

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 foreigns to get to know each other
- Also to unleash our creativity, for example in drawing, filming...





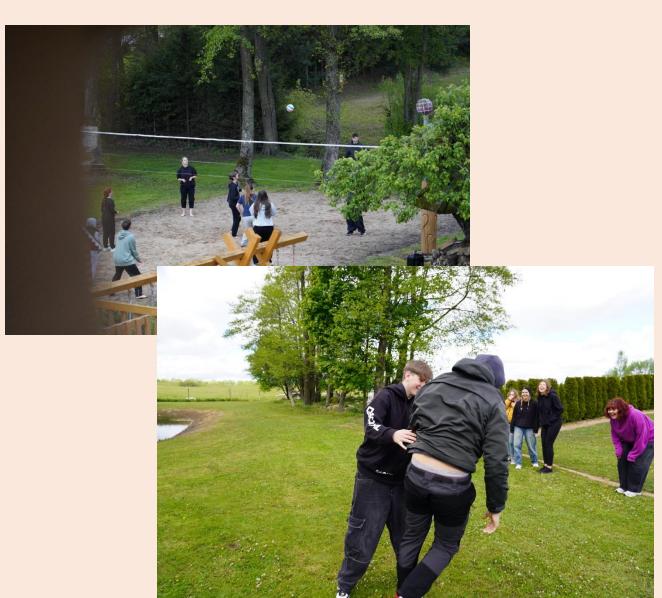
Healthy Habits Happy Heart

- 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 Erazmus+



• You will enjoy every minute there

• Unforgettable memories

• Learning new things, exercise

Youthpass





















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