

## PROMOTE WELLBEING



Programme: Erasmus+  
Key Action: School Education  
Action Type: Small-Scale Partnerships  
Start: 01-04-2022 - End: 30-09-2023

### Project Description

The "Promote Wellbeing" project addresses teachers' and students' digital competence, self-esteem and healthy lifestyle behaviours.

The project creates a digital health toolkit and learning content to be included in the school curriculum.



## Summary

"Promote Well-being" envisages achieving healthy lifestyle behaviours at home and school. The project addresses the capacity development of students and teachers, improves their active lifestyle and increases their motivation to include digital health tools in their school curriculum.

There are two transnational project meetings and two learning and teaching activities within the project's scope. Teachers meet their counterparts from other countries, see other curricula, and gain new teaching skills to adopt good practices to their school strategic plans.

The project's final result will be creating the "Innovative Cases of Empower Your Mind Toolkit" that includes sample digital health platforms and good practices in schools.

The project impacts 14-18 years old students with bad eating habits and inactive lifestyles and teachers who have become increasingly intertwined with technology. Promote Wellbeing project brings about the following behavioural change in the target group.

- have smart eating habits,
- promote a healthy body and mind
- enhance awareness about overweight and obesity
- prevent diseases
- support immune system with healthy nutrition,
- being aware of the environment by doing outdoor sports,
- understand the need for lifelong learning
- breaking bad food habits in the society
- increase life energy, mental development and academic success.

## Results and Activities

### Activity I: Project Management and Implementation (PMI)

PMI activities include designing project websites, social media pages, logos, posters, videos, and other digital products to be used as dissemination materials and to increase the visibility of the project. Implementation of the eTwinning project, organising project introduction meetings, holding local activities, and carrying out evaluation and reporting activities are among the other PMI activities.



## **Activity 2: Transnational Project Meeting (TPM) I**

First TPM is hosted by the coordinator Spojená škola sv. Kosických mučeníkov in Kosice, Slovakia. During the meeting, partners present their countries' education systems and the healthy lifestyle behaviours of students with good examples of physical activeness and wellbeing. They also mention problems during the Covid-19 and promotional activities for the well-being of the students in their School. Besides, partners review the partnership agreements, roles and responsibilities of partners, risk factors, coordination and communication, dissemination of activities, expense items and documents, efficient use of the grant and evaluation, and project reporting. Partners discuss the training needs of teachers, plan upcoming LTTAs' topics and have a seminar on the effective use of eTwinning. The activity ends with a cultural tour and certification ceremony.

## **Activity 3: Promoting Wellbeing Toolkit**

The digital Toolkit helps users to have active and healthy lifestyles and behaviours. It is designed based on health and physical activity education principles in the local, European and global arenas. After the partner institutions' review, the Toolkit is tested by teachers and students and piloted during the project mobilities. Translation and adjustments are made in Slovakian, Turkish, Romanian and English. It is compatible with Android and IOS operating systems and has a free downloadable kit to make it accessible for all users.

## **Activity 4: Learning Teaching and Training Activity (LTTA) I**

Özel Diyarbakır Ticaret Sanayi Odası Mesleki ve Teknik Anadolu Lisesi hosts the first LTTA in Diyarbakır, Türkiye. Participants from partner organisations observe lessons to experience the quality of health and wellbeing teaching and learn more about the education system in Türkiye. They meet and exchange information with the decision-makers during the study visits. Health Workshop focuses on improving physical activity, self-awareness, positive thinking and integration of wellbeing into the school curriculum. Eating Habits and Healthy Living Congress hosts presentations for students, teachers, healthcare professionals, NGO representatives, and a project promotion workshop. The first pilot implementation of the tool kit is held with all participants during the first LTTA. The activity ends with a cultural tour and certification ceremony.

### **Activity 5: Learning Teaching and Training Activity (LTTA) II**

Liceul Tehnologic Transporturi Cai Ferate Craiova hosts the second LTTA in Craiova, Romania. Partners participate in the activity with teachers and students. They learn about the education system in Romania and its similarity and difference to other countries. A teacher training is held on promoting digital competence, self-esteem and healthy lifestyle behaviours. Students participate in a workshop about positive thinking with personal challenges. This workshop is linked with the twin space as a part of an eTwinning project. Teachers and students have a joint session after these training and seminar and visit decision-makers to exchange information and ideas. During the health workshop, all participants discuss the methods of improving physical activity, self-awareness and positive thinking in schools and the integration of wellbeing into the school curriculum. The activity ends with a cultural tour and certification ceremony.

### **Activity 6: Transnational Project Meeting (TPM) II**

ILA hosts the second TPM in Amsterdam, the Netherlands. During the meeting, partners attend a seminar about health and wellbeing education in the Netherlands and innovative solutions in health literacy. In the health workshop, they design posters with Web 2.0 tools about eating habits and healthy living. These posters and other digital materials are used to promote the project. The project team evaluates the level of reaching the project objectives, reviews project results and eTwinning activities, discusses new project ideas and future cooperation, and drafts the final report. The activity ends with a cultural tour and certification ceremony.

## **Partners**

- Spojená Skola Sv. Kosických Mucenikov
- International Labour Association
- Özel Diyarbakir Ticaret Sanayi Odasi Mesleki Ve Teknik Anadolu Lisesi
- Liceul Tehnologic Transporturi Cai Ferate Craiova

