



Health life academy

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YOUTH MOVEMENT POWER

*International
Football & Handball
Croatia Trophy*

23rd-26th March 2016
ROVINJ, CROATIA

"Do you know what my
favourite part of the game is?
The opportunity to play..."
Mike Singletary



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Sports and recreation project • Young athletes born 1998-2006 •
Five days of competition in handball and football in 10 different sports fields in the area of Rovinj

Focus of this project is the **CHANGE** that will enhance the role of physical culture among young people, with the awareness that a firmer position in schools and health care system also creates a stronger platform for development of sport and nurture of strong and healthy individuals who respect themselves, game, friends and nature.

IMPROVE YOUR MOVE

In a passive society, in a society which always wait's on a another person initiative, in a society that rarely speaks and even more rarely works – mechanism that converts the movement of the body in the ambition of thought – is needed.

Movement can change the world. How the body follows the mind, the mind will also follow the body. Enable our children to strengthen their movements to empower thoughts through the initiative of the project.

"The movement of the heart"

The project will support the Cerebral Paralysis Association of the Istria County

"Improve your move & environment"

Workshop – design your own reusable bag and send your message.

OBJECTIVES

- positive impact on the development of sports features, participation;
- impact on the training of endurance, self-initiative, courage, fairness, honesty and empathy;
- encouraging individual abilities through collective motivation;
- making a habit of humanitarian and social action;
- proper experience of victory as well of defeat

IMPROVE YOUR ENVIRONMENT

Plastic bags are not biodegradable. They clog waterways, spoil the landscape, and end up in landfills where they may take 1,000 years or more to break down into ever smaller particles that continue to pollute the soil and water.

In order to preserve the nature of the pollutants plastic bags – as part of the Youth Power Movement we will contribute through a workshop. Children will have the opportunity to paint on their own reusable bag and transmit their own colourful message. This workshop educates and encourage children to influence their parents and environment by replacing plastic bags for reusable bag; enable to actively learn and contribute in a way that actively participate by sending a clear and loud message – on a reusable bag.



ISTRIA

The Istrian Peninsula has managed to preserve true and original natural values. The protection of such natural treasures, passed on from generation to generation, has also become an unwritten rule for today's new generations – to preserve the unspoilt, sun soaked hills, highlighted with flourishing Mediterranean greenery, forests shading the Adriatic sea... The mild Istrian climate, fresh air and non-polluted sea enable athletes to practice nearly all events throughout the year, both indoors and outdoors...

JOIN IN

Sports is one of the world's great passions because it is also one of life's great engines of progress and humanity's great engine of evolution. A person can really find out what they are made of and how far their dreams and their realities can be stretched. It is not surprising that people in business, in government, in the military, and in many other walks of life look to sportsmen and sports-women as inspirations for their betterment.