The owner of this certificate has participated in a project supported by the European Union Erasmus+ programme. Erasmus+ supports the educational, professional and personal development of individuals in the education, training, youth and sport fields. It offers opportunities for learning mobility and active participation for young people, as well as professional development and cooperation for youth workers and youth work organisations.

Erasmus+

ALEXANDRA AVO

participated in the Youth Exchange

GLOW UP

in Bartninkai, Lithuania

from 11/04/2026 to 18/04/2026

About the project

The “Glow Up” activity aims to help young people from Hungary, Lithuania, Slovakia, Czechia, Portugal, and Romania understand how to achieve a balanced life, from the perspective of both psychological and physical well-being. The activity focuses on topics such as emotional regulation, self-reflection, and healthy habits to support young people in living more harmoniously.

This certificate has been issued by Association “Keliauk, kad keistum”.

Jolita Fabian
Legal representative

Electronically signed on 18/04/2026 15:19 by Povilas Alaburda

Youthpass is a Europe-wide validation system for non-formal and informal learning within the European Union youth programmes.

The ID of this certificate is Z6R5-EW9D-CMRY-2N3X.
To verify the ID, please go to the Youthpass website at **https://www.youthpass.eu/verify** or scan this QR code:

Youthpass

Makes your learning visible

PROJECT DETAILS

Below are further details about the project in which Alexandra Avo participated.

Glow Up

Youth Exchange | 11/04/2026–18/04/2026 | in Bartninkai, Lithuania

Main activities: The well-being activity included a variety of non-formal learning methods aimed at promoting mental, emotional, and social health. Participants engaged in interactive workshops focused on self-awareness, stress management, and mindfulness, alongside creative sessions that encouraged self-expression and relaxation.

The programme also featured group discussions, reflection circles, and guided exercises addressing topics such as emotional resilience, healthy habits, and maintaining balance in daily life. Team-building activities and trust-based exercises helped strengthen connections, foster a sense of belonging, and support positive group dynamics.
Throughout the activity, practical exercises, collaborative tasks, and personal reflection encouraged participants to develop strategies for improving their well-being and to apply these practices in their everyday lives.

Main outcomes: The programme placed strong emphasis on practical activities: participants took part in creative workshops, team-building exercises, reflection sessions, and discussions. Non-formal education methods allowed them not only to gain knowledge but also to apply it immediately in practice.

Hosting organisation: Asociacija "Keliauk kad keistum"

Group: Participants from Czechia, Hungary, Lithuania, Portugal, Romania and Slovakia

The working language of the project was English.