

**On the occasion of European Cooperation Day 2023**  
**Cross-border Cooperation Programme PL-(BY)<sup>1</sup>-UA 2014-2020**  
**invites you to take part in the Youth Education Campaign**  
**"Stronger, Healthier - Together!"**

**IDEA**

Modern civilisation makes our lives easier thanks to technological progress, but at the same time it makes us move less and less, and we often eat inappropriately, which has a negative impact on our health. For these reasons, we want to dedicate this year's educational campaign to a healthy lifestyle: physical activity, healthy cuisine, living in harmony with the environment, so that, surrounded by the beautiful and clean nature of the Bug River valley, at the crossroads of cultures, we can return to what is primal, basic, in harmony with nature.

The Educational Campaign for Youth "Stronger, Healthier – Together!" consists of spring competition preliminaries and the Final, organised after the holidays. It will be attended by the best teams from Poland and Ukraine and will be held on the occasion of the European Cooperation Day **from 20<sup>th</sup> to 23<sup>rd</sup> September** this year (reserve date 27<sup>th</sup>-30<sup>th</sup> September) **in Drohiczyn**, Podlaskie Voivodeship, Poland.

**COMPETITION RULES**

1. The competition is open to **4-person teams** of young people representing schools or other educational institutions (including art and music schools, school dormitories) based in the Programme area:
  - **in Poland** - in the following voivodeships: Podlaskie, Lubelskie, Podkarpackie and the Ostrołęka-Siedlce sub-region of the Mazowieckie;
  - **in Ukraine** - in the following oblasts: Rivne, Volyn, Lviv, Ternopil, Zakarpattia, Ivano-Frankivsk.

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<sup>1</sup> Due to the involvement of the Belarusian authorities in the war against Ukraine, cross-border cooperation with Belarus has been suspended in accordance with a decision of the European Commission.

In doing so, we encourage the inclusion in the teams also of Ukrainian students who have taken up education in the above-mentioned Polish schools as a result of their exile. **Age of participants: 12-16 years** (the number of years completed at the time of application counts).

2. The team must be accompanied by a teacher/chaperone (team leader). **Each school/entity can only enter one team.**
3. Schools taking part in the campaign for the first time will receive 1 extra point in the evaluation.

### STAGE I - QUALIFICATION

1. **At the qualification stage, the team must complete 3 competition tasks:**
  - 1) Record a dynamic, motivational, max. 2 minutes **video promoting physical activity** (e.g. dance, sport or active tourism). It can be a story about your team, class or school. You should post it on social media adding the hashtag #ECDay and then send us the video file with a link to the post.
  - 2) Prepare a **tasty and healthy dish**, preferably using regional ingredients. Include the recipe for this dish and a photo of the finished dish.
  - 3) Create a **poster** in any technique to **promote a healthy lifestyle**. Post it on social media adding the hashtag #ECDay and then send us a scan, photo or image file of the poster along with a link to the post.

The most interesting entries will be presented during the Finale and on the Programme website and its social media profile.

The aforementioned tasks are described in the electronic Application Form, which must be completed and sent together with the electronic version of the works (text files, photos, recordings, etc.) and the necessary RODO consents (concerning EU citizens only) by **15<sup>th</sup> June 2023**. In case of large files or problems with the electronic submission, please contact:

- in Poland: [branch@pbu.rzeszow.pl](mailto:branch@pbu.rzeszow.pl)

- in Ukraine: [branch@pbu.lviv.ua](mailto:branch@pbu.lviv.ua)

2. The evaluation of the works will be carried out by the Programme Branches in Poland and Ukraine according to the attached Evaluation Grid. We encourage you to read it before completing the tasks.

3. The results of the assessment of pupils' works will be announced on the website [www.pbu2020.eu](http://www.pbu2020.eu) on **25<sup>th</sup> June this year**. Schools/schools/organisations will also receive notification by e-mail at the address provided in the application form.
4. A total of **16 teams from Poland and Ukraine** (8 from each country) will be invited to participate in the Finals.

## STAGE II - FINAL

In line with the idea of the competition, this year's campaign will focus on physical activity, healthy cuisine, spending time surrounded by nature, while developing skills such as teamwork, creativity, learning the language of the neighbours and much more. During the final, we will divide the students into two workshop groups: dance and cooking, which will work in mixed, international teams. The results of their activities will be presented at a final gala, and the most interesting presentations will be awarded. During the Final, we are planning a visit to the Centre of Kayak Tourism in Drohiczyn, where you can try your hand at a kayak simulator and various types of kayaks in an indoor pool. We will also take the finalists on a short pontoon rafting trip down the Bug River, ending with a joint bonfire and fun. In addition, the registered teams will participate in a game consisting in finding answers to questions and tasks in the field (quest). The best teams will receive prizes. In addition, **each participant (including teachers/guardians)** will receive a set of promotional gadgets and a diploma for taking part in the Final. Each team will also receive a collective diploma. A reward for all participants in the Final is also the opportunity to relax in the beautiful nature of the Bug River and make invaluable international contacts!

**IMPORTANT: The PL-BY-UA Programme organises and covers travel costs (from the school/school to the venue of the Final), accommodation, meals, excursion and insurance for all 16 selected teams.**

**ATTENTION: In case of significant constraints due to so-called force majeure, the format of the Final may be changed, of which participants will be notified well in advance.**