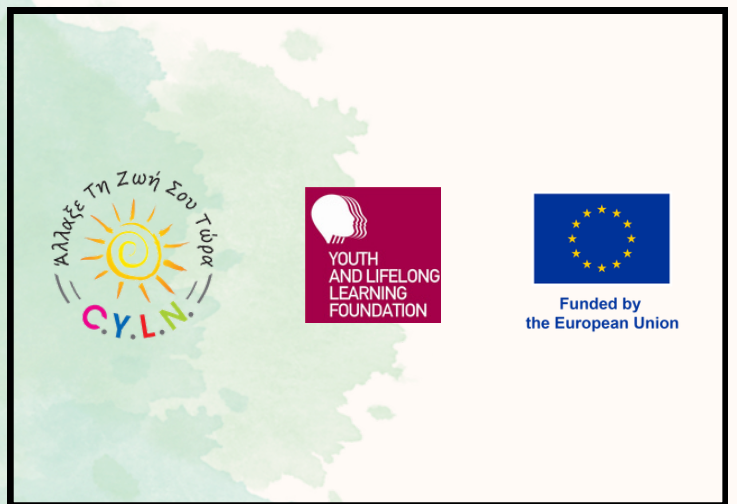
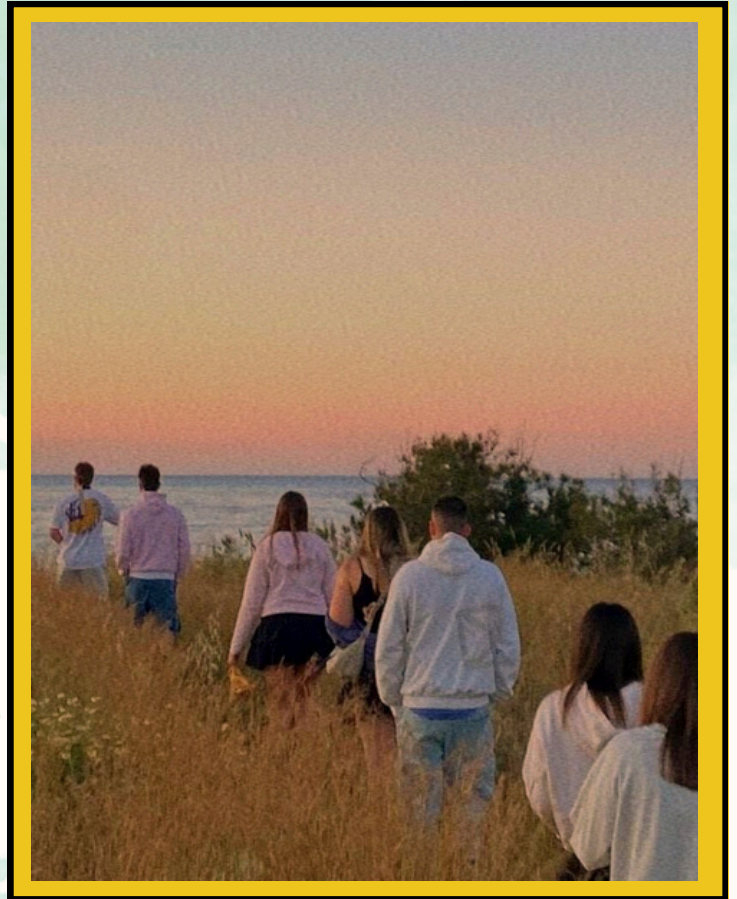


# BOOKLET



**HMHB, 01-08 May 2025,  
Chania, Crete, Greece**

# INTRODUCTION

Have you ever noticed how your body and mind are constantly talking to each other—even when you are not really listening?

One bad night of sleep, one stressful week, one day without moving your body, and suddenly everything feels heavier, more confusing, and more tiring than it should. At the same time, a walk by the sea, laughing with friends, or eating something that actually gives you energy can completely change your mood and the way you see yourself and others.

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“Healthy Mind in a Healthy Body” was created exactly for this reason: to give young people space to explore how our physical and mental health are deeply connected, and how small daily choices can make a big difference in how we feel.



# ABOUT OUT PROJECT



The project “Healthy Mind in a Healthy Body” was implemented by the organisation “Change Your Life Now” – CYLN under the funding of Key Action 1 of the ERASMUS+ Programme of the European Union on Youth via the Hellenic National Agency, INEDIVIM.

In the framework of this project, a Youth Exchange took place in Chania, Crete, from May 1 to May 8, 2025, bringing together 43 young people aged 18-28 from Greece, Lithuania, Poland, Romania and Italy.

In the following pages, you will find out more about the activities implemented during these days, the methods used, and the artistic and digital outputs created by the participants.

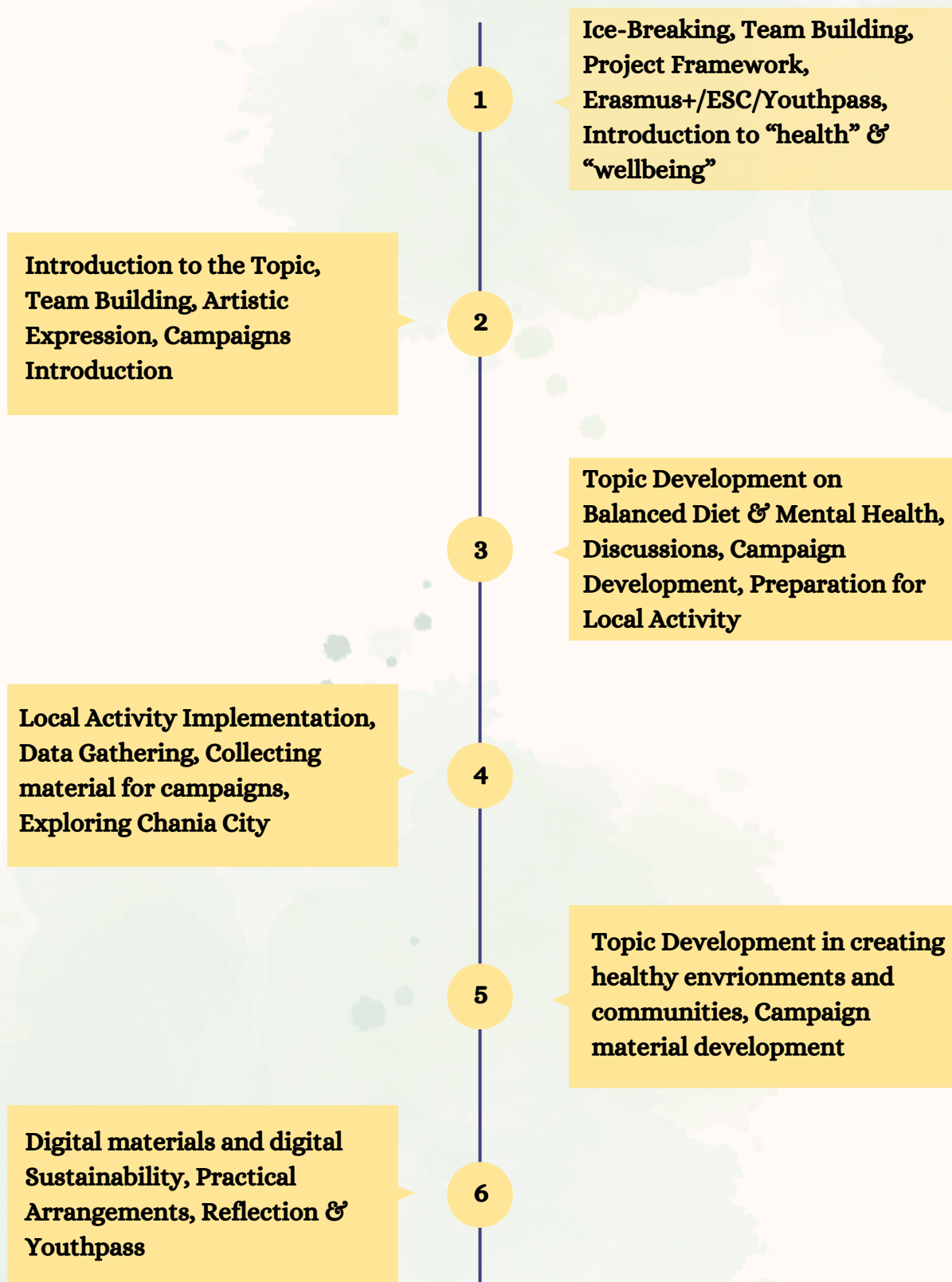
You will also read about their learning, their reflections on health and well-being, and how they plan to continue spreading these messages back home.

We hope you find the following pages enlightening and inspiring—and that they motivate you to be active, caring, and expressive in your own journey towards a healthy mind in a healthy body.

Enjoy!



# ACTIVITY SCHEDULE



# DAY 1

## Ice breaking and team building activities

Our first day kick started with some games to break the ice: fun facts about us to know each other better, name games to get acquainted and an energizer! We played a version of “Simon says” session and we sang different songs to get the mood of the day!

We wrote about our expectations, contributions, fears and general feelings and then discussed all together about what we wrote and how we can achieve into a great and fruitful experience for everyone.

Our day continued with an introduction to the topic through a “Walk the Talk” Session. We got acquainted with the surrounding area but also with each other as we shared our ideas around health, wellbeing and what our individual but also shared responsibility is to create healthy environments for everyone.

We then shared key points from our discussions and tried to find a common axis across our beliefs.

Our day finished with some more team building games!



# DAY 2

## Healthy Youth through Art

Our second day was focused on identifying health and wellbeing by utilizing creative methodologies.

In our “Healthy youth through art” persona workshop, we built creative characters representing healthy lifestyles. We used artistic tools like drawing, sketching and storytelling to develop detailed personas that reflected our own ideas of well-being, mixing personal experiences with imagination.

After finishing our creations, we presented them proudly in with theatrical representations where we discussed what health and well-being truly mean for young people today, sharing insights and challenging each other’s views.

This workshop led us to also discuss what Health looks like in our “Systems”, meaning on individual, local, and national level.

Then was time to dive into our Campaigns! Following a short presentations we were split into groups and started discussing different sides of health and wellbeing we wanted to address in our campaigns. From mental health, to physical activities, we thought of different concepts that would attract young people at a European level but also in our local and national realities.

Our day closed with an Intercultural Evening, where we got to meet our Lithuanian and German friends, their country and culture!



# KEY FINDINGS



Health and well-being mean different things to different young people, shaped by culture, experiences and environment.

Art helped us a lot to relate to the abstractness of such concepts, while also being a fun activity to express ourselves!



Campaigns need storytelling, a reality for the viewers to connect and relate to.



# DAY 3

## Mind & Diet

We started our day with mindfulness and positive mentality in order to address the topics of the day! We gathered in the local park, a wonderful day for some outdoor time and started with an empowering team energizer, in order to sense everyone's presence.

Moving on, we had a mental health mindfulness session, where we practised simple breathing and grounding techniques to feel more present and calm. Keeping our artistic concept, we worked with the 5-4-3-2-1 grounding rule, while also exploring our concerns and breaking them down into art.

Later, we explored the do's and don'ts of a balanced diet through an interactive workshop, sharing what we eat daily and busting myths about food that affect our energy and mood.

In groups, we designed posters for a practical and eye-catching Healthy Diet Guide with youth-friendly advice.

Later on, we continued shaping our awareness campaigns by brainstorming visuals and messages inspired by the day's insights, while preparing content ideas for the real-life experiences we'd gather during the next day's local activity in Chania—turning urban exploration into fresh campaign fuel.

The night wrapped up with Intercultural Event #2 hosted by the Italian and Slovenian groups, sharing food, stories and traditions that connected us even closer.



# DAY 4

## City adventure turned into real learning.

We spent a full day discovering Chania through our activities and data gathering for our campaigns.

Wandering through vibrant streets, markets, and landmarks, we soaked up real-life inspiration—spotting healthy food stalls, active public spaces, and urban vibes that sparked ideas on how city life ties into well-being.

All day, we collected photos, stories in interviews, and observations to feed directly into our awareness campaigns, blending Chania's energy with our project themes of mind and body balance.

A short reflection helped us connect the day's discoveries to our personal health journeys, before relaxing into a game night that kept the group spirit high.



# KEY FINDINGS

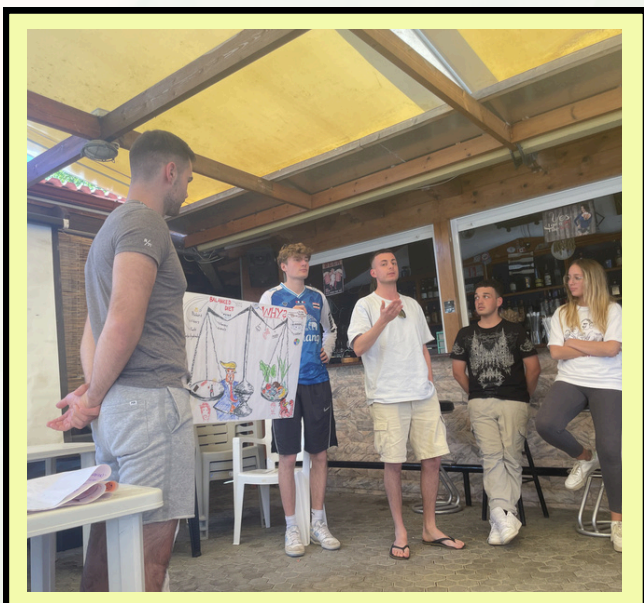


Anxiety is a daily struggle for many young people across our realities. Simple things can help, while artistic expressions make it easier to process.

Diet is a topic that one should really look into and ask for help if they feel lost in all the information available.



Sometimes the hardest part is to make the first step into changing or starting a habit that will prove to be healthy. Stay consistent!



# DAYS

## Active movement & Healthy Spaces

We kicked off with a beach energiser and sports activities that got everyone moving and laughing together, feeling how physical play boosts energy and mood in a natural setting. A beach volleyball was our main activity, while the wonderful weather also let us enjoy the sea with a mini swimming tournaments.

On top of these, we also held a session on yoga-stretching activities and a session of pilates in the pool! Small activities proved to be more than enough to kick us into action before our games!

Right after, we dived into the workshop "Health & Wellbeing: Bringing others on board - Creating a Healthy Environment". In a "role-playing" model, we split in groups and took on the role of young people, municipalities, national governments and media. Then we discussed our needs and contributions in creating healthy spaces of wellbeing in a community level based on our new "role". Then we exchanged views and we figured out what "policies" or "initiatives" we could craft to ameliorate the situations in our countries.

Later on, we kept developing our campaign materials with fresh insights from the day's action, almost reaching the end of our goals. Finally we reflected together and ended with park group games that strengthened our team spirit.

The night flowed into a social "Dance Lesson Night" with Greek presentors sharing the culture of the hosts through body movement!



# DAY 6

## Wrapping up the week and aiming for the future

Our final day started with “good vibes” with a Compliments Game where we created mini mementos for everyone, by sharing our best moments with them and the things we valued most during this week.

Then we proudly presented all our digital campaign materials: posters, videos, and messages we had crafted over the days, explaining the stories behind each one and sparking excited feedback from the group

We dived into a lively discussion on digital sustainability, swapping practical tips to keep our healthy mind/body messages reaching peers long after the exchange.

In a focused, meaningful session, we worked hands-on to develop our individual Youthpass certificates, taking time to name and reflect on the key competences we gained—like creativity, teamwork, public speaking, digital skills, intercultural awareness and advocacy.

We explored future projects in a dedicated workshop, where we shared ideas for new Erasmus+ Projects and opportunities for mobility, learning and training to address similar topics or subthematics we explored during our week.

We wrapped up with a heartfelt farewell session, sharing final reflections, exchanging contacts and promising to stay connected!



# KEY FINDINGS

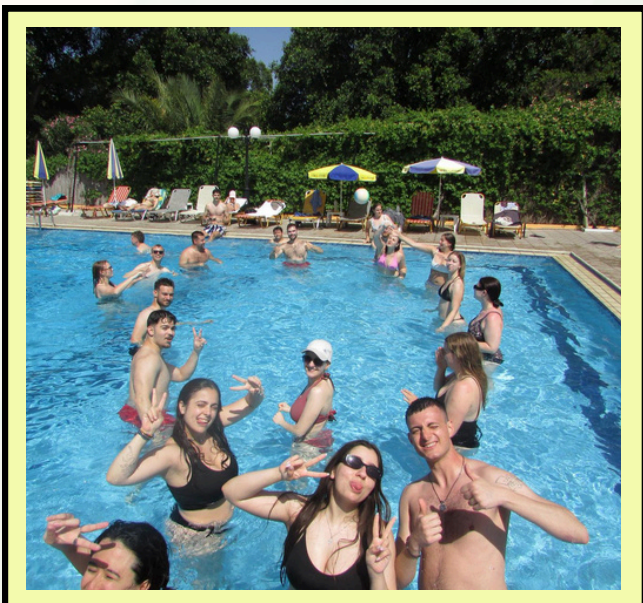


Natural settings like sea, or forests make movement accessible and enjoyable for all, while also having a positive impact in our mental health!

Group games reinforce inclusion, especially for diverse abilities and backgrounds.



Creating a healthy environment and community is a shared responsibility and a common goal for different stakeholders. Make the first step!



# TO STAY HEALTHY MEANS...



*To go on adventures and explore the world around you. Nature can offer you serenity and inner peace, or a chance to feel alive!*



*Learning to ask and talk with others when things seems too hard or lonely. Find people you trust and that lift each other up!*



*Staying alone with our thoughts when we need it! We can feel comfortable in our own skin and learn to manage our emotions artistically!*



*Smiling and hugging. Positivity is something we need as a fuel to keep us going! The more you give, the more you also take!*

# TO STAY HEALTHY MEANS...



*To exercise! Exercizing doesn't have to be difficult and confusing. Start small and easy... with a stretch and a deep breath!*



*To play games! Being active isn't only about hitting the gym, but rather making steps and engaging with people around you!*



*To eat in a balanced way that applies to you! Vegetables and fruits in a balanced way are the key to a "happy" stomach.*



*To enjoy the little things around us. A sunset, a walk in the forest, a game or a short discussion with someone are all things to celebrate!*

**HEALTHY MIND**  
**HEALTHY BODY**



**Youth Exchange**

**01-08 May 2025,  
Chania, Crete, Greece**

**Let's keep in touch**

**Website: [www.change-your-life-now.gr/](http://www.change-your-life-now.gr/)**

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