

HEALTHIER TOGETHER

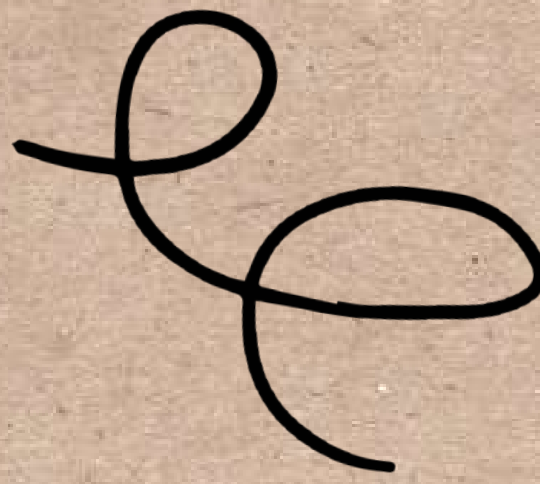
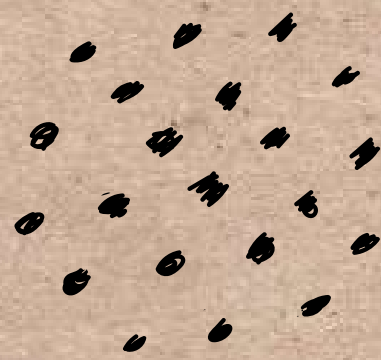
HEALTH BOX



France
Croatia
Romania
Turkiye

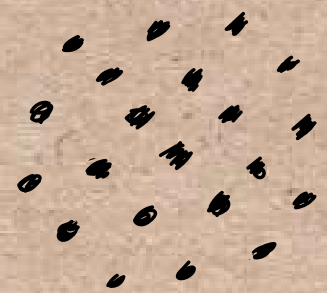
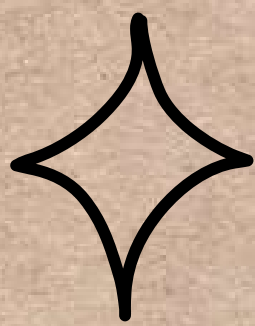
Co-funded by the
Erasmus+ Programme
of the European Union





About the project

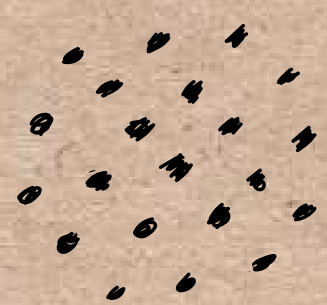
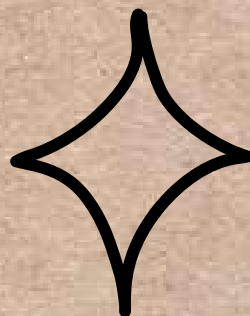
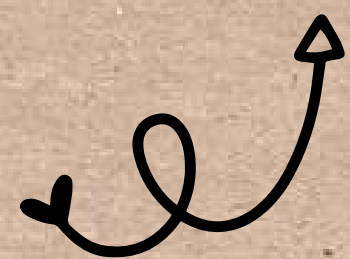
“Every human being is the author of his own health or disease” says Buddha. According to World Health Organisation(WHO) “Health” is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, which points to its multidimensional nature.

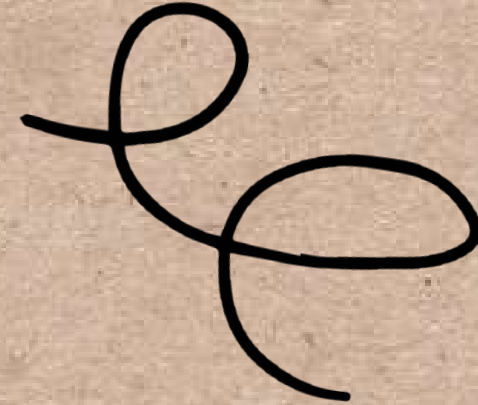
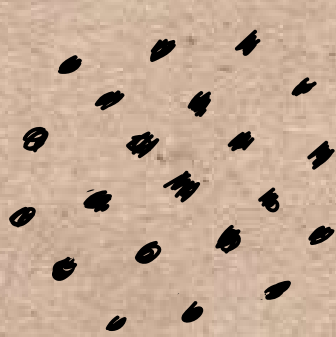




About the project

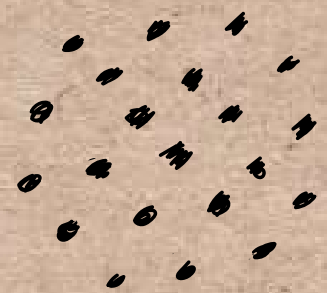
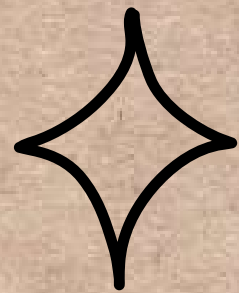
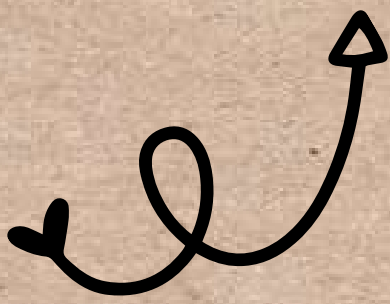
Health is important for people who expect to lead long and healthy lives, to be protected against illnesses and accidents. Health is also a key measure of the quality of life and a healthy population is an important criterion that may underpin economic growth and prosperity.

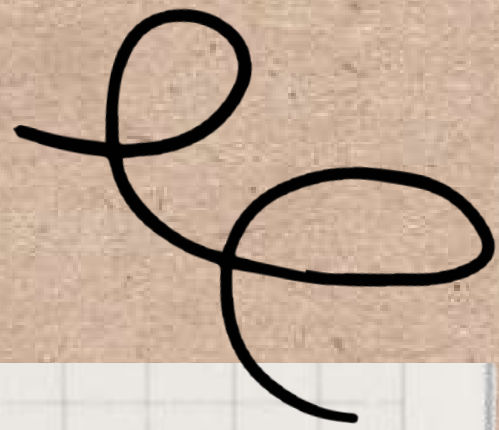




About the project

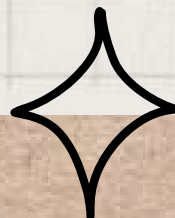
“There are many educational strategies and policies around the world but without health or a healthy generation, all of them are useless. So raising conscious generations on health is one of the most important responsibilities of schools and carrying out successful projects will protect young people from health threats in their future lives and increase the level of welfare of the communities in the long term.





About the project

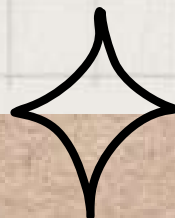
The European Commission advocates an integrated approach to address health problems, involving stakeholders at local, national and European levels and promoting cooperation between schools, health professionals and sport organisations.





About the project

Healthier Together Erasmus+ Project supports the EU Health strategy “Together for Health” as well by having a global concern topic. Being aware of these facts, 4 schools around Europe came together aiming to raise awareness of young people towards the importance of protecting our health by examining 4 sub-topics in detail: Eating habits, emotional factors, sports habits and addictions



THE OBJECTIVES OF HEALTHIER TOGETHER PROJECT

01

TO PROMOTE HEALTHY LIFESTYLES BY FOCUSING ON DIETARY HABITS, PHYSICAL EXERCISE, ADDICTIONS AND EMOTIONAL FACTORS FOR STUDENTS INCLUDING THE DISADVANTAGED ONES

02

TO EXCHANGE EXPERIENCE AMONG EUROPEAN SCHOOLS, TRANSFER THE BEST PRACTICES AND IMPLEMENT THE INNOVATIVE PRACTICES IN THE PARTNER SCHOOLS

03

TO HELP STUDENTS TO ACQUIRE BASIC LIFE SKILLS, COMPETENCES AND QUALIFICATIONS FOR ACTIVE EUROPEAN CITIZENSHIP

04

TO IMPROVE THE STUDENTS' SUCCESS, SELF-ESTEEM, MOTIVATION AND CREATIVITY

05

TO ENCOURAGE THE USE OF FOREIGN LANGUAGES AS A TOOL OF COMMUNICATION



EXPECTED RESULTS

- **A POSITIVE CHANGE IN YOUNG PEOPLE'S LIFESTYLES**
- **THE SUCCESS OF THE STUDENTS/THE STAFF**
- **COOPERATION BETWEEN SCHOOLS AND ORGANISATIONS RELATED TO HEALTH**
- **NEW PERSPECTIVES AND POSITIVE ATTITUDES TOWARDS DIFFERENT CULTURES**
- **IMPROVEMENTS IN PROJECT MANAGEMENT, LANGUAGE AND DIGITAL COMPETENCES**
- **AWARENESS OF EUROPEAN CITIZENSHIP AND IDENTITY**
- **BENEFITTING FROM OUTDOOR EDUCATION**
- **LASTING RELATIONSHIPS WITH COLLEAGUES THROUGH EUROPE**
- **A GREATER UNDERSTANDING OF EUROPEAN EDUCATION**
- **BETTER CULTURAL AND EDUCATIONAL UNDERSTANDING**



Partner Organisations

	LTT 1 EATING HABITS	FRANCE Lycée Paul Hazard
	LTT 2 EMOTIONAL FACTORS	TURKIYE Nahit Menteşe Mesleki ve Teknik Anadolu Lisesi
	LTT 3 SPORTS HABITS	CROATIA Elektrotehnicka i prometna skola Osijek
	LTT 4 ADDICTIONS	ROMANIA LICEUL TEHNOLOGIC CONSTANTIN FILIPESCU



PROJECT MEETINGS



LTT 1

EATING HABITS

**Leading
Organisation:
Lycée Paul Hazard
FRANCE**

**Participating
Organisations:**

- Elektrotehnicka i prometna skola
Osijek**
- Istituto DE PACE**
- LICEUL TEHNOLOGIC CONSTANTIN
FILIPESCU**
- Nahit Mentese Mesleki ve Teknik
Anadolu Lisesi**

LTT 1 EATING HABITS



The first LTT of Healthier Together Project was held in Lille, France between the dates of 29th November 2021 -3rd December 2021



LTT 1

EATING

HABITS



Students of the partner countries introduced their schools, towns and their daily eating habits.



LTT 1 EATING HABITS

During the mobility, they searched for traditional and healthy recipes (breakfast, vegetable, meat, fish, dessert) in mixed-nationality teams, gathered the recipes by Canva and produced a handbook which is the output of this mobility.



LTT 1 EATING HABITS



They presented traditional and healthy recipes (breakfast, vegetable, meat, fish, dessert) in groups to their peers.



LTT 1

EATING HABITS

They participated
in climbing
activity in the
sport hall of Paul
Hazard High
School.



LTT 1

EATING

HABITS



The students visited Flandres Catering School and learnt more about the culture by cultural trips and study visits in Armentieres and Lille.



LTT 1 EATING HABITS



The students enjoyed the activities a lot and had very good memories.



LTT 2

EMOTIONAL FACTORS

**Leading
Organisation:
Nahit Mentese
Mesleki ve Teknik
Anadolu Lisesi
TURKIYE**

**Participating
Organisations:
-Lycée Paul Hazard
-Elektrotehnicka i prometna skola
Osijek
-Istituto DE PACE
-LICEUL TEHNOLOGIC CONSTANTIN
FILIPESCU**

LTT 2 EMOTIONAL FACTORS



The second LTT of Healthier Together took part in Nazilli, Aydın, Turkey between the dates of 25-29 April 2022.



LTT 2

EMOTIONAL

FACTORS



The partner schools discussed about the strategies and methods to fight against negative emotions, stress and anxiety. They exchanged ideas on how to manage and control their emotions.

LTT 2 EMOTIONAL FACTORS



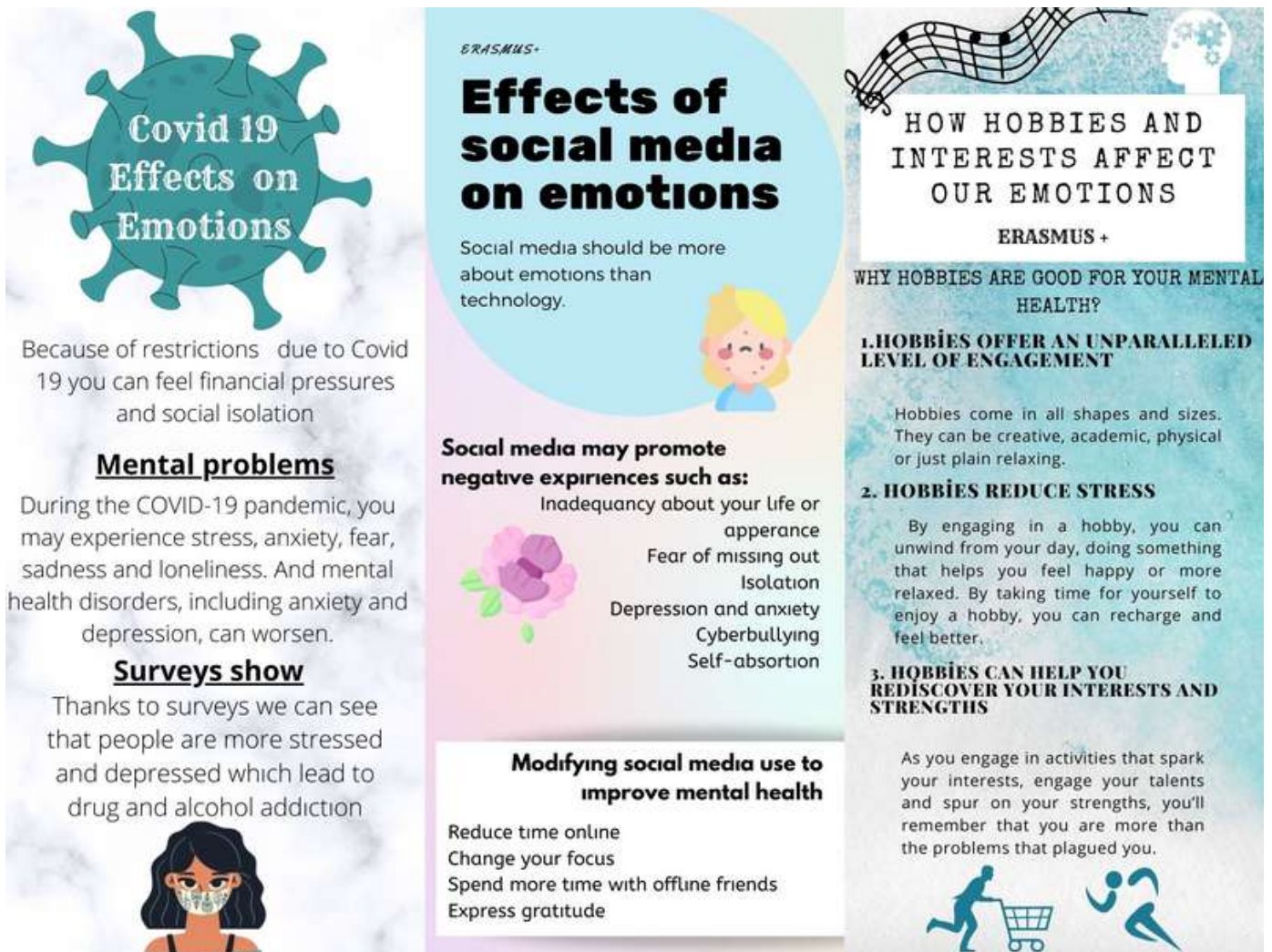
The students participated in some stress-fighters activities and enjoyed their times.



LTT 2

EMOTIONAL

FACTORS



The students were divided into mixed-nationality teams and prepared the brochure named "Emotions" which is the output of the mobility.



LTT 2

EMOTIONAL FACTORS

Each group had different topic on Emotions. They searched about the given topics, found slogans and visuals to complete the brochure.

Self-care strategies

Take care of your body

- Get enough sleep 
- Eat healthy. 



Take care of your mind

- Keep your regular routine..
- Focus on positive thoughts.



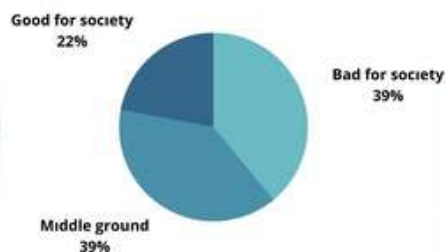
POSITIVE VIBES

Connect with others

- Make connections. 
- Support a loved one. 

Covid 19 has negative effects on people and their mental health. We can cross the obstacles united with our family and friends

Results of a survey about the thoughts of US adults about social media



Helping a child or teen with unhealthy social media use

- Monitor and limit your child's social media use
- Talk to your child about underlying issues
- Enforce social media breaks
- Teach your child how social media is not an accurate reflection of people's lives
- Encourage exercise and offline interests

"Focus on how to be social, not on how to do social"
- Jay Baer

4. HOBBIES CAN IMPROVE FEELINGS OF ANXIETY OR DEPRESSION

You may find that feelings of depression or anxiety creep in, sowing seeds of despair or hopelessness in your life. Hobbies provide you with an active way you can fight these feelings and reclaim your mental health.



5. YOU CAN BENEFIT FROM THE POWER OF PARTICIPATION

Whether you join a sports team, sign up for a new gym or take part in an art class, participating in a group activity is an incredible way to boost your mental wellbeing. Exercise, especially, is a natural mood booster. In addition to the obvious benefits of staying physical, engaging in a group activity with others provides incredible advantages to your mental health.



Don't forget, interests can be good for your mental health!

LTT 2 EMOTIONAL FACTORS



The groups had enjoyable times in cultural trips and study visits in Aphrodisias, Pamukkale, Ephesus and Kuşadası.



LTT 2 EMOTIONAL FACTORS

The students enjoyed the activities a lot and had very good memories.



LTT 3

SPORTS HABITS

**Leading
Organisation:
Elektrotehnicka i
prometna skola
Osijek
CROATIA**

**Participating
Organisations:**
-Lycée Paul Hazard
**-Nahit Mentese Mesleki ve Teknik
Anadolu Lisesi**
**-LICEUL TEHNOLOGIC CONSTANTIN
FILIPESCU**

LTT 3 SPORTS HABITS



The third LTT of Healthier Together took part in Osijek, Croatia between the dates of 26-30 September 2023.



LTT 3 SPORTS HABITS



The students presented their favourite sport activity and the sport branches that they have in their schools.



Each school shared their good practices for encouraging and motivating the students to the sports.



LTT 3 SPORTS HABITS

They also gave information about the national athletes who adopted a healthy lifestyle through sports and their eating habits. They prepared informative videos on sports in mixed-nationality teams.



LTT 3 SPORTS HABITS



They participated in enjoyable sport activities and played old and forgotten sports in mixed-nationality teams.



LTT 3 SPORTS HABITS



LTT 3 SPORTS HABITS



The participants learnt more about the culture by the cultural trips and study visits in Papuk Nature Park, Nature Park Kopachi rit, Bilje Lake and Vukovar.



LTT 3 SPORTS HABITS



The students enjoyed the activities a lot and had very good memories.

LTT 4

ADDICTIONS

**Leading
Organisation:
LICEUL
TEHNOLOGIC
CONSTANTIN
FILIPESCU
ROMANIA**

**Participating
Organisations:**
-Lycée Paul Hazard
**-Nahit Mentese Mesleki ve Teknik
Anadolu Lisesi**
**-Elektrotehnicka i prometna skola
Osijek**

LTT 4

ADDICTIONS



The fourth LTT of Healthier Together took part in Caracal, Romania between the dates of 22-26 May 2023.

LTT 4

ADDICTIONS



The students shared statistical data of addictions and bad habits in the partner countries.

They presented good practices implemented in each school for fighting against addictions and bad habits.



LTT 4

ADDICTIONS

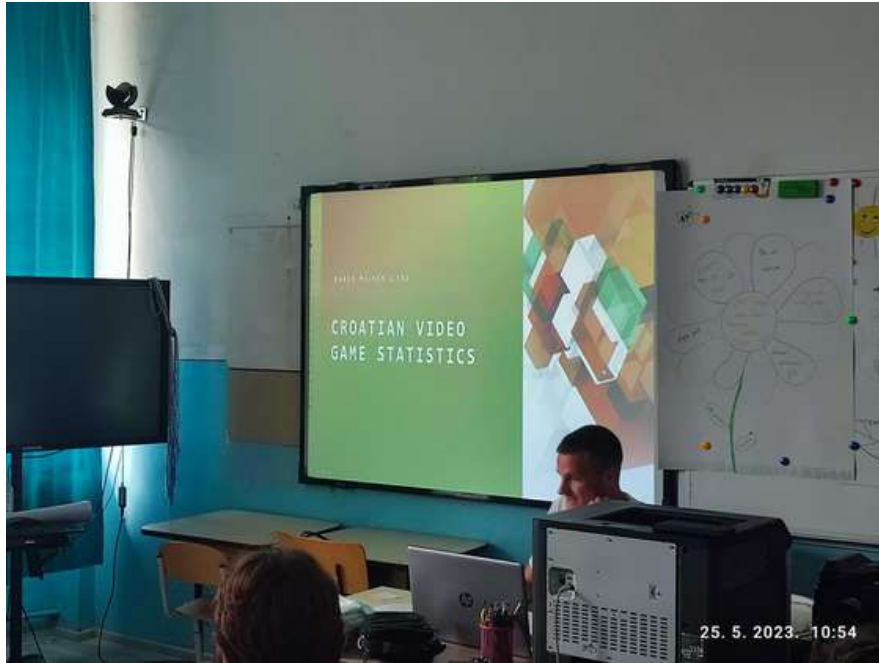


They exchanged ideas on how to escape from the bad habits and prepared slogans and posters in mixed-nationality teams.



LTT 4

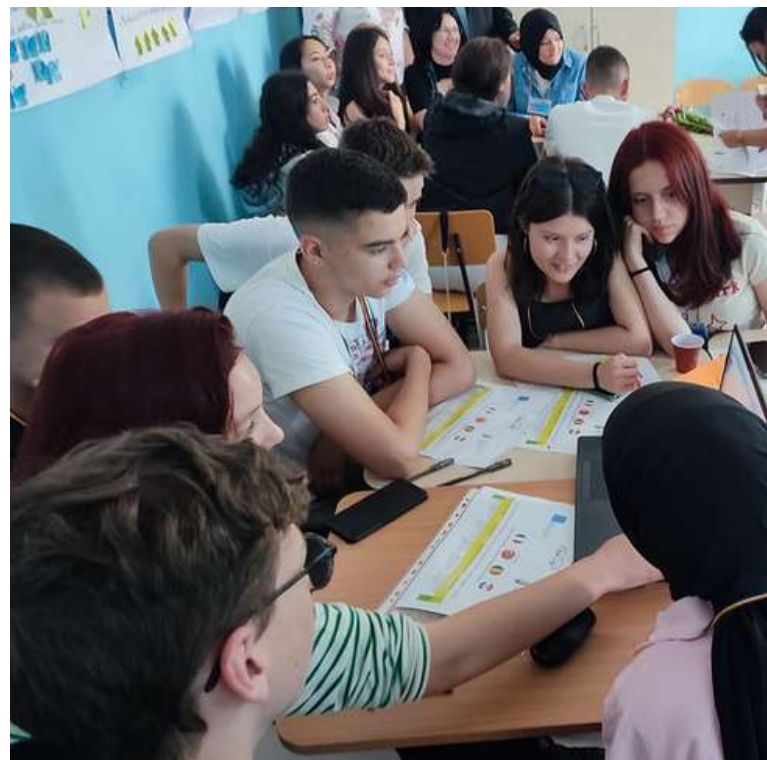
ADDICTIONS



The partners discussed about the negative effects of using too much technological devices in daily life. They talked about online game habits. The students played chess in mixed peers and enjoyed a lot.



LTT 4 ADDICTIONS



They prepared the online brochure named "Addictions" (notes on addictions and ways of getting away from them) in mixed-nationality groups.



LTT 4

ADDICTIONS



The students played enjoyable outdoor games in Natural Park Caracal City.



LTT 4

ADDICTIONS



The participants learnt more about the culture by the cultural trips and study visits in Craiova city, Bran Castle, Bucharest, The Antipa Museum, The Cotroceni Palace and Bucharest Museum of Senses.

LTT 4

ADDICTIONS

The students enjoyed the activities a lot and had very good memories.

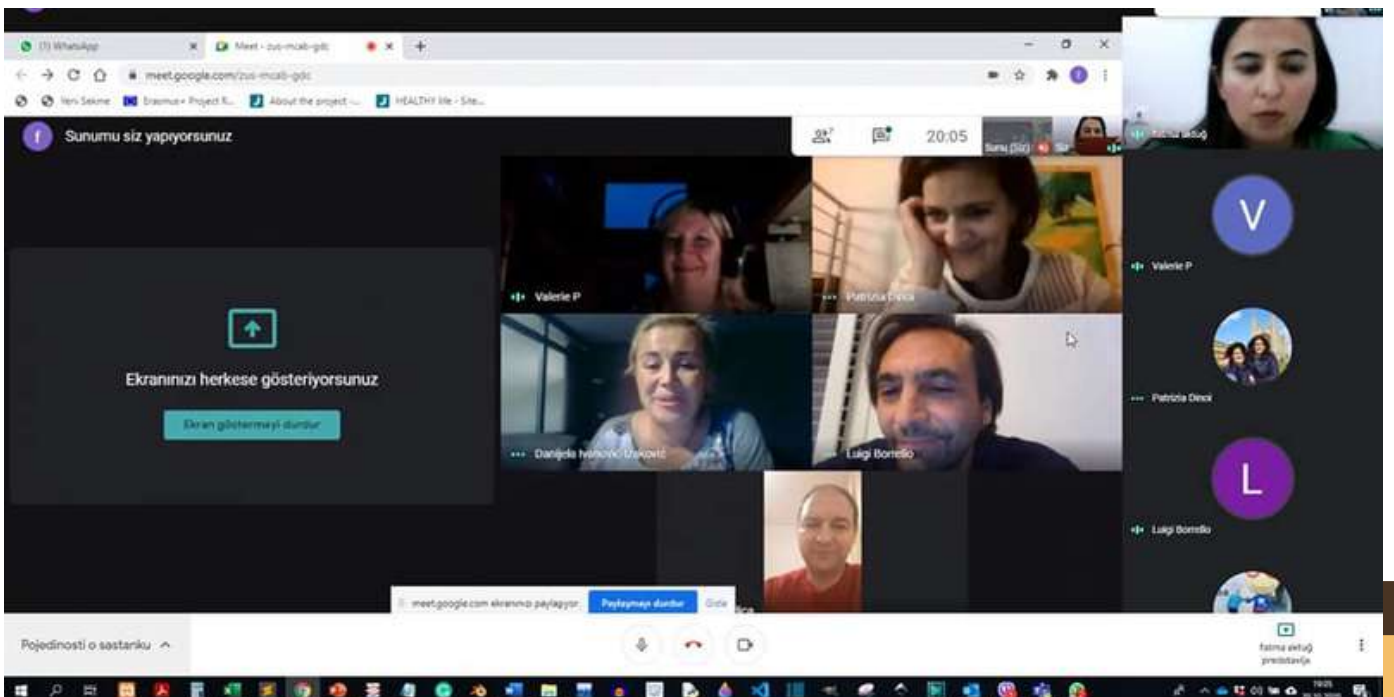


ONLINE MEETINGS

Participating Organisations:

- Lycée Paul Hazard**
- Nahit Mentese Mesleki ve Teknik
Anadolu Lisesi**
- Elektrotehnicka i prometna skola
Osijek**
- LICEUL TEHNOLOGIC CONSTANTIN
FILIPESCU**

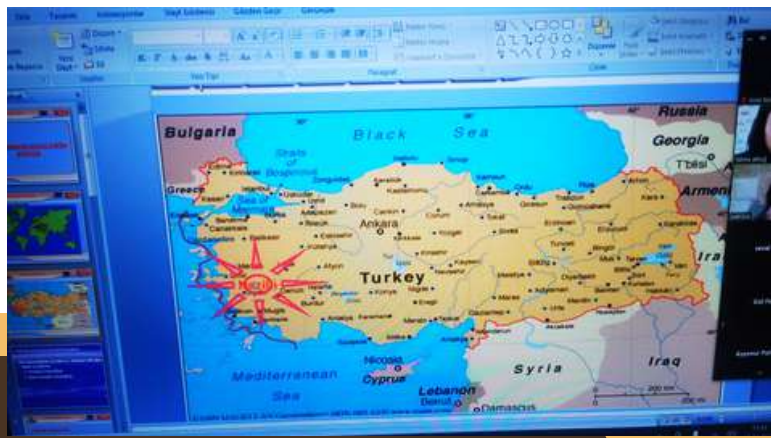
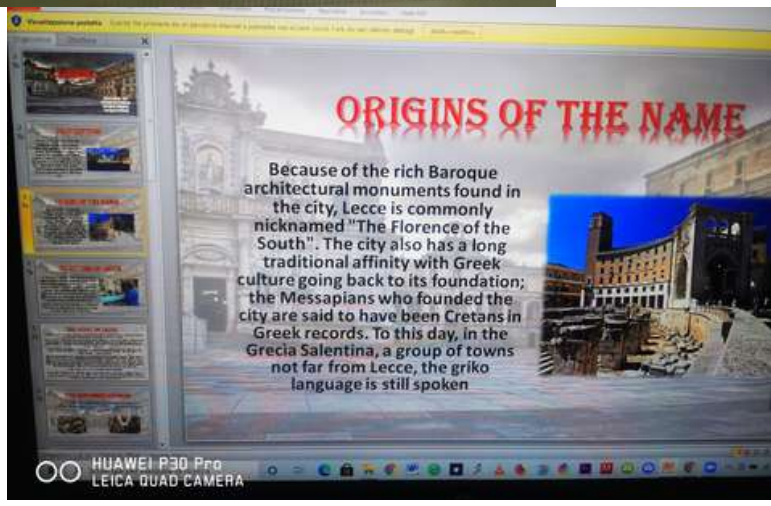
Online Meeting on 20th October 2020



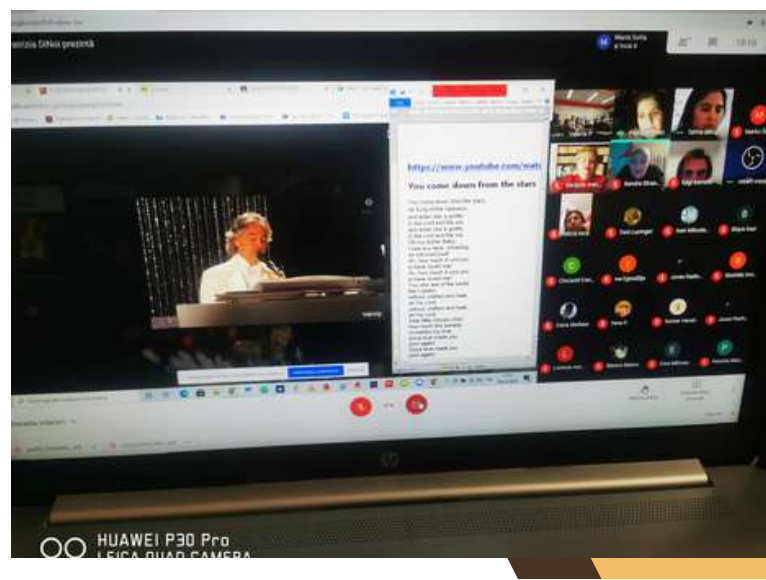
Online Meeting on 20th November 2020



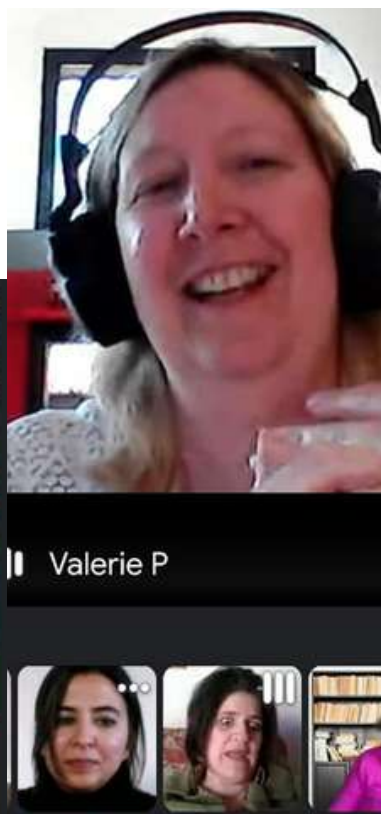
Online Meeting on 15th December 2020



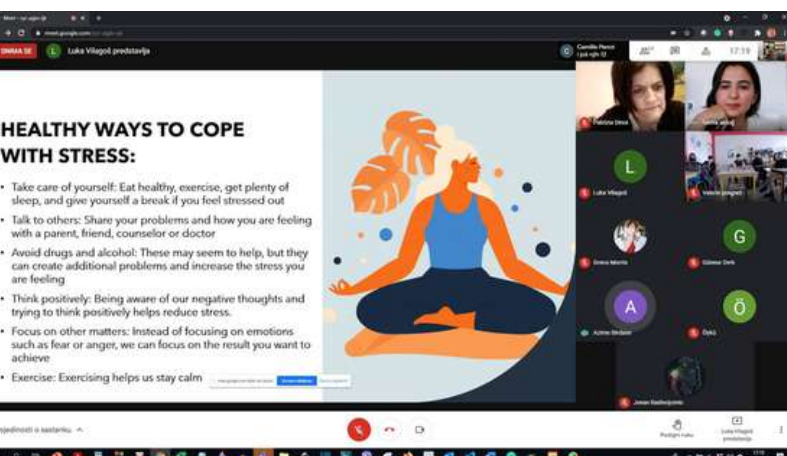
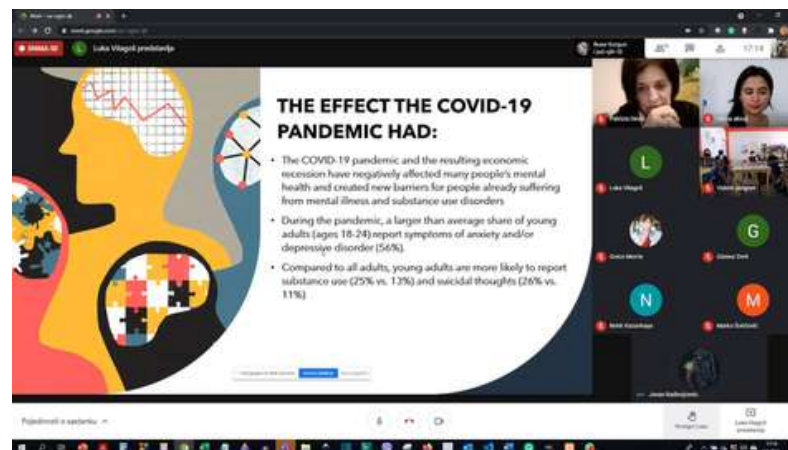
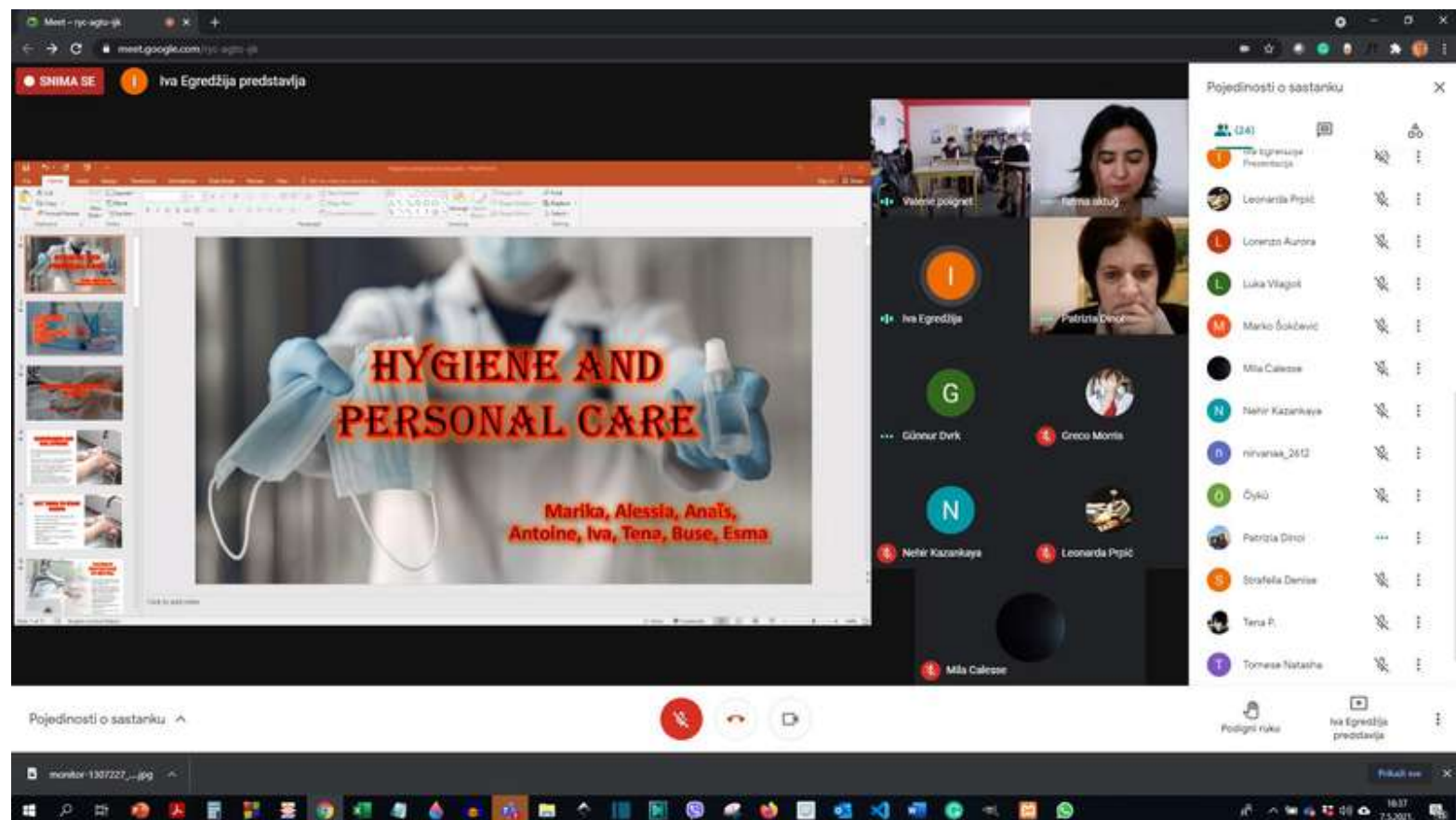
Online Meeting on 18th December 2020



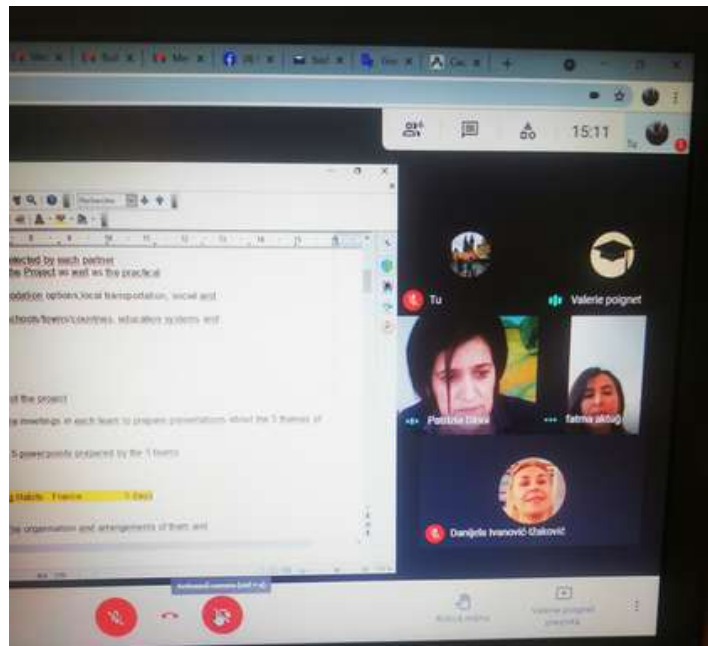
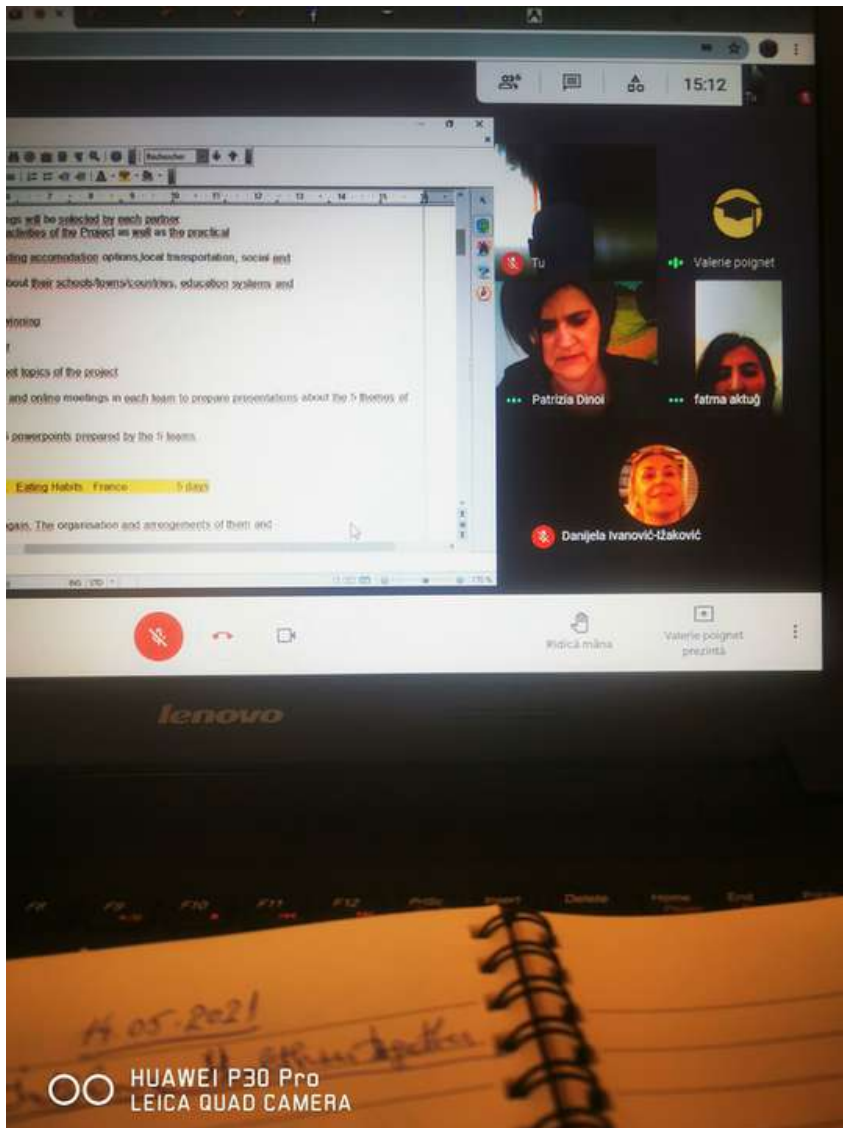
Online Meeting on 25th February 2021



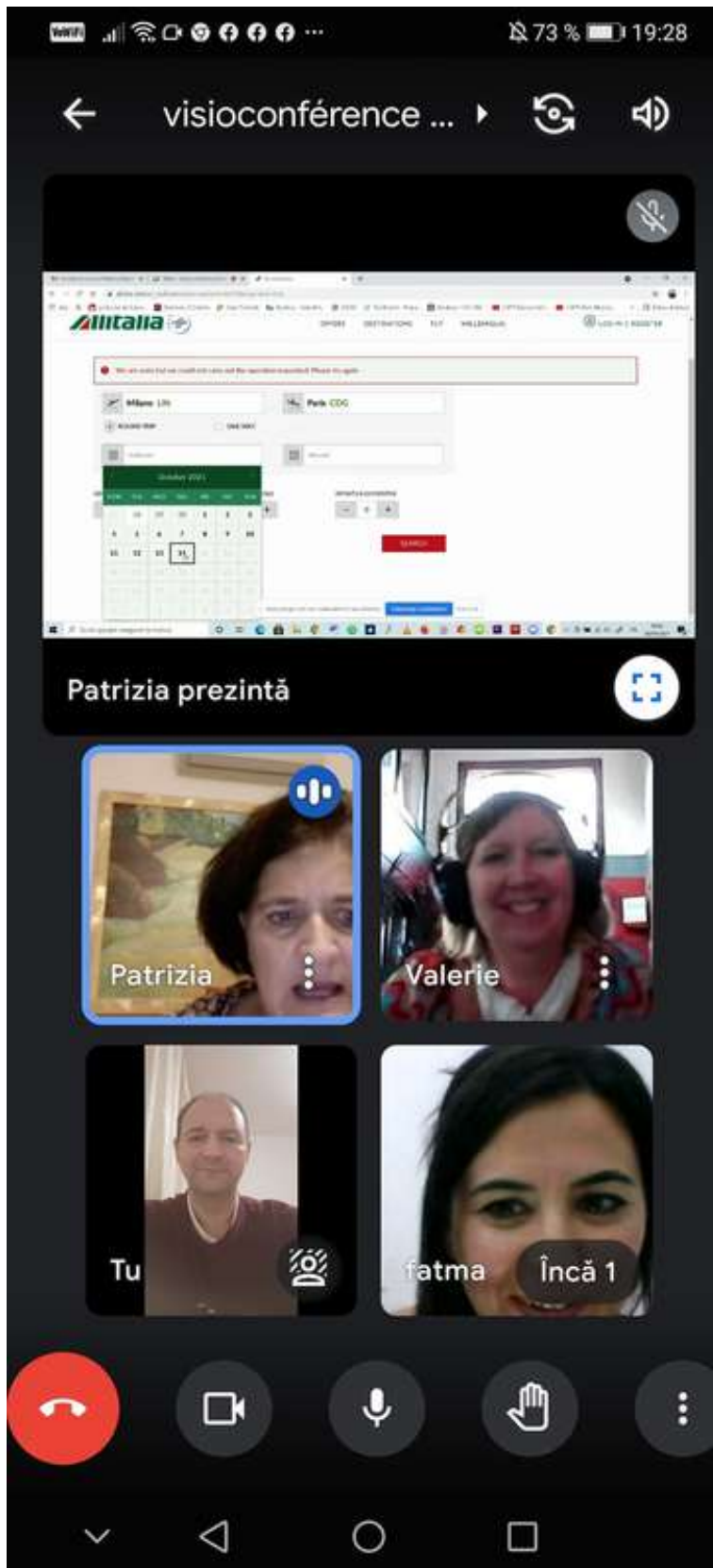
Online Meeting on 7th May 2021



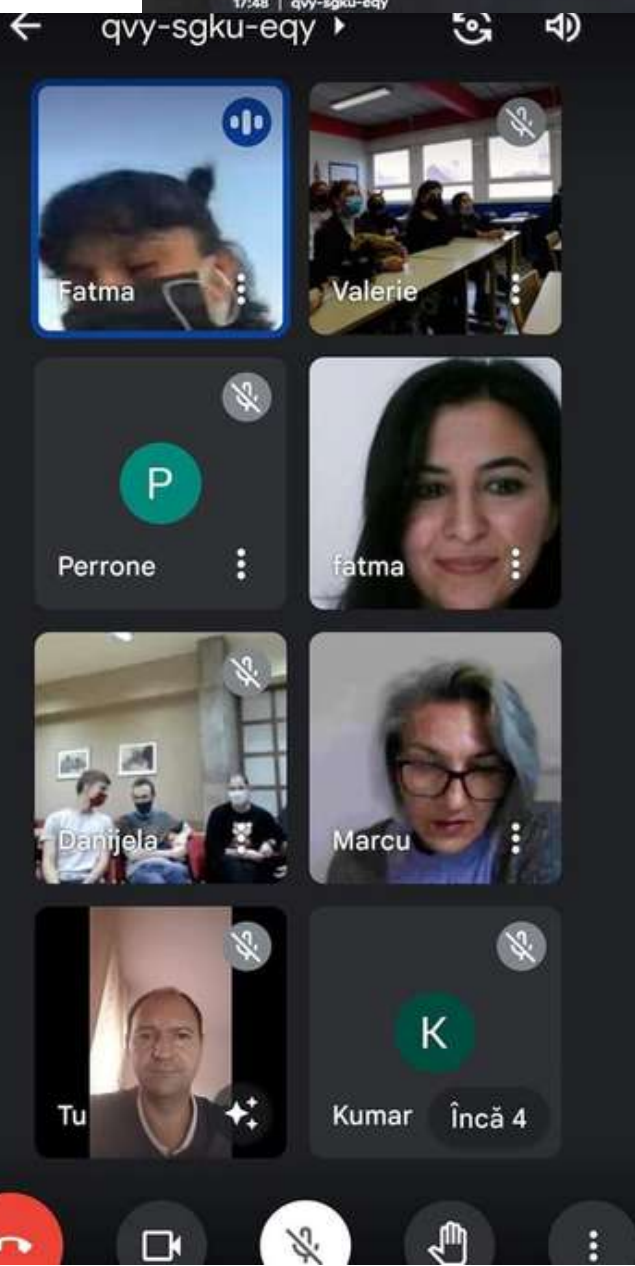
Online Meeting on 14th May 2021



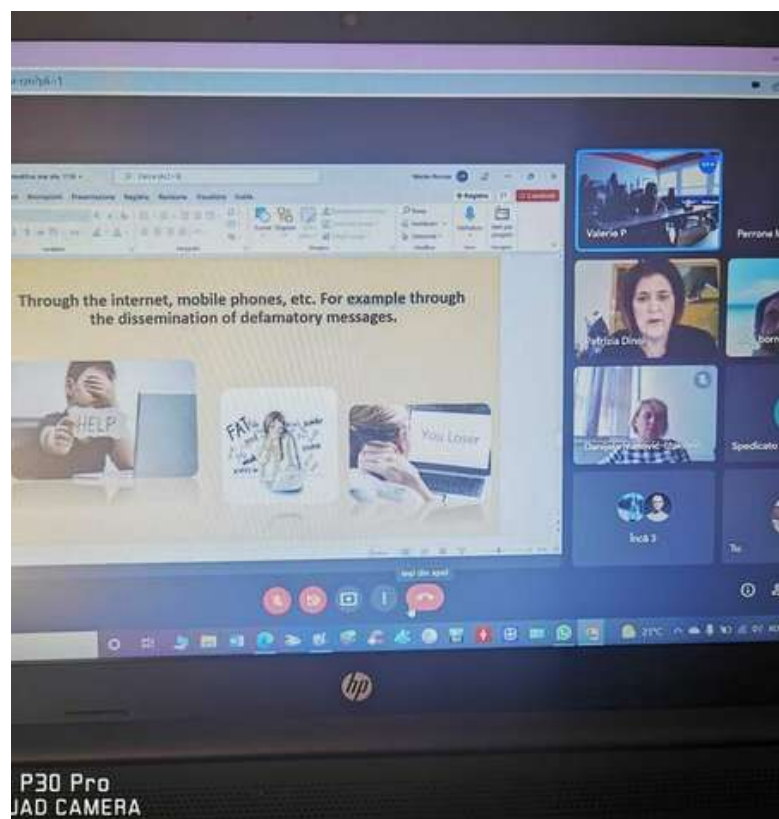
Online Meeting on 28th September 2021



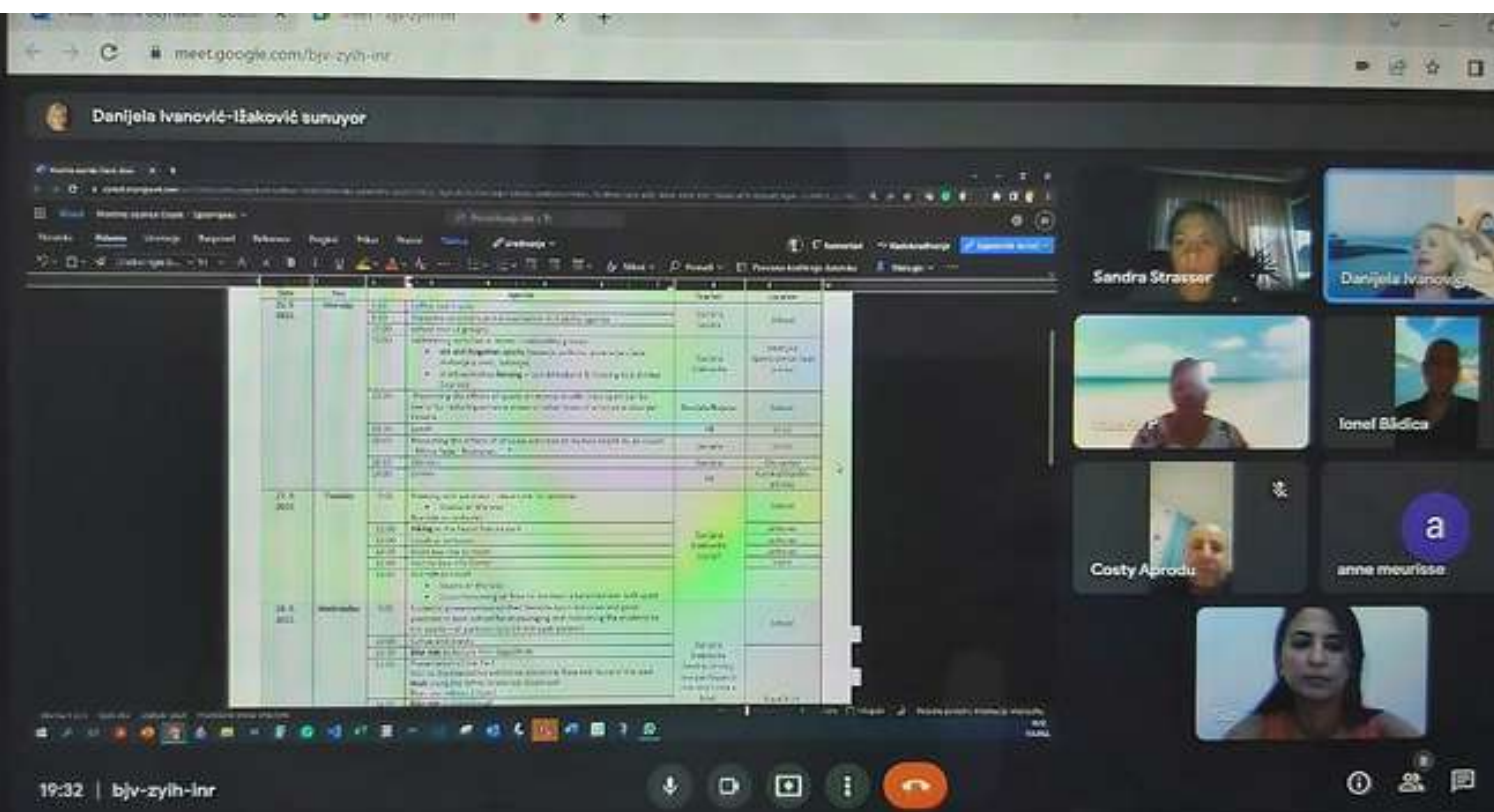
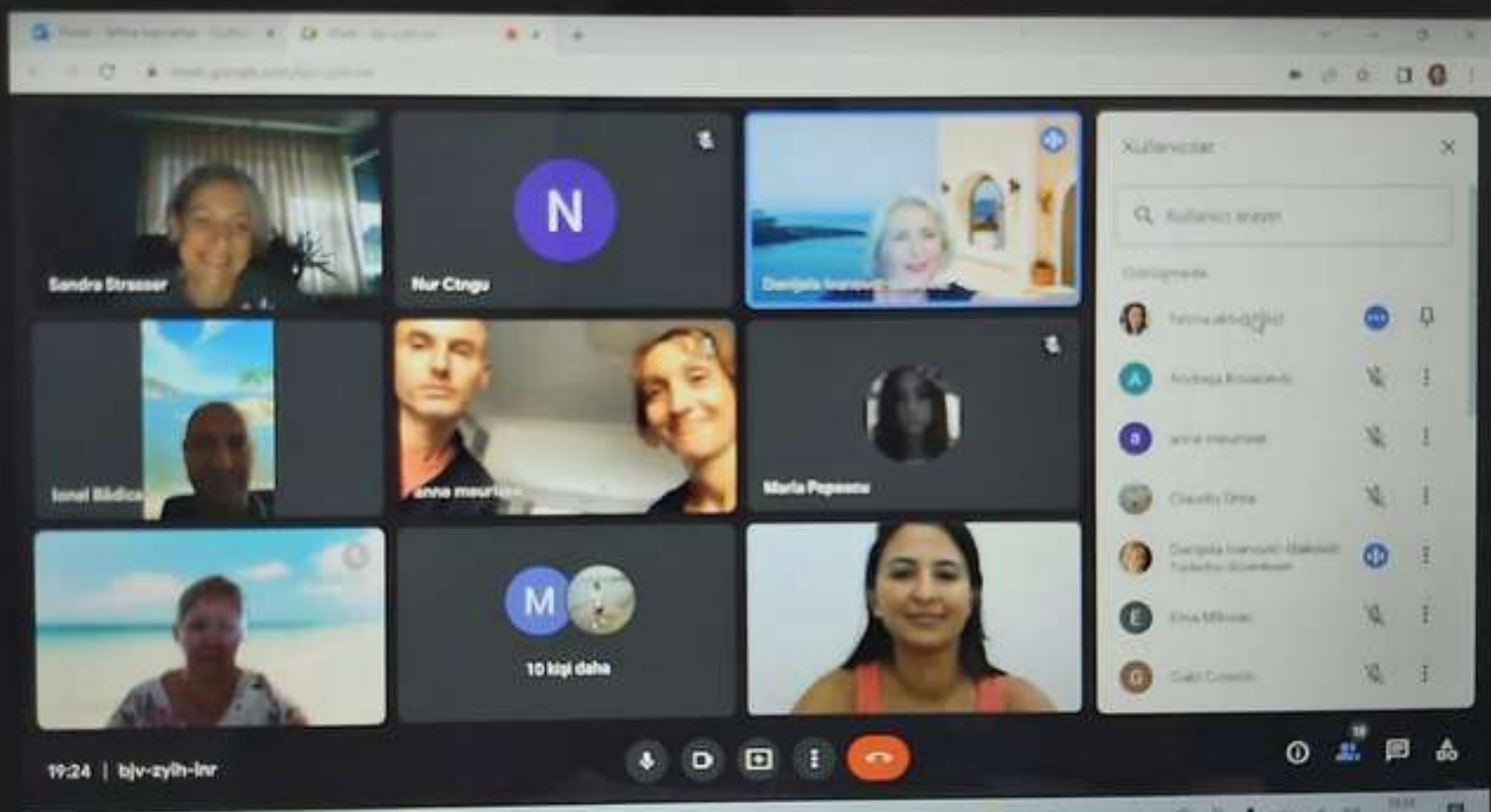
Online Meeting on 22nd October 2021



Online Meeting on 8th April 2022



Online Meeting on 10th September 2022



PROJECT BANNERS

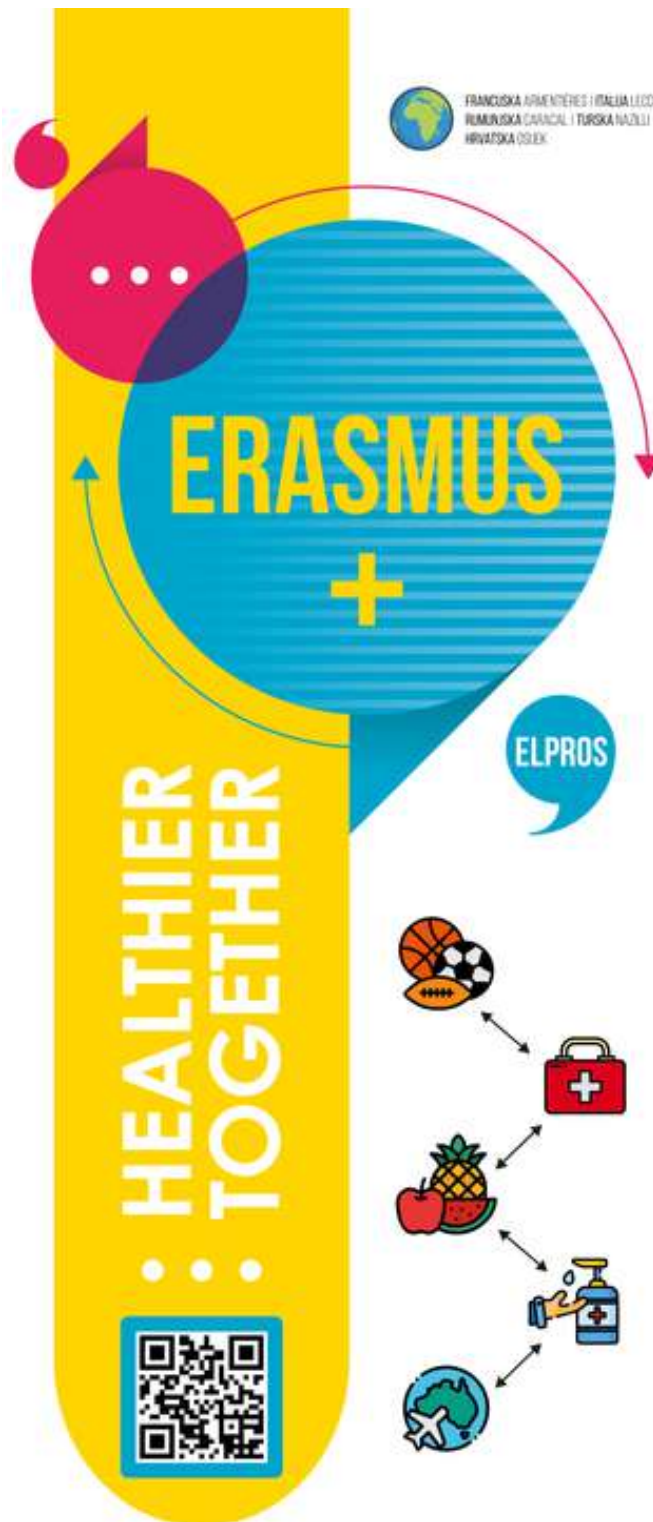
Participating Organisations:

- Lycée Paul Hazard**
- Nahit Mentese Mesleki ve Teknik
Anadolu Lisesi**
- Elektrotehnicka i prometna skola
Osijek**
- LICEUL TEHNOLOGIC CONSTANTIN
FILIPESCU**

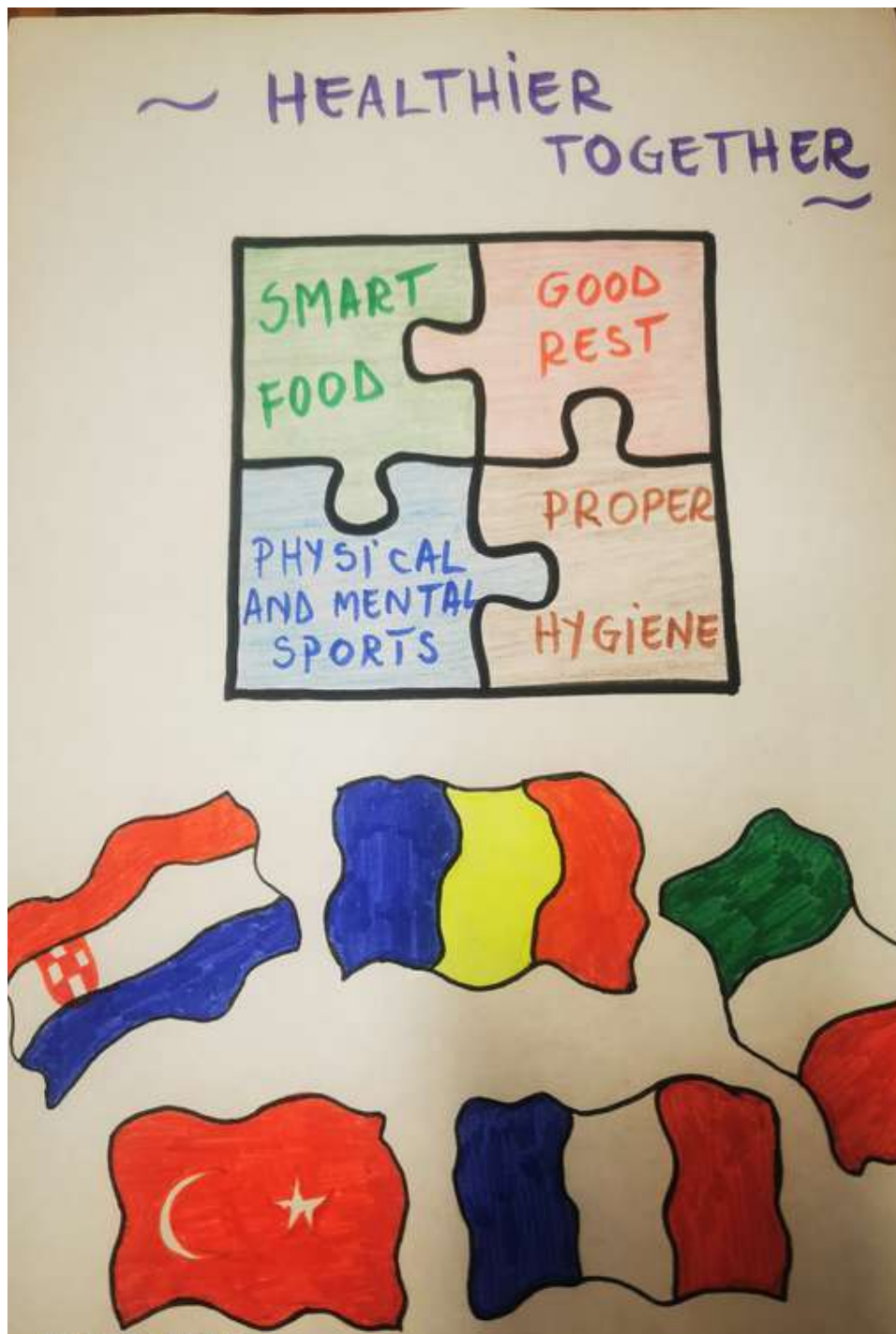
Project Banner by France



Project Banner by Croatia



Project Banner by Romania



Project Banner by Turkiye

Healthier Together
Erasmus+ Project
2020



ERASMUS CORNERS

Participating Organisations:

- Lycée Paul Hazard**
- Nahit Mentese Mesleki ve Teknik
Anadolu Lisesi**
- Elektrotehnicka i prometna skola
Osijek**
- LICEUL TEHNOLOGIC CONSTANTIN
FILIPESCU**

Erasmus Corner in France



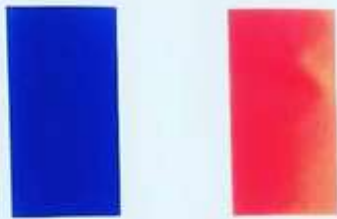
Erasmus Corner in Croatia



Erasmus Corner in Romania

“HEALTHIER TOGETHER”

FRANCE



ROMANIA



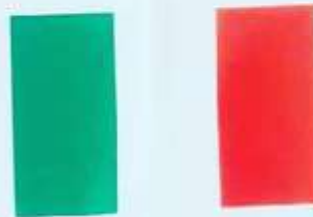
TURKEY



CROATIA



ITALY



Erasmus Corner in Turkiye



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Erasmus+ Programme
of the European Union



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