

## Description of the Activities

The implementation phase of the "In Balance" project, which aims to promote the importance of a healthy lifestyle and its positive effects on young people, began on March 19, 2022, when the young participants had their first contact with each other. On this day, the participants travelled from Cluj-Napoca to the project implementation location, during which they had the opportunity to interact with each other and get to know each other better. With the arrival of the participants, a welcoming ceremony was organized, and they were greeted with traditional Romanian dishes.

Due to the fact that one of the priorities of such mobility is to form a close connection between the young people involved, the first two days of the project were dedicated to the activity aimed at helping young people to get to know each other. This was achieved in a very interactive way, through various name games. After this stage, the young people were divided into multinational teams and they needed to cooperate in order to solve a puzzle containing the main objectives of the projects. After this they debated each one of the objectives that were achieved as a result of team work. During the days dedicated to formation of the dynamics within the group of young people, they discussed their expectations, contributions and fears regarding this mobility, using the method of introspection, and also they discussed and drafted a contract containing rules of conduct that will be respected within 10 days of the mobility. Also in this stage of mobility, activities were organized to encourage the cementing of the relationship that was formed on the first days of the project, the participants learning to cooperate in a big group through the activity Mission (Im)Possible, and finding out more about each other within the activity called the Human Library.

After completing these sessions made to help the youngsters to learn more about each other, the activities continued with the introduction of the main topic of the project, namely the healthy lifestyle, trying to first identify the problems in each participating country and find solutions after discussing each case. After an introduction to the topic, we tried to deepen this topic, trying to discover the things that give us a positive and negative stimulus, the choices that people make and that lead to degradation. All these questions were asked through interactive methods such as introspection method, educational theater, teamwork, debates and much more.

In order to bring a more dynamic note in the configuration of the activities designed for this mobility, on the fourth day a hike was organized on the Giupalău peak, which is close to the project implementation location. This route was an opportunity to test the physical and mental endurance of the young participants, being a new opportunity to develop and solidify the relationship that was formed from the first day of activities.

After this foray, the process of examining in detail the subject of the project continued, this time through using an extremely innovative method, namely the labyrinth theater, a method that aims to provide a sensorial experience to the participants, who needed to go through different rooms that represented different sensations or feelings. This activity was meant to crystallize the sensations and feelings that have positive influences and those that have negative influences. After completing this session, interactive methods were used to identify how participants react to negative stimuli such as stress. Participants also formed multinational teams and had the task

to interpret healthy balance in their own manner and to present it visually by cooperating with each other.

Out of the desire for the participants to interact with the locals from Vatra Dornei, the next day a study visit was organized in the city of Vatra Dornei in which young people will have the chance to photograph different subjects or landscapes. They will use these images to make brochures where they presented various addictions or health problems.

The last days of the project were dedicated to an extremely complex process, namely the creation of motivational videos that promote a healthy lifestyle. They were divided into national teams, and they worked on a script idea, filmed that idea, and edited it. At the end of this very laborious process, the participants were awarded in an Oscar ceremony, thus appreciating their efforts to make the materials used to promote the project.

On the last day of the mobility, a final evaluation of the project was carried out, an extremely important session for the organizers, in which they learned about the improvements and changes that need to be made in future projects. In addition, the competencies included in Youthpass were resumed, competencies that were presented on the first day of the project, and the manner in which they were developed through organized activities, analysis being done through teamwork carried out in multinational teams. Also, during this day, the dissemination plan for each national team was made, a plan that will be realized in the stages in the subsequent stages of the project.