

PRESS REPORT

CINGOLI, ITALY, 25th FEBRUARY – 3rd MARCH 2018

The second meeting of Erasmus project “Good in Health Good in Mind” was held in Cingoli, Italy, from 26th February to 4th March 2018. Despite the terrible weather, teams of the Czech, Romanian and Turkish partner schools managed to overcome a really difficult journey and arrived at the seat of the Italian partner school.

The first day the students did some ice breaking activities to get to know each other which was a great and unique experience as they met their peers from other countries and cultures for the first time. After that students in mixed groups created quizzes on healthy lifestyle that were then solved by the other teams. During a following discussion the teams explained their points of view of the quiz questions and this helped the students increase their awareness of being healthy and keeping a healthy lifestyle. All agreed that the healthy habits always relate with sport and Physical Education as well as with healthy diet. The indoor activities were replaced by outdoor one and we enjoyed, for this region, unusual weather by making snowmen and snowball fights.



The next day, in order to introduce the countries of the partner schools and their cultures, habits, places of interest, the home towns of the partner schools as well as schools, the teams gave a lot of information with the help of prepared presentations. In the afternoon, each country prepared a quiz based on their presentations. Answering the questions gave the participants the opportunity to socialize, to improve their knowledge of partners' countries, cultures and habits and to exchange their ideas and thoughts.

The participants also did some sightseeing in Cingoli, visited the local museums named *Palazzo Comunale*, *Museo Archeologico* to find out more about the history of the area.

The main idea of the project *Good in Health Good in Mind* is to achieve various effects and provide long lasting benefits for students of the participating schools on the field of healthy lifestyle. It should also broaden their horizon, help them get deeper insights and develop their language and IT as well as professional skills. Through meeting peers, the participants experience working in an international environment and this train their entrepreneurship and language skills while working on the activities. During the meeting the students had a chance to establish friendships with students of the similar age in an international, however, informal

environment. It seems that the students don't think about differences and naturally break the boundaries. All the project work and experience strengthens the relationship among the partners. The teachers of partner schools from different countries created innovative tasks and shared and compared their national approaches and experience.

All the present participants regret the fact that the weather conditions forestalled the Italian and Spanish partners to take part in the meeting and take active part on the realisation of the project. The more they all look forward to the next meeting in May 2018 in Granada, Spain.

