



# GET OVER OBESITY

**BIG THINGS START WITH  
SMALL STEPS**







## **Youth exchange – Get over obesity, Veli Lošinj, Croatia 31st March to 8th of April 2023.**

This youth exchange will gather 45 participants that come from Croatia and Hungary from 31st of March to 8th of April 2023. The activities (youth exchange) will take place in the Island of Veli Lošinj, Croatia. During this project, young people will be working on umbrella topic of the project which is obesity. They will improve their knowledge on how to understand the consequences of obesity together with causes and dealing with it.

The participants will be distributed by countries in the following way:

Croatia – 20 young people + 2 youth leaders + facilitator

Hungary – 20 young people + 2 youth leaders

## About the city of Veli Lošinj:

Veli Lošinj (Italian: Lussingrande) is a village on the island of Lošinj in Primorje-Gorski Kotar County in western Croatia. Veli Lošinj has a mild climate and caters to tourists. It is located 5 km from the town of Mali Lošinj. It was an important port and fishing centre until the late 19th century. Today it is known as a tourist and aromatherapy centre. Veli Lošinj has 901 inhabitants (2011 census).

Located in the south of the island of Lošinj, 3 km (1.9 mi) east of central Mali Lošinj, which is the administrative centre of the island. Mali Lošinj and Veli Lošinj form a single conglomeration along the coast. Veli Lošinj faces the sea from the south. It is at the foot of Kalvarijska mountain.

The area of the present village was mostly unpopulated, and resorted under the rule of the city of Osor on northern Lošinj which counted 20,000 inhabitants at that time. For a period Veli Lošinj was the seat of the bishopric due to the plague visiting nearby Osor. After a single year, the bishopric was disbanded and merged with the bishopric of Krk.

The first mentioning of the town dates back to 1398 by the name of "Velo selo". The oldest core of the city was built between the 13th and 14th centuries around the Romanesque church of Sv. Nikola (Saint Nicholas) from 14th century. The town grew along agricultural alignments, not along laid-out city streets. In the 15th century the still-standing defensive tower was built, erected to defend the harbour and the settlement, but also to protect the locals from pirate attacks.

In the 17th century the town continued to develop in a circular form around the bay of Veli Lošinj. It became urban in appearance and Baroque in style with a central square near the sea and two main streets of which one leads to Velo Selo, and the other to the settlement of Rovenska, where a fishing village with stone houses was erected.

The City church of Sv. Antun Opat Pustinjak (Saint Anthony of Egypt) was built in place of an earlier smaller church in the 15th century. In the 17th century the old church was demolished and construction of a larger basilica began in 1774. It was built on the foundations of its predecessor and still stands this day in all its Baroque glory. The church



contains one of the richest collections of work by Italian masters on the Kvarner islands, for instance by: Bartolomeo Vivarini, Bernardo Strozzi, Lattanzio Querena, Francesco Hayez, Francesco del Cossa, F. Polenzo.

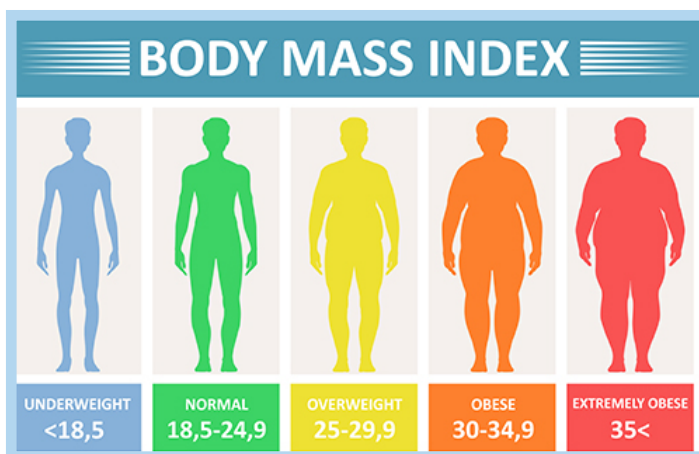
Not far from harbour in Veli Lošinj the church of St. Marija (Saint Mary's, also known as the "Gospe od anđela" or Our Lady of the Angels church) built in 1510. Later, the church was refurbished in the Baroque style. It contains an art collection by Venetian painters: "Saint Francis and Saint Hildebrand" by F. Fontebasso, eight paintings by G. A. Pellegrini, and a few paintings from the 16th to 18th centuries. One of these is a work by Titian.

When "Malo Selo" - Mali Lošinj started to develop, Veli Lošinj stagnated. There was a shipyard in Veli Lošinj which produced sailboats but in the time it was active, sailboats went out of use. A new shipyard was constructed in Mali Lošinj which turned out motor-powered ships. After World War I, Veli Lošinj did not have enough economic clout to develop new projects.

### **Aims and objectives of the project:**

Obesity is the fifth leading cause of death on the global level, according to the WHO. It is a fast spreading problem because the share of overweight and obese people has exploded 161% increase in the last 40 years, according to Our World in Data. At the moment, 45% of adults living in the EU had a normal weight in 2019, slightly more than half (53%) were considered as overweight (36%

pre-obese and 17% obese) and almost 3% as underweight, according to their body mass index (BMI). BMI is a measure of a person's weight relative to their height that links fairly well with body fat. Rising obesity has serious impact on the quality of life of EU citizens, as well as their health and mortality rates



### **The objectives of the youth exchange are:**

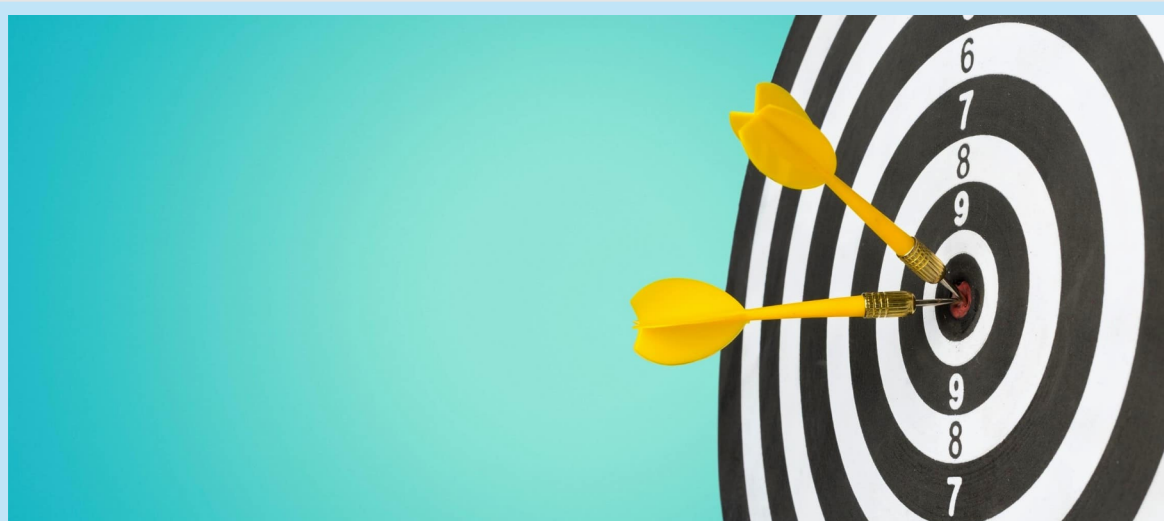
1. Understand the consequences of obesity Obesity is connected to a number of illnesses, including type 2 diabetes of which 44% are attributable to being overweight or suffering from obesity, as well as heart disease (23% is caused by obesity/overweight). Also, cancer, for which – depending on the area of the body – between 7% and 41% of the cases are caused by being overweight or obese, which results in the death of at least 2.8 million people each year



worldwide. Obesity also impacts people's ability to move, their proclivity to accidents (e.g. if an obese person falls, they are much more likely to break something than a person with healthy weight) as well as to have a well rounded and happy life (including finding yourself a partner).

2. Understand causes of obesity The participants will learn that every body is different and some people have slow metabolism that makes them more likely to be obese or overweight. However, having proclivity to obesity does not make you obese, some other factors have to come into play. The participants will analyse two approaches: Systemic causes - obesity is caused by changes in life-styles of modern humans - more sitting, less exercise, more stress; predatory marketing of food producers (promoting unhealthy food) and similar systemic features beyond the control of a single individual. Personal failures - obesity is caused by people losing control over parts of their life, e.g. how much calories they consume through food and drinks.

3. How to deal with obesity The participants will critically analyse the pros and cons of the body positivity movement, which argues that health comes in all sizes. This is medically wrong, obesity cannot be healthy in any shape or form, but the body positivity movement is becoming very popular. The participants will understand that obese and fat people are continuously being shamed for their looks and dissatisfaction with your look can have negative impact on your mental health, which can exacerbate your eating problems. Body positivity movement is, therefore, a reaction to this constant shaming. Everyone wants to feel pretty and good about themselves and their bodies, so it is understandable that obese people want to do that too. However, obesity is dangerous and can kill you and shorten your life.



Time	Day 1	Day 2	Day 3	Day 4
8:00 - 9:15	Introduction	Health implications of obesity	Gender differences in obesity and overweight	Body positivity movement - pros and cons
9:30 - 10:45	Group building 1	What causes obesity-individual failure	Social views of men and women and obesity	Media and Social media and how it impacts body dysmorphia
11:00 - 12:15	Group Building 2	What causes obesity - systemic failures	What causes obesity - systemic failures	How to approach obese people with compassion
12:30 - 13:45	Youthpass	Walking workshop - exchanging opinions	Why is obesity different in different countries	Mid-term evaluation

## Travel reimbursement

Transportation costs will be reimbursed upon obtaining originals or scanned invoices and boarding passes. We will transfer the money for the whole group after the youth exchange to one account, in order to minimise bank transfer fees.

The maximum travel reimbursement per participant will be 220 euros for participants from Hungary. We will reimburse only the actual travel costs, and not the full amount to 220 euros per participants. For example, if your travel costs are 200 euros per participants we will refund 200 euros, not 220.

Time	Day 5	Day 6	Day 7	Day 8
08:00 - 9.15	Half a day hike	How do I make changes in my life	Presenting final outputs/writing articles about the youth exchange	Departure
9.30 - 10.45	Half a day hike	Making final outputs	Dissemination	Departure
11:00 - 12.15	Free afternoon	Making final outputs	Writing youthpass	Departure
12.30 - 13.45	Free afternoon	Creating new youth exchange/making final outputs	Final evaluation	Departure

## **Preparation of participants**

Every national group will be in charge of implementing a few practical workshops. Also, groups will have to prepare the following topics before coming to the youth exchange:

- prepare to implement workshops they were assigned - it will be in groups of 2-3 participants and they will have to do an energiser, explain the topic, facilitate the working in groups, monitor their progress and lead debriefing
- participate in workshops where they will learn something about cultures of other partner countries
- prepare intercultural evening program for their country

## **Other Useful information**

Croatian currency from 1st of January 2023. is euro (EUR)

Croatia is the part of Schengen zone so if you are traveling by land you will not have to show your ID or passport, however always carry at least your ID card.

Croatia has virtually free health care service so make sure all participants have European Health Insurance Card. Make sure that all your participants have European Health Insurance Card.

COVID Restrictions:

Croatia currently does not have any COVID restrictions or regulations. You can enter Croatia without COVID certificates or vaccine. If you are feeling unwell before the youth exchange, please make sure to do COVID test just in case.

Phone number for emergencies (police, ambulance, firefighters) is 112.

Emergency contact

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<b>Expressions</b>		<b>Common Signs</b>	
Hello	Bok	Open	Otvoreno
How are you?	Kako si?	Closed	Zatvoreno
Fine, thank you.	Dobro sam, hvala.	Toilette	WC
Thank you	Hvala	Men's	Muški
You are welcome.	Nema na čemu.	Women's	Ženski
Yes	Da	Entrance	Ulaz
No	Ne	Exit	Izlaz
Good morning	Dobro jutro	Push	Gurni
Good afternoon	Dobar dan	Pull	Povuci
Good evening	Dobra večer		
Good night (to go to sleep)	Laku noć		
Excuse me	Oprostite		
I don't speak Croatian.	Ne razumijem hrvatski.		
Do you speak English?	Razumijete li engleski?		