



Co-funded by the
Erasmus+ Programme
of the European Union

Program: Routine for Healthy Life

Acronym: Routine for Healthy Life

Project Number: 2021-1-IT02-KA210-ADU-000034004

Duration: 28-02-2022 - 30-08-2023

Summary

The COVID-19 pandemic has generated a series of new and unexpected problems in the life of people and has highlighted all the frailties and weaknesses of our communities and of the single individuals, not only from an organizational, health and economic point of view, but also from a psychological, cultural and social point of view.

- The pandemic and the resulting economic recession have negatively affected many people's mental health and created emotional fragility.
- The lockdown has caused isolation and relegated people to their homes, exposing them to long periods of sedentary life, alterations in the rhythm of life and an unbalanced diet.
- The lack of social contacts, the social distancing and the fear of others have exacerbated the solitude and the risk of social exclusion, discrimination and self-isolation;
- The strong use of digital tools for communicating highlighted the lack of digital skills of many adults, increasing the gap between generations, exposing them to the risk of social and professional exclusion.

Aim of the Project

To know that we are not alone to face an unexpected crisis and to learn how to deal with it in order to preserve our psycho-physical wellbeing and balance.

- Teaching and training activities, transfer of skills, exchange of good practices and updating to the current developments in the multidisciplinary field of art and therapy.
- Activities designed exclusively for the involvement of vulnerable people such as art workshops and educational visits to affiliated stakeholders in our communities.
- Digital tools and website development that reflect incorporate and communicate the work done throughout the project.

Main Objectives:

- To stimulate adults' awareness of the importance of maintaining a regular daily routine in order to preserve a good level of psycho-physical health.
- To promote healthy behaviors (such as healthy food and regular physical activity) as tools for health and well being.
- To improve the digital competences of adult people to communicate, accede to services and for job search.
- To develop adults and senior personal social and learning to learn competence, as well as problem solving skills and creative thinking.

Coordinator

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