, FRIDAY, SATURDAY, SUNDAY

## PARTICIPANTS

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- FAMILIES WITH KIDS

## ACTIVITIES

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- PHYSICAL ACTIVITY FOR KIDS AND PARENTS TOGETHER
- PARENTS' LESSONS MORE FORMAL AND EDUCATIONAL
- KIDS' LESSONS MORE PLAYFUL BUT GIVING THEM SOME INSIGHT
- CLEANING EXERCISES
- PARENTS CREATE AN EATING PLAN AND KIDS WILL RECREATE THIS PLAN WITH FOOD-LOOKING TOYS
- WHO AM I? -> FOOD EDITION
- TEACHING ABOUT STRATEGIES OF THE SUPERMARKETS -> STUDY VISIT

## FOUNDINGS

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- LOCAL MUNICIPALITY
- MINISTRY OF HEALTH



# MOMENTS TO REMEMBER

*Created by our participants*



# MOMENTS TO REMEMBER

*Created by our participants*



HEALTHY

# SNACKS

*Prepared by our participants*



# MEETING WITH SLOVAK FOLKLORE DANCERS



Professional folklore dancers of Slovakia came to visit us in our hotel and they performed a special session for us. After watching their performance, we took a small folklore class with them and tried their moves out as well!



# Let's not forget about the cultural nights!

Throughout the week, we deepened our knowledge about each other's cultures. Our friends brought food and drinks from their homelands, taught us their dances, sang us their songs. We played games that reflect the culture of countries and we had so much fun!

# Dance it out!

It was finally the time for putting all our effort into action. We were so excited to perform a Zumba class in the city centre of Kosice, with the people of the city, to call them to work out and have fun with us! Everybody did their very best and we were a real Zumba family in the end!

It was our story, and the flashmob was the very happy ending, with the participation of other people in Kosice!



# The End of a Great Week



The week was full of activities, things to do and follow. But it was fast and a week together was never enough! We will always remember it with good memories, things to have a laugh at. With all the cultural sharings, friendships, games, Zumba sessions, workshops on healthy life, multimedia clubs and other activities; it was a week of learning and sharing.

We can never thank enough to each other, because everybody was simply doing their best!

All the good vibes and hugs! 



THANK  
YOU  
VERY  
MUCH!



Youth for Equality

