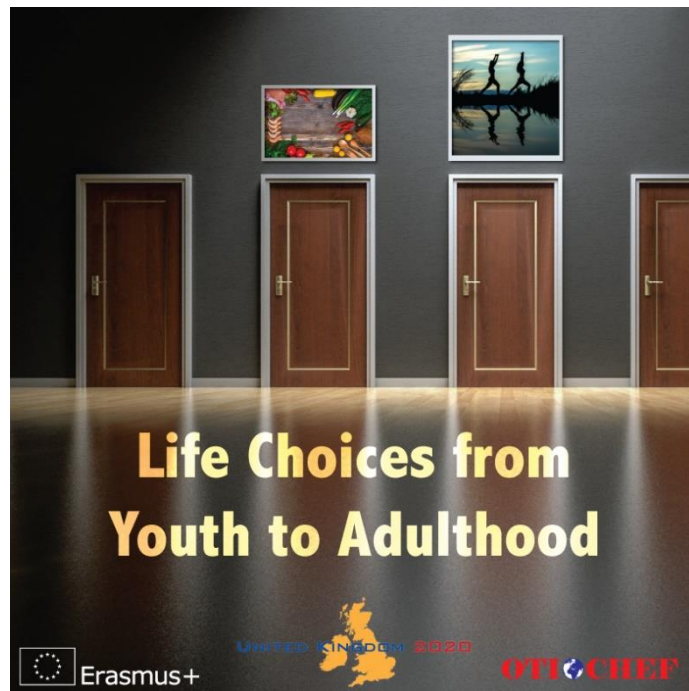


Participant Tasks



The facilitators of the youth exchange would like you to do the following task in order for you to prepare for the project:

- Find home remedies from your families, ask your grandparents and parents which remedies they used to treat either illness or help in curing and healing.
- Talk to local youth and identify common concerns and problems associated with lifestyle choices and healthy lifestyle.
- Talk to parents, grandparents and ask them, what would they have done differently now that they know more?
- What are the most common health concerns in your country?

This information will be used during the different session of the exchange.

See you all soon!