

Healthy Habits Happy Heart

Erazmus+
Lithuania 2025



What is E29?

- **Organizes events across Europe**
- **Mainly in- Hungary, Slovakia, Czechia, Portugal, Lithuania**
- **Events like- Educative and sport events , Youth exchange**
- **The projects are related both to the physical and menthal health**
- **Projects in smaller groups with foreigners to get to know each other**
- **Also to unleash our creativity, for example in drawing, filming...**

E29



Healthy Habits Happy Heart

- **A Journey Towards Healthier Living**
- **May 11 and 20, 2025 - Bartninkai, Lithuania**
- **Focused on exploring healthy lifestyles through non-formal learning, active participation and cultural exchange.**
- **Sleep, stress management, daily routines, and physical activity**



Healthy Habits Happy Heart

- **Each day- sport activities, group activities**
- **At the end of the day- cultural nights**
- **On the first day- Secret friend**
- **On the last day- finding out our secret friend**





What I learned

- **Communicating in English**
- **It is okay to be afraid of talking to somebody new**
- **Exercises to help cope with stress, anxiety...**
- **Making new friends**
- **Knowledge about other countries and culture**





- I highly recommend Erasmus+



- You will enjoy every minute there

- Unforgettable memories



- Learning new things, exercise

- Youthpass







A group of young people, mostly teenagers and young adults, are gathered in a circle, hugging each other warmly. They are smiling and appear to be in a joyful or celebratory mood. The background is slightly blurred, showing an indoor setting with other people and a potted plant. A URL is overlaid in the center of the image.

<https://youtu.be/WFhpf6wA5Lk?si=Ubid-50IH1Y3C0B6>



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