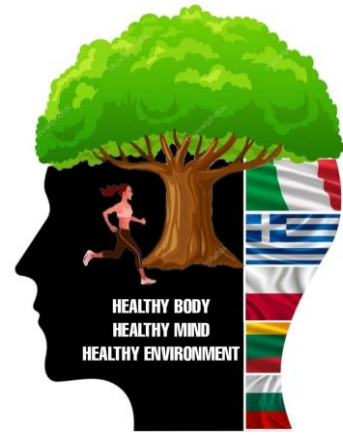


Juodšilių „Šilo“ gimnazija, Lithuania
X Liceum Ogólnokształcące im. KEN, w
Krakowie, Poland
Istituto Superiore „San Pellegrino“, Italy
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„Healthy body, healthy mind, healthy environment“
(Project No. 2020-1-LT01-KA229-078107_1)

Common agenda

To promote students' awareness related to health, mental and physical health promotion, addiction prevention and sustainable consumption and to ensure the continuity of the project, all partner schools involved in the project *Healthy body, healthy mind, healthy environment*, funded by the Erasmus+ programme of the EU, agreed on the following course of action within the next two years (2023-2024).

Common agenda

2023-2024

- Participation in The European Mental Health Week
- Continuing the work of an open peer support group that would meet at regular intervals (at least once a month)
- Healthy lifestyle workshops for students
 - Introduction to yoga
 - How to feel good in your own body
 - Exercise at home – alternatives to the gym
 - On the way to health – herbs and natural cosmetics
- Addiction prevention workshops for students
 - Caught in the Net
 - Friends vs followers
 - Enough is enough: where addiction begins
 - How to survive a day without the Internet
 - Impulse shopping - how to avoid marketing traps
- Sustainable consumption workshops for students
 - Sustainable consumption in the light of contemporary Fast Fashion
 - Slow Food- the concept of good, healthy and fair food
 - Less means more
 - Eat locally, think globally
 - Fair Trade and ethical consumerism
 - Creative recycling

- Educational classes based on the lesson plans created during the project implementation
- Lectures for students
 - Water- the soul of our life
 - Healthy diet and weight loss
 - How physical activity affects school performance
 - Elimination diet - facts and myths
 - Healthy supplementation before and after training at the gym
 - Eating disorders - causes, symptoms and treatment
- Cooperation with institutions promoting emotional and physical health
 - Public Health Institute of the Faculty of Health Sciences at Collegium Medicum of the Jagiellonian University in Kraków
 - Vilnius Public Health Office
 - Kethea Pilotos in Volos, a therapy center for dependent individuals
 - La Cooperativa Sociale In Cammino, an association for individuals with disabilities and social problems
 - Mladezki Dom in Sliven, an institution for the young under the supervision of the Municipal Council dealing with addiction and violence prevention
- Field trips promoting sports and exercise
- Organizing Sports Day at school
- Cooperation with local authorities aimed at promoting healthy lifestyle and addiction prevention
- Active breaks at school
- Poster displays and multimedia presentations promoting health awareness and sustainable consumption
- Healthy lifestyle and sports tournaments
- Promoting:
 - Holistic development of young people
 - Community fridge networks
 - Local food markets
 - Slow food
 - Sustainable transport- free bicycle rental
 - Pet adoption from local shelters

- Water sports
- Winter sports
- Clothing swaps
- Blood donation
- Diversity and respect for everyone's work

** The program can be adjusted depending on the partner schools' educational goals and needs*
