

# 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



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- **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









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



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