



Co-funded by the
European Union

4th Meeting in Türkiye Newsletter

Türkiye / May 13-17th, 2024



For a healthy lifestyle

The aim of the project is to improve the understanding of healthy lifestyle and eating habits of the selected target group and to create changes in their current behavior.

Our main goals are:

- reduce the number of fast food consumers in our target group by at least 40% after two years of the project.
- increase the awareness of at least 65% of the participants about the principles of healthy eating;
- exchange of ideas and practices with other European schools so that teachers can prepare a brochure for students, parents and schools.
- to develop knowledge about the diversity of European sports and cultures.

Therefore, we want to promote a healthy lifestyle and sports among students, forcing them to work together regardless of their appearance, thereby reducing the attitude of discrimination directed at students with overweight problems.

The Fourth Meeting

THE 4TH MEETING HAPPENED ON MAY 13TH - 17TH, 2024 IN TRABZON, TÜRKİYE . PARTNERS FROM LATVIA, HUNGARY AND NORTH MACEDONIA JOINED THIS MEETING. DURING THE MEETING, THE PARTNERS SHARED THEIR KNOWLEDGE, EXPERIENCE AND GOOD PRACTICES RELATED TO THE TASKS IN THE PROJECT AND THE WORK PROGRAM.



Co-funded by the
European Union

2022-2-LV01-KA210-SCH-000098036



DAY 1

The week began with ice-breaking activities designed to help participants get acquainted, followed by a guided tour of the school and its facilities. Students presented "Tips and Strategies for a Healthy Lifestyle," providing valuable insights into maintaining well-being.

DAY 2

We focused on balanced nutrition and healthy eating habits. Sessions were led by the school counselor, a nutritionist, and physical education teachers. Participants engaged in joint sports activities with local students, promoting physical fitness. The day concluded with a visit to a local restaurant, where we discussed the ingredients and nutritional benefits of traditional meals.



DAY 3

Participants visited significant landmarks and cultural sites, learning about historical health practices and lifestyles. The afternoon featured a trekking adventure with local students, emphasizing the benefits of an active lifestyle.





Co-funded by the
European Union

2022-2-LV01-KA210-SCH-000098036



DAY 4

The morning was dedicated to an art therapy session exploring creativity and mental health. This was followed by a workshop on using fitness apps and wearable technology, led by an ITC teacher. An interactive session on digital detox and managing screen time rounded off the day. In the afternoon, participants enjoyed a cultural trip to Trabzon city center.

DAY 5

The final day included a visit to local farms to understand sustainable farming practices and the farm-to-table concept. The week concluded with a feedback and discussion session about the mobility activities, as well as the dissemination of the project. Participants were awarded certificates in a closing ceremony.





2022-2-LV01-KA210-SCH-000098036



CHECKLIST FOR

The Results Gained

- ✓ A better understanding of balanced nutrition and healthy eating habits, contributing to their overall well-being.
- ✓ Enhanced awareness of the importance of regular physical activity and its benefits for physical and mental health.
- ✓ Increased knowledge about using fitness apps and wearable technology to track and improve health.
- ✓ Improved skills in preparing nutritious meals using local and traditional ingredients.
- ✓ Practical knowledge about sustainable farming practices and growing organic vegetables.
- ✓ Encouragement to adopt and maintain healthier lifestyle habits, such as balanced eating, regular exercise, and mindful use of technology.
- ✓ Strategies for managing screen time effectively and promoting digital well-being.
- ✓ Exposure to different cultural practices and traditions related to health, nutrition, and fitness.
- ✓ Building connections and fostering collaboration between students and educators from different countries.
- ✓ Improved mental health and well-being through art therapy and discussions on creativity and self-expression.
- ✓ Strategies and recommendations for integrating health education into the school curriculum.
- ✓ Adoption of new and innovative teaching methods related to health and physical education.