



J. Project Summary

Please provide a short summary of your project. Please recall that this section [or part of it] may be used by the European Commission, Executive Agency or National Agencies in their publications. It will also feed the Erasmus+ Project Results Platform.

Be concise and clear and mention at least the following elements: context/background of project; objectives of your project; number and profile of participants; description of activities; methodology to be used in carrying out the project; a short description of the results and impact envisaged and finally the potential longer term benefits. The summary will be publicly available in case your project is awarded.

In view of further publication on the Erasmus+ Project Results Platform, please also be aware that a comprehensive public summary of project results will be requested at report stage(s). Final payment provisions in the contract will be linked to the availability of such summary.

During recent years, there has been a progressive reduction of physical activity in people's daily lives in Europe and everywhere in the world. Especially young people prefer spending their time watching tv or sitting in front of computers or game consoles. In addition, they also have unbalanced diets and wrong sleep patterns. Direct consequences are lack of physical and mental fitness. Thus, today it is necessary that schools and families in collaboration educate students to follow a healthy lifestyle, so that they can cope with daily stress and not compensate it by addiction of alcohol, cigarettes or even drugs.

Nutrition and physical activities are essential priority issues among EU politics, because through them it is possible to achieve significant improvements in Public Health. In May 2007 European Commission adopted a common strategy against the weight excess, aimed to raise awareness of the European population towards the improvement of nutritional diet and promotion of physical activities. In July 2007 the E.U. adopted a political document, which continues to pursue this strategy by recommending the establishment of national sports organizations and agencies, committed to improve the health condition of the European citizens. Thus, each member State has implemented national politics for education of young people to a healthy lifestyle, by concentrating on bio-metrical potential of children and teenagers and by extending national curriculums to incorporate the "Education for health" topic. In this scenario, the main objective of our project is to give students, families and teachers the possibility to learn, to understand, to appreciate different examples of healthy lifestyles; at the same time, by interacting with the variety of European cultures, we promote in pupils, teachers and their families European citizenship and tolerance.

In our project, students and teachers of the involved schools in six European countries across the continent are made aware each others of diversities and similarities in their living conditions. All participants can exchange their experiences and traditions in developing different behavior patterns for healthy lifestyles. For spreading of best practices, we also want to involve parents, friends and relatives of students and teachers. Transnational collaboration is an essential part of the project as until now our schools and countries have not had sufficient solutions and tools in the battle against overweight, obesity and deteriorated physical and psychological health of our youngsters. The solution is a holistic combination of transnational collaboration and innovative beyond state-of-the-art pedagogy.

That clarified, the objectives of this project are:

- 1) Increase awareness on health issues associated to physical inactivity and unbalanced diet;
- 2) Share healthy food, sport and lifestyle traditions with all participating countries;
- 3) Support the sustainability of food consumption, by encouraging people to eat more local, organic, in-season food;
- 4) Find and share with other schools new ways to promote correct physical and mental self-perception and to increase self-worth and self-efficacy;
- 5) Provide the non-participating teachers of each school with the needed tools to promote a healthy lifestyle among their students;
- 6) Reduce early school leaving through improved physical and psychological health;
- 7) Enhance peer learning strategies of the participating schools and their staff and students;
- 8) Foster positive peer pressure among students and families, to encourage changing towards healthy habits;
- 9) Make local, regional and national institutions committed with spreading best practices in their communities;
- 10) Promote European citizenship, spirit of tolerance and openness.



J.1. Summary of participating organisations

PIC of Organisation	Name of the Organisation	Country of the Organisation
942304464	SG De Meergronden	Netherlands
946527941	IES Vistazul	Spain
924191557	Békéscsabai SZC Zwack József Kereskedelmi és Vendéglátóipari Szakgimnáziuma és Szakközépiskolája	Hungary
947863437	MANAVGAT ANADOLU IMAM HATIP LİSESI	Turkey
975342373	KUOPION KAUPUNKI	Finland
930291208	LICEO SCIENTIFICO STATALE ENRICO FERMI PATERNÒ (CT)	Italy
Total number of participating organisations		6



J.2. Budget Summary

PIC of Organisation	Country of the Organisation	Transnational Project Meetings	Learning/Teaching/Training Activities				Special Needs	Exceptional Costs	Total
			Travel	Individual Support	Linguistic Support	Exceptional Costs (Overseas Countries and Territories Travel Costs)			
942304464	Netherlands	3450.00	6750.00	10220.00				20420.00	
946527941	Spain	6285.00	6970.00	7280.00				20535.00	
924191557	Hungary	3450.00	7090.00	10220.00				20760.00	
947863437	Turkey	6285.00	9150.00	8820.00				24255.00	
975342373	Finland	3450.00	11100.00	7280.00				21830.00	
930291208	Italy	5730.00	5440.00	7280.00				18450.00	
Total		28650.00	46500.00	51100.00				126250.00	

Project Management and Implementation

42000.00

J.2.1. Project Total Grant

Grant Calculated

168250.00