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Erasmus+

# TOMI MARTINJAK

participated in the training course

## EXPLORE YOUR LIMITS

in Fort-de-France, Martinique, France

from 09/03/2023 to 19/03/2023

### About the project

The training course was designed to promote sports as a diagnostic and therapeutic tool for influencing young people. Sports activities are miniature societies with their rules, dynamics, relationships and everything else found in society with the difference that results are much faster and relationships are much more intense, which leads to changes. The very extensive programme was designed to promote healthy lifestyle, recreation, nutrition, mutual help, solidarity and many other topics.

This certificate has been issued by JOETZ vzw.



Laurence Watticant  
Legal representative

Brussels, Belgium, 19/03/2023

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

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## PROJECT CONTEXT

### PROJECT DETAILS

Below are further details about the project in which Tomi Martinjak participated.

#### Training course

09/03/2023–19/03/2023 | in Fort-de-France, Martinique, France

The working language of the project was English.

Further information about the Erasmus+ programme can be found here: <https://ec.europa.eu/programmes/erasmus-plus/>  
More information about this project can be found in the Erasmus+ Projects Results Platform:  
[https://ec.europa.eu/programmes/erasmus-plus/projects\\_en](https://ec.europa.eu/programmes/erasmus-plus/projects_en)

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