

EUROPEAN
SOLIDARITY CORPS
PROJECTS 2022



Digitally
present
Physically
active

Project Manager:
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Digitally Present, Physically Active

Project Information: Digitally Present, Physically Active strived to empower adolescents by teaching them about healthy lifestyle, nutrition, and exercise. The objectives were first to provide the participants with information on how to improve their daily diet, mental and physical health and second to encourage participants to become multipliers of a healthy lifestyle.

1 Webinar

1 Instagram Live

3 Social Media Campaigns



The Project in numbers



1.

Webinar

Speakers: 3

Participants: 495

Demographics

  - 70% / 30%

Average Age: 25

Cities: 15

Remote Areas: 8

2.

Social Media Campaigns

2 Social Media Campaigns & 1 challenge

8 healthy tips and 5 videos with exercises

Channels:    

Posts: 36

Outreach: 4.671

Stay tuned at Youthmakers Hub

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