

PRESS REPORT

The Secondary Hotel School Zlin, Ltd. was very proud to be the host school of the first meeting of the Erasmus+ project *Good in Health Good in Mind* from 11th – 15th December 2017. In the project five school partners from different countries are involved (Czech, Italy, Romania, Spain and Turkey). The partner schools are going to share ideas about school systems, eating habits and lifestyles, students' daily routine as well as their cultures, customs, traditions and backgrounds. The whole project is focused on healthy lifestyle promoting, especially on improving students' eating habits and encouraging them to include physical activities into their daily routine.



During the first meeting the representatives of all the partner schools agreed on the terms for the mobilities of the next two school years, they negotiate some convenient activities for the students' meetings and their details and the criteria for choosing participating students. They created a questionnaire to investigate and map the actual situation of students' eating habits and their attitude to sport activities at each school. The results of the investigation will be presented by students during

their second meeting in Spain. The questionnaires will be also used at the end of the project work to compare the results and show the expected progress in this field.



The participating teachers know now that the following weeks till the next meeting in Italy in February 2018 are going to be very busy. The teachers will have to analyse the results of the questionnaires filled in by their students who are also supposed to present their countries, towns and schools and prepare traditional meals of their region in healthy way to offer them for tasting.

The hard project work was completed with a rich social programme. The representatives of the partner schools had the opportunity to meet the teaching staff of the host school at Secondary Hotel School Zlin and during the welcome dinner, they tried some typical dishes of Czech cuisine, did some sightseeing in Zlin, they visited a glassmaking factory Glass Atelier Morava, the Rudolf Jelinek Distillery and a small chocolate confectionary in Vizovice. The visit was finished in Prague where they all enjoyed the Advent atmosphere doing sightseeing, visiting Christmas market and doing shopping in old Prague.

All the project partners thank their national agencies for having the opportunity to realize the project *Good in Health Good in Mind*. All the representatives are grateful with the host school for organizing the exciting week and for giving



them the opportunity to visit both the region where the host school is and the capital city Prague. All the participants are looking forward to the meeting which involves students in Italy next February.

Mgr. Danuše Karlíková, MGR, project coordinator