



# OBESITY NO MORE : YOUTH ON THE MOVE

17-27 OF NOVEMBER, 2025, VIENNA, AUSTRIA



# AIM OF THE PROJECT

“Obesity No More: Youth on the Move” aims to raise awareness about obesity, promote healthy habits, and empower young people to live healthier lives through non-formal education and intercultural exchange.

In an era where sedentary lifestyles and unhealthy eating habits are becoming common among youth, this project will provide practical knowledge, physical activities, and cultural sharing to inspire lasting change.

By participating, young people will not only improve their own lifestyle choices but also become health ambassadors in their communities, spreading awareness and encouraging others to adopt healthier habits.

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# OBJECTIVES

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## 1. Increasing Knowledge and Awareness

Increase knowledge and awareness about obesity, balanced nutrition, and healthy lifestyles among 40 participants from 4 countries over a 10-month project period. Through interactive workshops and group discussions, participants will explore topics such as portion control, reading food labels, and understanding the impact of lifestyle choices on long-term health.

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## 2. Promoting Regular Physical Activity

Encourage regular physical activity by integrating fun, accessible, and inclusive sports sessions into the daily programme. Activities will include yoga, group fitness challenges, sports tournaments, and outdoor exercises such as “plogging” (jogging while collecting litter), combining movement with environmental care.

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## 3. Developing Cooking and Meal-Planning Skills

Develop cooking and meal-planning skills to promote healthy eating habits. Culinary sessions will allow participants to prepare nutritious meals together, learn budget-friendly cooking tips, and share healthy recipes from their own cultures, contributing to a jointly created Healthy Recipe Book.

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## 4. Engaging the Local Community

Engage the local community by organizing a public “10,000 Steps Together” walking event in Vienna, inviting residents to join the participants for a collective day of physical activity, awareness-raising, and cross-cultural exchange. This activity will not only promote active living but also create lasting connections between project participants and the host community.



# PARTICIPANTS PROFILE

🇸🇪 Sweden: 10 participants  
🇹🇷 Türkiye: 10 participants  
🇦🇹 Austria: 10 participants  
🇧🇬 Bulgaria: 9 participants

- Age range: 18–30 years (leaders have no age limit)
- Motivated to live a healthier lifestyle and take part in physical activities.
- Open-minded, communicative, and ready to engage in intercultural teamwork.
- Each partner should include young people with fewer opportunities (economic, social, or geographical disadvantages).
  - Group leaders: Experienced in youth work.
- Facilitators: Background in health, nutrition, or sports (Austria & Türkiye).







VIENNA, AUSTRIA

# LOCATION

Our venue will be Commons Hub – Hirschwangerhof, located just one hour from Vienna, in the beautiful region of Reichenau an der Rax, Lower Austria. This historic guesthouse is surrounded by stunning mountain scenery and green landscapes, offering an inspiring and peaceful environment for both learning and leisure.

Commons Hub is more than just accommodation – it is a creative and collaborative space, designed for events, workshops, and cultural exchange. The venue combines modern facilities with a cosy atmosphere, making it the perfect setting for our youth exchange.

Address: Richard von Schoeller-Straße 9  
more info : <https://www.commonshub.at/>  
Get direction to [Commons Hub](#)

For More info about trains please visit the Official Site of VOR

[www.vor.at](http://www.vor.at)







# TRAVEL

**17.11.2025 and 27.11.2025 are the travel days.**

Reimbursement will only be processed upon receiving of original travel documents (including return tickets), receipts, invoices, and boarding passes. Reimbursement is done only into the account of the partner NGO after the dissemination of all the participants.

Participants must gather all documents related to travel expenses (original invoices and tickets with traveler names, journey details, costs, currency, travel dates, and proof of payment) or keep a printed version.

Participants are allowed to travel maximum 2 days before or 2 days after the official project dates, but please note that accommodation and meals are only covered during the project dates. If you plan to arrive earlier or leave later, you will need to cover those extra days on your own.

- ! VERY IMPORTANT:** All travel tickets must be approved by the hosting organization before purchase.
- We will NOT refund any tickets that have been purchased via a travel agency.
- We will NOT refund taxi costs, so please use public transportation.

Tickets that are not approved in advance will not be reimbursed under any circumstances. Please send your travel plan to us before booking anything, and wait for our green light!



# HOW TO REACH THE VENUE

We recommend booking your flights to one of these airports:

✈️ Vienna International Airport (VIE) – Austria’s main airport, well connected.

From there, the onward journey to Reichenau/Predeal is easiest by train:

🚆 Trains run regularly from Vienna to Reichenau an der Rax (via Wiener Neustadt). The trip is comfortable and scenic.

The accommodation is located in the immediate vicinity – no taxi needed.

## GREEN TRAVEL

We encourage participants to choose carpooling or train journeys as environmentally friendly options.

Carpooling is eligible for “Green Travel” reimbursement if at least 3 people travel together.

📍 Map link to the accommodation: Google Maps

We also recommend the website [www.vor.at](http://www.vor.at).

There you can enter the starting point Airport Vienna and the destination Richard von Schoeller–Straße 9, 2651 Hirschwang an der Rax.

The site will then show you which means of transport you need to take.

# REIMBURSEMENT

COUNTRY	NON-GREEN TRAVEL	GREEN TRAVEL
Sweden	309 EURO	
Türkiye	309 EURO	
Bulgaria	309 EURO	417 EURO
Austria		56 EURO

According to Erasmus+ rules, each participant is entitled to a maximum reimbursement for travel costs, based on the distance between their home country and the venue. Below are the maximum amounts reimbursable per participant (based on return travel). If your travel cost exceeds the maximum amount, the extra cost will not be covered.

IN ORDER TO CALCULATE YOUR ERASMUS+ DISTANCE BAND YOU NEED TO ACCESS THIS [LINK](#).



# WHAT TO BRING WITH YOU

Passport or ID card (valid for travel)

- EU health card or private travel insurance (mandatory!)
- Warm clothes (coat, sweaters, thermal layers — November evenings in Vienna can be close to freezing)
- Waterproof jacket or umbrella (rain is common in late autumn)
- Comfortable clothes & shoes for indoor workshops and outdoor walks
- Hat, scarf, and gloves (for colder days and evenings)
- Personal hygiene items (toiletries, towel, slippers/flip-flops if needed)
- Any medication you may need during your stay
- Reusable water bottle (to stay hydrated)
- Positive energy, open mind & motivation to participate actively!





# INTERCULTURAL EVENINGS



One of the most exciting parts of our project will be the Intercultural Evening, where each national group will have the chance to present their culture, traditions, and creativity! This is your moment to shine and share your country's uniqueness – from fun facts and history to music, dances, and games. Be as creative as you want!

What can you bring?

- Traditional snacks or drinks (please avoid liquids in hand luggage!)
- Music, dances, or small performances
- Fun quizzes, short videos, or even traditional clothes
- Flags, souvenirs, or decorations for your country corner

It's not about being perfect – it's about being together and learning from each other.







ANY QUESTIONS?

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