



# Erasmus+

## Erasmus+ Programme – Strategic Partnership

Project Nr:

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Students report –Romania

The second mobility of the project “Good in Health, good in Mind” took place in Granada , Spain between 13<sup>th</sup> and 18<sup>th</sup> May 2018 , where the participants from the partner countries met : the Czech Republic , Italy , Romania , Turkey and Spain.

The team from Romania arrived in Granada on Sunday , 13<sup>th</sup> May 2018 ; there they were greeted by the coordinator of the Spanish team.



After a long and tiring travel we had the opportunity to find a very beautiful city, situated at the foot of the Sierra Nevada mountain, an original mixture of the European culture and the Arabic influence.

The first day of activities – Monday 14<sup>th</sup> May 2018 – started with the meeting in the lobby of the hotel in which we were accommodated , then we went to the College of San Isidoro ; there we enjoyed an official welcome in the presence of the principal , of the teachers and of the school students. We visited the school , all the teams presented their country , their city and their high school. In the afternoon two workshops were held : “The Obesity an Enemy “ and “Sports Activities”, the

second workshop was held in the college yard. The evening ended with a meeting that gave the participants the opportunity to socialize and to practice their communication skills in English.



The second day, 15<sup>th</sup> May 2018, the program included two workshops “Avoiding Obesity through Sport” – **Gymkana** and “**Healthy Way to prevent obesity**”, workshops in which the students learned how to recover after intense sporting activities , how to make posters and logos for the project . In the afternoon the results of the questionnaire applied to the students in the partner schools were discussed, these results were compared and the conclusions were expressed.

The participants compared the results and they also noticed the differences and the similarities among countries according to their culture and to their religion, they highlighted the

importance of sport, the type of food, the pyramid of needs, the diseases related to obesity and the consumption of sweets.



Wednesday, 16<sup>th</sup> of May 2018-The third day of activities started with a workshop: **Cooking at school**. The students wore specific clothing for the activity of making the preparations: overall, apron, long trousers and hat, all white. The teams also received specific equipment, pots and tools, placed outdoor in the schoolyard. They checked the raw materials that were necessary for obtaining the preparations. For two hours our team organized and mobilized itself so that the preparations could be made according to technological processes of obtaining them, fitting in

time and then the final preparations were mounted and aesthetically presented. Every participant could eat anything and whatever he liked of those after each team has finished preparing.

All teams went organised by bus to Alhambra and Generalife Gardens after cleaning the place where they worked. We walked through some wonderful gardens receiving all the necessary information and explanations from a local guide for almost two and a half hours.



Thursday, 17<sup>th</sup> of May 2018-The fourth day consisted of a sightseeing tour of Granada. First we visited Granada City Hall, an imposing building both outside and inside that keeps original furniture and decorations. We have received valuable information from two employees which showed us most of the city hall interior. Then we had a specific Spanish breakfast consisting of coffee, hot chocolate and **churros**. We continued to visit the city centre where the Spanish students have provided important information at every important landmark: **Corral del Carbón, Bib-Rambla Square, Cathedral,**

**Albaicin.**

The city tour continued with a visit to the Nuevo los Carmenes stadium - property of the city of Granada. We were accompanied again by a guide that presented us in detail inside the stadium, places where a supporter cannot access.

The day ended with a festive Spanish dinner, **Disco party at school**, where students had the opportunity to listen to music specific to each participating country and to dance in the rhythm of music.

Our team wore traditional ia (a Romanian peasant blouse with a manually worked embroidery) and danced folklore dances. The fifth day at San Isidoro College – Friday, 18<sup>th</sup> of May 2018



Friday, 18<sup>th</sup> of May-The activities started at 8:30 with a practical workshop – **Avoiding obesity through sport II** – which consisted in a sporting competition – cycling. The students received protective equipment, bicycles and a route was delimited. In addition, we all insisted on the importance of this sport for health, for improving heart rate and quality of life in long-term. At the same time, a teachers’ meeting was organised in order to establish the tasks of each team and the details about the organization of our next meeting that will take place in Romania. The ceremony of handing over the certificates and the evaluation of the entire week took place at 3 o’clock p.m.: strong points, weak points, what can be improved; there were also discussions about a long-term strategy of how to implement the objectives of the project. The activities were over at 5 o’clock p.m. in the official presence of the Headmaster and the teachers’ representatives from San Isidoro College – our host of this week.

#### Student testimonials

Karina, student-17 years old- *This project was my best life experience so far: new countries, new friends, new challenges, everything in a wonderful city. It was a fantastic week, We learned a lot of things and now I am able to understand what a healthy lifestyle means.*

Petrisor, student, 18 years old: *In my opinion, It is a life changing experience. As far as I am concerned , I could not even imagine that I would be selected to take part in such a extraordinary project. I feel stronger, proud of me and my colleagues, my teachers and I know that I have to do my best to fulfil the aims of this project, because I am a part of a great international team.*