

Context

Main objective of the project	Exchange of Good Practices
Project Title	Stay healthy. Enjoy live.
Project Acronym	STEEL
Project Start Date (yyyy-mm-dd)	2020-09-01
Project Total Duration	24 months
Project End Date (yyyy-mm-dd)	2022-08-31
National Agency of the Applicant Organisation	ES01 Servicio Español para la Internacionalización de la Educación (SEPIE)
Language used to fill in the form	English

For further details about the available Erasmus+ National Agencies, please consult the following page:

<https://ec.europa.eu/programmes/erasmus-plus/contact>

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.

Because of our previous experience, we have detected that healthy habits in teenagers have been getting worse in the last years, especially in the sectors more underprivileged. Numerous studies, among which we highlight the one carried out by the Physical Activity, Fitness and Health (LIFE) group of the Universitat Jaume I (UJI) of Castellón and its DADOS project, conclude that unhealthy lifestyle habits negatively influence school performance. Our goal is to improve the lifestyle of adolescents to achieve not only an improvement in health but an improvement in academic results, with which it is related.

On the other hand, all the partners agree with the idea of starting or continuing with an internationalisation process with all the advantages that we can take from it. More specific, we agree that an exchange of good practises in the perfect way to achieve our goals. Guided by these two basic problems: the search for internationalization and the need for improving the healthy habits of our students is why we decided to try to launch a program of exchange of good practices. As we understand that the deterioration of young people's health habits is a problem with a European dimension, we decided to work together because all of our schools have the same concern and that they had experience in working on some of the aspects we want to improve.

Through participation in this project, we first want to establish two main objectives:

1.-To get the greatest number of students, and particularly those in a more disadvantaged situation, acquire healthier physical, mental and social habits.

2.-To implement a program of healthy habits that allow problems to be detected early and to act in anticipation of school failure.

Improving healthy habits, especially extended in students with a disadvantaged situation, we hope to improve their academic results, reducing early school leaving. Of course, there are more factors to consider, but our goal is that the result of this project was a part of a wider project in each school to prevent early leaving and improvement of school results.

We have divided the project into 5 parts or topics, each with its specific activities:

- 1.- Outdoor activities for a better life.
- 2.-Fundamentals of a healthy diet.
- 3.-Sport's impact on the quality of life.
- 4.-.Emotional health.
- 5.-Social integration through physical activity.

The final activity, a summary of all the work carried out, will be the elaboration of a guide of healthy habits with the common conclusions drawn from each of the five topics. This guide will be implemented in our schools as part of the educational projects. Each part will have activities to develop in each school., and will conclude with a meeting in each of the countries as a short-term exchange of pupils. We can summary them here saying that all of them will be linked with the topic worked before and they will conclude with the main activity in each mobility: discussion and debate about similarities and differences and common conclusions for the final activity described above. The activities carried out at

schools previous of each meeting will involve several subjects at the same time, and the use of the search and analysis of information and active uses of technologies.

Because interaction between students is a fundamental part of the project, the age of students working with the same objective must be similar to make it easier and more productive. Our goal is to achieve a minimum of 50 students working directly in the activities of the project in each school. Just 20 of them will participate from each school in the 5 short-term exchange of pupils scheduled, 5 in each of the 4 travel abroad.

The development of the project has to be through multidisciplinary activities that involve several didactic departments. Thus, the departments of physical education, natural sciences, mathematics, technology, in addition to the necessary collaboration of the English language department to coordinate all aspects of the proper use of the common working language will participate directly in their preparation. This means at least 10 teachers from each partner, 2 from each of these departments will be directly involved in the preparation of activities and their implementation and evaluation. Also, given that the final objective is a transversal priority, the counselling department will have a fundamental role for the implementation of our goal so 1 member of this will be also a part of the project in each school.

The idea is that this result of the common work of all partners, based on shared experience, will be a document that is inserted into the Tutorial Action Plan in all partner schools, within our School Plan. The improvement of the healthy habits of our students, as a factor that limits inequalities and prevents school failure, will be one of the objectives of the Educational Project of our schools for the future.

Please provide a translation in English. This summary will be publicly available in case your project is awarded.

Participating Organisations

Applicant Organisation

Organisation ID	Legal Name	Country
E10162644	IES HUARTE DE SAN JUAN	Spain

Partner Organisations

Organisation ID	Legal Name	Country
E10023783	2nd Peiramatiko Gymnasio Athinon	Greece
E10123516	Muhsin Yazicioglu Ortaokulu	Turkey
E10232803	Scoala Gimnaziala "Nicolae Coculescu"	Romania
E10216154	I. osnovna sola Zalec	Slovenia

Budget Summary

This section summarises the budget you have requested and provides a breakdown per participating school. In case your project is approved, each of the participating schools will be offered a separate contract with their own budget.

Note on budget capping: According to the Programme Guide, the project budget for School Exchange Partnerships is limited to 16 500 EUR per school and per year of project duration (Special Needs Support and Exceptional Costs for Expensive Travel do not count for this cap). For your project, the current budget cap is 165,000 EUR. Please note that this cap applies to the partnership as a whole, while there is no limitation on how these funds can be divided between the schools participating in the project.

Project Budget Summary

Budget items	Grant
Project Management and Implementation	36.000,00 EUR
Learning, Teaching Training Activities	111.346,00 EUR
Total Grant	147.346,00 EUR

Learning, Teaching, Training Activities

Id	Activity Type	Travel Grant	Grant for Exceptional Costs for Expensive Travel	Individual Support Grant	Linguistic Support Grant	Grant
C1	Short-term exchanges of groups of pupils	9.485,00 EUR	0,00 EUR	14.056,00 EUR	0,00 EUR	23.541,00 EUR
C2	Short-term exchanges of groups of pupils	8.295,00 EUR	0,00 EUR	14.056,00 EUR	0,00 EUR	22.351,00 EUR
C3	Short-term exchanges of groups of pupils	7.700,00 EUR	0,00 EUR	13.052,00 EUR	0,00 EUR	20.752,00 EUR
C4	Short-term exchanges of groups of pupils	8.295,00 EUR	0,00 EUR	14.056,00 EUR	0,00 EUR	22.351,00 EUR
C5	Short-term exchanges of groups of pupils	8.295,00 EUR	0,00 EUR	14.056,00 EUR	0,00 EUR	22.351,00 EUR
Total Grant		42.070,00 EUR	0,00 EUR	69.276,00 EUR	0,00 EUR	111.346,00 EUR

Budget per Organisation

Organisation	Country of Organisation	Grant
2nd Peiramatiko Gymnasio Athinon	Greece	28.351,00 EUR
Muhsin Yazicioglu Ortaokulu	Turkey	28.351,00 EUR
IES HUARTE DE SAN JUAN	Spain	34.537,00 EUR
I. osnovna sola Zalec	Slovenia	27.756,00 EUR
Scoala Gimnaziala "Nicolae Coculescu"	Romania	28.351,00 EUR

Budget details 2nd Peiramatiko Gymnasio Athinon - E10023783

Budget items	Grant
Project Management and Implementation	6.000,00 EUR
Learning, Teaching Training Activities	22.351,00 EUR
Total Grant	28.351,00 EUR

Budget details Muhsin Yazicioglu Ortaokulu - E10123516

Budget items	Grant
Project Management and Implementation	6.000,00 EUR
Learning, Teaching Training Activities	22.351,00 EUR
Total Grant	28.351,00 EUR

Budget details IES HUARTE DE SAN JUAN - E10162644

Budget items	Grant
Project Management and Implementation	12.000,00 EUR
Learning, Teaching Training Activities	22.537,00 EUR
Total Grant	34.537,00 EUR

Budget details I. osnovna sola Zalec - E10216154

Budget items	Grant
Project Management and Implementation	6.000,00 EUR
Learning, Teaching Training Activities	21.756,00 EUR
Total Grant	27.756,00 EUR

Budget details Scoala Gimnaziala "Nicolae Coculescu" - E10232803

Budget items	Grant
Project Management and Implementation	6.000,00 EUR
Learning, Teaching Training Activities	22.351,00 EUR
Total Grant	28.351,00 EUR

Timetable

Please list and describe all project activities and indicate an approximate timing when they will start. In particular, you should include project activities other than the Learning, Teaching, Training activities, for example: project management meetings, dissemination activities and other local activities and events in each school.

Note that Learning, Teaching and Training activities will be listed in this table automatically once you have created them in the dedicated section of the form: Learning Teaching Training

ID	Activity Type	Starting Period	Description
P44	Other Project Events	09-2020	The local commissions elaborate the first document of evaluation with the initial situation of each school attending to the objectives of the project. The coordinator will elaborate an initial report with all initial situations after the local reports.
P37	Other Project Events	09-2020	Meeting by videoconference of the transnational commission to coordinate all the issues about the first meeting in Slovenia.
P33	Other Project Events	09-2020	First meeting of the transnational commission. Constitution of this for the responsible of each school and constitution of the local commission chosen by each school. Coordination of the beginning of the project. Elaboration of the document with the responsibilities of each host and visiting school during each mobility. This document will be a common agreement and it will be known and approved for the legal responsible of the schools.
P19	Other Project Events	09-2020	Research and preparation of presentations on the subject: addictions throughout history. The special part dedicated to new addictions to electronic devices. Students of each will investigate addictions, what is the effect in your health, and how they changed but how their bad effects are the same. They analyze the situation with new addiction such as electronic devices in the school and the country. They can use the result from the initial survey. Coordination by Biology and English teacher. The collaboration of Counselling department is needed.
P5	Other Project Events	09-2020	Students prepare an initial survey to detect the starting situation of the school in all the five topics we have divided our project. The local commissions will choose better questions for the survey. Then, the transnational commission will decide the final form of the survey. It will be given to a group of students chosen by the local commission of the schools.
P4	Other Project Events	09-2020	Determination of the Selection Document of the participating students and accompanying teachers in each short-term exchange of pupils. An internal commission formed by a member of the management team, a representative of the parents, a representative of the students and the bilingual coordinator, will design the document of assessment that will be open and transparent.
P3	Other Project Events	09-2020	Creation of the project website. In each partner school, there will be a coordinator of the

same and the eTwinning space associated with the project. They will be responsible for uploading all materials and managing both spaces. Students and teacher are invited to create an eTwinning account.

Through a contest open to all participating students, choosing a logo for the project. First, the representatives of each partner will choose the candidate of their school in an internal process. Then among all the winner will be chosen by vote, which will represent the project.

Meeting with staff and families to inform about the achievement of the project and presentation of the program of activities.

OUTDOOR ACTIVITIES FOR BETTER LIFE

Meeting by videoconference of the transnational commission to analyze the meeting in Slovenia and to coordinate the next activities to work with.

Preparation of the first part of the guide of healthy habits with the conclusions of the first short-term exchange of pupils. Responsible: Slovenian school.

Meeting with families and students to disseminate the conclusions and results of the first short-term exchange of pupils, after the meeting in Slovenia.

Activity: In our pantry: analysis of how food has changed at home in two generations. Students will develop an interdisciplinary study comparing what they find in their pantry now, and what their parents and grandparents found. They will have consequences in the form of what has gotten better and worsened. Coordination of Department of Physical Education, Biology and English.

Pyramid of healthy eating. Students investigate and elaborate a pyramid of healthy food using local products in each country. Coordination of Physical Education, Biology, Math and Arts Departments.

Activity: What do food labels tell us? Students investigate what do all the information we can find in the label of any food we can buy, mean. Coordination of Science, Math, Physical Education and English.

P34	Other Project Events	01-2021	Meeting by videoconference of the transnational commission to coordinate all the issues about the second mobility in Spain.
P10	Other Project Events	01-2021	Preparation of a summary presentation of the activities. Students elaborate a presentation summary of all the work of this second topic. It will be the central work to use during the short-term exchange of pupils about healthy food.
P9	Other Project Events	01-2021	Recipe for healthy eating with products from our area. Students elaborate recipes as examples of healthy food using local products in order to make them easy to use in the usual life.
C1	Short-term exchanges of groups of pupils	02-2021	FUNDAMENTALS OF A HEALTHY DIET
P13	Other Project Events	02-2021	Preparation of the second part of the guide of healthy habits with the conclusions of the second short-term exchange of pupils. Responsible: Spanish school.
P39	Other Project Events	03-2021	Meeting by videoconference of the transnational commission to analyze the meeting in Spain and to coordinate the next activities to work with.
P11	Other Project Events	03-2021	Meeting with families and students to disseminate the conclusions and results of the second short-term exchange of pupils, after the meeting in Spain.
P35	Other Project Events	04-2021	Meeting by videoconference of the transnational commission to coordinate all the issues about the third meeting in Turkey.
P15	Other Project Events	04-2021	Preparation of a summary presentation of the activities. Students elaborate a presentation summary of all the work of this third topic. It will be the central work to use during the short-term exchange of pupils about sport and its values.
P14	Other Project Events	04-2021	Preparation of a school day of sport with different competitions in each school. Coordination of the Physical Education department.
P12	Other Project Events	04-2021	The sport and its values. Students prepare presentations on sports figures in their country, extracting the positive values they convey and that can be used in a healthy life. Trying to go further than football. Coordination of Physical Education and English departments.

C2	Short-term exchanges of groups of pupils	05-2021	THE IMPACT OF SPORTS IN THE QUALITY OF LIFE
P17	Other Project Events	05-2021	Preparation of the third part of the guide of healthy habits with the conclusions of the third short-term exchange of pupils. Responsible: Turkish school.
P16	Other Project Events	05-2021	Meeting with families and students to disseminate the conclusions and results of the third short-term exchange of pupils, after the meeting in Turkey.
P45	Other Project Events	06-2021	The local commissions elaborate the intermedium evaluation report with the degree of achievement of each objective at this moment. They will compare the evolution after the initial situation. The coordinator will elaborate a report summary of all the local contributions.
P40	Other Project Events	06-2021	Meeting by videoconference of the transnational commission to analyze the meeting in Turkey and to coordinate the next activities to work with.
P18	Other Project Events	06-2021	Inform all sectors of the schools about the outcome of the first course of our project.
P36	Other Project Events	09-2021	Meeting by videoconference of the transnational commission to coordinate all the issues about the fourth meeting in Romania.
P25	Other Project Events	09-2021	Preparation of a summary presentation of the activities. Students elaborate a presentation summary of all the work of this fourth topic. It will be the central work to use during the short-term exchange of pupils about knowledge and control of emotions.
P24	Other Project Events	09-2021	Research and preparation of presentations on the main emotions that a teenager has to know and learn to manage: peer relationships, awakening sex, anger control. Coordination of Counselling and English departments.
P21	Other Project Events	09-2021	Preparation of a summary presentation of the activities. Students elaborate a presentation summary of all the work of this first topic. It will be the central work to use during the short-term exchange of pupils about preventing addictions.
P20	Other Project Events	09-2021	An interview with a recovered addict. More than one if that is possible. Each school prepares this interview with the help of some local association. Students elaborate a text with the reflexion in English after the meeting. Coordination of English department.

C4	Short-term exchanges of groups of pupils	10-2021	EMOTIONAL HEALTH
P27	Other Project Events	10-2021	Preparation of the fourth part of the guide of healthy habits with the conclusions of the fourth short-term exchange of pupils. Responsible: Romanian school.
P26	Other Project Events	10-2021	Meeting with families and students to disseminate the conclusions and results of the third short-term exchange of pupils, after the meeting in Romania.
P41	Other Project Events	11-2021	Meeting by videoconference of the transnational commission to analyze the meeting in Romania and to coordinate the next activities to work with.
P38	Other Project Events	04-2022	Meeting by videoconference of the transnational commission to coordinate all the issues about the fifth meeting in Greece.
P29	Other Project Events	04-2022	Preparation of a summary presentation of the activities. Students elaborate a presentation summary of all the work of this fifth topic. It will be the central work to use during the short-term exchange of pupils about improving social health through outdoor activities.
P28	Other Project Events	04-2022	Students will prepare presentations (Power-point) about the social impact (benefits) of physical activity (What social factors – Benefits). Each team will create its own game promoting communication, collaboration, and closer friendship by setting their own rules.
C5	Short-term exchanges of groups of pupils	05-2022	SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES
P31	Other Project Events	05-2022	Preparation of the fifth part of the guide of healthy habits with the conclusions of the fifth short-term exchange of pupils. Responsible: Greek school.
P30	Other Project Events	05-2022	Meeting with families and students to disseminate the conclusions and results of the fifth short-term exchange of pupils, after the meeting in Greece.
P43	Other Project Events	06-2022	Meeting by videoconference of the transnational commission to analyze the meeting in Greece and to coordinate the next activities to finish the project.
P32	Other Project Events	06-2022	Composition of the healthy habits guide with each of the five parts and with the conclusions. Edition of it in printed copies in each school and digital format for use by everyone interested. Romanian School will be responsible for the printed edition and Greek school for

the digital one.

P46 Other Project Events 07-2022

The local commissions elaborate the final evaluation report with the degree of achievement of each objective at this moment. They will compare the evolution after the activities of the project have been carried out. The coordinator will elaborate a report summary of all the local contributions.

Participating Organisations

Applicant Organisation Details

Organisation ID	E10162644
Legal name	IES HUARTE DE SAN JUAN
Legal name (National language)	IES Huarte de San Juan
National ID (if applicable)	23002841
Address	Rector Muñoz Fernández S/N
Country	Spain
Postal Code	23700
City	Linares
Website	https://blogsaverroses.juntadeandalucia.es/ieshuarte/
Telephone	+34953609891



Profile

Type of Organisation

School/Institute/Educational centre – Vocational Training
(secondary level)

Is the organisation a public body?

Yes

Is the organisation a non-profit?

Yes

Legal Representative

Title	Mr.
Gender	Male
First Name	Antonio Jesús
Family Name	Jérez García
Department	Arts
Position	Head Master
Email	23002841.edu@juntadeandalucia.es
Telephone	+34630328064
Preferred Contact	No
Same address as organisation	No
Address	C/ Rector Muñor Fernández
Country	Spain
Postal Code	23700
City	Linares

Contact Person

Title	Mr
Gender	Male
First Name	Alfonso
Family Name	Cobos Quesada
Position	Head of Studies
Email	pacobos@ieshuarte.com
Telephone	+34648754274
Preferred Contact	Yes
Same address as organisation	No
Address	C/Rector Muñoz Fernández
Country	Spain
Postal Code	23700
City	Linares

Background And Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

Our school is the oldest in Linares, our town, with 50 years in the actual location. The school has about 800 students ranging from the very young, 12 years old, to the oldest ones, 18. It also counts 60 teachers from all teaching fields. We prepare for further studies, either polytechnic training courses or university degrees. The school provides lots of facilities to complete student's learning such as laboratories, arts classrooms, gym, and a very big sport center next to us.

Our school, despite being one of the most traditional in the area, and despite having worked within the bilingual plan for more than a decade, has a lack that is clearly a disadvantage. So far, we are the only school in the town that has never participated in a European project. In the other hand We've been having a bilingual learning project for 12 years where some subjects are taught in Spanish and English. This provides us a good background to develop a type of project like this because we have experience of working in English as a common language in one of the main subject of working.

As the main heritage from the past until now we have our biggest product, olive oil, which allows us to fit in all the objectives of the project, in all aspects that we want to develop. It is a food widely known for its healthy properties. It is the basis of the Mediterranean diet, essential for a healthy lifestyle. However, lately our young people are losing healthy eating habits as well as acquiring other harmful ones such as sedentary lifestyle. That is why we are worried and encouraged to make a project that improves healthy attitudes. This will result in integrally better citizens.

The Head of Studies will be the contact person and responsible of the coordination. Then, the participation of the management team directly is guarantee. It has also have wide expience in participating in European projects. The PHysical Education teacher, who as and experte in Physiology and nutrition will be one of the main support in the project due to the knowledge about the goals. Because we will need a wide use of new tecnologuies, the responsible of thecnical equipment of the school will be a fundamental part. The Head of Biology and Geology, who is and expert in environment and plants and green nutrition can give us a very valuable contribution. Of course, wi will count on the Head of the English language departament, because it is the language of working. All teachers invloved belong to the bilingual section of the school, so all of them are absolutly competent in English.

The school is parted by many trustworthy teachers who have good knowledge of English language, ICT and leadership skills to respond in case someone could leave his/her post easily.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here: <https://www.etwinning.net/en/pub/recognition/etwinning-school-labels.htm>

Has the organisation participated in a European Union granted project in the 3 years preceding this application?

No

Partner Organisation details

Organisation ID	E10023783
Legal name	2nd Peiramatiko Gymnasio Athinon
Legal name (National language)	2ο Πειραματικό Γυμνάσιο Αθηνών
National ID (if applicable)	0501130
Address	Filoimonos 36-38 & Tsocha
Country	Greece
Postal Code	11521
City	Athens
Website	http://www.2gym-peir-athin.att.sch.gr
Telephone	+302106465673
Fax	+302106226584

Profile

Type of Organisation

School/Institute/Educational centre – General education
(secondary level)

Is the organisation a public body?

Yes

Is the organisation a non-profit?

Yes

Legal Representative

Title	Mrs
Gender	Female
First Name	Chaido
Family Name	Kallitsaki
Position	Headmistress
Email	mail@2gym-peir-athin.att.sch.gr
Telephone	+302106426584
Preferred Contact	No
Same address as organisation	Yes
Address	Filoimonos 36-38 & Tsocha
Country	Greece
Postal Code	11521
City	Athens

Contact Person

Title	Mr
Gender	Male
First Name	Alexandros
Family Name	Lazaridis
Department	Physical Education
Position	Teacher
Email	laz_alex@hotmail.com
Telephone	+306977893907
Preferred Contact	Yes
Same address as organisation	Yes
Address	Filoimonos 36-38 & Tsocha
Country	Greece
Postal Code	11521
City	Athens

Background And Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

The 2nd Peiramatiko Junior High School of Athens is a state school located in the centre of Athens and it operates according to the Curricula established by the Greek Ministry of Education.

The staff is composed of 48 teachers and the number of students is 486 (classes 7th-9th).

The school is distinguished for the implementation of innovative activities and practices such as:

- Teachers have established a cross-thematic approach across all subjects in order for students to complete language literacy e.g. CLIL and acquiring ICT skills.
- The school creates and applies new curricula, teaching methodologies, educational material in cooperation with Greek Universities, such as the National and Kapodistrian University of Athens.
- In cooperation with the Institute of Educational Policy, University Faculties and school advisors, seminars for professional development, symposiums, and meetings, which are addressed to teachers, take place at school.
- The school is evaluated every year for its function, while all of its teachers are evaluated every five years.
- Lastly, the school has an important experience in taking part in various European projects such as Erasmus+KA1 and KA2, as well as eTwinning projects

The 21st century and the digital age we are living in are challenging schools and educational authorities to develop an entirely new approach to schooling and education. This perspective brings along a huge set of changes in the school's daily practices, like the adoption of a healthy lifestyle by the students' assessment.

This partnership has very different kinds of schools, facing very different challenges in each one of the countries, and we believe international cooperation could and will highlight the best-related everyday habits of each school to benefit the rest of the partner schools. The partnership has been established both in our capacity to work together as in our differences.

The Head of Physical Education will be in charge. He's a PE teacher, MSc in Sport - Nutrition, with almost 18 years of experience in school education and too much experience in conducting Health Education projects with Outdoor Activities in relation to healthy diet habits adoption. The school is parted by many trustworthy teachers who have good knowledge of English language, ICT and leadership skills to respond in case someone could leave his/her post.

The school is evaluated at the end of every school year. Pilot teachings take place and are assessed before they are applied to the wider educational community. For this reason, all teachers are highly experienced in forming new educational practices while disseminating. The school has, also, an important experience in taking part in various European projects such as Erasmus+KA1 and KA2, as well as eTwinning projects. Therefore, interesting events during the mobilities could be organized producing important outputs.

Does this school have a valid eTwinning school label?

Yes

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here: <https://www.etwinning.net/en/pub/recognition/etwinning-school-labels.htm>



winning ID number. The eTwinning ID can be found in the school's eTwinning profile under the 'About' tab. Please note that only teachers linked to the school will be able to see this information.

162668

Has the organisation participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme	Year	Project Identification or Contract Number	Applicant/Beneficiary Name
KA219	2017	2017-1-ES01-KA219-037881_4	Institut Ermessenda
KA229	2018	2018-1-FR01-KA229-048170_2	Etablissement Régional d'Enseignement Adapté "Madga Hollander Lafon"

Partner Organisation details

Organisation ID	E10123516
Legal name	Muhsin Yazicioglu Ortaokulu
Legal name (National language)	
National ID (if applicable)	+900216 397 73 93
Address	Camcesme Neighborhood. Misaki National Street. No 26/ 1
Country	Turkey
Postal Code	34000
City	Istanbul
Website	http://muhsinyaziciogluortaokulu.meb.k12.tr/
Telephone	+900216 397 73 93

Profile

Type of Organisation

School/Institute/Educational centre – General education
(secondary level)

Is the organisation a public body?

Yes

Is the organisation a non-profit?

Yes

Legal Representative

Title	Mr
Gender	Male
First Name	Muhammet
Family Name	Sahin
Position	Headmaster
Email	muhammedsahin78@hotmail.com
Telephone	+9005323743064
Preferred Contact	No
Same address as organisation	Yes
Address	Camcesme Neighborhood. Misaki National Street. No 26/ 1
Country	Turkey
Postal Code	34000
City	Istanbul

Contact Person

Title	Mrs
Gender	Female
First Name	Zehra
Family Name	Karabag
Department	Science
Position	Teacher
Email	zehrakarabag27@hotmail.com
Telephone	+905424437387
Preferred Contact	Yes
Same address as organisation	Yes
Address	Camcesme Neighborhood. Misaki National Street. No 26/ 1
Country	Turkey
Postal Code	34000
City	Istanbul

Background And Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

Our school is located in the district of Pendik in Istanbul. There are 1168 students and 82 teachers in our school. Students are in the age group 10-14.

Our vision is to ensure the effective use of knowledge, skills and technology required by our age. It is to internalize social values and to become universal. Our Mission; Providing educational services that can play a role in being productive, free-thinking, having universal values, researching and creative individuals who can learn by questioning, transfer what they learn to life, think critically, acquire effective communication skills. They; social, cultural, economic needs to meet the needs to develop the environment to prepare; accordingly, the education in the school is to improve the quality of teaching. We carry out the following projects in line with this vision and mission.

We participate in many national and international projects.

Some of those:

Scientix / StarT / S.O.S Project (Save Our Species)

International e-Twinning: The Nature In My Hand(2017-2018) The Nature In My Hand/For Futur(2018-2019) Water Ambassadors (2019-2020)

Nutrition Friendly-Healthy Schools Project

Cat Friendly School Project (Animal Rights)

Confidence and Speak Only (Speaking English) Project.

Many studies are carried out in our school to develop the social, artistic and sporting aspects of our students.

Our Success:

Our school is located in an area of disadvantaged students. It is composed of low-income families especially in socio-economic terms. We also have classes for students with mild to moderate mental disabilities. Our school offers opportunities for students by actively taking part in many social projects. Our students have various degrees especially in sports competitions. In our region there is a camp site that our municipality offers to students. There are also various sports facilities, and this could be very useful for the activities of the project. Healthy lifestyle, proper nutrition and sports are topics we are really concerned and we think working in this project will help to a continuous improvement and integration for all students.

All colleagues in the project team have the knowledge, skills and ability to manage the needs, management and implementation of the project. Our school has sufficient tools and power in this context. Most teachers have been working with National projects and eTwinning for the last few years. It is really important for us to participate in this European projects, because our students need to keep improving their healthy habits to have a better life in the future. This project will increase the good life habits of the students and, in addition, it will help to encourage and recognize different cultures. Improves the sense of tolerance. Develops European citizen awareness. As a result, it transforms individual struggle into social struggle. So they will struggle with the problems of healthy habits with European friends.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here: <https://www.etwinning.net/en/pub/recognition/etwinning-school-labels.htm>



...ted in a European Union granted project in the 3 years preceding this application?

No



Partner Organisation details

Organisation ID	E10232803
Legal name	Scoala Gimnaziala "Nicolae Coculescu"
Legal name (National language)	SGNC
National ID (if applicable)	0233647
Address	Bulevardul Muncii, No. 70
Country	Romania
Postal Code	235600
City	Scornicesti
Website	
Telephone	+249460429

Profile

Type of Organisation

School/Institute/Educational centre – General education
(secondary level)

Is the organisation a public body?

Yes

Is the organisation a non-profit?

Yes

Legal Representative

Title	Mrs
Gender	Female
First Name	Petria Steluța
Family Name	Barbulescu
Position	Headmistress
Email	barbulescusteluta@yahoo.com
Telephone	+40748695522
Preferred Contact	No
Same address as organisation	Yes
Address	Bulevardul Muncii, No. 70
Country	Romania
Postal Code	235600
City	Scornicesti

Contact Person

Title	Mrs
Gender	Female
First Name	Andreea
Family Name	Smedescu
Department	English
Position	Teacher
Email	barbulescusteluta@yahoo.com
Telephone	+40721551168
Preferred Contact	Yes
Same address as organisation	Yes
Address	Bulevardul Muncii, No. 70
Country	Romania
Postal Code	235600
City	Scornicesti

Background And Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

Our school's name is Elementary School Nicolae Coculescu. It is located in Scornicești, a beautiful town, famous for being the birthplace of Romania's infamous communist president, Nicolae Ceausescu. His traditional country house is now a museum visited by tourists worldwide. "Nicolae Coculescu" is considered the best Elementary School in Scornicești. It has 473 students, aged between 6-14 years. We are a team of 36 dedicated teachers with experience in local and national projects. Our students are always motivated to learn more and we involve them in many educational activities, such as annual competitions on various subjects of instructions. They are also very talented and creative, and we allow them to explore their creative side and pursue their passions. Thus, the school frequently coordinates extracurricular activities, giving students the opportunity to express their musical abilities (vocal music, instrument playing) and their dancing skills (traditional dances). The school provides both students and teachers with facilities such as laboratories, linguistic centres, gym and after school centres.

We are really concerned about how healthy habits in teenagers have been getting worse. Our school's motivation is to increase the students' good habits and, in addition, to increase the participation in non-formal education and to allow them to practice a foreign language in practical situations.

Besides the contact teacher, of course, the key people in charge of running the project in my school will be my colleagues, English teacher, my headmistress, the Physical Education teacher, and the Biology teacher. The school has more than prepared and motivated teachers to be in charge of the project in anytime if they are required.

My school doesn't have Erasmus experience, but we have participated in many local and national project and we are willing to contribute to the project in the best way possible.

Five teachers have already an eTwinning account, and we will try to make this number greater during the project.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here: <https://www.etwinning.net/en/pub/recognition/etwinning-school-labels.htm>

Has the organisation participated in a European Union granted project in the 3 years preceding this application?

No

Partner Organisation details

Organisation ID	E10216154
Legal name	I. osnovna sola Zalec
Legal name (National language)	
National ID (if applicable)	5088534000
Address	Silihova ulica 1
Country	Slovenia
Postal Code	3310
City	Zalec
Website	https://www.1os-zalec.si/
Telephone	+38637132422

Profile

Type of Organisation

School/Institute/Educational centre – General education
(primary level)

Is the organisation a public body?

Yes

Is the organisation a non-profit?

Yes

Legal Representative

Title	Mrs
Gender	Female
First Name	Tatjana
Family Name	Zgank Meza
Position	Headteacher
Email	o-zalec.ce@guest.arnes.si
Telephone	+386037132422
Preferred Contact	No
Same address as organisation	Yes
Address	Silihova ulica 1
Country	Slovenia
Postal Code	3310
City	Zalec

Contact Person

Title	Mrs
Gender	Female
First Name	Jasmina
Family Name	Vrsnik
Department	English
Position	Teacher
Email	jasmina.vrsnik@gmail.com
Telephone	+38631833536
Preferred Contact	Yes
Same address as organisation	Yes
Address	Silihova ulica 1
Country	Slovenia
Postal Code	3310
City	Zalec

Background And Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

Primary school Zalecis situated in Zalec, a town in central Slovenia. It is the seat of the Municipality of Zalec. It lies in the valley of the lower course of the Savinja River west of Celje. There are 721 pupils together, aged 6 – 14 and 77 employees. The school is well equipped with ICT and there are also a lot of sport facilities nearby. The school offers pupils a wide range of extracurricular activities in music, language, sport, art, astronomy and science programmes. They learn English from the age of six and some pupils learn German as the second language. The school is tightly connected to the local community and other institutions in the community.

The school is very active in raising awareness of health and environmental issues and it's been labelled Healthy school, which means it includes different actions regularly, such as school fruit, vegetables and milk scheme, the inclusion of many local products into school diet, reducing food waste etc. It's focused on the quality of school diet, on reducing the amount of sugar and on food culture. However, improving physical health is not the only issue, mental wellbeing is also dealt with because the survey among students has shown the problem of depression and stress management. Living in the digital age faced us with different addictions and problems and that is why awareness about addiction to psychoactive substances is raised. We believe the school has some strong points to share in this partnership on health issues, however, there are also other areas that have to be dealt with, especially mental health and social health because a lack of quality team work among groups of multicultural students is noticed.

Working in an international partnership offers a rich variety of experiences to share because of different cultures, different problems and also solutions.

Many of the students are underprivileged and they don't get the chance to experience other cultures. It is very important for them to experience this cultural diversity also to make them more tolerant and supportive as individuals. It is highly motivational for pupils to meet their peers, realize they have similar issues, different opinions and various experiences and outcomes. That offers a whole new set of skills to acquire and solutions to use.

The school has had previous experience in an international programme, eTwinning, however, it hasn't been a part of Erasmus programme so far. The person in charge is going to be the English teacher with previous international partnership project (Comenius) experience. The Science teacher, Technology teacher, Sports and Physics teacher will be in the team as well to support and help with the project, as also the headmistress to help with the organisational aspect. There are many teachers proficient in English with leadership skill and motivation to respond in case someone leaves the post.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here: <https://www.etwinning.net/en/pub/recognition/etwinning-school-labels.htm>

Has the organisation participated in a European Union granted project in the 3 years preceding this application?

No

Project Description

Priorities and Topics

Please select the most relevant horizontal or sectoral priority according to the objectives of your project.

SCHOOL EDUCATION: Tackling early school leaving and disadvantage

If relevant, please select up to two additional priorities according to the objectives of your project.

HORIZONTAL: Supporting individuals in acquiring and developing basic skills and key competences

HORIZONTAL: Social and educational value of European cultural heritage

Please select up to three topics addressed by your project

Health and wellbeing

Inclusion - equity

Key Competences (incl. mathematics and literacy) - basic skills

Description

Please describe the motivation for your project and explain why it should be funded.

Within the strategic lines that all partners school already had, and that the management teams want to continue consolidating, is the importance we attach to healthy, physical, emotional and social habits. This is reflected in our participation in different national and local projects related to this problem. Improving healthy habits is a part of the curricula of all partners schools. Because of this previous experience, we have detected that healthy habits in teenagers have been getting worse in the last years, especially in the sectors more underprivileged. We all have detected that, in a high percentage, students who do not reach the degree and do not continue their studies, have, for the most part, clearly physical, emotional and social health habits not good enough.

Numerous studies, among which we highlight the one carried out by the Physical Activity, Fitness and Health (LIFE) group of the Universitat Jaume I (UJI) of Castellón and its DADOS project, conclude that unhealthy lifestyle habits negatively influence school performance. Our goal is to improve the lifestyle of adolescents to achieve not only an improvement in health but an improvement in academic results, with which it is related. This is not a local problem but a problem in all of Europe. Of course, bad healthy habits is not the only factor to reduce school failure, but our goal is to implement in our schools a program of improving health habits as a part of a global program to improve academic results.

On the other hand, all the partners agree with the idea of starting or continuing with an internationalisation process with all the advantages that we can take from it. More specific, we agree that an exchange of good practises in the perfect way to achieve our goals.

Guided by these two basic problems: the search for internationalization and the need for improving the healthy habits of our students is why we decided to try to launch a program of exchange of good practices. As we understand that the deterioration of young people's health habits is a problem with a European dimension, we decided to work together because all of our schools have the same concern and that they had experience in working on some of the aspects we want to improve.

Also, there are two other aspects to improve. Although all the partner schools work with English as a second language, we believe that we need to advance in the teaching of the practical use of languages. Moreover, although it is an initiated process, all our school needs to improve in terms of innovation of the teaching methodology. The partner schools are committed to moving towards more widespread use of interdisciplinary work, use of digital media and the global improvement of key competencies. These aspects we believe could be improved by participating in a program of exchange of good practices with a team of motivated partners.

What are the objectives you would like to achieve and concrete results you would like to produce? How are these objectives linked to the priorities you have selected?

Through participation in this project, we first want to establish two main objectives in line with the aim previously written. They are linked with the most relevant priority: tackling early school leaving and disadvantage:

1.-To get the greatest number of students, and particularly those in a more disadvantaged situation, acquire healthier physical, mental and social habits.

2.-To implement a program of healthy habits that allow problems to be detected early and to act in anticipation of school failure.

Improving healthy habits, especially extended in students with a disadvantaged situation, we hope to improve their academic results, reducing early school leaving. Of course, they are more factors to consider, but our goal is that the result of this project was a part of a wider project in each school to prevent early leaving and improvement of school results. On the other hand, by working in the activities of the project the students will improve their basic skills and key competences.

Another priority selected is supporting individuals in acquiring and developing basic skills and key competence. Related with it we have the objective :

3.--To Promote and gradually implement innovation in teaching practice through multidisciplinary projects that involve the use of technologies and the developing of basic skills and key competences.

And linked with the priority: social and educational value of European cultural heritage we have the objective:

4.- To increase our knowledge of the participating countries, thus contributing to the priority of knowledge of European cultural reality and appreciate that being different in details, we are equal in fundamental values.

Together with these, we also have secondary objectives that complement:

5.- To start or to continue an internationalization process in all the school that allows mutual enrichment through an exchange of good practices

6.-To improve the English language competence by the use as a common language in an exchange of good practises by practical use in a real context.

To achieve objective 1 and 2, the final result of the project will be a guide of healthy habits that summarize the whole work in the project. It will be a part of a global project of improvement and preventing early leaving of our partner school. We all want to increase the rate of scholar success to 95% in three years and we hope to achieve this result with the contribution of this project.

All the planned activities will have a result in a tangible product as a presentation o report. They will be the summary of an interdisciplinary work that will involve several different subjects and the use of investigation and technology, which is related to objective 3. We have planned 5 short-terms exchange of pupils where will elaborate a summary for the final guide of healthy habits, with a double goal: to get common conclusions and to compare situations in the partner countries., linked with objectives 2 and 4.

How are the planned activities going to lead to achievement of the project's objectives ?

We have divided the project into 5 parts or topics, each with its specific activities:

- 1-. Outdoor activities for a better life.
- 2.-Fundamentals of a healthy diet.
- 3.-Sport's impact on the quality of life.
- 4.-.Emotional health.
- 5.-Social integration through physical activity.

The final activity, a summary of all the work carried out, will be the elaboration of a guide of healthy habits with the common conclusions drawn from each of the five topics. The idea is to make this guide that will be implemented in our schools as part of the educational projects. This final activity, becoming an important part of the school's life. It will contribute to our main objectives: "To get the greatest number of students, and particularly those in a more disadvantaged situation, acquire healthier physical, mental and social habits" and to implement a program of healthy habits that allow problems to be detected early and to act in anticipation of school failure"

Each part will have activities to develop in each school., and will conclude with a meeting in each of the countries as a short-term exchange of pupils. This is essential for the objectives of " to start a school opening line to internationalization and to increase our knowledge of the participating countries", thus contributing to the priority of knowledge of European cultural reality, by sharing conclusions and assessing differences. Although the specific activities in each meeting will be further developed in another section, we can summarize them here saying that all of them will be linked with the topic worked before and they will conclude with the main activity: discussion and debate about similarities and differences and common conclusions for the final activity described above. This helps to achieve the objective: "to increase our knowledge of the participating countries", because meetings are, in essence, exchange of good practices by an international encounter.

The activities carried out at schools previous of each meeting will involve several subjects at the same time, and the use of the search and analysis of information and technologies. In this way they are linked to the objective:" to promote and gradually implement innovation in teaching practice through multidisciplinary projects" and, by working in the common language, with the objective: "to improve the English language competence by the use as a common language in an exchange of good practices". Again, the specific activities will be further developed in the time table section.

After each meeting, once the common document with the conclusions about the aspect treated in each meeting is prepared, an activity will be carried out to disseminate the result of the exchange to the families and the rest of the students. Also, a summary of all activities will be uploaded in eTwinning using the site of the project, in the project website and in the part that each school will have for the project.

eTwinning and Erasmus+ platforms

Have you used or do you plan to use eTwinning, School Education Gateway or the Erasmus+ Project Results Platform for preparation, implementation or follow-up of your project? If yes, please describe how.

With the double described idea of ending the disadvantage of not having initiated a process of internationalization of our school and of insisting on our initiated process of improving the healthy habits of our students, to improve its school result, we began the process of searching for partners. For this, we wrote an announcement in eTwinning in which we briefly described the idea of the project, and that we were looking for partners with the same concern. Among the schools that answered us, we sought a balance between experience and motivation, so that we could enrich ourselves through an exchange of good practices. The eTwinning has been fundamental to prepare our project.

One of our partners from Turkey was chosen for having an eTwinning school label for good practices, which will allow us to use their experience when managing the space that our project would have on this platform if the project is chosen. All activities and results will be placed in eTwinning. Besides, another of the partners from Greece has successfully participated in two good practice exchange projects, which is why we found it interesting to seek their collaboration and learn from their experience when spreading our results using the magnificent tool that is eTwinning, as well as this partner, has wide experience with the use of the Erasmus+ Project Results Platform. We will use also this tool counting on the previous and successful work of our Greek partner.

At the same time, during the preparation of this project, two teachers of the school and a member of the management team, have received specific training on the use of eTwinning with the idea of learning all its functionality as a fundamental means of dissemination of all the work that we want to develop.

Before finding partners and after making a working team in advance for the preparation of the project, all schools have used eTwinning, School Education Gateway and Erasmus+ Projects Results to investigate and to look for projects about similar topics with the same concern we share. We found some of the ideas we present in this project from other experiences described in the platforms. We exchange information by email and we make decisions written in this project. The effect of discovering successful initiatives from the European platform is an exchange of good practices before the project implementation.

Take advantage of the experience of our partners who have used eTwinning in the previous project, the use of this platform will be a fundamental way to share and spread the results of any activity we will carry out. With the coordination of our more experienced partners, from local commissions in each school, selected contents will be uploaded in the site for the project in eTwinning for the project during the implementation. Then, after the project finish, all our main results will be available to every user. Maybe we can be an inspiration for future projects as others have been for us.

Participants

Please briefly describe who will take part in the project, including:

- Who are the different groups that will take part in the project activities (e.g. pupils, teachers, other school staff, parents, etc.)? Please also include information on local participants (those who will participate in project activities, but will not travel as part of the project).
- How are these groups going to participate?
- If pupils are involved in the project, please specify their age groups.

Note that specific details on selection of participants in Learning, teaching and training activities do not need to be repeated here if they are described in the dedicated section of the form: Learning Teaching Training

Improving the healthy habits of our students is a priority line of the management team of our schools, along with initiating or following an internationalization process. This means the main target of our project must be the impact that the activities of the project will have on our students. Our age group of students to work with will be from 12 to 14. At this age, the students are mature enough to take maximum benefit from the activities.

At the same time, all the partners have students in this group of age. Because interaction between students is a fundamental part of the project, the age of students working with the same objective must be similar to make it easier and more productive. Our goal is to achieve a minimum of 50 students working directly in the activities of the project in each school. Just 20 of them will participate from each school in the 5 short-term exchange of pupils scheduled, 5 in each of the 4 travel abroad.

The students who won't travel but participate in the project will work in the activities programmed as a part of the normal activities of the subjects directly involved in the project. They will be evaluated as a part of the curriculum because we want our objectives and activities to become a part of the life of our schools.

Starting from the management team, the development of the project has to be through multidisciplinary activities that involve several didactic departments. Thus, the departments of physical education, natural sciences, mathematics, technology, in addition to the necessary collaboration of the English language department to coordinate all aspects of the proper use of the common working language will participate directly in their preparation. This means that at least 10 teachers from each partner, 2 from each of these departments will be directly involved in the preparation of activities and their implementation and evaluation. Besides, given that the final objective is a transversal priority, the counselling department will have a fundamental role for the implementation of our goal so 1 member of this will be also a part of the project in each school. Moreover, the improvement of healthy habits to help to improve school results because or that is a part of a global project of improving results and preventing early leaving, which is carried out in each partner school. Thus, one member of the management team will participate as a representation of the whole institution. Ten of these teachers of each school, two per meeting, will travel with the pupils' group as accompanist.

With our project, we would like families to be involved. One member of the families representative will be a part of the commission that will decide which students will travel for the process to be transparent to all the school community in all schools of the association. Then, after each scheduled transnational meeting open to families is one of the activities planned. to spread results.

Participants with fewer opportunities: does your project involve participants facing situations that make their participation more difficult?

No

Management

Funds for Project Management and Implementation

Funds for "Project Management and Implementation" are provided to all Strategic Partnerships based on the number of participating organisations and duration of the project. The purpose of these funds is to cover diverse expenses that any project may incur, such as planning, communication and project management meetings between partners, small scale project materials, virtual cooperation, local project activities, promotion, dissemination and other similar activities not covered by other types of funding.

Organisation role	Grant per organisation and per month	Number of organisations	Grant
Coordinator	500,00 EUR	1	12.000,00 EUR
Partner	250,00 EUR	4	24.000,00 EUR
Total		5	36.000,00 EUR

Project Management and Implementation

Please describe the tasks and responsibilities of each partner school. Explain how you will ensure sound management of the project and good cooperation and communication between partners during project implementation.

The IES Huarte of San Juan has the responsibility of the total coordination of the project. It means our school will be responsible for taking care of all the activities are carried out in time and following the schedule. In particular, we will be in charge of the second part dedicated to the Fundamentals of a healthy diet. We will also be responsible for organizing the second meeting, in which we will take advantage of our privileged situation in an environment in which the Mediterranean diet, and in particular olive oil, are a fundamental part of our life.

The Muhsin Yazicioglu Ortaokulu, from Turkey, given its extensive experience and the magnificent sports facilities it has, will be responsible for coordinating the activities of the part dedicated to sport's impact in the quality of life. It will also organize the activities of the third meeting that will focus on this aspect.

The Scoala Gimnaziala "Nicolae Coculescu" from Romania has a special motivation for working on emotional aspects as part of a healthy life. He will be in charge of the activities of our fourth part, dedicated to emotional health.

The I. Osnovna sola Zalec from Slovenia, taking advantage of its previous work in aspects of environment and prevention of bad habits, will be the school in charge of coordinating the activities of the first part dedicated to outside life for preventing bad habits outdoor.

Finally, the 2nd Peiramatiko Gymnasio Athinon school from Greece has extensive experience in exchanges of good practices and especially in outdoor work with activities that promote social inclusion and goal achievement through physical activity. That is why they will be responsible for coordinating the last part dedicated to social integration through physical activities., which will be the fifth meeting, that they will organize.

All school are responsible for the multidisciplinary common activities planned to carry out in time. In each school, a local commission will be created. It will be formed by the teacher responsible for the project, two more teachers and one student selected for the responsible between the ones involved in the activities and one responsible for the management team. This local commission will meet monthly to detect any problem during the project development and taking care of the good use of economic resources. this commission will prepare a report of this meeting. Also, a transnational commission will be formed by all the responsible in each school with the task of following the process and try to manage all the difficulties found for the local commissions. This transnational commission will meet by videoconference at the beginning of the project and before and after each scheduled meeting to coordinate, evaluate and to resolve any problem detected for the local commissions. If one important problem is detected and the commissions won't be able to cope it, the responsible will inform the legal representatives and they will contact formally

Please make sure to include all project management meetings, events and local activities of each school in the section: Timetable

How did you choose the project partners? Does your project involve schools that have never participated in a Strategic Partnership? If yes, please explain how more experienced schools can support less experienced partners during the project.

Once determined to try a Strategic Partnership by a Exchange of Good Practices as an ideal way to open an internationalization process that our school lacked by placing it at a disadvantage with others in the town, that had initiated this process, and once detected the problem of that bad health habits often coincide with poor academic results, we put an ad on Etwinning expressing our concerns. We were looking for partners who had our same motivation in the objectives, and among them, we needed some unless they had experience in eTwinning projects and experience in Strategic Partnership by Exchange of Good Practices, so that we could take advantage of the experience that we do not have, and learn from them.

This is how we find our partners in Romania, Scoala Gimnaziala "Nicolae Coculescu", without experience in Strategic Partnership, but highly motivated to start an internationalization process like us and to work on aspects of improving life habits, especially the emotional aspect of the teenagers. We chose our Slovenia partners, I. Osnovna sola Zalec, for the same reason, in addition to having experience in projects related to environment and healthy living, from which we can learn through the Exchange of Good Practises. Together with them, we chose our partners from Turkey, Muhsin Yazicioglu Ortaokulu, that we found ideal for two reasons: they have great experience and success in specific work in many school sports and have worked on several eTwinning projects, having reached even labels, which will allow us to learn to all others in handling the full potential of the platform. Finally, our partners in Greece, 2nd Peiramatiko Gymnasio Athinon, in addition to having extensive experience in the work of activities that promote the integration and improvement of good life habits, to achieve goals and to overcome challenges through collaborative sports activities, have participated in two previous Strategic Partnership. His experience in all aspects of project development was necessary to balance the inexperience of everyone else.

Since December we have established an in advance coordination via email, videoconference and Wahtsapp group fully operational from which the drafting decisions of the project, are taken, even with our responsibility in coordination, in a consensual manner, acting as a team.

The help we are receiving from the Greece school is essential as regards the viability or not of some decisions, based on their previous experience. During the writing of the project, and especially when we are prepared the activities, our more experienced partner have made productive contributions to be more specific. Based on previous projects they have worked in, we all have been advised about how to improve any idea we wanted to include in our project. They also have an Etwinning quality Label. It means they have enough experience in good practises so they will supervise all the process of using this platform during the project development.

Learning, Teaching, Training Activities

List of Activities

Do you plan to include transnational learning, teaching or training activities in your project?

Yes

Please describe the practical arrangements for the planned Learning, Teaching and Training activities. How will you select, prepare and support the participants, and ensure their safety?

At the beginning of the project, the transnational commission will elaborate one document with the main issues about the preparation of each transnational meeting. Between the agreements will be the host school will be responsible for organizing the accommodation of teachers and students. The host will prepare a dossier with basic information about the country and the emergency services next to the area.

Within this group of students and teachers directly involved in the project, we must select who will travel as a participant or accompanying in the short-term exchanges of pupils. We will establish in each partner school two commissions for this task. From them, a rating document will be established to determine a score following some items.

For the selection of students, the commission will consist of a representative of the students, a representative of the families, a representative of the counselling department, a member of the management team, a teacher responsible for the project and one English teacher. Among the items to be assessed should include: the degree of participation in school activities, sufficient competence in English and profile adapted to the objectives of each short exchange. Also, it will positively score not being able to travel abroad before for economic reasons. In this way, project financing can be used to reduce socio-economic inequalities in this regard. The document will be approved officially for each school and the whole process must be transparent. The participation of representatives from all sectors will guarantee this. The commission will select the 5 students one month before each meeting.

For the selection of the accompanying teaching staff, the commission will consist of a member of the Management Team, an English teacher, and two teachers who participate directly in the project. In any case, English language competence, profile adapted to the objectives of the short exchange and active and direct participation in activities will also be valued. The process will also be transparent to the staff. The commission will select 2 teachers for safety, to manage any problem that could happen during the travel. They will prepare the trip with the school responsible for the project.

Once the students and teachers have been selected, the host school will be informed with the names and profile of participants in order to prepare the accommodation adapted for each one. There will be at least two meetings with the families to inform in detail all the logistic aspects of the trip, as well as the objectives. Each participant will have a copy of the dossier that the host country has prepared with the basic information. During the mobility teachers and their students will keep in touch by a mobile phone open 24 hours.

All participants will travel under the coverage of insurance contracted for any contingency. Students will travel with all permits, including the one issued by the police to travel abroad accompanied.

Please specify each of the planned learning, teaching and training activities in the table below.

ID	Activity Title	Leading Organisation	Activity Type	Starting Period	No. of Participants	No. of Accompanying Persons	Grant
C1	FUNDAMENTALS OF A HEALTHY DIET	IES HUARTE DE SAN JUAN(E10162644, Spain)	Short-term exchanges of groups of pupils	02-2021	20	8	23.541,00 EUR
C2	THE IMPACT OF SPORTS IN THE QUALITY OF LIFE	Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)	Short-term exchanges of groups of pupils	05-2021	20	8	22.351,00 EUR
C3	OUTDOOR ACTIVITIES FOR BETTER LIFE	I. osnovna sola Zalec(E10216154, Slovenia)	Short-term exchanges of groups of pupils	10-2020	20	8	20.752,00 EUR
C4	EMOTIONAL HEALTH	Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)	Short-term exchanges of groups of pupils	10-2021	20	8	22.351,00 EUR
C5	SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES	2nd Peiramatiko Gymnasio Athinon(E10023783 Greece)	Short-term exchanges of groups of pupils	05-2022	20	8	22.351,00 EUR
Total					100	40	111.346,00 EUR

Activity Details (C1)

In this section, you are asked to provide details about this specific activity. The section consists of two parts: Activity Details and Groups of Participants.

In the first part (Activity Details) you are asked to provide information about the planned activity as a whole (e.g. its venue, duration, etc.), to define the activity's lead organisation, and to list the other participating organisations. The lead organisation is typically the one hosting the activity in its premises. In case you decide to organise the activity outside of the lead organisation's premises, you must respect the detailed rules provided in the Programme Guide and you need to provide an explanation for this choice as part of the activity description. The other participating organisations are all project partners who will send their participants to take part in the activity. Adding a partner organisation to the list of participating organisations will allow you to ask funding for their participants in the second part of this section.

In the second part (Groups of Participants) you are asked to provide some details about the participants who will take part in this activity. The main purpose of this section is to calculate the budget that the project will receive for the participants' travel, individual support and other expenses. The participants are organised in groups for easier calculation. Each group and its budget are linked to their sending organisation.

Field	School education	Activity Type	Short-term exchanges of groups of pupils
Activity Title	FUNDAMENTALS OF A HEALTHY DIET		
Leading Organisation	IES HUARTE DE SAN JUAN(E10162644, Spain)		

Participating Organisations

2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)

I. osnovna sola Zalec(E10216154, Slovenia)

Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)

Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)

Starting Period02-
2021**Duration(days)**

5

Country of Venue

Spain

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

The second LTTA will be held in Spain concerning the fundamentals of a healthy diet. The activities during the meeting will have as one of the objectives the determination of common agreements that allow the elaboration of the first part of our guide to healthy habits. All activities will be developed in English. In this way, one of the activities of this meeting will be the presentation of the conclusions that each group of students have obtained with the work in their school, and the determination of common agreements in the form of conclusions, through an activity of discussion and debate that allows comparing the different aspects of healthy eating. The use of all STEM skills will be needed in the preparation and exhibition of the works that students will share and compare during the meeting. In parallel, the dissemination of the different conclusions of the work in each country will allow assessing the differences between countries, helping mutual knowledge and respect for local differences, in this case, through food as a cultural reality. These activities of discussion, debate and extraction of common agreements by exposing previous work, will develop as complementary activities. They will be open to the whole group of students who have participated during the previous months in the programmed activities, outside what would be the ordinary class of their group.

To expand the content, the meeting will be complemented with a couple of visits related to the topic discussed. Taking advantage of the situation of our school in the privileged framework of olive oil production, a visit to a local factory will be projected that allows students to learn as much as possible about the process of this staple of a healthy diet. Likewise, a visit will be made to a local factory of processed food, to compare both processes and assess the economic importance of the food industry, in addition to its impact on health. This will be complimentary activities in which host and guest students will participate, with guest teachers and two teachers from the host school.

Another activity will be the development of a multidisciplinary teaching unit in our school vegetables garden, which will allow taking more information on all aspects: biological, social, economic ..., linked to food, as well as offering another possibility of students interaction in a working environment. This will be an activity carried out as a complementary activity within the subject of biology, with the participation of the guest students.

A workshop for teachers' professional development will take place concerning educational techniques to help students to improve their food habits. The goal will be how to implement a healthy diet inside the curriculum in our schools. The way of working will be by an exchange of experiences carried out with success for schools in the area that have implemented a Mediterranean food program for improving students' diet and the partners.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

Taking advantage of the previous experience of our partners from Turkey and Greece in the use of eTwinning with great success, we will use this platform to complement each mobility. All the responsible are registered and all teachers who participate in the project have to be registered, with the help and support of the teacher on charge of the project. Students selected to participate in the project will be invited to create eTwinning accounts. We will use eTwinning in two moments:

-Before the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out at the schools. The local responsible for the project will coordinate which material should be upload in the platform.

-After the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out during the mobility. The responsible for the project in the host country will coordinate which material should be upload in the platform.

Because pictures and videos with students could be a part of the material uploaded, each school must take the legal permission from the families. The teacher in charge of the project is responsible for this, and he/she will always respect the privacy of the students.

During the whole process of using eTwinning the more experienced schools will support the other, to take the maximum potential to the platform.

The two moments of using eTwinning make continuous use of the platform. It means that any participant and the whole eTwinning community can follow the development of the project activities. For partners is a perfect way to share what we all are doing, making easier to evaluate the process continuously while the project is developing. Also, contact between partners is continuous. It permits a richer exchange of our practices.

How is participation in this activity going to benefit the involved participants?

The main objective within our project of this meeting is the elaboration of common conclusions in the fundamental aspect of food, through the exchange of ideas between the different realities that are represented that the 5 countries that will participate in the project. Conclusions that will be part of a final guide to healthy habits that will be implemented as part of the life of our schools. This second mobility has as its main objective the improvement of the feeding of the greatest possible number of our adolescents, and that is a clear benefit for the participants. Also, the mobility will help teachers to implement the need for a healthy diet inside the curriculum with the importance it has for a global healthy growing of our youngs.

On the other hand, the human enrichment of being able to live with a group of students and teachers from 4 different countries, with the possibilities of doing so working with a common objective of exchanging good practices, is a factor that certainly benefits all participants. Not only students but also teachers and families, as hosts and as guests, also working in a common language, will benefit from this meeting.

Summary of Groups of Participants

In the following table, please define the groups of participants who will require funding to participate in this activity. Participants who do not require funding (for example local participants) do not need to be specified in this part.

ID	Sending Organisation	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)	2000-2999 km	7	5	2	6.034,00 EUR
2	I. osnovna sola Zalec(E10216154, Slovenia)	500-1999 km	7	5	2	5.439,00 EUR
3	Muhsin Yazicioglu Ortaokulu(E 10123516, Turkey)	2000-2999 km	7	5	2	6.034,00 EUR
4	Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)	2000-2999 km	7	5	2	6.034,00 EUR

Group of Participants (1, C1 (FUNDAMENTALS OF A HEALTHY DIET))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
2nd Peiramatiko Gymnasio Athinon / Greece		Spain	
No. of Participants	No. of Accompanying Persons		Total No. of Participants and accompanying persons
5	2		7

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	2000 - 2999 km	360	2.520,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (2, C1 (FUNDAMENTALS OF A HEALTHY DIET))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
I. osnovna sola Zalec / Slovenia		Spain	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (3, C1 (FUNDAMENTALS OF A HEALTHY DIET))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Muhsin Yazicioglu Ortaokulu / Turkey		Spain	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	2000 - 2999 km	360	2.520,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (4, C1 (FUNDAMENTALS OF A HEALTHY DIET))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Scoala Gimnaziala "Nicolae Coculescu" / Romania		Spain	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	2000 - 2999 km	360	2.520,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Activity Budget

Budget Items	Grant
Travel	9.485,00 EUR
Individual Support	14.056,00 EUR
Total Grant	23.541,00 EUR

Activity Details (C2)

In this section, you are asked to provide details about this specific activity. The section consists of two parts: Activity Details and Groups of Participants.

In the first part (Activity Details) you are asked to provide information about the planned activity as a whole (e.g. its venue, duration, etc.), to define the activity's lead organisation, and to list the other participating organisations. The lead organisation is typically the one hosting the activity in its premises. In case you decide to organise the activity outside of the lead organisation's premises, you must respect the detailed rules provided in the Programme Guide and you need to provide an explanation for this choice as part of the activity description. The other participating organisations are all project partners who will send their participants to take part in the activity. Adding a partner organisation to the list of participating organisations will allow you to ask funding for their participants in the second part of this section.

In the second part (Groups of Participants) you are asked to provide some details about the participants who will take part in this activity. The main purpose of this section is to calculate the budget that the project will receive for the participants' travel, individual support and other expenses. The participants are organised in groups for easier calculation. Each group and its budget are linked to their sending organisation.

Field	School education	Activity Type	Short-term exchanges of groups of pupils
Activity Title	THE IMPACT OF SPORTS IN THE QUALITY OF LIFE		
Leading Organisation	Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)		
Participating Organisations			
2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)			
I. osnovna sola Zalec(E10216154, Slovenia)			
IES HUARTE DE SAN JUAN(E10162644, Spain)			
Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)			
Starting Period	05-2021	Duration(days)	5
Country of Venue			Turkey

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

The activities to be held in our mobility in Turkey are aimed at increasing the interest of adolescents to sports. For this purpose, various sports activities in the Kurnaköy Camp Center will enable young people to establish a relationship between sports and health. It will be observed that a healthy life is mainly related to active life. As they move, they will see that the hormones of happiness increase and their mental skills develop. They will find that they can focus on problems faster.

The timetable for the meeting would be:

1stDay:

- Meeting and accommodation of partners
- Going to the campsite and orientation
- Ice-breaking activities
- Implementation of the Camp Programme

2nd Day:

Implementation of the Camp Programme-2

3rd Day:

Implementation of the Camp Programme-3

Teaching Traditional Children's Games and practising with students

4th Day:

Taking students and teachers to the hotel.

Workshop for teachers: conference on sports and healthy life in teenagers and how to implement this in the curriculum.

Traditional Children's Games.

5th day

Last meeting, teacher and student evaluations reports.

Sports activities are combined with the physical education curriculum. All activities are related to gains in the Turkish education curriculum. These are listed below:

- Realizes their strengths and weaknesses to be developed according to the participation in the activities

- Demonstrates skills related to activities in nature.
- Willing to work with individuals with individual differences in activities and be sensitive to individual differences as well.
- Respects the rights of others in activities.
- Explains the situations that affect the safety of himself/herself and others in physical activities.
- Recognizes our traditional children's games.
- Plays traditional games from other cultures.
- Researches and performs folk dances of other cultures.
- Prepares a personal nutrition program that can be applied in physical activities.
- Exhibits conscious consumer behaviour in food and beverage selection in physical activities.
- Uses different ways of communication in games and activities.
- Understands the importance of cooperation in games and activities and shows cooperative behaviours, too.
- Realizes how enjoyable it is to take part in physical activities.
- Makes a habit of participating in physical activities

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

Taking advantage of the previous experience of our partners from Turkey and Greece in the use of eTwinning with great success, we will use this platform to complement each mobility. All the responsible are registered and all teachers who participate in the project have to be registered, with the help and support of the teacher on charge of the project. Students selected to participate in the project will be invited to create eTwinning accounts. We will use eTwinning in two moments:

-Before the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out at the schools. The local responsible for the project will coordinate which material should be upload in the platform.

-After the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out during the mobility. The responsible for the project in the host country will coordinate which material should be upload in the platform.

Because pictures and videos with students could be a part of the material uploaded, each school must take the legal permission from the families. The teacher in charge of the project is responsible for this, and he/she will always respect the privacy of the students.

During the whole process of using eTwinning the more experienced schools will support the other, to take the maximum potential to the platform.

The two moments of using eTwinning make continuous use of the platform. It means that any participant and the whole eTwinning community can follow the development of the project activities. For partners is a perfect way to share what we all are doing, making easier to evaluate the process continuously while the project is developing. Also, contact between partners is continuous. It permits a richer exchange of our practices.

How is participation in this activity going to benefit the involved participants?

The main objective within our project of this meeting is the elaboration of common conclusions in the important aspect of practising sports and learn from the positives values students can learn from this activity. We will achieve this through the exchange of ideas between the different realities that are represented in the 5 countries that will participate in the project. Conclusions that will be part of a final guide to healthy habits that will be implemented as part of the life of our schools. This second meeting has as its main objective the improvement of the sport habits and the implementation of its values of the greatest possible number of our adolescents, and that is a clear benefit for the participants.

Also, the benefits of doing sports in nature to individuals; learning group dynamics, leadership, increasing confidence, individual decision making, risk management, taking responsibility for yourself and others, affecting personality and body development positively, positive impact on self-confidence and others, feeling happy, interacting and socializing with others.

On the other hand, the human enrichment of being able to live with a group of students and teachers from 4 different countries, with the possibilities of doing so working with a common objective of exchanging good practices, is a factor that certainly benefits all participants. Not only students but also teachers and families, as hosts and as guests, also working in a common language, will benefit from this meeting.

Summary of Groups of Participants

In the following table, please define the groups of participants who will require funding to participate in this activity. Participants who do not require funding (for example local participants) do not need to be specified in this part.

ID	Sending Organisation	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)	500-1999 km	7	5	2	5.439,00 EUR
2	I. osnovna sola Zalec(E10216154, Slovenia)	500-1999 km	7	5	2	5.439,00 EUR
3	IES HUARTE DE SAN JUAN(E10162644, Spain)	2000-2999 km	7	5	2	6.034,00 EUR
4	Scoala Gimnaziala "Nicolae Coculescu" (E10232803, Romania)	500-1999 km	7	5	2	5.439,00 EUR

Group of Participants (1, C2 (THE IMPACT OF SPORTS IN THE QUALITY OF LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
2nd Peiramatiko Gymnasio Athinon / Greece		Turkey	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (2, C2 (THE IMPACT OF SPORTS IN THE QUALITY OF LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
I. osnovna sola Zalec / Slovenia		Turkey	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (3, C2 (THE IMPACT OF SPORTS IN THE QUALITY OF LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
IES HUARTE DE SAN JUAN / Spain		Turkey	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	2000 - 2999 km	360	2.520,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (4, C2 (THE IMPACT OF SPORTS IN THE QUALITY OF LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Scoala Gimnaziala "Nicolae Coculescu" / Romania		Turkey	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Activity Budget

Budget Items	Grant
Travel	8.295,00 EUR
Individual Support	14.056,00 EUR
Total Grant	22.351,00 EUR

Activity Details (C3)

In this section, you are asked to provide details about this specific activity. The section consists of two parts: Activity Details and Groups of Participants.

In the first part (Activity Details) you are asked to provide information about the planned activity as a whole (e.g. its venue, duration, etc.), to define the activity's lead organisation, and to list the other participating organisations. The lead organisation is typically the one hosting the activity in its premises. In case you decide to organise the activity outside of the lead organisation's premises, you must respect the detailed rules provided in the Programme Guide and you need to provide an explanation for this choice as part of the activity description. The other participating organisations are all project partners who will send their participants to take part in the activity. Adding a partner organisation to the list of participating organisations will allow you to ask funding for their participants in the second part of this section.

In the second part (Groups of Participants) you are asked to provide some details about the participants who will take part in this activity. The main purpose of this section is to calculate the budget that the project will receive for the participants' travel, individual support and other expenses. The participants are organised in groups for easier calculation. Each group and its budget are linked to their sending organisation.

Field	School education	Activity Type	Short-term exchanges of groups of pupils
Activity Title	OUTDOOR ACTIVITIES FOR BETTER LIFE		
Leading Organisation	I. osnovna sola Zalec(E10216154, Slovenia)		
Participating Organisations			
2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)			
IES HUARTE DE SAN JUAN(E10162644, Spain)			
Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)			
Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)			
Starting Period	10-2020	Duration(days)	5
Country of Venue			Slovenia

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

The first mobility will take place in Slovenia with the main topic of Outdoors for preventing bad habits and to stop addictions. The activities will include various methods focusing on the multisensory approach. The working language is going to be English at all stages. According to the topic of mobility, the majority of activities will take place outside to promote spending time in nature. The main objective will be to present the benefits of spending time outdoors, to motivate the participants to adjust their habits so they change their sedentary, indoor day. All outdoor activities will be carried out in all acceptable weather, even in light rain.

The meeting is going to start with ice-breaking activities, tour around the school, visiting some lessons so the students meet each other, become familiar, learn about our school and school system. Presentations of project progress and the defining of bad habits in the form of discussion among students are going to follow. A short hike to Vrbje pond will be organised where the students will take photos with their mobiles or tablets. Afterwards, they will name their photos which will be put on display in the school lobby. The purpose of this activity is to get the students to do some physical activity, to appreciate the beauties of nature, to find their inner peace (reduce stress and susceptibility to addictions), to express their emotions. A two day trip to Solcava region is going to be organised which will include longer hikes around the mountains with glacier valleys, a visit of the center Rinka - multipurpose centre for sustainable development Solcavsko, and musical activity in the mountain cabin or tourist farmhouse where we will spend the night. The next day will follow the visit of the permanent exhibition 'Health of the sick people' in museum Firštan and the visit of camp Menina, where the students will be able to enjoy the adrenaline park, go climbing and play ball games. The purpose of this trip is to present the participants the natural sights, the culture and history of Slovenia. The other objective is to improve their endurance (which is notably a big problem in Slovenia), strength, cooperation skills, managing their stress skills. A hike to Pekel cave will be organised, a gong therapy will be held on the spot and the visiting of the cave will follow. We are going to visit the ecomuseum of hop production and brewing. Afterwards, discussions on addictions will be encouraged.

Students are going to spend a lot of time in nature to show them different ways of quality, healthy free time and hopefully to motivate them to continue the habits at home and to enthrall others to do the same. The main objective is to improve students' endurance, strength and managing emotions skills with the support of the natural environment which is even more beneficial in the physical and mental area. A workshop for teachers about preventing bad use of electronic devices in teenagers will complement the mobility.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

Taking advantage of the previous experience of our partners from Turkey and Greece in the use of eTwinning with great success, we will use this platform to complement each mobility. All the responsible are registered and all teachers who participate in the project have to be registered, with the help and support of the teacher on charge of the project. Students selected to participate in the project will be invited to create eTwinning accounts. We will use eTwinning in two moments:

-Before the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out at the schools. The local responsible for the project will coordinate which material should be upload in the platform.

-After the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out during the mobility. The responsible for the project in the host country will coordinate which material should be upload in the platform.

Because pictures and videos with students could be a part of the material uploaded, each school must take the legal permission from the families. The teacher in charge of the project is responsible for this, and he/she will always respect the privacy of the students.

During the whole process of using eTwinning the more experienced schools will support the other, to take the maximum potential to the platform.

The two moments of using eTwinning make continuous use of the platform. It means that any participant and the whole eTwinning community can follow the development of the project activities. For partners is a perfect way to share what we all are doing, making easier to evaluate the process continuously while the project is developing. Also, contact between partners is continuous. It permits a richer exchange of our practices.

How is participation in this activity going to benefit the involved participants?

The main objective within our project of this meeting is the elaboration of common conclusions in the fundamental aspect of preventing addiction, in order to have a healthy life, through the exchange of ideas between the different realities that are represented in the 5 countries that will participate in the project. Conclusions that will be part of a final guide to healthy habits that will be implemented as part of the life of our schools. This first meeting has as its main objective preventing addictions of the greatest possible number of our adolescents, and that is a clear benefit for the participants.

On the other hand, the human enrichment of being able to live with a group of students and teachers from 4 different countries, with the possibilities of doing so working with a common objective of exchanging good practices, is a factor that certainly benefits all participants. Not only students, also teachers and families, as hosts and as guests, also working in a common language, will benefit from this meeting.

Summary of Groups of Participants

In the following table, please define the groups of participants who will require funding to participate in this activity. Participants who do not require funding (for example local participants) do not need to be specified in this part.

ID	Sending Organisation	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)	500-1999 km	7	5	2	5.439,00 EUR
2	IES HUARTE DE SAN JUAN(E10162644, Spain)	500-1999 km	5	5	2	4.435,00 EUR
3	Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)	500-1999 km	7	5	2	5.439,00 EUR
4	Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)	500-1999 km	7	5	2	5.439,00 EUR

Group of Participants (1, C3 (OUTDOOR ACTIVITIES FOR BETTER LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
2nd Peiramatiko Gymnasio Athinon / Greece		Slovenia	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (2, C3 (OUTDOOR ACTIVITIES FOR BETTER LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
IES HUARTE DE SAN JUAN / Spain		Slovenia	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	5	290,00 EUR	1.450,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	5	530,00 EUR	1.060,00 EUR

Total Individual Support Grant
2.510,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (3, C3 (OUTDOOR ACTIVITIES FOR BETTER LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Muhsin Yazicioglu Ortaokulu / Turkey		Slovenia	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (4, C3 (OUTDOOR ACTIVITIES FOR BETTER LIFE))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Scoala Gimnaziala "Nicolae Coculescu" / Romania		Slovenia	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Activity Budget

Budget Items	Grant
Travel	7.700,00 EUR
Individual Support	13.052,00 EUR
Total Grant	20.752,00 EUR

Activity Details (C4)

In this section, you are asked to provide details about this specific activity. The section consists of two parts: Activity Details and Groups of Participants.

In the first part (Activity Details) you are asked to provide information about the planned activity as a whole (e.g. its venue, duration, etc.), to define the activity's lead organisation, and to list the other participating organisations. The lead organisation is typically the one hosting the activity in its premises. In case you decide to organise the activity outside of the lead organisation's premises, you must respect the detailed rules provided in the Programme Guide and you need to provide an explanation for this choice as part of the activity description. The other participating organisations are all project partners who will send their participants to take part in the activity. Adding a partner organisation to the list of participating organisations will allow you to ask funding for their participants in the second part of this section.

In the second part (Groups of Participants) you are asked to provide some details about the participants who will take part in this activity. The main purpose of this section is to calculate the budget that the project will receive for the participants' travel, individual support and other expenses. The participants are organised in groups for easier calculation. Each group and its budget are linked to their sending organisation.

Field	School education	Activity Type	Short-term exchanges of groups of pupils
Activity Title	EMOTIONAL HEALTH		
Leading Organisation	Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)		
Participating Organisations			
2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)			
I. osnovna sola Zalec(E10216154, Slovenia)			
IES HUARTE DE SAN JUAN(E10162644, Spain)			
Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)			
Starting Period	10-2021	Duration(days)	5
		Country of Venue	Romania

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

In this mobility the main activities will be:

Day One: Romania welcomes the partner countries in a traditional Romanian way by greeting them with a tray of fresh-baked bread and salt. Next comes a tour of the school and after getting acquainted with their surroundings, the students will be involved in some ice-breaking activities, such as discussions on the importance of keeping a balance between our mind and body. The discussions will be followed by a health chart which the students will complete together. The output is that students will socialize and familiarize with each other.

Day Two: A local athlete will visit our school and talk to the students about the importance of mental health and inner balance in sports. After the interview, students will group into pairs and write a letter to a person who is struggling with addictions and depression, each offering advice on how to overcome the situation and regain tranquillity and peace of mind. The day will conclude with traditional Romanian dances and songs that will allow students to experience the local culture, building thus a bridge to the understanding of otherness and creating a friendly environment.

Day Three will: an international debate that will reflect both the results of the questionnaires each participant country has previously run and suggestions on how we should improve our mental health. The impact this activity will have on the children is that each student will be involved and motivated to state his opinion and change his/her life for the better. The debate will set the basis of a blog on health that students will create together for the whole length of the project.

Day Four: Yoga in the Woods. This activity will start out as a hike in the nearby woods, but it will turn out to be an activity that fuses both physical exertion and mental focus and spiritual wellness. Students will learn to do some yoga and Pilates exercises in the woods, while the natural music of nature will play in the background, enabling students to connect body and mind with a healthy and peaceful environment.

Day Five: A Trip to Transylvania that includes both a visit to Bran Castle where students will also visit the Village Museum located next to the entrance to the castle and a trip to the Clay Castle of the Valley of Fairies. The impact on the children reflects how travelling relieves their stress level, at the same time promoting physical activities and bringing a sense of joy.

A workshop in nature for the teachers is planned for the fourth day with the objective: to understand what needs to be re-examined or changed in order to move towards student-centred health needs. This will include: welcome remarks, introduction and overview of health problems; each teacher will paint a landscape or a symbol most defining for his/her inner peace. The paintings will be carefully analyzed and interpreted by a psychologist. Then we will make conclusions.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

Taking advantage of the previous experience of our partners from Turkey and Greece in the use of eTwinning with great success, we will use this platform to complement each mobility. All the responsible are registered and all teachers who participate in the project have to be registered, with the help and support of the teacher on the charge of the project. In a previous activity in each school, eTwinning will be shown to the interested section of the staff. We will use eTwinning in two moments:

-Before the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out at the schools. The local responsible for the project will coordinate which material should be upload in the platform.

-After the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out during the mobility. The responsible for the project in the host country will coordinate which material should be upload in the platform.

Because pictures and videos with students could be a part of the material uploaded, each school must take the legal permission from the families. The teacher in charge of the project is responsible for this, and he/she will always respect the privacy of the students.

During the whole process of using eTwinning the more experienced schools will support the other, to take the maximum potential to the platform.

The two moments of using eTwinning make a continuous use of the platform. It means that any participant and the whole eTwinning community can follow the development of the project activities. For partners is a perfect way to share what we all are doing, making easier to evaluate the process continuously while the project is developing. Also, contact between partners is continuous. It permits a richer exchange of our practices.

How is participation in this activity going to benefit the involved participants?

The main objective within our project of this meeting is the elaboration of common conclusions in the fundamental aspect of knowledge and control of emotions, through the exchange of ideas between the different realities represented in the 5 countries that will participate in the project. Conclusions that will be part of a final guide to healthy habits that will be implemented as part of the life of our schools. This fourth meeting has as its main objective to help to the greatest possible number of our adolescents, to manage correctly their emotions in order to achieve a healthier life and that is a clear benefit for the participants. Also, it will help teachers to understand what needs have to be re-examined or changed in order to move towards student-centred health needs helping our youngs to grow healthier.

On the other hand, the human enrichment of being able to live with a group of students and teachers from 4 different countries, with the possibilities of doing so working with a common objective of exchanging good practices, is a factor that certainly benefits all participants. Not only students, also teachers and families, as hosts and as guests, also working in a common language, will benefit from this meeting.

Summary of Groups of Participants

In the following table, please define the groups of participants who will require funding to participate in this activity. Participants who do not require funding (for example local participants) do not need to be specified in this part.

ID	Sending Organisation	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)	500-1999 km	7	5	2	5.439,00 EUR
2	I. osnovna sola Zalec(E10216154, Slovenia)	500-1999 km	7	5	2	5.439,00 EUR
3	IES HUARTE DE SAN JUAN(E10162644, Spain)	2000-2999 km	7	5	2	6.034,00 EUR
4	Muhsin Yazicioglu Ortaokulu(E 10123516, Turkey)	500-1999 km	7	5	2	5.439,00 EUR

Group of Participants (1, C4 (EMOTIONAL HEALTH))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
2nd Peiramatiko Gymnasio Athinon / Greece		Romania	
No. of Participants	No. of Accompanying Persons		Total No. of Participants and accompanying persons
5	2		7

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (2, C4 (EMOTIONAL HEALTH))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
I. osnovna sola Zalec / Slovenia		Romania	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (3, C4 (EMOTIONAL HEALTH))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
IES HUARTE DE SAN JUAN / Spain		Romania	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	2000 - 2999 km	360	2.520,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (4, C4 (EMOTIONAL HEALTH))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Muhsin Yazicioglu Ortaokulu / Turkey		Romania	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Activity Budget

Budget Items	Grant
Travel	8.295,00 EUR
Individual Support	14.056,00 EUR
Total Grant	22.351,00 EUR

Activity Details (C5)

In this section, you are asked to provide details about this specific activity. The section consists of two parts: Activity Details and Groups of Participants.

In the first part (Activity Details) you are asked to provide information about the planned activity as a whole (e.g. its venue, duration, etc.), to define the activity's lead organisation, and to list the other participating organisations. The lead organisation is typically the one hosting the activity in its premises. In case you decide to organise the activity outside of the lead organisation's premises, you must respect the detailed rules provided in the Programme Guide and you need to provide an explanation for this choice as part of the activity description. The other participating organisations are all project partners who will send their participants to take part in the activity. Adding a partner organisation to the list of participating organisations will allow you to ask funding for their participants in the second part of this section.

In the second part (Groups of Participants) you are asked to provide some details about the participants who will take part in this activity. The main purpose of this section is to calculate the budget that the project will receive for the participants' travel, individual support and other expenses. The participants are organised in groups for easier calculation. Each group and its budget are linked to their sending organisation.

Field	School education	Activity Type	Short-term exchanges of groups of pupils
Activity Title	SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES		
Leading Organisation	2nd Peiramatiko Gymnasio Athinon(E10023783, Greece)		
Participating Organisations	I. osnovna sola Zalec(E10216154, Slovenia) IES HUARTE DE SAN JUAN(E10162644, Spain) Muhsin Yazicioglu Ortaokulu(E10123516, Turkey) Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)		
Starting Period	05-2022	Duration(days)	5
		Country of Venue	Greece

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

The fifth LTTA will be held in Greece concerning social integration through outdoor activities. All activities will be conducted in the English language with the support of the Greek school which has been developing CLIL projects for quite a few years.

Various types of activities will take place focusing on communication and collaboration so that adolescents interact with each other and feel competent building, this way, relations of friendship and trust. During the mobility, the main aim will be to help adolescents to develop close relationships and understand their importance while doing outdoor activities in the schoolyard, in a park, in the city or in the natural environment. Outdoor workshops, orientation games, adventure activities (like rafting or river-trekking) and sea-side activities like sand games will define the type of outdoor activities. All activities' outputs will be based on "Learning by doing". In other words, students will develop skills through experiential learning. Social integration is a precursor for future global unity and peace while being highly related to Olympic ideals such as friendship, respect. Thus, cultural visits to ancient Panathenaic Stadium of Athens and Ancient Olympia will be organized linking the Olympic values with the necessity of their implementation in modern society as far as life skills development and the European future prosperity.

Of course, a workshop for teachers' professional development will take place concerning educational techniques to help students interact with their peers more positively or effectively in their social environment (the school society) through outdoor physical activities.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

Taking advantage of the previous experience of our partners from Turkey and Greece in the use of eTwinning with great success, we will use this platform to complement each mobility. All the responsible are registered and all teachers who participate in the project have to be registered, with the help and support of the teacher on charge of the project. Students selected to participate in the project will be invited to create eTwinning accounts. We will use eTwinning in two moments:

-Before the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out at the schools. The local responsible for the project will coordinate which material should be upload in the platform.

-After the meeting: using the eTwinning site of the project, each partner will put all the results and the information about the development of the activities carried out during the mobility. The responsible for the project in the host country will coordinate which material should be upload in the platform.

Because pictures and videos with students could be a part of the material uploaded, each school must take the legal permission from the families. The teacher in charge of the project is responsible for this, and he/she will always respect the privacy of the students.

During the whole process of using eTwinning the more experienced schools will support the other, to take the maximum potential to the platform.

The two moments of using eTwinning make continuous use of the platform. It means that any participant and the whole eTwinning community can follow the development of the project activities. For partners is a perfect way to share what we all are doing, making easier to evaluate the process continuously while the project is developing. Also, contact between partners is continuous. It permits a richer exchange of our practices.

How is participation in this activity going to benefit the involved participants?

The main objective within our project of this meeting is the elaboration of common conclusions in the fundamental aspect of achieving the right tools to have a healthy social life, where respect for differences, overcoming goals and vital challenges, and assimilation of sports values, become essential parts, through the exchange of ideas between the different realities that the 5 countries that will participate in the project represent. Conclusions that will be part of a final guide to healthy habits that will be implemented as part of the life of our schools. This fifth meeting has as its main objective the improvement of the social life of the greatest possible number of our adolescents, and that is a clear benefit for the participants. Also, this mobility will help teachers educational to learn techniques to help students interact with their peers more positively or effectively in their social environment (the school society) through outdoor physical activities and this is a clear benefit for them to improve their teaching practices.

On the other hand, the human enrichment of being able to live with a group of students and teachers from 4 different countries, with the possibilities of doing so working with a common objective of exchanging good practices, is a factor that certainly benefits all participants. Not only students but also teachers and families, as hosts and as guests, also working in a common language, will benefit from this meeting.

Summary of Groups of Participants

In the following table, please define the groups of participants who will require funding to participate in this activity. Participants who do not require funding (for example local participants) do not need to be specified in this part.

ID	Sending Organisation	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	I. osnovna sola Zalec(E10216154, Slovenia)	500-1999 km	7	5	2	5.439,00 EUR
2	IES HUARTE DE SAN JUAN(E10162644, Spain)	2000-2999 km	7	5	2	6.034,00 EUR
3	Muhsin Yazicioglu Ortaokulu(E10123516, Turkey)	500-1999 km	7	5	2	5.439,00 EUR
4	Scoala Gimnaziala "Nicolae Coculescu"(E10232803, Romania)	500-1999 km	7	5	2	5.439,00 EUR

Group of Participants (1, C5 (SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
I. osnovna sola Zalec / Slovenia		Greece	
No. of Participants	No. of Accompanying Persons		Total No. of Participants and accompanying persons
5	2		7

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (2, C5 (SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
IES HUARTE DE SAN JUAN / Spain		Greece	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	2000 - 2999 km	360	2.520,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (3, C5 (SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Muhsin Yazicioglu Ortaokulu / Turkey		Greece	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Group of Participants (4, C5 (SOCIAL INTEGRATION THROUGH PHYSICAL ACTIVITIES))

To request funds for participants in this group, please complete the information below.

Please note that there are two categories of persons who can be funded: people directly taking part in the planned activity (always referred to as participants) and accompanying persons. Accompanying persons include teachers or other staff travelling together with pupils, as well as assistants supporting participants with special needs.

Grant rates for Individual Support are different for participants and accompanying persons. Therefore, you need to specify the requested duration for Individual Support separately for the two categories of persons. At the same time, grants for travel are the same for participants and accompanying persons. Therefore, for travel you should add together all persons requiring a grant.

Finally, please be aware that in case later on you decide to modify the information about the activity (e.g. its duration or number of participants), the modification will not be automatically reflected for the different groups of participants and different budget items. Therefore, please make sure that all budget requests are correct before submitting your application.

Sending Organisation		Country of Venue	
Scoala Gimnaziala "Nicolae Coculescu" / Romania		Greece	
No. of Participants	No. of Accompanying Persons	Total No. of Participants and accompanying persons	
5	2	7	

Group of Participants - Budget

Individual Support

Please note that additional individual support for up to two travel days may be requested if the participants are required to travel on the day before or after the

activity.

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
5	7	406,00 EUR	2.030,00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742,00 EUR	1.484,00 EUR

Total Individual Support Grant
3.514,00 EUR

Travel

No. of Persons	Distance band	Grant per Participant	Total Travel Grant
7	500 - 1999 km	275	1.925,00 EUR

Exceptional Costs for Expensive Travel

Request Exceptional Costs for Expensive Travel

Activity Budget

Budget Items	Grant
Travel	8.295,00 EUR
Individual Support	14.056,00 EUR
Total Grant	22.351,00 EUR

Special Costs

In this section, you may request budget for types of expenses that are funded based on their actual cost. For more detailed information on what can be supported, please consult the Programme Guide or request advice from your National Agency.

Special Needs Support

Id	Organisation	Country of the Organisation	No. of Participants With Special Needs	Description and Justification	Requested Grant
Total					0,00 EUR

Exceptional Costs

Id	Organisation	Country of the Organisation	Description and Justification	Requested Grant (75%)
Total				0,00 EUR

Follow-up

How are you going to assess if the project's objectives have been met?

Because the objectives are more qualitative than quantitative, it is difficult to measure with numbers the degree of achievement of our goals. Anyway, we have to schedule an evaluation programme that allows us to assess our objectives. We will establish 3 moments to evaluate to what degree the objectives have been achieved: at the beginning of the project, at the end of the first course and when the project ends.

When the project starts, the local commission will elaborate a report whit the situation of each school, related to the objectives. It will be the starting point. For this report, the information took from the initial survey about the 5 topics we have divided our project in, will be to take into account. This survey is one of the first activities programmed. The school responsible for each partner will send by email this report to the coordinator who will make a common report that contains all the information. This document will be used to compare with the other moments of the project's development.

At the end of the first course, the local commission will elaborate an intermedium report after analyzing the results of the first half of the project. In this document, the commissions will compare the initial situation described in the initial report, with the situation after one year of the project. They will analyze what is the progress in each objective and how the activities carried out until this moment has helped to this progress. Each local commission will propose ideas that could help to improve the achievement of goals after this analysis. The school responsible for each partner will send by email this report to the coordinator who will make a common report that contains all the information.

At the end of the project, each local commission elaborates a final report. For this report, the information took from the final survey about the 5 topics we have divided our project in, will be to take into account. This survey is one of the last activities programmed. They will analyze what is the progress in each objective and how the activities carried out until this moment has helped to this progress. Again, each responsible will send by email to the coordinator this final evaluation of objectives. The coordinator will make a final report with the degree of achievement of objectives until this moment. Then the coordinator will send to the rest of the partners this document-

To make the evaluation process easier and thus to help each local commission to analyze the initial situation and the progress in each of the objectives of our project, the local commission of the coordinator school will elaborate a rubric for each of the 4 main objectives.

To evaluate objective 6: To improve the English language competence..., local commissions will make a report whit the collaboration of English language department about the evolution of the students who participate directly in the activities programmed.

How will the participation in this project contribute to the development of the involved schools in the long-term? Do you have plans to continue using the results of the project or continue to implement some of the activities after the project's end?

The participation in this project will have a positive effect on the 3 levels: students, teachers and the school as an institution. We hope this impact to continue in the future.

For students: the final activity, which summarizes all the others, and which will be the result of all the work in the schools, and of the exchange of good practices that will culminate in each of the 5 projected short-term exchanges of pupils, is the elaboration of a Healthy habits guide. This will have a section dedicated to each of the 5 parts of our project: healthy food, sport values, stop additions, control of emotions and social health. The idea is that this result of the common work of all partners, based on shared experience, will be a document that is inserted into the Tutorial Action Plan in all partner schools, within our School Plan. The improvement of the healthy habits of our students, as a factor that limits inequalities and prevents school failure, will be one of the objectives of the Educational Project of our schools. This is the main benefit we want the students to have from the project. Not only the directly involved but all of our students. Besides, although less measurable, the positive effect that the exchange of values and customs, and the result of an international project in which the agreement of common decisions for the same purpose is indispensable, will leave a series of human values not quantifiable in numbers but with an effect of human enrichment on the future of our students. This will probably last for the rest of their lives.

For teachers: the project will offer the possibility of exchanging good practices with professionals from other countries. This enrichment through different ways of managing with the same task will have a positive effect on all the teachers of the 5 schools. Not only in the ones who participate in the project, but in the rest of the staff after each mobility. Besides, by the project, teachers will have the chance of knowing mates from 4 different countries and they can keep on touch to exchange more experiences in the future.

For the schools as institutions: with the exchange of good practices between our five schools, the coordinator school will begin an internationalization process that we intend to be another of the school important objectives for the future. This process will be initiated in two more partner schools besides ours, and the other two will continue their already initiated processes with previous successful eTwinning and KA2 projects. For the schools, one of the results of the project will be the initiation or the continuation of one process that will continue in the future. After the project, the partner institutions will have contact with more possibilities of working in new projects, either with some of the participant schools or with other met through them. New challenges will be able to be accepted with a wider network of colleagues to work with in the future.

Please describe your plans for dissemination and use of project results.

- How will you make the results of your project known within your partnership, in your local communities and in the wider public? Who are the main target groups you would like to share your results with?
- Are there other groups or organisations that will benefit from your project? Please explain how.

The project's dissemination work has already begun. It has been reported in each school all the sectors all sectors have been informed an internationalization process is being initiated through the request for a program of exchange of good practices and its objectives have been divulged.

Once the project is approved, the dissemination work will intensify. One of the first activities of the same will be the creation through a contest of ideas among the participants, of a logo that identifies our project. This will be, together with the official logos of the European Commission, the identifying signs of the whole process. During the first month, a web page of the project will also be established and the eTwinning space will remain at our disposal. In both spaces, all the actions will be collected, so that they are registered and available to everyone in the network. A commission will be created between the partners to determine those responsible for managing these web spaces. Likewise, within the websites of each school a particular space of the project will appear visibly, with the identifying logos.

During each of the 5 parts of our project, there will be activities within the school that will culminate with the scheduled short-term exchange of pupils. During the school activities, the topic on which we are working will be disseminated to all classes of the school, through tutorials, so that all students will know what is the school working. During each visit, a reception will be organized with some local authority as well as with the media so that our project has the maximum impact in each host country.

After each short-term exchange, the participating students and the accompanying professors will disclose in a day open to the families and all the students, all the conclusions of the experience. Similarly, the accompanying professors will inform the entire staff in a meeting.

At the end of the project, our guide to healthy habits, the final result of our project, will be developed in two formats. A series of printed copies for each school, depending on the budget, that will be sent to the surrounding schools of which participate as partners, extending our work for direct use in the maximum number of people close to those directly involved. Likewise, the guide will have a digital version that will be disseminated through the project website, Etwinning, results platform and websites of partner schools. This format will be free and free for any citizen who wishes to take advantage of the result of our exchange of good practices during the two years of work in the 5 pillars of healthy life that we have chosen as fundamental.

Finally, after or during the project's development, we will try to contact the CEP or similar institutions in the other countries to tell and disseminate our experience to other schools and to aim them to participate in European programs.

Annexes

The maximum size of a file is 15 MB and the maximum total size is 100 MB.

Please download the Declaration on Honour, print it, have it signed by the legal representative and attach.

File Name	File Size (KB)
Declaration on honour.pdf	92

Please attach any other relevant documents.

If you have any additional questions, please contact your National Agency. You can find their contact details

File Name	File Size (KB)
NOMBRAMIENTO DE DIRECTOR.pdf	91

Total Size (KB)	183
------------------------	------------

Checklist

Before submitting your application form to the National Agency, please make sure that:

- It fulfils the eligibility criteria listed in the Programme Guide.
- All relevant fields in the application form have been completed.
- You have chosen the correct National Agency of the country in which your organisation is established. Currently selected NA is: ES01 Servicio Español para la Internacionalización de la Educación (SEPIE)

Please also keep in mind the following:

- Only the coordinating school needs to submit the application to its National Agency. Partner schools need to be listed in this application and must not submit the same application to their own National Agencies. If similar or identical applications are submitted by different schools to different National Agencies, all applications may be rejected.
- Only schools are eligible to participate in School Exchange Partnerships. Depending on the country where the school is registered, a specific definition of eligible schools applies. The definition or a list of eligible schools is published on the website of each National Agency. Before submitting your application, make sure that all participating schools are eligible in their respective countries.
- The documents proving the legal status of the applicant and each partner must be uploaded in the Erasmus and European Solidarity Corps platform (for more details, see Part C of the Programme Guide - 'Information for applicants').

Data Protection Notice

PROTECTION OF PERSONAL DATA


The application form will be processed electronically. All personal data (such as names, addresses, CVs, etc.) will be processed pursuant to Regulation (EC) No 45/2001 on the protection of individuals with regard to the processing of personal data by the EU institutions and bodies and on the free movement of such data. Any personal data requested will only be used for the intended purpose, i.e. the processing of your application in accordance with the specifications of the call for proposals, the management of the administrative and financial aspects of the project if eligible and the dissemination of results through appropriate Erasmus+ IT tools. For the latter, as regards the details of the projects' contact persons, an unambiguous consent will be requested.

For the full description of the collected personal data, the purpose of the collection and the description of the processing, please refer to the Specific Privacy Statement (see link below) associated with this form. http://ec.europa.eu/programmes/erasmus-plus/documents/epluslink-eforms-privacy_en.htm

- I agree with the Specific Privacy Statement on Data Protection

Submission History

If you have submitted more than one version of your application form, you can use this section to keep track of your work.

Version	Submission Time	Submitted by	Submission ID	Submission Status
1	2020-03-11 06:49:09	pacobos@ieshuarte.com	1639548	 Success