



SALTO
TRAINING &
COOPERATION

Youthpass

Practical Anti-Aging Hacks To Help You Stay Young Forever

There are actually some things you can do to try and look and feel younger for longer. Here are hacks to stay young forever in looks and feeling.

Prioritize Your Social Life

Sometimes, aging comes with isolation and loneliness in some folks. This is bad news for mental health, which can lead to depression and other issues. By prioritizing an active social life, you will feel better for longer, which can keep you feeling young.

M News ▶ World news ▶ Chocolate

Eating chocolate makes you look younger 'by preventing wrinkles' study claims

The new research may be a blessing for those addicted to the sweet treat

Keep Your Brain Active

Keeping your brain active is one of the best ways to stay young. Over time and with age, brain function deteriorates. By keeping mentally active, you can help to stay young. [Harvard Health](#) recommends activities such as puzzles, Math, drawing and painting to keep your brain busy.

Healthy Beauty ▶ News

Smiling Makes You Look Younger

Study Shows That People Think Those With Happy Faces Look Younger



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International
team on a
'Bonn' Voyage!





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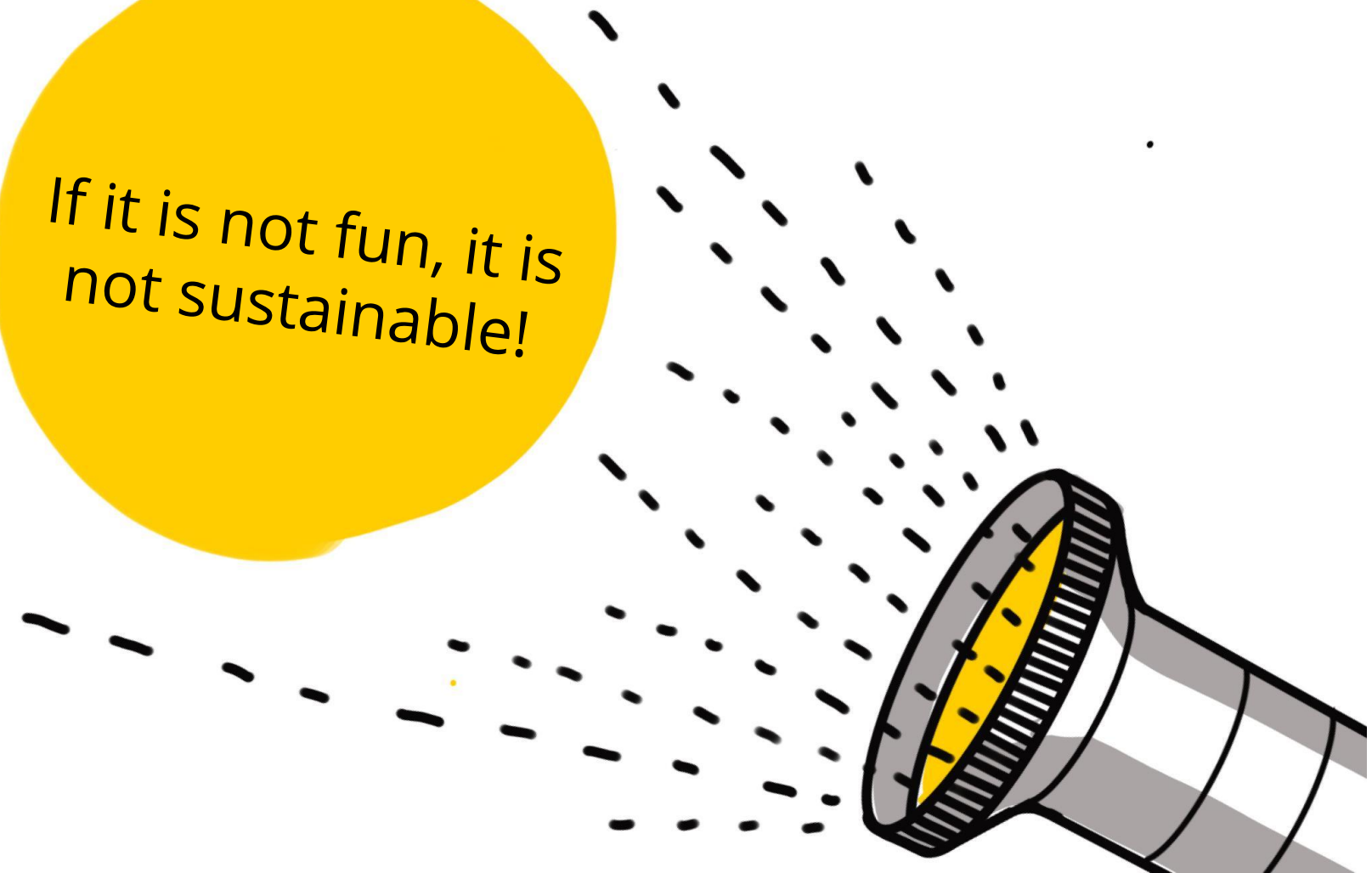



Healthy Beauty ▶ News

Smiling Makes You Look Younger

Study Shows That People Think Those With Happy Faces Look Younger

If it is not fun, it is not sustainable!





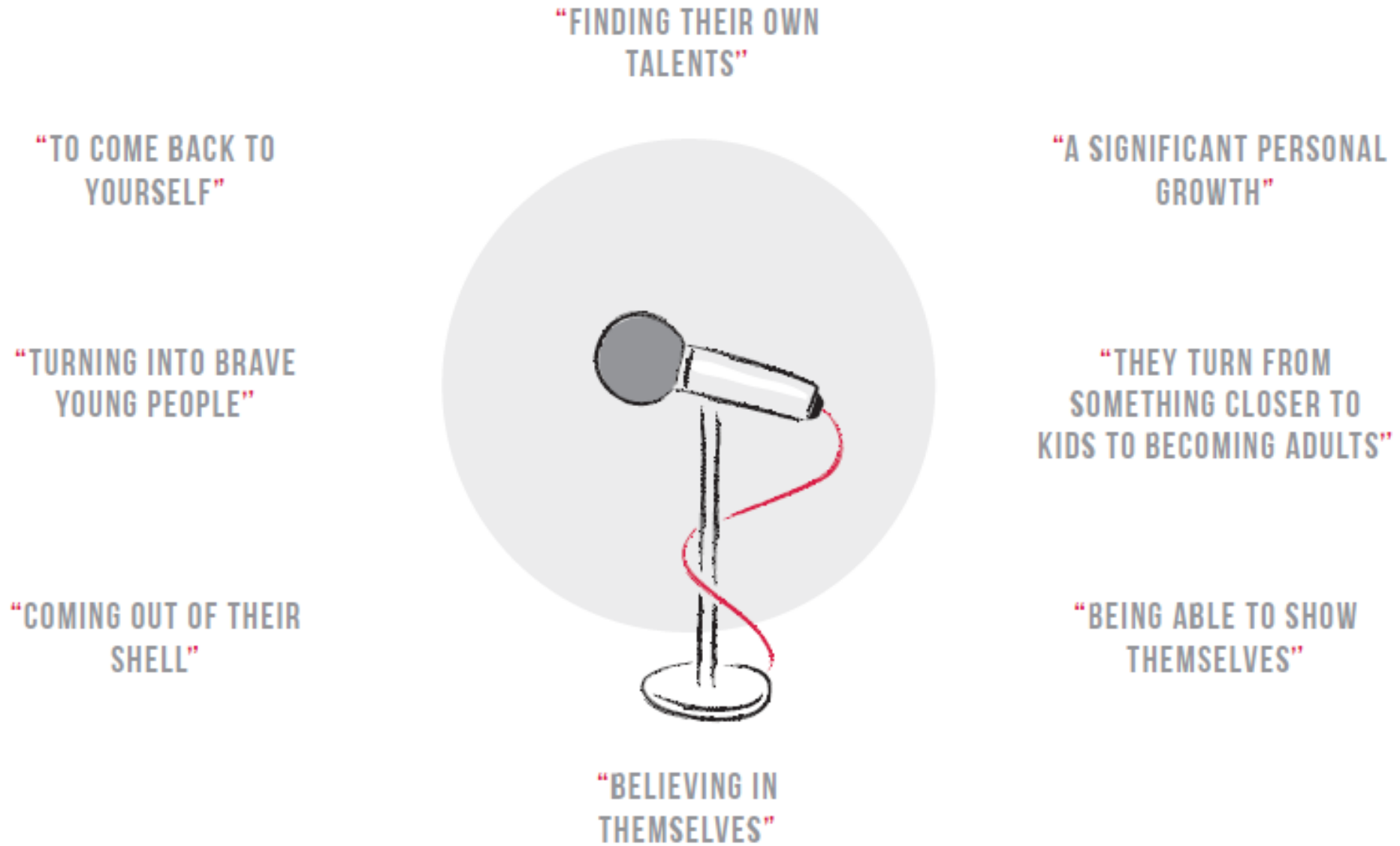
**Check out the
Participation Resource Pool by
SALTO Participation &
Information for hints on fact-
checking and quality
information!**

<https://participationpool.eu/>

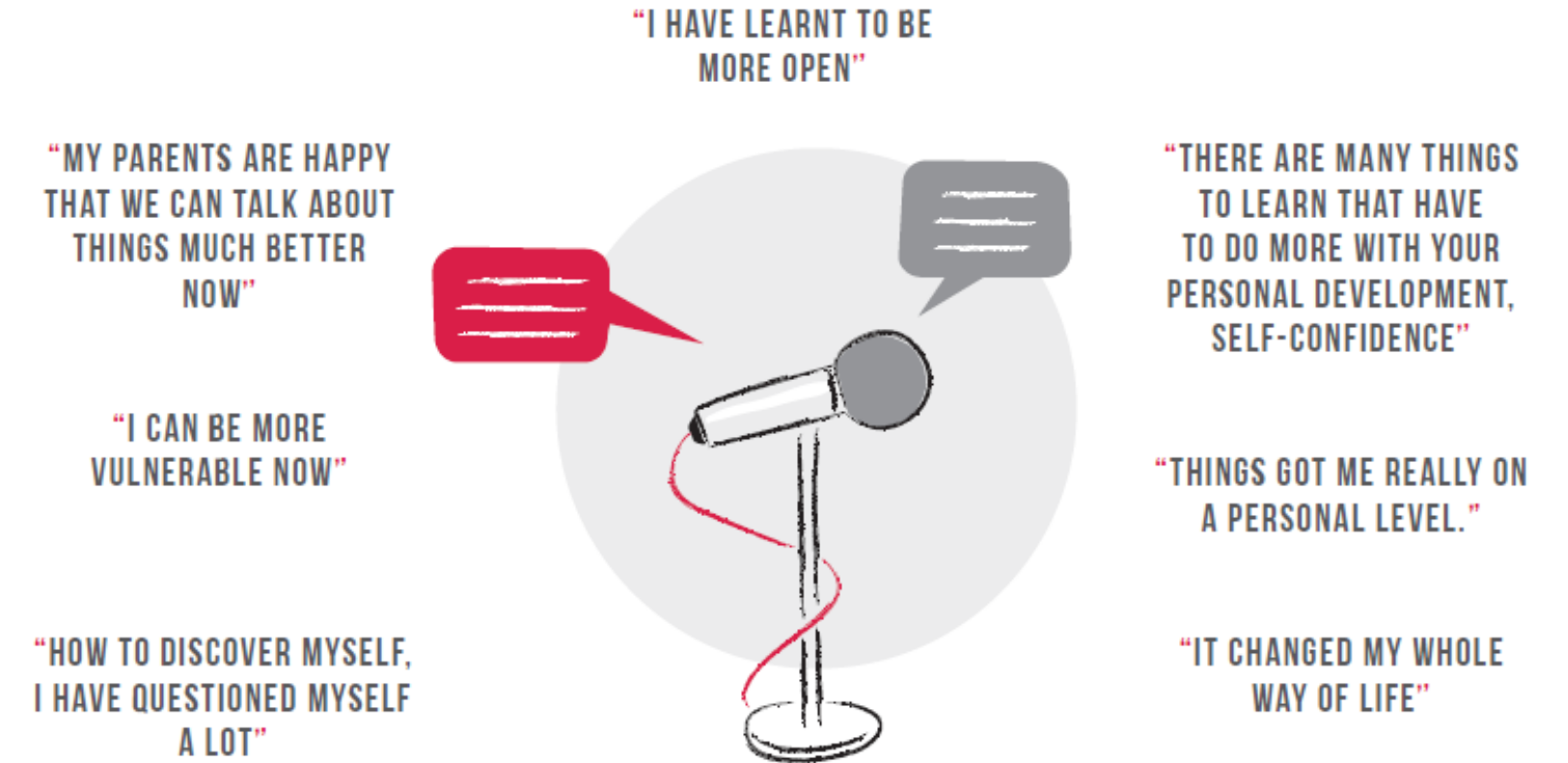
References to the secret to youth articles
www.moms.com/hacks-to-stay-young-forever
www.webmd.com/beauty/news/20111111/smiling-makes-you-look-younger
www.mirror.co.uk/news/world-news/eating-chocolate-makes-you-look-7423483

Not all young people, but certainly over half mentioned personal development as an important outcome of their mobility project.

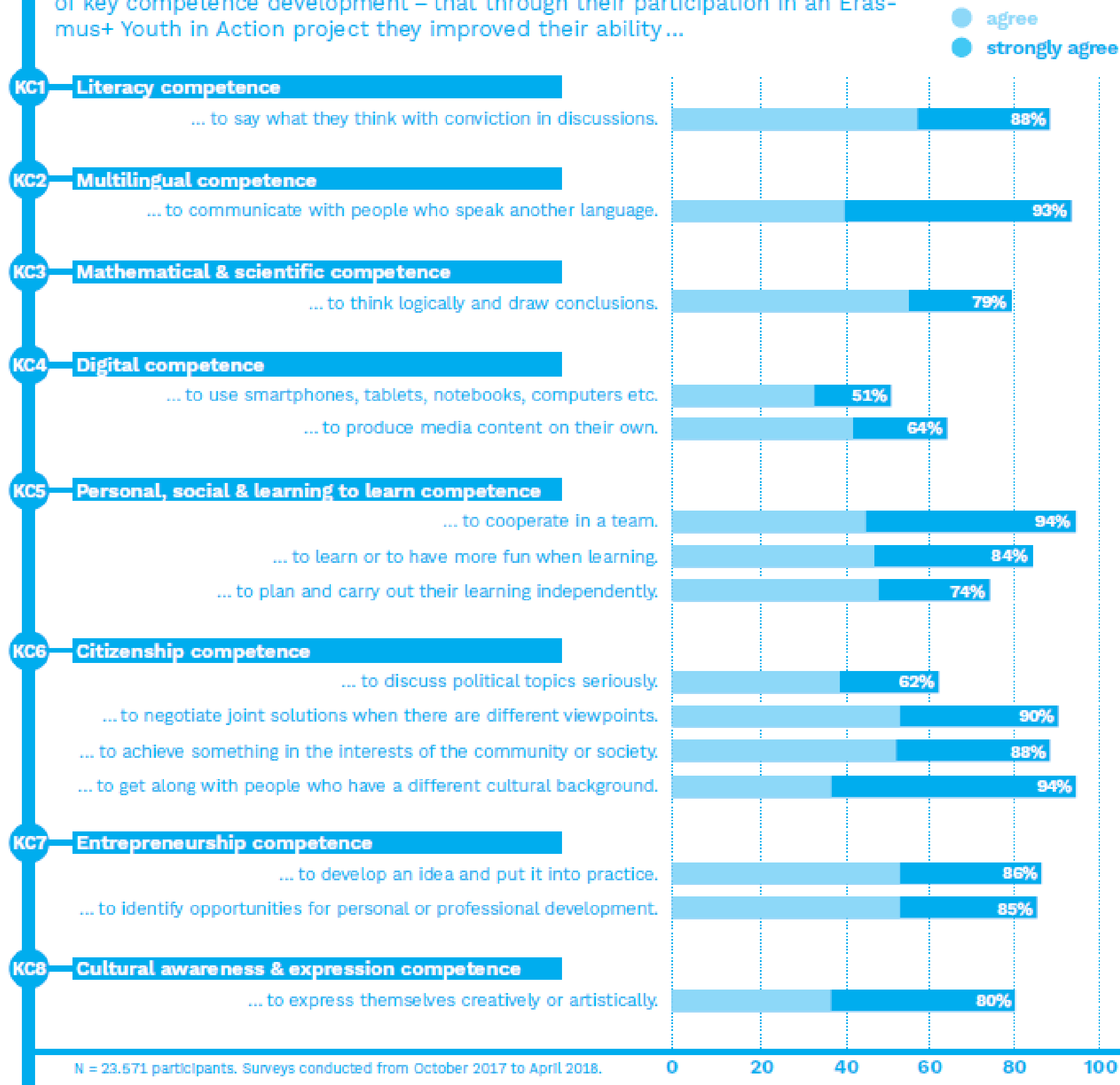
Personal development, described in many different ways, is surely considered to be the primary outcome of youth exchanges and volunteering activities. All the interviewed youth workers placed much emphasis on this aspect.



These are a few of the ways youth workers describe this process.



The majority of the 23.571 respondents agree or strongly agree – for *all* aspects of key competence development – that through their participation in an Erasmus+ Youth in Action project they improved their ability...



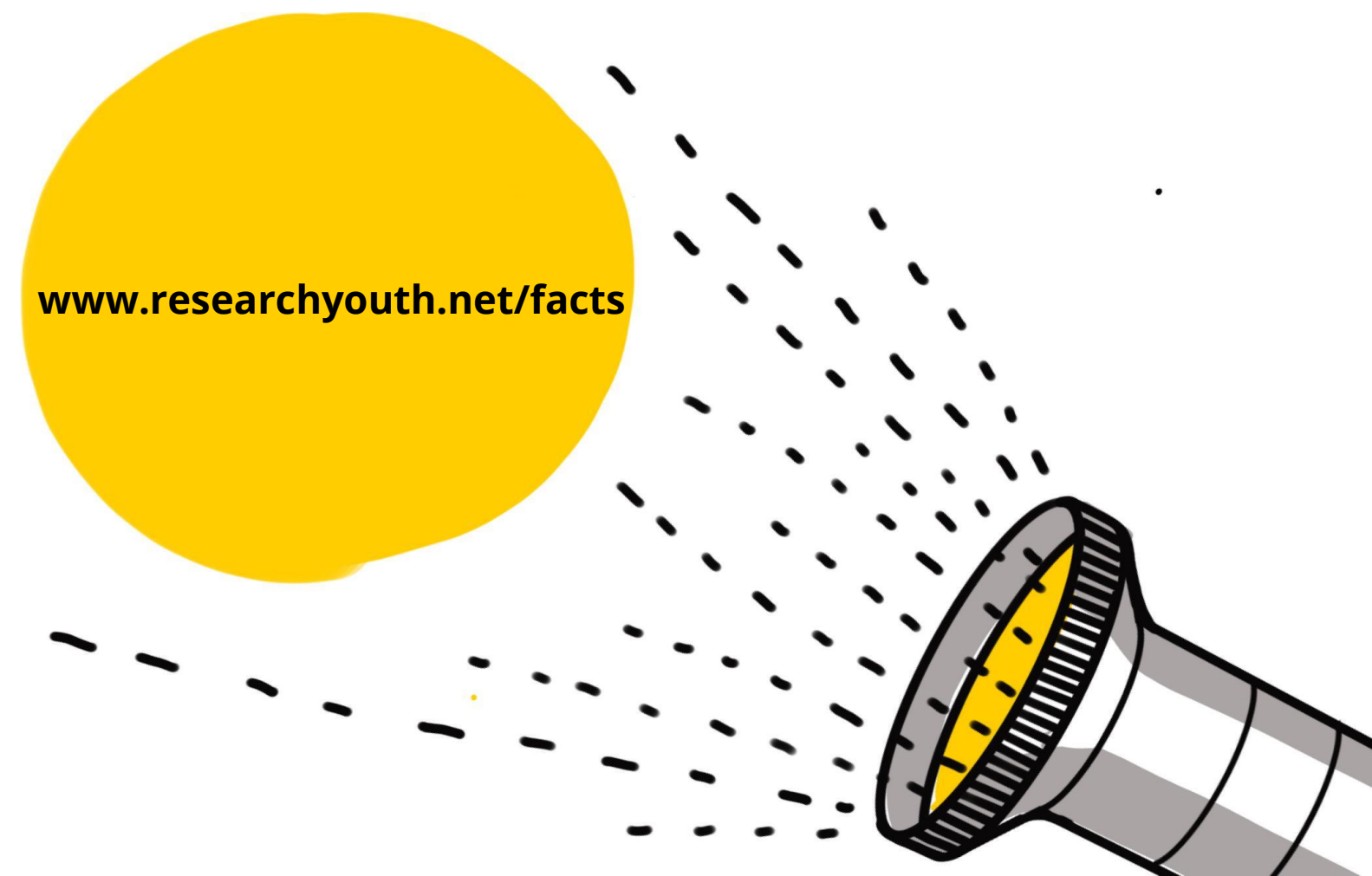
N = 23.571 participants. Surveys conducted from October 2017 to April 2018.

Erasmus+ Youth in Action and the key competences

By

RAY – Research-based analysis of European youth programmes

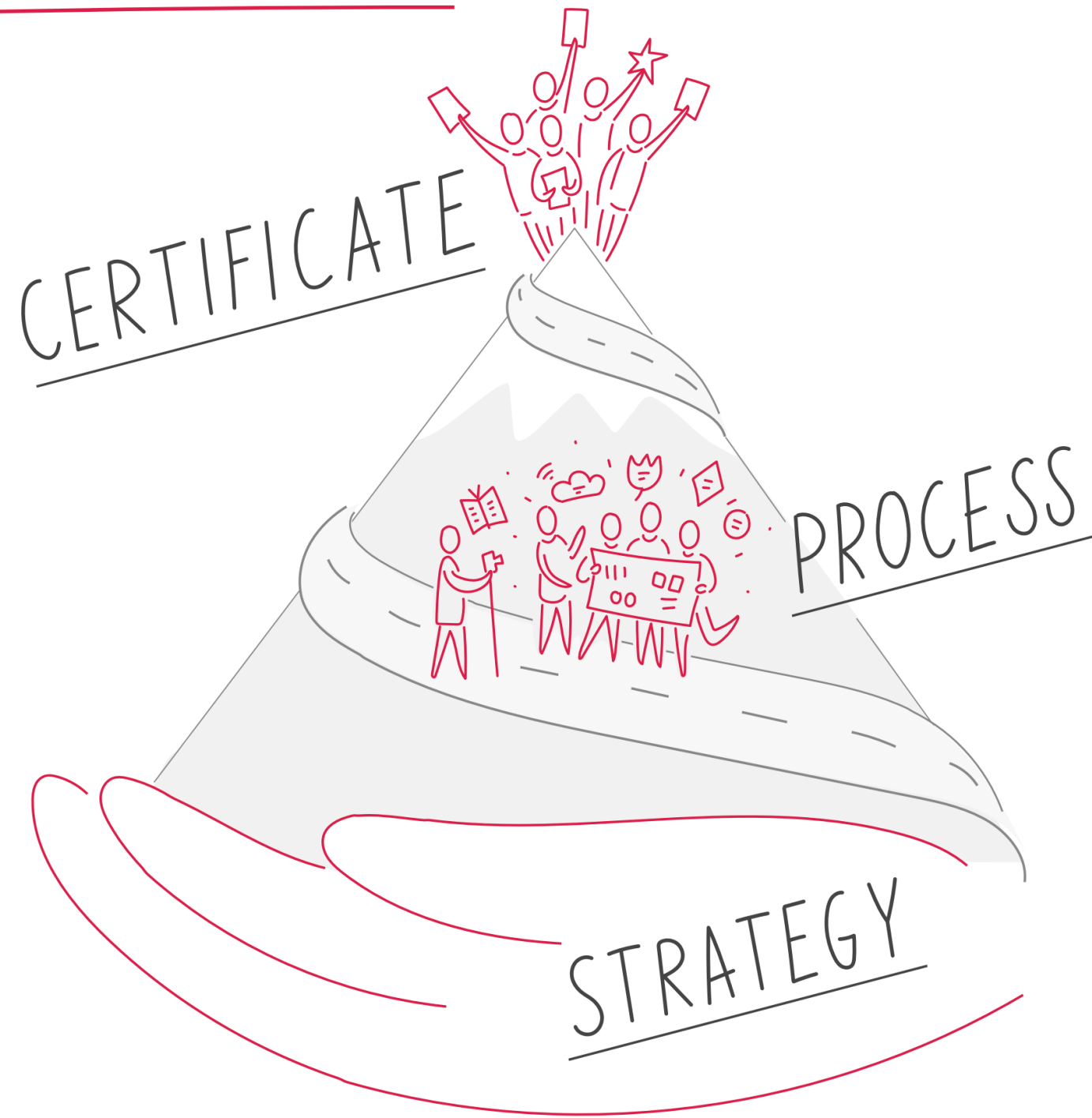
www.researchyouth.net/facts





**How does Youthpass
come into this picture?**

YOUTHPASS



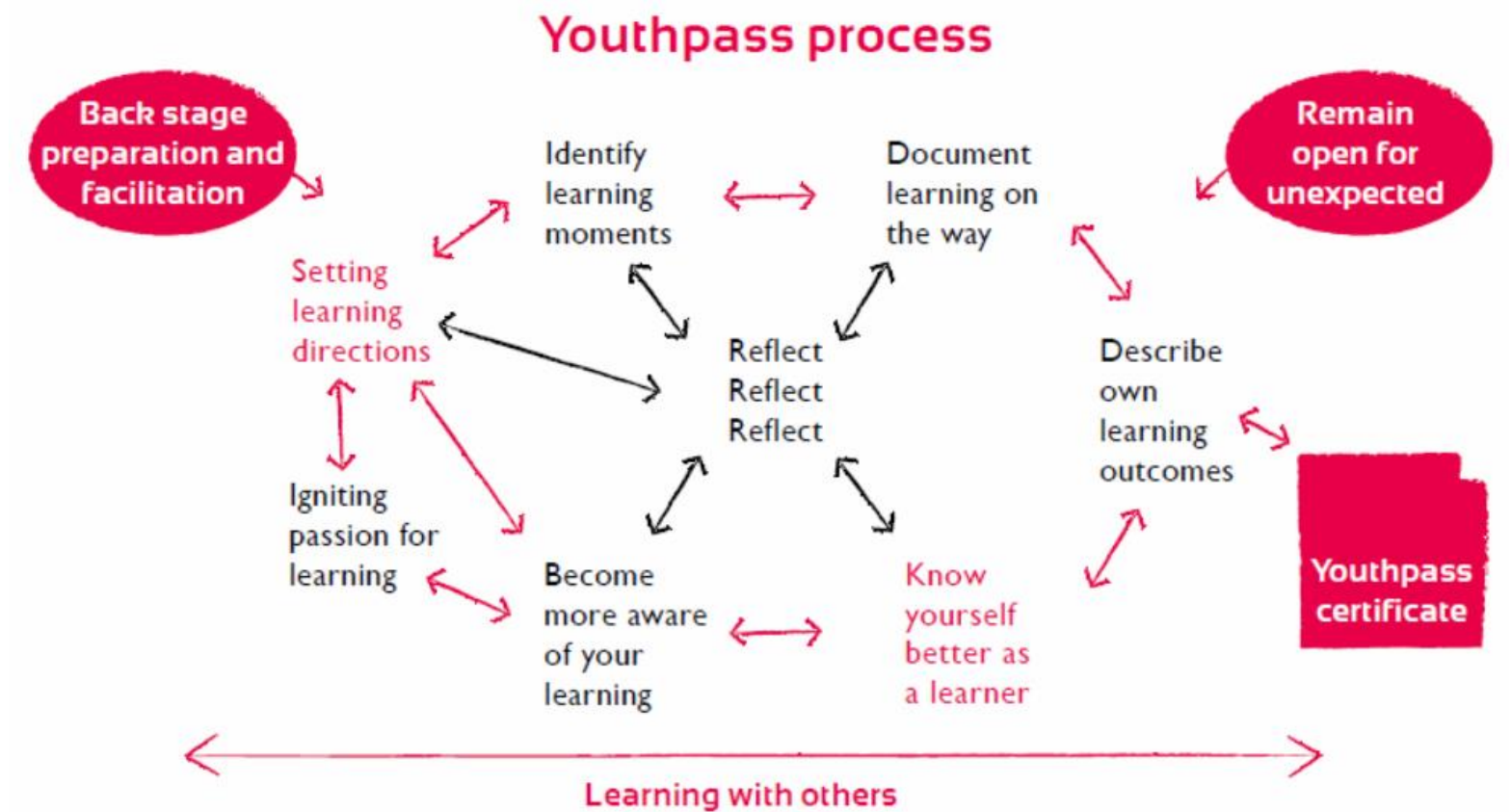
Putting and keeping learning on the agenda

Supporting reflection on the experience

Keeping track of and recording the learning journey and its outcomes

Naming learning and competences

Certificate with description of learning



"With the help of Youthpass and my mentor I started to believe in myself, see my potential to grow and reached my goal. I believe that was just a small piece of puzzle in the big picture of success, but now I see how Youthpass can help me to achieve much more in my future career and personal life."

Vanja Bunderla - #1MYouthpass Testimonials

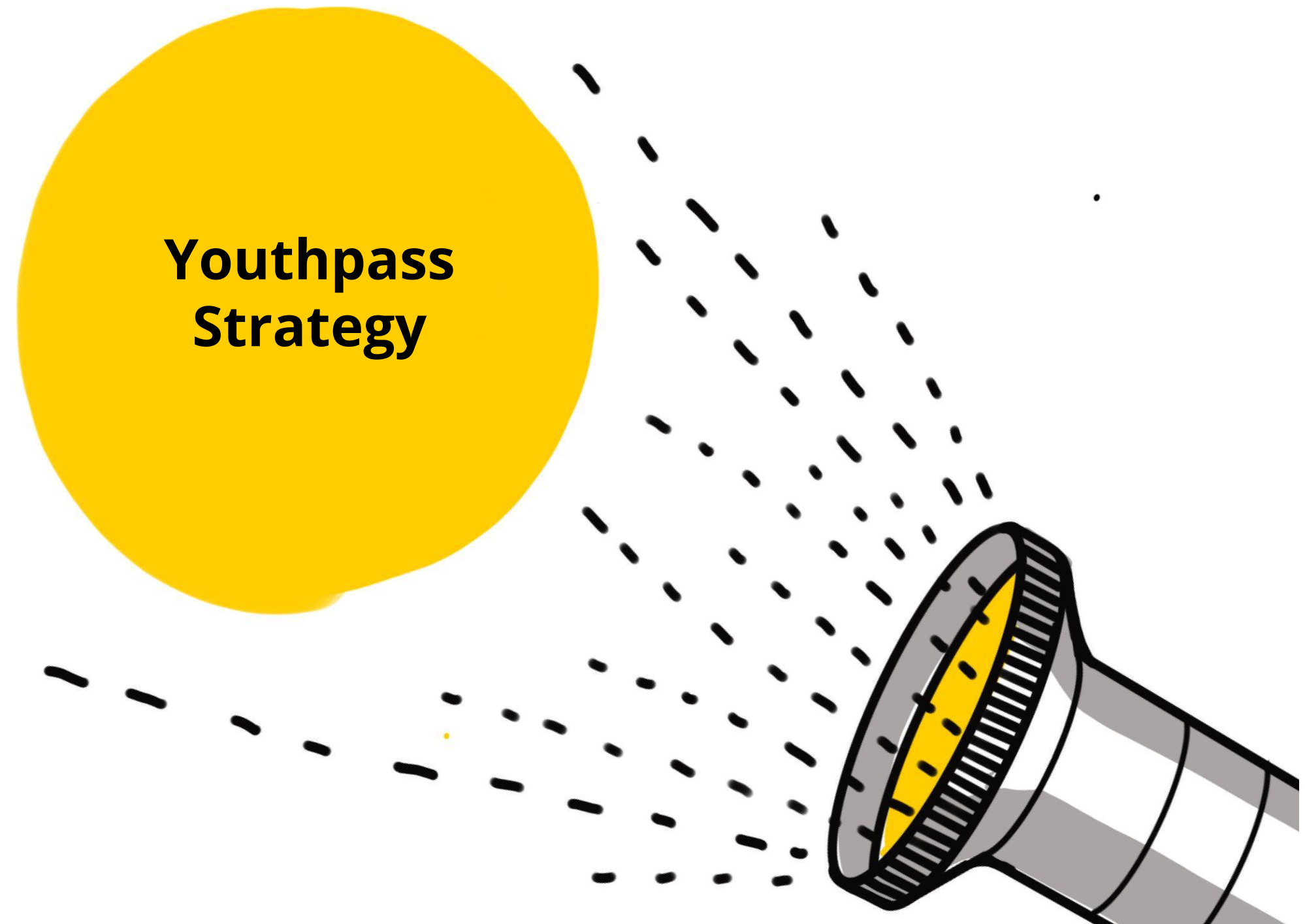
youthpass.eu/en/about-youthpass/1million-youthpasses/

According to the RAY Network survey results*

...89% of the participants who had the Youthpass process implemented in their project confirmed that the reflection on learning and the self-assessment helped raise their awareness of their development

Vision:

Broad visibility and understanding of the learning value of the youth field, and of the competences developed through involvement in the youth field.



New Programmes - New Certificates

Expected launch - late summer

Flexible use of three parts

- short project info
- learning process and outcome description (optional)
- `transcript` - more information on projects (optional)

Key competences for young participants

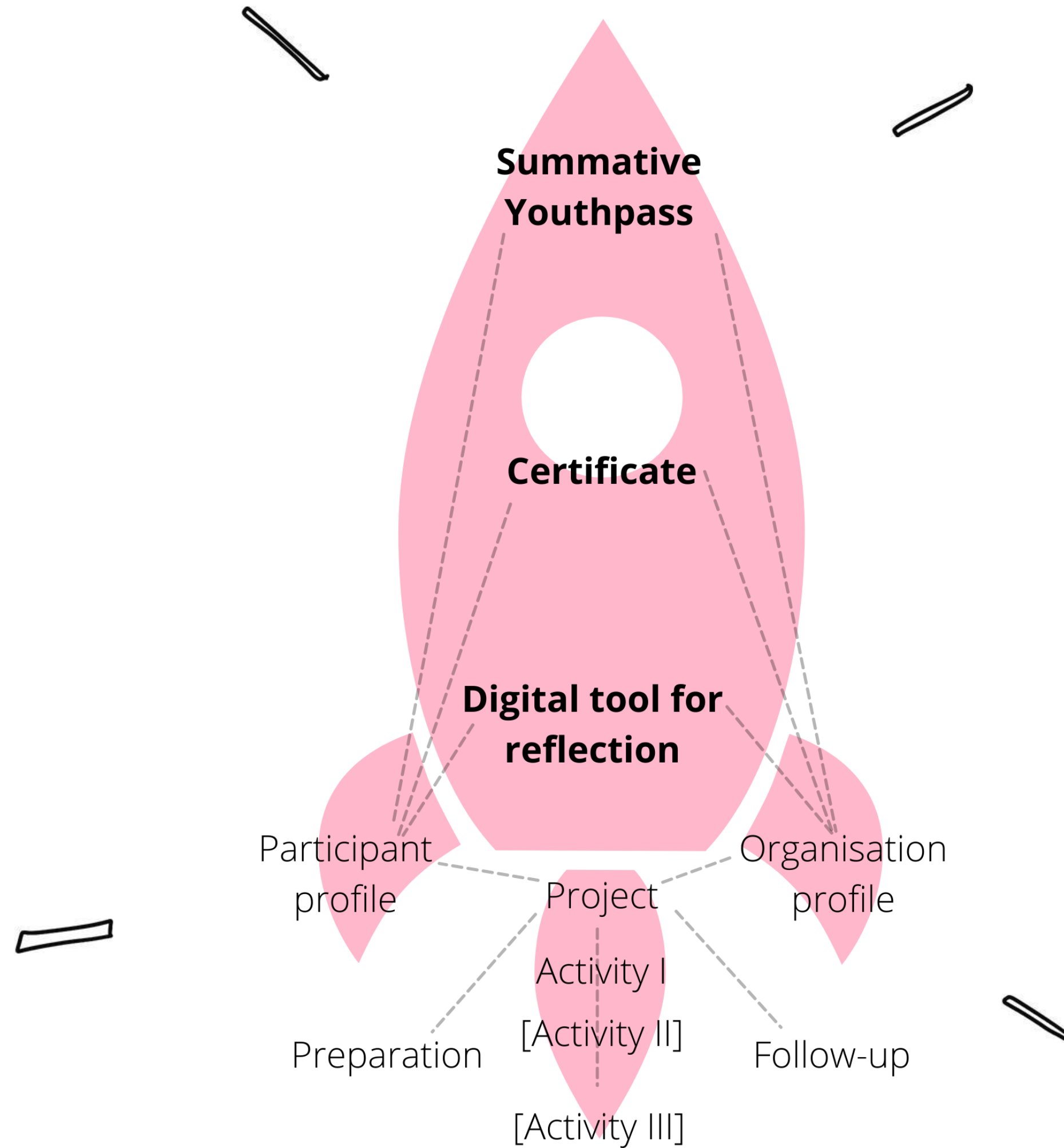
European Training Strategy (ETS) Competence Model for youth workers and other experts

Similarity across certificates of different actions

Possibility to provide certificate to team members



New Youthpass?



Support and resources

Youthpass website – www.youthpass.eu

Youthpass (and learning) videos - www.youthpass.eu/en/about-youthpass/video

Publications - handbooks, leaflets, research outcomes - www.youthpass.eu/en/publications

Training and support activities - www.youthpass.eu/en/help/youthpass-trainings

Youthpass helpdesk – youthpass@salto-youth.net

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Youthpass stories, questions,
comments... at
youthpass@salto-youth.net

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