 

**MOVING2HEALTH**

***Erasmus+ KA2 - Strategic Partnerships for Schools Only***

**Beneficiary:** Colegiul Tehnic “Laţcu Vodă” Siret

**Parteners:** EPLE Lycée Polyvalent Jules Verne, Franța, Château-Thierry (coordinator)

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Project End Date: 31-08-2019

**Project Summary**

CONTEXT AND BACKGROUND

In the World Health Organization Global Consultation (Health For The World's Adolescents -2014), adolescents considered the top health-compromising behaviours among their peers to be: unhealthy diets/ physical inactivity /alcohol and other substance use/ poor sleep habits. That's why this project deals with wellness, sport and eating habits related to teenagers caught in a time when they are trying to make sense of the rapid bodily changes that they are experiencing. Furthermore the percentage of teenagers who practice sport is notably decreasing as they are more attracted by computer games, virtual sporting practice and mobile addicts. Fewer than 1 in every 4 adolescents meets the recommended guidelines for physical activity - 60 minutes of moderate to vigorous physical activity daily (WHO -Adolescents: health risks and solutions - Fact sheet -Updated May 2016). Adolescents also require the knowledge and support to develop an healthy lifelong relationship with food to reinforce long-term health, as well as to develop a positive body image.

OBJECTIVES:

-to raise awareness about the importance of healthy living and physical activity

-to improve students' quality of life and abilities at school

-to give students information about potential risks related to some techniques and/or products to enhance physical performance

-to develop students' perspective and reflection on learning in a global world through computer-supported collaborative learning platforms, intercultural communication, exchange and mobilities

NUMBER AND PROFILE OF PARTICIPANTS

FRANCE

The school is in Château-Thierry, between Reims and Paris with 750 students coming from neighbouring areas. School subjects : Biology - Mathematics, Chemistry and Physics- Sciences and Technologies of Industry ,Sustainable development, energy and environment

ITALY

The school is located in Potenza with 1120 students. It is focused on the relationship between scientific and humanistic knowledge, cultural tools to tackle any type of university studies and the challenges of the contemporary world

ROMANIA

Colegiul Tehnic " Lațcu Vodă " Siret is an educational institution offering general secondary and vocational education in Siret, a small town in Suceava County, situated near the Ukraine border, with 1400 students and known as a traditional educational institution

POLAND

The School is in Szczecin is located in the suburbs of this inhabitant – city. About 500 students aged 13 -19 attend profile oriented classes such as: journalism and theatre, psychological and medical, football and volleyball.

DESCRIPTION OF ACTIVITIES

Each partner school group :

-searches and works on the main themes of the project

-produces presentations, videos etc.

- shares and compares the findings during the meetings

-meets experts and associations related to the topic

-produces the rationale, objectives and plan of activities for the creation of a Healthy Club at the schools.

-design a syllabus for a Global Sport and Healthy Education Subject to be implemented in each school

METHODOLOGY

Pair and group works, mixed pair and group works, research and analysis, statistics, use of ICT

RESULTS

-to be aware of healthy living habits and physical activity to improve the quality of life and abilities at school and in life

-to reduce intolerance, stereotypes and fear of meeting foreigners

-to improve English language skills and to learn basic skills in other European languages

-to be active European citizens

-to establish contacts in Europe (meeting private and public people,associations and institutions)

-to develop the awareness and appreciation of the variety of European cultures and languages

-to increase students and teachers 's motivation in cooperation and exchange of good practices

-to apply ICT-based contents, services, and techniques for life-long learning

IMPACT

Attitudes towards European citizenship, with a focus on healthy eating habits and well-being will improve.

Students and staff of the partner schools will be more interested in European exchange programmes

Their attraction to language diversity and to innovative ICT tools will further increase.

Longer term benefits

All partner schools will benefit from having staff and students who can think critically about the world and intervene for change

The profile of the school institution in the local community will be raised

It will bring a stronger European dimension to all partners

Increased quality of education and training

Increased synergies and links among different bodies

Improved use of European reference tools and certifications

Increased cooperation among public institutions

More integrated use of ICT

Increased motivation for language learning required by education and labour market

Reinforced interaction between practice, research and policy in each system