



## Context

Main objective of the project	Exchange of Good Practices
Project Title	Publicity and Nutrition
Project Acronym	
Project Start Date (dd-mm-yyyy)	01-09-2019
Project Total Duration	24 months
Project End Date (dd-mm-yyyy)	31-08-2021
National Agency of the Applicant Organisation	EL01 Greek State Scholarship's Foundation (IKY)
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.

Teenagers' dependence on junk food is more prevalent than ever. Health problems resulting from bad eating habits and eating disorders due to the beauty stereotypes of our era have jeopardised the health of the young. Obesity, anorexia, bulimia, heart disease, diabetes are just some of the health issues encountered today. Misleading publicity is largely to blame for the situation.

School responsibility is not just to teach basic skills but also to educate children and teens on how to achieve an enjoyable life and avoid illness. Therefore this project aspires to tackle bad eating habits in three ways:

- (a) training students, as well as parents and the wider public, to be suspicious of bright adverts and decipher the hidden messages in commercials and on food packaging.
- (b) educating students, as well as parents and the wider public, on the foods that are conducive to good health, preferably those that are locally produced and can be brought fresh to us as well as suit our dietary needs
- (c) Involving students in spreading the news of healthy diets and awakening the public on the foods that they impulsively choose to fill their fridges with.

At the same time by being a transnational project, it aspires to boost the students' national and European identity, develop cultural awareness and tolerance in them, but also to encourage them to compare and contrast eating habits, laws related to food marketing and marketing practices in various places in Europe.

Finally, by requiring communication and cooperation, information collection and processing, development of arguments that convince, a critical view of information and creation of conventional and multimedia materials, the project contributes to the development of 21st century skills in students, necessary for their personal and professional success.

Participants, directly or indirectly involved, will be about 1500 students (aged 12-18) and about 50 school teachers.

During the project a variety of activities will be performed and materials will be produced both at school and during meetings, where the job done at schools will be culminated.

A computer game will be developed to incorporate and consolidate the knowledge collected throughout the project. Minor thematic online quizzes will be made to provide the public and the students with information. Leaflets will be composed, posters will be painted and an anti-advertisement will be made to awaken everyone as to the flaws of our diets. An e-book will be the collection of the project's materials and activities to be available to educators for use at schools but

also to parents and every interested party.

Students will go shopping and organise a healthy picnic, observe food packages and advertisements and report on their findings regarding misleading messages, will taste foods and compare them to how they are advertised, will speak to experts and participate in workshops.

The project comprises a variety of activities and ways of implementing them which ensures that all students will make the most of their talents and skills. The main characteristic is student-centeredness, experiential learning and group-work. Students will be involved in decision-making, will learn by doing and will cooperate to reach common goals. According to bibliography, the above have proven to be effective ways of teaching and learning.

All information will be made available to the public (educators, stakeholders and others) for use at schools or for personal reference. Our website and the eTwinning platform will be forums of dissemination together with the mass media and the public events. In this way, we expect that the impact of our project will be intensified and sustained.

Students and the wider public will reconsider their eating habits, the influence of marketing in food choices and will take steps towards a healthier diet. Stakeholders may decide to protect the young against unethical advertising practices by imposing stricter regulations.

Finally, the project will boost the school's European identity by placing it in a network of schools and educators where teachers will exchange good practices and take leadership in the launching of constructive changes and educational projects making school life satisfying and motivating for everyone.

## Participating Organisations

Please note that the PIC code is a unique identifier for the organisation within the whole Erasmus+ Programme. It should be requested only once per organisation and used in all applications for all Erasmus+ actions and calls. Organisations that have previously registered for a PIC should not register again. If an organisation needs to change some of the information linked to the PIC, this can be done through (<http://ec.europa.eu/education/participants/portal/desktop/en/home.html>)

## Applicant Organisation

PIC	Legal name	Country
942491189	EPAGGELMATIKO LYKEIO AGRIAS	Greece

## Partner Organisations

No	PIC	Legal name	Country
1	948654569	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO	Italy
2	914574880	KURTKOY ANADOLU LISESI	Turkey
3	912826261	Zespol Szkol Ponadgimnazjalnych	Poland
4	932293094	Escola Básica e Secundária Gonçalves Zarco	Portugal
5	920757951	Friendly Appeal Cesis State Grammar School	Latvia

## Project 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 198,000 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.

Budget Items	Grant
Project Management and Implementation	42000.00 EUR
Learning, Teaching, Training Activities	137260.00 EUR
Total Grant	179260.00 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	7300.00 EUR	0.00 EUR	13510.00 EUR	0.00 EUR	20810.00 EUR
C2	Short-term exchanges of groups of pupils	9600.00 EUR	0.00 EUR	13510.00 EUR	0.00 EUR	23110.00 EUR
C3	Short-term exchanges of groups of pupils	15300.00 EUR	0.00 EUR	13510.00 EUR	0.00 EUR	28810.00 EUR
C4	Short-term exchanges of groups of pupils	5400.00 EUR	0.00 EUR	13510.00 EUR	0.00 EUR	18910.00 EUR
C5	Short-term exchanges of groups of pupils	8575.00 EUR	0.00 EUR	13510.00 EUR	0.00 EUR	22085.00 EUR
C6	Short-term exchanges of groups of pupils	10025.00 EUR	0.00 EUR	13510.00 EUR	0.00 EUR	23535.00 EUR
<b>Total</b>		<b>56200.00 EUR</b>	<b>0.00 EUR</b>	<b>81060.00 EUR</b>	<b>0.00 EUR</b>	<b>137260.00 EUR</b>

## Budget per Participating Organisation

Organisation	Country of Organisation	Grant
EPAGGELMATIKO LYKEIO AGRIAS (942491189)	Greece	34085.00 EUR
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO (948654569)	Italy	25435.00 EUR
KURTKOY ANADOLU LISESI (914574880)	Turkey	29110.00 EUR
Zespol Szkol Ponadgimnazjalnych (912826261)	Poland	27660.00 EUR
Escola Básica e Secundária Gonçalves Zarco (932293094)	Portugal	34810.00 EUR
Friendly Appeal Cesis State Grammar School (920757951)	Latvia	28160.00 EUR

## EPAGGELMATIKO LYKEIO AGRIAS

Budget Items	Grant
Project Management and Implementation	12000.00 EUR
Learning, Teaching, Training Activities	22085.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
<b>Total</b>	<b>34085.00 EUR</b>

## ISTITUTO COMPRENSIVO PLINIO IL VECCHIO



<b>Budget Items</b>	<b>Grant</b>
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	19435.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
<b>Total</b>	<b>25435.00 EUR</b>

## KURTKOY ANADOLU LISESI

<b>Budget Items</b>	<b>Grant</b>
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	23110.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
<b>Total</b>	<b>29110.00 EUR</b>

## Zespół Szkół Ponadgimnazjalnych

<b>Budget Items</b>	<b>Grant</b>
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	21660.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
<b>Total</b>	<b>27660.00 EUR</b>

### Escola Básica e Secundária Gonçalves Zarco

<b>Budget Items</b>	<b>Grant</b>
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	28810.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
<b>Total</b>	<b>34810.00 EUR</b>

### Friendly Appeal Cesis State Grammar School

<b>Budget Items</b>	<b>Grant</b>
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	22160.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
<b>Total</b>	<b>28160.00 EUR</b>

## 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. Learning, Teaching, Training Activities

Id	Activity Type	Starting Period	Description
P1	Other Project Events	09-2019	Dissemination: Creation of the Erasmus+ Corner in every school where information about the project will be exhibited for students, staff and visitors to school to be informed. The Corner will be updated regularly throughout the two-year duration of the project.
P2	Other Project Events	09-2019	Official Erasmus+ staff meeting in every school to discuss the details of the project.
P3	Other Project Events	09-2019	Transnational meeting: Kick-off organisational, face-to-face, meeting with all partners where aspects of the project will be reconsidered and details will be discussed.
P4	Other Project Events	09-2019	<p>Dissemination: Articles to local newspapers and announcements in the school official websites and Facebook accounts will be released to inform the public about the project. Similar activities will take place after each Learning/Teaching/Training Activity (i.e. in December 2019, February 2020, May 2020, October, 2020, February 2021, May 2021, and at the end of each project year (i.e. June 2020 and June 2021).</p> <p>Schools will also proceed with press releases when important events take place in their schools (eg. an expert's talk).</p> <p>Apart from newspapers and the internet, schools will employ the radio and television for dissemination depending on availability in the school area.</p>
P5	Other Project Events	10-2019	Dissemination: The official Project Website is launched for publicising materials and informing the public about the project proceedings. It will run during the two years of the project and be online after the completion of it so that all interested parties can take advantage of the materials produced.
P6	Other Project Events	10-2019	eTwinning project entitled "Publicity and Nutrition": A parallel eTwinning project is launched to follow the two-year Erasmus+ project and be a place for communication, sharing of materials and informing the public.
P7	Other Project Events	10-2019	Initial and Final Survey: At the beginning (October - November 2019) and at the end (May - June 2021)

of the two year project students in every school complete a questionnaire so that we can measure their eating habits and attitudes towards junk food, healthy food and advertising and how these have changed as a result of the project.

P12	Other Project Events	11-2019	Logo competition: Each partner school submits a possible logo for the project and the best logo is voted for by students. (Online voting)
C1	Short-term exchanges of groups of pupils	12-2019	First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1]
P8	Other Project Events	12-2019	Workshop: Students participate in a workshop organised by an expert in the field of advertising so that they get familiar with advertising techniques. The activity will take place in December 2019 and January 2020 depending on the schools' schedules.
P9	Other Project Events	12-2019	Dissemination: e-Book Compilation: All project materials and activities will make up an e-book available to all interested parties. The e-book will be built up as the project proceeds and will be completed upon completion of the project activities with students (June 2021).
P10	Other Project Events	12-2019	Official Erasmus+ staff meeting in every school to discuss the results of the first Learning-Teaching-Training Activity abroad and other Erasmus+ issues.
P15	Other Project Events	12-2019	Presentation to students and staff in every school of the first Learning/Teaching/Training Activity. Similar presentations will take place after every Learning/Teaching/Training Activity (i.e. February 2020, May 2020, October 2020, February 2021, May 2021).
P11	Other Project Events	01-2020	Field trip to shops: Students visit local stores in their countries and observe the way products are put on display. They also speak to the people in charge of the shops to find out the guidelines they follow when placing the products on the shelves.
C2	Short-term exchanges of groups of pupils	02-2020	Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2]
P13	Other Project Events	02-2020	Official Erasmus+ staff meeting in every school to discuss the results of the second Learning-Teaching-Training Activity abroad and other Erasmus+ issues.
P14	Other Project Events	04-2020	Dissemination: Leaflet or School Magazine: Partner

schools publish a leaflet including the data collected during the first project year. Alternatively, partner schools which publish a school magazine will include the information in its pages.

C3	Short-term exchanges of groups of pupils	05-2020	Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3]
P16	Other Project Events	05-2020	Dissemination: First-Project-Year event: Open to the public event in every partner school to educate participants on the misleading practices of food marketing and inform them about the first year of our project. The event will take place in May or June 2020 depending on each school's schedule.
P18	Other Project Events	05-2020	Official Erasmus+ staff meeting in every school to discuss the results of the third Learning-Teaching-Training Activity as well as the results of the first project year and plan ahead.
P17	Other Project Events	09-2020	Street survey on eating habits: Students ask people in the street in their country about their eating habits. The results will be used in the following Learning/Teaching/Training activity for comparison.
C4	Short-term exchanges of groups of pupils	10-2020	Fourth Teaching-Learning-Training Activity: Exploring eating habits
P19	Other Project Events	10-2020	Official Erasmus+ staff meeting in every school to discuss the results of the fourth Learning-Teaching-Training Activity and other issues related to the second year of the project.
P30	Other Project Events	10-2020	Chemistry lab on food and nutritives: Each school organises Chemistry labs for students to get to know the nutritional value of healthy foods and the chemicals in junk foods. Labs will take place in October - November - December 2020
P20	Other Project Events	11-2020	Workshop on healthy food by expert: During November and December 2020 each partner school will organise workshops to sensitise students on healthy food and the effects of junk food.
P21	Other Project Events	01-2021	Field trip to a milk company and/or farm: Students will visit a farm to see how milk is produced and a company to get informed about the process the milk 'follows' to get to our homes.
C5	Short-term exchanges of groups of pupils	02-2021	Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint
P22	Other Project Events	02-2021	Official Erasmus+ staff meeting in every school to

discuss the results of the fifth Learning-Teaching-Training Activity and other Erasmus+ issues.

P27	Other Project Events	02-2021	Activity: Monitoring food rotting. Students place a junk food burger and a home-made burger in room temperature and observe its rotting process (appearance and smell) recording it with photos and comments. Which rots first? Which rots second? How much longer does the second last? Why? The activity will be completed when the second food rots.
P23	Other Project Events	03-2021	Workshop by expert of eating disorders: Students will participate in a workshop exploring the treacherous ground of eating disorders such as bulimia and anorexia.
P24	Other Project Events	04-2021	Dissemination: Glossary of food terms publication: A glossary in e-form and/or printed form with terms related to food and food labels will be published in English and the national languages.
C6	Short-term exchanges of groups of pupils	05-2021	Sixth Teaching-Learning-Training Activity: Final event
P26	Other Project Events	05-2021	Official Erasmus+ staff meeting in every school to discuss the results of the final Learning-Teaching-Training Activity abroad and the whole Erasmus+ project. Alternatively the final Erasmus+ staff meeting will take place in June 2021 upon completion of the school year.
P28	Other Project Events	05-2021	Dissemination: Leaflet and school magazine: Each partner school publishes a leaflet with the information compiled during the second year of the project (healthy - unhealthy food - eating disorders). Alternatively, schools which publish school magazines will embed the information in it.
P29	Other Project Events	05-2021	Dissemination: Final Erasmus+ event: In every school an end-of-project event will be organised to present the results of the project and inform and educate the public on the issues dealt with during the two years of the project (misleading marketing practices and healthy vs junk food)
P25	Other Project Events	06-2021	Dissemination: Computer game: An educational computer game based on our two-year research in food marketing and healthy food will be launched online for everyone to enjoy and be educated at the same time.



## Participating Organisations

### Applicant Organisation

PIC	942491189
Legal name	EPAGGELMATIKO LYKEIO AGRIAS
Legal name (national language)	ΕΠΑΓΓΕΛΜΑΤΙΚΟ ΛΥΚΕΙΟ ΑΓΡΙΑΣ
National ID (if applicable)	3540015
Department (if applicable)	
Acronym	
Address	Aristoteli and Lambi
Country	Greece
P.O. Box	
Postal Code	373 00
CEDEX	
City	Agria
Website	<a href="http://epal-agrias.mag.sch.gr">http://epal-agrias.mag.sch.gr</a>
Email	mail@epal-agrias.mag.sch.gr
Telephone	+302428091097, +302428097071
Fax	+302428091097

### Profile

Type of Organisation	School/Institute/Educational centre – Vocational Training (secondary level)
Is your organisation a public body?	Yes
Is your organisation a non-profit?	Yes

## Associated Persons



## Legal Representative

Title	Mr
Gender	Male
First Name	Nikolaos
Family Name	Bampanikos
Department	Agriculture
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Preferred Contact	No
If the address is different from the one of the organisation	Yes
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Country	Greece
P.O. Box	
Postal Code	37300
CEDEX	
City	Agria

## Contact Person

Title	Ms
Gender	Female
First Name	Maria
Family Name	Batsiou
Department	English language
Position	Teacher

Email	mbatsiou@otenet.gr
Telephone	+306944901888
Preferred Contact	Yes
If the address is different from the one of the organisation	Yes
Address	Aristoteli and Lambi
Country	Greece
P.O. Box	
Postal Code	37300
CEDEX	
City	Agria

## Contact Person

Title	Ms
Gender	Female
First Name	Anastasia
Family Name	Kourentzi
Department	
Position	Teacher (jurist)
Email	angkourentzi@yahoo.gr
Telephone	+306974586985
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	Aristoteli and Lambi
Country	Greece
P.O. Box	

Postal Code

37300

CEDEX

City

Agria

## 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?

EPAL AGRIAS, situated in a village of 10,000 people, is a vocational high school of about 150 students, aged 15 - 18, and 20 teachers. The students study Business Administration, Tourism, Agriculture and Information Technology. They mainly come from agricultural, low-income families and often work parallel to their studies. This affects their school performance negatively and sometimes leads to early school leaving. Therefore, we have always tried to motivate and encourage them to go on with their studies. The fact that our school trains students to be professionals makes us responsible for linking schooling to real life requirements by not only communicating knowledge to our learners but also life attitudes and skills. That prospect makes it imperative that they also become aware of foreign cultures and mentalities. To that end, EPAL AGRIAS has involved students in projects related to Environmental, Health and Culture Education as well as European and International projects. Thus, helping them develop their European identity. It should also be mentioned that almost 25% of our students are immigrants, and that, we also have students with learning difficulties. Those cases often call for careful handling. Our organisation has launched international projects, Socrates, Comenius, Erasmus+, (coordinating two of them), eTwinning winning a European Quality Label and a number of National Quality Labels). It has been involved in the International Environmental Project of the Swedish Lund University "Young Masters Program", and follow-up Global Environmental Youth Convention in Dubai, the International Conference of the Caretakers of the Environment and the International Carbon Footprint project by Stratford and Gothenburg Universities. It has organised Environmental, Health and Cultural Projects on a national level. It is important to involve students in projects since innovative activities contribute to learning more than conventional teaching does and equip kids with skills necessary for their personal and professional development. Our school is sensitised in food issues through various small scale projects on diet, genetically modified and organic foods and a large scale Socrates/Comenius project on diet and health issues which carried out 15 years ago. Moreover, our students study Agriculture, exceptionally relevant to food, and Business Administration including Marketing. Yet, more action on publicity and nutrition is required as students' preference for junk food and the associated health issues increase. The key persons are: a Law and an English teacher with many years of teaching experience. They have attended and presented in seminars and conferences related to teaching, IT skills, and project management (also key persons in Comenius and Erasmus+/KA2 and KA1), which EPAL Agrias has coordinated successfully. In case those persons leave their post, they will be replaced by colleagues with the same skills and qualifications.

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/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme

ERASMUS+/KA2

Year

2017

Project Identification or Contract Number	2017-1-EL01-KA219-036202
Applicant/Beneficiary Name	EPAGGELMATIKO LYKEIO AGRIAS (EPAL AGRIAS)
EU Programme	Erasmus+/KA102
Year	2018
Project Identification or Contract Number	2018-1-EL01_KA102_046997
Applicant/Beneficiary Name	EPAGGELMATIKO LYKEIO AGRIAS (EPAL AGRIAS)

## Partner Organisations

### ISTITUTO COMPRENSIVO PLINIO IL VECCHIO

PIC	948654569
Legal name	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO
Legal name (national language)	I.C. PLINIO IL VECCHIO
National ID (if applicable)	NOT AVAILABLE
Department (if applicable)	
Acronym	
Address	VIA PRIMO MAGGIO
Country	Italy
P.O. Box	SNC
Postal Code	04012
CEDEX	
City	CISTERNA DI LATINA
Website	Itic839003@istruzione.it
Email	
Telephone	+39069699683, +393687496602

Fax	+39069699683
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## 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

## Associated Persons

### Legal Representative

Title	Ms
Gender	Female
First Name	Fabiola
Family Name	Pagnanelli
Department	Italian language
Position	Headmaster
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Telephone	+39069699683
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	VIA PRIMO MAGGIO
Country	Italy
P.O. Box	SNC
Postal Code	04012
CEDEX	



City CISTERNA DI LATINA

Contact Person

Title Ms

Gender Female

First Name Adriana

Family Name Di Muro

Department Science

Position Coordinator of European Project in the school

Email Itic839003@istruzione.it

Telephone +39069699683

Preferred Contact Yes

If the address is different from the one of the organisation Yes

Address VIA PRIMO MAGGIO

Country Italy

P.O. Box SNC

Postal Code 04012

CEDEX

City CISTERNA DI LATINA

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 Institute is located in an area that has suffered all the social and economic upheavals since the time of its remediation, but, now is well-structured, economically and socially not so disadvantaged. It's a young territory, vital and with many vocations not yet all expressed. This territory has been and is affected by migration also with origins outside. The appropriation of people of different origin, together with traditions of insecurity and economic insecurity has led to the emergence and development of the phenomena of social tension. The delay in eliminating the unemployment created by de-industrialization has produced new poverty with the classic problems associated with it: family tensions, marginalization, petty crime, insecurity. In this context, physical and socio-economic, the Institute wants take on the task of providing its students not only the intrinsic education, but support, encouragement, push to acquire, in addition to professional skills, ability to understand the own and others' cultures. The school is home to many students from different parts of the world (Romania, Poland, Czechoslovakia, Albania, Tunisia, Morocco, China, India). The Erasmus plus project is conceived in line with the practical need to "defeat" the high rate of school dropouts and at the same time make the best quality training. Some of our goals are: - fortify the students, so, they don't suffer the influence of food advertising and can make proper food choices for their own health; - discover jobs related to food, publicity and to consider career choices for students. Unfortunately we had, among girls of our school, two cases of anorexia and, with the help of psychologists, nutritionists, families and teachers we have managed to get good results and hope for a full recovery. Following this situation, our school had also the opportunity to work in a project on the topic of " Anorexia and Bulimia" . Our Institute, therefore, has developed a high degree of sensitivity to the problems of nutrition and, especially, to the food advertising. In fact, it was shown that the majority of young people suffering from anorexia, have been victims of advertisements offering lean bodies and slender. Students of our school study about problems of nutrition. We have very expert biology, chemistry teachers who conduct classes on this topic at school. Many teachers have followed courses held by psychologists and organized by the school on this very important issue, therefore, therefore, can bring their wealth of experience . The key persons are very experienced in EU projects, they launch many of them, they speak fluent English and have ICT skills. If those persons leave their post in the future, will be replaced by others who have the same skills and qualifications.

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/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme	ERASMUS+/KA2
Year	2017
Project Identification or Contract Number	2017-1-ES01-KA219-037856_7
Applicant/Beneficiary Name	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO

## KURTKOY ANADOLU LISESI

PIC	914574880
Legal name	KURTKOY ANADOLU LISESI
Legal name (national language)	KURTKOY ANADOLU LISESI
National ID (if applicable)	974885
Department (if applicable)	
Acronym	
Address	LISE CADDESI NO:2 KURTKOY
Country	Turkey
P.O. Box	
Postal Code	34912
CEDEX	
City	ISTANBUL
Website	<a href="http://kurtkoyanadolulisesi.meb.k12.tr">http://kurtkoyanadolulisesi.meb.k12.tr</a>
Email	
Telephone	+902166840330, +905057504381
Fax	+902164827751



## 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

## Associated Persons

### Legal Representative

Title

Mr

Gender

Male

First Name

İSMAIL

Family Name

BAYRAM

Department

MANAGEMENT

Position

HEADMASTER

Email

kurtkoy.anadolu@gmail.com

Telephone

+905325214876

Preferred Contact

No

If the address is different from the one of the organisation

Yes

Address

LISE CADDESİ NO:2 KURTKOY

Country

Turkey

P.O. Box

Postal Code

34912

CEDEX

City

ISTANBUL

## Contact Person



Title	Ms
Gender	Female
First Name	LEYLA
Family Name	ERKUŞ TAN
Department	
Position	ENGLISH
Email	leylaerkus@hotmail.com
Telephone	+905052532302
Preferred Contact	Yes
If the address is different from the one of the organisation	Yes
Address	LISE CADDESİ NO:2 KURTKOY
Country	Turkey
P.O. Box	
Postal Code	34912
CEDEX	
City	ISTANBUL

### Contact Person

Title	Ms
Gender	Female
First Name	DİDEM
Family Name	DÜNDAR
Department	ENGLISH
Position	TEACHER
Email	dundardidem@gmail.com
Telephone	+905057504381



Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	LISE CADDESI NO:2 KURTKOY
Country	Turkey
P.O. Box	
Postal Code	34912
CEDEX	
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 İstanbul in the Marmara region in the West of Turkey. İstanbul is a big, beautiful city with a population of 17 000 000. İstanbul bridges Asia and Europe both physically and culturally. It is the country's economic, cultural, and historic center. Our school is a high school with a rich provision of extra curricular activities, particularly sports, music and theatre. Some of our students are very good at football, basketball, volleyball, cross-country running, and chess and got many prizes in these fields. The school provides general education and its main vocation is to prepare students for the university entrance exams. We are a school of about 1800 students ranging from 14 to 18 years old. There are 100 teachers. In our school, there are computer rooms, 3 science laboratories, 41 classrooms, a conference hall, and a canteen. Two foreign languages are taught in our school: English and French. This project will be a good incentive to motivate them. One of our main objectives is to open up international cooperation. Students at this school come from a low to middle socioeconomic background, which makes it very difficult and, in some cases, impossible for them to go and to study abroad. This Erasmus+ Project would provide them precisely with an opportunity to meet students from European countries, and it would be an excellent opportunity for interacting and working with these students while they practice and learn English. With the help of this project, we plan to make our students and teachers conscious consumers. Apart from that we observe that the majority of our students and generally the youngsters are used to eating junk food without paying any attention to the nutritive elements with a result to get used to unhealthy diet. Our school carried Comenius Project in 2011-2012 under the title of 'National Values' with six partners. Leyla ERKUŞ Tan and Didem DüNDAR will be the Contact teachers of the project. Leyla Tan has taken an active part in the European Project- Erasmus since 2007 and has a master degree of Educational Management. She has been working as Erasmus + Project Exterior Expert for 4 years. She has PCM certificates. She participated in Comenius inservice training. Since 2007 she has carried out lots of projects such as Comenius, LDV VETPRO "Learning And Transferring Methods Used In EU To Prevent Violence In School" in 2008, Comenius Regio 2011 International Vocational Orientation, in 2012-2013 Grundtvig Project Golden Day Of Healthy Life Again. Didem DüNDAR studied Language and Literature and she has a master degree of Educational Management. She has been teaching about 20 years. She is also the coordinator of Total Quality Management and Strategic Planning. She has PCM certificate. She carried ComeniusEnglish Project called Digital Print of Europe in 2012-2014. If those persons leave their post in the future, will be replaced by others who have the same skills and qualifications.

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/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme

Erasmus+/KA2

Year

2018



Project Identification or Contract Number

2018-1-ES01-KA229-050117\_4

Applicant/Beneficiary Name

KURTKOY ANADOLU LISESI

## Zespół Szkół Ponadgimnazjalnych

PIC

912826261

Legal name

Zespół Szkół Ponadgimnazjalnych

Legal name (national language)

National ID (if applicable)

331284461

Department (if applicable)

Acronym

Address

ul. Grunwaldzka 1

Country

Poland

P.O. Box

Postal Code

78-550

CEDEX

City

Czaplinek

Website

[www.szczaplinek.szkolnastrona.pl](http://www.szczaplinek.szkolnastrona.pl)

Email

Telephone

+48943755266

Fax

## 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



## Associated Persons

### Legal Representative

Title	Mr
Gender	Female
First Name	Robert
Family Name	Patrzyński
Department	
Position	Headmaster
Email	robert.patrzynski@o2.pl
Telephone	+48606923486
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	ul. Grunwaldzka 1
Country	Poland
P.O. Box	
Postal Code	78-550
CEDEX	
City	Czaplinek

### Contact Person

Title	Ms
Gender	Female
First Name	Alicja
Family Name	Giwojno
Department	Humanistic department





Position	EnglishTeacher
Email	Alicja.Giwojno@gmail.com
Telephone	+48660410060
Preferred Contact	Yes
If the address is different from the one of the organisation	Yes
Address	ul. Grunwaldzka 1
Country	Poland
P.O. Box	
Postal Code	78-550
CEDEX	
City	Czaplinek

## Contact Person

Title	Ms
Gender	Female
First Name	Celestyn
Family Name	Tomkowska
Department	Humanistic department
Position	Studnets' counsellor
Email	ttomkowska@wp.pl
Telephone	+48609556850
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	ul. Grunwaldzka 1
Country	Poland



P.O. Box

Postal Code

CEDEX

City

[Redacted]

78-550

[Redacted]

Czaplinek

## 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?



Zespol Szkol Ponadgimnazjalnych in Czaplonek consists of a secondary school, technical secondary school and vocational school. Our students obtain comprehensive education with mostly extended curriculum in Polish, History, English, Geography as well as they obtain education in fields like: wood technology, tourism, catering, cooking and metalwork. There are 26 teachers and about 290 students attending in our school. Most of our students come from little towns and villages, from low-income households. What is more, a large number of our students' parents are unemployed. Their difficult financial situation limits students' access to the city facilities and at the same time reduces possibilities to develop their passions and hobbies as well as access to different sources of information. Therefore, very often they lack in self-confidence and assess themselves very low which extremely influences their attitudes towards their education and their motivation to learn and develop their skills. There are a group of students with studying difficulties as well as physical disabilities. Our school is experienced in organizing many cultural events. We organize competitions which attracts students from adjacent towns. For many years we organize students exchanges between schools in Germany and Sweden, we also took part in Comenius, Leonardo and Erasmus+ projects. Students attending our school mostly choose extended curriculum in Polish and History as well as English, they willingly take part in drama classes and create their own plays. We organize cultural events for our local society, where our students present different fields of education and culture, to make people aware of them. Our students are very much interested in the subject, since, when they go out, they prefer to eat junk food. So this project will give them the opportunity to acquire knowledge about how bad this kind of food is. Apart from that, we must say that our students have been the prizewinner of several nutrition competitions. Two teachers are the leaders of the project, one is an English teacher and the other one is students' counsellor. They both participated in Erasmus Plus project and showed their ability and suitable skills to organize meetings for students and teachers in their school as well as to conduct the whole project for two years. What is more, they are experienced in conducting different projects in different fields (ecological, charity, drama), one being an expert in the English language, with more than fifteen years of experience in teaching and the other one an expert of students' concerns and problems, their trusted and confident person create a perfect prepared duet for conducting and leading the project. Additionally, they hold a good opinion among their colleagues as responsible, reliable with good organizational skills. In case the contact persons leave their post in the future, will be replaced by others who have the same skills and qualifications.

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/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme

Erasmus+/KA2

Year

2017

Project Identification or Contract Number

2017-1-EL01-KA219-036202\_4

Applicant/Beneficiary Name

Zespol Szkol Ponadgimnazjalnych

**Escola Básica e Secundária Gonçalves Zarco**

PIC	932293094
Legal name	Escola Básica e Secundária Gonçalves Zarco
Legal name (national language)	Escola Básica e Secundária Gonçalves Zarco
National ID (if applicable)	671000381
Department (if applicable)	
Acronym	
Address	Caminho da Fé, n.º 1. São Martinho
Country	Portugal
P.O. Box	
Postal Code	9004-525
CEDEX	
City	Funchal
Website	www.ebsgzarco.pt.vu
Email	
Telephone	+351291701700, +351291622941
Fax	+351291 762 728

**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?	No

**Associated Persons**



## Legal Representative

Title	Mr
Gender	Male
First Name	Rui
Family Name	Caetano
Department	Portuguese Language
Position	Headteacher
Email	ebsgzarco@edu.madeira.gov.pt
Telephone	+351291701700
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	Caminho da Fé, n.º 1. São Martinho
Country	Portugal
P.O. Box	
Postal Code	9004-525
CEDEX	
City	Funchal

## Contact Person

Title	Ms
Gender	Female
First Name	Maria
Family Name	Barcelos
Department	Foreign Languages
Position	Teacher

Email	ceubarcelos2016@gmail.com
Telephone	+35916938178
Preferred Contact	Yes
If the address is different from the one of the organisation	Yes
Address	Caminho da Fé, n.º 1. São Martinho
Country	Portugal
P.O. Box	
Postal Code	9004-525
CEDEX	
City	Funchal

## 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?

ESCOLA BÁSICA E SECUNDÁRIA GONÇALVES ZARCO is a post elementary and secondary school. It has about 200 teachers, 1500 students, from 10 to young adults and about 130 adult students attending night classes. Its curriculum covers several levels within the regular compulsory school attendance (from 5th to the 12th grade), but it also offers vocational courses and night classes for adults. Because our school is located in an economically disadvantaged suburban area of Funchal city, (the great majority of its students come from low-income families, and most parents have only completed elementary school levels) the school has been paying greater attention to the vocational guidance of its students and started to develop more vocational training courses, according to the guidelines of its Educational Project. Most of the students, who attend these technical degrees, are economically disadvantaged, and are supported and followed by social welfare. The majority of our pupils have never been abroad and have a narrow view of what is going on in the world as a whole. Therefore, it is very important to ensure that our students have the opportunity to have a better social and cultural life, to encourage international collaboration and give them the tools to help them move from the national to a wider European context. Intent on promoting the educational success of our students, our school has been developing a number of projects that aim to minimize early school leaving; that foster citizenship, and students' personal growth; that implement innovative teaching methods and let students use digital tools to broaden their perspectives and enrich their learning by collaborating with others. The present project is relevant for an additional reason: it attempts to help students recognise misleading marketing and opt for a healthier diet. Teachers and school management are interested and motivated. We all recognize the high value of regional, national and international projects not only for our students' personal and academic development, but also for our teachers' lifelong learning and for the development of our institution and consequently our region and country. A key team of 2 teachers has been formed to prepare, carry on and finalize the Project successfully. They are both experienced in several international online projects and student exchange programs. One is an English teacher, a great fan of educational technology, who, with the collaboration of the ICT coordinator, will be responsible for everything technology related within the project, enabling the organization and coordination of the activities; and the other is a Science teacher, responsible for the dissemination of the project. The project has the full support of the headteacher and should any of the two members of the key team leave their posts in the future, two teachers from the Department of Languages would take on the responsibility of seeing the project through with the utmost competence.

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/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme

ERASMUS+

Year

2016

Project Identification or Contract Number	2016-LT01-KA219-023136-5
Applicant/Beneficiary Name	Escola Básica e Secundária Gonçalves
EU Programme	ERASMUS+
Year	2017
Project Identification or Contract Number	2017-1-FI01-KA201-034702
Applicant/Beneficiary Name	Escola Básica e Secundária Gonçalves
EU Programme	ERASMUS+
Year	2018
Project Identification or Contract Number	2018-1-SI01-KA229-046996_6
Applicant/Beneficiary Name	Escola Básica e Secundária Gonçalves
EU Programme	ERASMUS+
Year	2018
Project Identification or Contract Number	2018-1-DE03-KA229-047332_5
Applicant/Beneficiary Name	Escola Básica e Secundária Gonçalves
EU Programme	ERASMUS+
Year	2018
Project Identification or Contract Number	2018-1-IE01-KA229-038754_3
Applicant/Beneficiary Name	Escola Básica e Secundária Gonçalves
EU Programme	ERASMUS+
Year	2018
Project Identification or Contract Number	2018-1-IT02-KA229-047979_4



Applicant/Beneficiary Name Escola Básica e Secundária Gonçalves

EU Programme ERASMUS+

Year 2018

Project Identification or Contract Number 2018-1-PT01-KA229-047280\_1

Applicant/Beneficiary Name Escola Básica e Secundária Gonçalves

## Friendly Appeal Cesis State Grammar School

PIC 920757951

Legal name Friendly Appeal Cesis State Grammar School

Legal name (national language)

National ID (if applicable) 4419900342

Department (if applicable)

Acronym

Address Puces 2

Country Latvia

P.O. Box

Postal Code LV-4101

CEDEX

City Cesis

Website [www.dacvg.lv](http://www.dacvg.lv)

Email

Telephone +37164122256, +37126522021

Fax +37164122256

## 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

## Associated Persons

### Legal Representative

Title

Ms

Gender

Female

First Name

Dace

Family Name

Egliite

Department

Position

Headmaster

Email

daceegliite@inbox.lv

Telephone

+37164122244

Preferred Contact

No

If the address is different from the one of the organisation

Yes

Address

Puces 2

Country

Latvia

P.O. Box

Postal Code

LV-4101

CEDEX

City

Cesis

### Contact Person



Title	Ms
Gender	Female
First Name	Laima
Family Name	Pērkone
Department	
Position	Deputy headmaster
Email	laima.perkone@gmail.com
Telephone	+37126522021
Preferred Contact	Yes
If the address is different from the one of the organisation	Yes
Address	Puces 2
Country	Latvia
P.O. Box	
Postal Code	LV-4101
CEDEX	
City	Cesis

## Contact Person

Title	Ms
Gender	Female
First Name	Dace
Family Name	Sarkane
Department	Biology
Position	Teacher
Email	daccensa@inbox.lv
Telephone	+37129484094



Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	Puces 2
Country	Italy
P.O. Box	
Postal Code	LV-4101
CEDEX	
City	Cesis

## 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 school is located in a picturesque medieval city, Cēsis, fusing medieval history and contemporary culture in a rich cultural and historical heritage. The school is multicultural, with Russian-speaking-nationality students ( Russians, Ukrainians, Bellorussians ect. ) successfully integrated in it. The 225 students, age 14- 19, have a choice of four educational programmes: natural sciences, economy, social sciences and general education. The school is facing the challenges of growing diversity at school and society in general. There are people with different ethnic origin, coming from countries around Europe as well as from other regions, students/re-emigrants – whose families have returned from EU countries. People from rural districts come to Cēsis for competitive education. Therefore, a lot of work in school is needed to manage diversity. Participation in European projects is a good chance to promote participation, active cooperation and friendship among students with different social, ethnic and other background. The topic of the project is also relevant, since our young people prefer junk food to home-made food. The school is experienced in international cooperation: regular students exchange visits, with school in Finland, school participates in an environment project with schools from Baltic sea region. We are strong in practicing active teaching/learning strategies, critical thinking, student's research projects etc. We have participated in several EU projects - Comenius, Nordplus project on environmental protection and sustainability. There are teachers in our school (and expected project team) who are familiar with CLIL methodology. We are strong in what is called global education – learning about global issues such as globalization, diversity, social justice, human rights, etc. For last three years our school team participated in Europe Aid project “Global Dimension in Social Sciences subjects in Formal Education”. You can learn more about activities and results of the project in <http://www.globalaizglitiba.lv/global-dimension/>. Our teachers are strong in giving masterclasses for colleagues in regional and national levels. For example this school year we will host a national conference on media literacy in our school. The contact persons are familiar with EU projects since they have launched many of them. They have good knowledge of English and work with various ICT programs on a daily basis. The second one leads the methodological work of the group of science teachers and she collaborates with the Latvian Biomedical Research and Study Center. She is also well experienced in the “Twinning Alliance for Social Solidarity in Action” project of the EU program “European Citizens” and she has worked in a group that promotes youth involvement in solving local community problems and increasing economic potential. In case a key person leaves his post in the future, it will be replaced by another who has the same skills and qualifications.

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/highlights/the-etwinning-school-label---.htm>

Have you 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.

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

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

HORIZONTAL: Open education and innovative practices in a digital era

SCHOOL EDUCATION: Strengthening the profiles of the teaching professions

Please select up to three topics addressed by your project.

Creativity and culture

Health and wellbeing

Natural sciences

## Description

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

A major task of school is shaping youth personalities and preparing people for life in a rapidly-changing world, where many dangers for life and health exist. That calls for educational interventions to enhance awareness and responsibility about healthy lifestyles.

The cultural distortions introduced by certain media can form schizophrenic attitudes that lead to food imbalances and serious diseases. Therefore, it's very important that EU youth acquire the right knowledge about food composition and the consequences of wrong eating habits, so as to critically face the daily bombardment of adverts on the media.

Advertising occupies a large part of the marketing business and attracts youth by showing popular characters (actors, singers and lately bloggers and youtubers) endorse certain products. Minors – and often adults - don't possess correct evaluation criteria and are fatally attracted by features, such as the appearance of products (color, shape, etc.).

What is most worrying, though, is the alarming increase in minors' obesity, a common phenomenon in all industrialised countries. In fact, some food industries with their unethical marketing, push the young to eat low-nutrients, high-calory junk foods. Analysis of the triangle food – advertising – health conditions (obesity, diabetes, coronary disease, dental problems etc.) requires more measures to regulate food advertising. Also, the publicity that propagates the aesthetic ideal of muscles and slenderness, can affect eating habits and make the boundaries between normality and pathology extremely subtle, leading to two opposite, but equally worrying psychological diseases: anorexia and bulimia.

Therefore, we consider it important to educate the young and then their parents and wider public on the techniques advertising uses to promote low quality foods and on the dangers imposed on public health. We would also like to initiate students into the world of local products that are healthy and environmentally-friendly with a carbon footprint considerably lower than junk food.

The project will be carried out transnationally because it requires multinational and multicultural data (on eating habits as well as national and European policies related to food and advertising) for comparison purposes and development of internationally-applicable ideas and materials for the promotion of healthy eating. Moreover, the more the countries involved the greater the impact of our project. Also, transnationality will help students develop cooperation and communication skills in multicultural environments, form new friendships, develop tolerance towards diversity of habits and attitudes and get to know the magic of the Erasmus+ world. Finally, it will facilitate sustainable cooperation among European schools, for the exchange of good practices that will benefit the whole school as an organisation.

The successful realisation of the project activities requires funding, therefore, a grant is requested.

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?

In an era of harsh professional competition the development of 21st century skills, such as critical thinking, creativity, collaboration, communication, computer literacy, media literacy, leadership, language and social skills, is a prerequisite. Our Erasmus+ project comprises activities that involve the above skills.

The project also requires the use of digital technologies since the majority of activities, dissemination included, depends on electronic communication and the use of free and open source educational software. For example, we will run an eTwinning platform, create Mindmaps with Mindmeister, Quizlet and Kahoot will gamify testing the newly-gained knowledge, Google-forms will facilitate online surveys, videos and e-books will be made and so on. At the same time the SELFIE, self-reflection tool, will monitor the school's progress in the use of digital technologies.

Regarding the school education priorities, teachers will be exposed to good practices and, thus, enhance their teaching and assessment methods. Furthermore, they will be placed in an international network of schools and learn about the Erasmus+ world of opportunities. Finally, their initiative and leadership skills will be developed so that they are more actively involved in European and school actions that improve schooling.

Taking the above into account and the specific need to awaken students to misleading food marketing and the health dangers related to it, the main aims of the project are:

1. Help students:

- acquire knowledge and develop critical skills to interpret the hidden messages in adverts and on food packages and recognise the tricks used in adverts
- be educated on food (healthy vs unhealthy foods, foods with high carbon footprint) and adopt healthy eating habits to fight disease and save the environment

2. Encourage students and teachers to:

- observe, reflect on and reconsider their eating habits and the extent to which adverts influence them
- discover their partners' eating habits, the 'background' of their foods - find analogies and differences
- learn about the European and national laws about food advertising and business compliance with them

3. In the wider community, to contribute to healthier eating habits by:

- informing people about the Mediterranean Diet
- enabling them to identify harmful eating habits and amend them
- sensitising stakeholders about harmful food advertising

Further, more general aims are:

For students to:

- develop important 21st century skills
- increase their cultural awareness and their sense of European identity

For teachers to:

- exchange good teaching practices, new technologies included, to increase student motivation
- familiarise with European projects

We also aim at producing tangible results:



- computer game
- e-book, glossary
- project website, eTwinning
- advert
- leaflets, school magazine, posters, articles, song
- calendar
- multimedia presentations (PPP, video)
- workshops, public events
- T-shirt

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

To raise students awareness in food and advertising we are going to organise activities at school and during meetings abroad, which will involve students in doing things and exploring information, on the premise that doing is stronger than seeing.

For example, students will:

- attend workshops and use the information to produce articles, reports, even a song.
- observe advertisements and argue on the tricks used in them in a fishbowl mode
- collect and study food packaging to decipher the label information and report on their findings in a leaflet with advice to consumers
- make an anti-advert which will awaken the public on unhealthy food
- visit shops and explore product display techniques
- participate in an Oxford Debate on unethical advertising
- carry out a street survey: Fast or Slow Food?
- go shopping for a healthy picnic
- calculate the carbon footprint of their eating habits
- explore and prepare local products
- find out about the real ingredients of their favourite foods in the lab
- compare taste and promotion of healthy and unhealthy foods
- monitor the "durability" of junk food (eg.a burger)
- use their knowledge to create posters, leaflets, a computer game, an e-book, online quizzes

Concerning the wider project objectives:

Our Erasmus+ project provides the forum for the development of 21st century skills (namely, critical thinking, creativity, collaboration, communication, computer literacy, media literacy, leadership, language and social skills and others) through activities that involve experiential learning and hands-on experiences. Analyzing the messages hidden in advertising and the language of the media, students will develop critical thinking and media literacy. Participation in problem-solving activities will further support critical thinking. Cooperating in groups in their schools will develop collaboration and communication skills with people of different cultures and backgrounds. Developing materials based on the findings of research is linked to processing information and developing language skills. Arguing in favour of healthy habits develops the art of persuasion and devising ways to attract public attention to a healthy diet boosts creativity.

Digital technologies also have a prominent place as the majority of the work done and the dissemination of the materials is based on electronic communication among schools and the use of free and open source educational software. For example, we will run an eTwinning platform, create Mindmaps with Mindmeister, Quizlet and Kahoot, gamify testing the newly-gained knowledge, Google-forms for online surveys and so on.

Finally, the transnationality of the project will: (a) introduce students to work in multicultural environments and the sense of European citizenship, (b) expose teachers to innovative ideas and good practices, familiarise them with the Erasmus+ world of opportunities, help them develop initiative and leadership skills to participate in Erasmus+ actions.

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.

To start with, eTwinning was the place where we, initially, "met" some of our partners.

During the project we are planning to launch a parallel eTwinning project as a platform for (a) communication among teachers and students, (b) sharing of ideas, opinions and attitudes and (c) for the creation and sharing of products before they appear on the official website. The platform will be made public as soon as we decide that it is interesting enough, to be accessed by the wider community.

eTwinning can also be used for organisational purposes, eg. for sharing the schedule of the project activities (deadlines for products, the time span devoted to certain topics and so on)

Before mobilities the platform will be used by students and teachers to share ideas about the research and materials needed for the activities abroad. It will also be a "meeting place" for students and their host siblings making student matching easier (we opt for student hospitality in our project)

The platform will remain active online even after the completion of the 2-year project and will be a pool of good practices and materials that partners will employ in their classrooms, a forum of communication and the basis for future partnerships.

Finally, materials will be uploaded on the Erasmus+ Project Results Platform to provide inspiration for future projects and classroom activities or just disseminate the data collected.

If your project proposal is building on previous or ongoing eTwinning project(s), please explain how you plan to achieve this. Please clearly identify the relevant eTwinning project(s) by including the project title and project ID. In addition to the information provided here, do not forget to provide further information about the eTwinning aspect of your proposal in all other relevant parts of the application form.

Please keep in mind that experts will evaluate your application exclusively on the basis of the information provided in the application form. Therefore, when answering this question make sure to describe the eTwinning project(s) you plan to build on. Likewise, please be aware that independently of the experts' evaluation of the quality of your application, the National Agency may verify the provided information about your eTwinning project(s). In case the information is not correct, your application may be disqualified.

## 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

Every partner school has already formed an Erasmus+ committee, who have worked on the application. This will be the core teacher group for the project. Upon announcement of the results, a staff meeting will be held so that everyone is informed about the project and its realisation.

The Erasmus+ committee will support and encourage all colleagues to participate in the project. Participation will mean organising activities in class employing methods suggested by the project, adapting lessons to involve aspects of the project and so on. Teachers will be invited to inform the committee about the areas of the project they would like to be involved in (eg. lessons, activities in or out of school, organisation of events etc.)

About teacher participation in short-term exchanges, teachers should be able to communicate in English - the language of the project - and participate in the project work done at school. In other words, they should be totally familiar with the project and be able to communicate and constructively participate in decisions during meetings.

Concerning students, at the beginning of the school year we will inform them about our Erasmus+ Project; about the work they will be asked to do and the benefits of participation. The students interested in participating will write a Europass CV and a personal statement explaining the reasons for participation, their potential contribution to the project and why we should choose them. For younger students, not familiar with CVs, a self-presentation (written or spoken) can be used instead. Student ages will range from 12 to 18 years.

The selected group of students will compose the core group of our Erasmus+ project and will be allocated roles according to personal skills and talents. However, we will make every effort possible to include all students to our project since inclusion is a goal. We will detect their talents and involve them in relevant activities in and out of school. Our core group will help us in it as assistants, multipliers or mentors.

Students interested in short-term exchanges will sit an interview in English, the official project language. Their language skills, their work at school and their behaviour and attitudes will be also selection criteria.

Student families will also be involved by offering hospitality to students during meetings and by participating in activities related to the topics of the project. Parents, too often, get convinced that some food is healthy if their kids feel so. Therefore, it is important that they are also 'educated' on publicity and food.

Finally, everyone in the local community (the city council, professionals and other citizens) will contribute to the hosting of the meetings (the kick-off meeting and short-term exchanges), cooperate with students in field trips and be invited to join conferences, seminars, information campaigns, give interviews and participate in surveys.

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

Yes

How many participants would fall into this category?

700

Which types of situations are these participants facing?

Cultural differences

Disability

Economic obstacles

Educational difficulties

Geographical obstacles

Social obstacles

How will you support these participants so that they will fully engage in the planned activities?

We will take into consideration what the cause of difficulty is and act accordingly.

For students with learning difficulties we will make sure that activities are at their own level and match their abilities so that learners feel a sense of success. Also activities will contain clear instructions, be divided into smaller steps, exhibit variety, involve moving around, playing games, dramatisation and painting pictures, connect dry facts to interesting trivia, will be fun and so on, elements that, according to bibliography facilitate learning for those students.

For students with disabilities, we will make sure that our activities allow them to participate even if they have to move on a wheelchair either by taking place in areas that are easily accessible or by requiring mental powers (eg. use of IT). Furthermore, specialised teachers will always be with them if this is necessary.

For students disadvantaged for economic reasons by making wise use of the project grant we will enable them to participate in all activities even in meetings abroad.

For the student who live in far-from-town villages we will facilitate their participation in activities by organising them in times and places convenient for them, either within the school schedule or when the public transport is available.

Those students who feel disadvantaged because of their cultural diversity, will be empowered by being given roles which they can perform well (eg. those who can paint well will be asked to paint) or by being asked to contribute the food habits and dishes of their homelands, a central task in our project.

Finally, we will be in constant contact with their parents so that we have their trust, support and cooperation.



## 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.

<b>Organisation Role</b>	<b>Grant per organisation and per month</b>	<b>Number of Organisations</b>	<b>Grant</b>
Coordinator	500.00 EUR	1	12000.00 EUR
Partner	250.00 EUR	5	30000.00 EUR
<b>Total</b>		6	42000.00 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.

Through online communication, the partners agreed on the tasks, responsibilities and short-term exchanges. Activities, outcomes and the timetable were agreed upon and a list of the skills and expertise of each partner was compiled so that everyone was assigned the project tasks and responsibilities accordingly.

The allocation of tasks is as follows:

Greece: Coordination of project, timetable, budget, mailing list, communication, formal reports, logo competition

Portugal: e-Twinning, website and social media

Turkey: Evaluation tools, records of meetings, online quizzes, advertisement competition

Italy: Coordination of TV programme and videos, posters, leaflets and advertisements, calendar

Latvia: editing e-book of information and activities and a glossary with food terms in English and in the national languages

Poland: monitoring dissemination, collecting materials from partners for the computer game

Each school will:

- (a) host a short-exchange
- (b) publish school magazine/leaflet, print T-shirts and the calendar
- (c) coordinate the work carried out at school during the project
- (d) be in charge of specific activities during short-term exchanges (see learning/teaching/training section)
- (e) report to the EU coordinator

Allocation of responsibilities is fair and balanced so that every partner can respond to their tasks.

Our means of communication will be chosen on the basis of manageability, efficiency, popularity and user-friendliness. We will use:

(a) Online communication via:

- e-mail and telephone apps (WhatsApp, Messenger) for day-to-day communication
- eTwinning for communication and cooperation among participants, working on, sharing and publicising materials
- Dropbox and WeTransfer for material exchange - Google docs for common work on documents
- Skype for online meetings

Online communication will be regular - at least once every two weeks - and more frequent in times of crisis, excessive workload or when important events are approaching.

(b) Face-to face communication via:

- a kick-off teacher meeting where the application will be reviewed, in the light of the new school year, and slight modifications made, if necessary. Also specific details will be discussed: host country obligations, participants in meetings etc.
  - organisational meetings in the margin of short-term exchanges, where issues will be discussed
- Records will be kept in all meetings for future reference.

We will make sure that mutual respect is exhibited. And when conflicts arise, we will, first, strive for a commonly accepted solution and then opt for compromise or adaptation (James, 1998). If that



doesn't work, the EU coordinator will take the responsibility and in no case will they let partners fight.

Concerning the budget, the coordinator will ensure that they get regular economic reports from partners and that money is used wisely, ensuring that the most economical quality solutions are chosen for products, accommodation and transportation.

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.

The project was initiated by the Italian partner who proposed to the Greek school to cooperate on Publicity and Nutrition as they had already cooperated in a Socrates/Comenius project about healthy diet and eating disorders many years ago.

The Greek partner invited Poland and Latvia (ex Comenius and Erasmus+ partners) and Portugal and Turkey, partners in previous European actions.

The selection of partners was not random as partner schools come from different parts of Europe and their food habits vary. Apart from that, all schools can contribute significantly to the project due to their previous experience and expertise in various aspects of teaching and European projects.

The Greek partner is experienced in International, European and national projects. They have also acted successfully as coordinators in a previous Comenius project as well as in an Erasmus+ one and that is the reason they have been assigned the role of the coordinator in the project at hand. The participating teachers are interested in innovation in teaching and have participated as attendants and speakers in conferences and seminars.

The Latvian teachers are familiar with CLIL methodology and act as teacher trainers on a national and regional level on various subjects including media literacy. The school promotes active teaching/learning strategies, critical thinking and research projects. It has participated in several European projects such as Comenius, Erasmus+ and EuropAid project.

The Polish partner is experienced in international exchanges, has participated in a Comenius and Erasmus+ project and cooperate with various Universities. They organise cultural events for students and the broader community as well as educational conferences. Finally, they offer extra classes to students on Polish, English, History and Drama, where students act in their own plays.

The Italian partner has been involved many times in various projects (Socrates/Comenius, Comenius, Erasmus+), where they had the chance to cooperate with foreign partners and exchange good practices.

The Turkish school is also experienced in EU projects since it has launched many of them like Comenius, LDV VETPRO, Comenius Regio and Grundtvig and the key persons are experts on those projects.

## 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?

The teachers who will participate in the short-term exchanges will be selected according to their contribution to the Erasmus+ project and their fluency in English. They should be well-acquainted with the project content and requirements, have significant contribution to it and be able to communicate in English as all cooperation will be done in English.

When it comes to students, at the beginning of the school year they will be asked to complete a Europass C.V. and write a personal statement explaining the reasons they want to participate in the project, what they could offer to it and why they are the best candidates for it. For younger students, who are not familiar with CVs, a self-presentation in writing or speaking can be arranged instead. The students to participate in the short-term exchanges will also sit an interview in English so that their language skills are assessed. We will also take into consideration their work at school as well as their attitude and general behaviour.

Well ahead of each short-term exchange, we will arrange meetings with students and teachers to discuss the details of the activity according to the information provided by the host country and the EU coordinator. This includes a) preparation for the exchange activities, b) information about participants' obligations before, during and after the meeting abroad and c) information about travel and accommodation arrangements.

Finally, to ensure the safety of all participants we will require that everyone issue the European Health Card and issue an additional Travel Insurance. Moreover, each partner school coordinator will find out if any of the participating teachers or students face some health problem that needs special attention (eg. allergy, disability) and notify the host about it. The host will also inform all participants about possible risks they may encounter in the country. Also the host countries will inform guests about possible risks.

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	First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1]	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO (948654569)	Short-term exchanges of groups of pupils	12-2019	15	10	20810.00 EUR
C2	Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2]	KURTKOY ANADOLU LISESI (914574880)	Short-term exchanges of groups of pupils	02-2020	15	10	23110.00 EUR
C3	Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3]	Escola Básica e Secundária Gonçalves Zarco (932293094)	Short-term exchanges of groups of pupils	05-2020	15	10	28810.00 EUR
C4	Fourth Teaching-Learning-Training Activity: Exploring eating habits	Zespol Szkol Ponadgimnazjalnych (912826261)	Short-term exchanges of groups of pupils	10-2020	15	10	18910.00 EUR
C5	Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint	EPAGGELMATIKO LYKEIO AGRIAS (942491189)	Short-term exchanges of groups of pupils	02-2021	15	10	22085.00 EUR
C6	Sixth Teaching-Learning-Training Activity: Final event	Friendly Appeal Cesis State Grammar School	Short-term exchanges of groups of pupils	05-2021	15	10	23535.00 EUR

(920757951)

**Activity Details (C1)**

Field	Activity Type	
SCHOOLS	Short-term exchanges of groups of pupils	
Activity Title		
First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1]		
Leading Organisation	Participating Organisations	
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO	EPAGGELMATIKO LYKEIO AGRIAS KURTKOY ANADOLU LISESI Zespol Szkol Ponadgimnazjalnych Escola Básica e Secundária Gonçalves Zarco Friendly Appeal Cesis State Grammar School	
Starting Period	Duration (days)	Country of Venue
12-2019	5	Italy

#### 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 meeting will be organised as follows:

A. Ice-breaking activities

B. Intercultural buffet

C. Presentation of the country and its educational system

D. Workshops for students:

1. Visit to advertising agency: warm-up phase: what questions will we ask them? / during-the-visit: note-keeping / follow-up: form an online quiz based on the information received [Partner in charge of the activity: Italy]

2. Art activity: Students create advertisements for healthy food eating. The best is selected to be printed on T-shirts. [Partner in charge of the activity: Turkey]

3. Fishbowl discussion: The effect of image in food advertising. Students watch TV adverts or see adverts in print coming from the partner countries (so that they do not understand the language used). They focus on the effect of image and the elements which attempt to mislead the public. They record their conclusions. [Partner in charge of the activity: Latvia]

The activity aims at introducing students to the world of food advertising and awakening them as to the techniques used to mislead the consumer into choosing unhealthy foods; in other words, at training them in filtering the information they receive on the Mass Media. Moreover, it aims at developing their cooperation and communication skills in a foreign language in a multicultural environment, their skills in collecting and processing information, their creativity as well as their ability to discuss using arguments and reach conclusions.

Teachers will have the opportunity to explore innovative teaching methods, such as fishbowl discussion, and introduce students to the techniques required for attending a presentation or lecture (eg. at the advertising agency) following a three-stage model of activating students previous knowledge (schemata) to prepare questions, training them in note-keeping to record the information and educating them to disseminate the information to the public in forms appropriate for their target audience.

The wider public will benefit from the materials that will become available online.

Work for participation in the activity will start at school with relevant activities being integrated in related school subjects. For example, students will study advertising regulations and marketing techniques in their Law and Marketing school subjects. Organising interviews and processing the collected information can be part of their language classes. In the English class they will acquire the required vocabulary so that they can

communicate in their multicultural and multilingual groups abroad.

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.

Part of the preparation for the meeting will be made through communication on our parallel eTwinning platform (exchange of messages and e-conference). Students will decide on the information they will collect in preparation for the meeting. Also on the same platform students will meet host families.

eTwinning offers the opportunity for direct communication and sharing of materials in a safe environment. Moreover, it trains students in using their ICT skills for cooperation from a distance in an era when working together from a distance is a widespread practice among many businesses.

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

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will be indirectly involved since students and teachers will contact them for the needs of the meeting activities as well as disseminate to them the materials produced during the meeting in printed or electronic form.

The activity will help students to acquire knowledge and skills to discern hidden messages in advertising. Moreover, they will develop their cooperation and communication skills, their skills in English and in collecting and processing information as well as their ability to discuss using arguments and reach conclusions. Teachers will also benefit from their communication with partners abroad, the trial of innovative teaching methods and the exchange of good practices.

## Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAGGELMATIKO LYKEIO AGRIAS / Greece	500-1999 km	7	3	2	4077.00 EUR
2	Escola Básica e Secundária Gonçalves Zarco / Portugal	2000-2999 km	7	3	2	4502.00 EUR
3	Friendly Appeal Cesis State Grammar School / Latvia	500-1999 km	7	3	2	4077.00 EUR
4	KURTKOY ANADOLU LISESI / Turkey	500-1999 km	7	3	2	4077.00 EUR
5	Zespol Szkol Ponadgimnazjalnych / Poland	500-1999 km	7	3	2	4077.00 EUR

### Group 1, Activity (C1 - First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1])

Sending Organisation		Country of Venue
EPAGGELMATIKO LYKEIO AGRIAS / Greece		Italy
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

**Group 2, Activity (C1 - First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1])**

Sending Organisation		Country of Venue
Escola Básica e Secundária Gonçalves Zarco / Portugal		Italy
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5



## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
2000-2999 km	5	360.00 EUR	1800.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

## Group 3, Activity (C1 - First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1])

Sending Organisation	Country of Venue	
Friendly Appeal Cesis State Grammar School / Latvia	Italy	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Group 4, Activity (C1 - First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1])

Sending Organisation	Country of Venue
KURTKOY ANADOLU LISESI / Turkey	Italy

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

#### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

#### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

### Group 5, Activity (C1 - First Teaching-Learning-Training Activity: Exploring Food Advertising [Part 1])

Sending Organisation		Country of Venue
Zespół Szkół Ponadgimnazjalnych / Poland		Italy
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Activity Budget

Budget Items	Grant
Travel	7300.00 EUR
Individual Support	13510.00 EUR
<b>Total Grant</b>	<b>20810.00 EUR</b>

## Activity Details (C2)

Field	Activity Type
SCHOOLS	Short-term exchanges of groups of pupils

Activity Title
Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2]

Leading Organisation	Participating Organisations
KURTKOY ANADOLU LISESI	EPAGGELMATIKO LYKEIO AGRIAS ISTITUTO COMPRENSIVO PLINIO IL VECCHIO Zespol Szkol Ponadgimnazjalnych Escola Básica e Secundária Gonçalves Zarco Friendly Appeal Cesis State Grammar School

Starting Period	Duration (days)	Country of Venue
02-2020	5	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 meeting will be organised as follows:

A. Ice-breaking activities

B. Intercultural buffet

C. Presentation of the country and its educational system

D. Workshops for students:

1. The power of packaging: Students bring local product packages from their countries and explore (in groups) the methods companies employ to attract the eye of the consumer and to hide the information that would discourage people to buy them (eg. preservatives). Then students report on their findings to all participants and compose a leaflet with advice for the consumers. [Partner in charge of the activity: Portugal]
2. Products on display: Students in groups visit local stores and study the way products are displayed so as to attract consumers. They also interview the people in charge of the stores on the guidelines they use to place the products. Upon return to the host school they compare their findings with the display methods used in their countries (which they have studied prior to the activity abroad) and report on the results to all participants. They also produce a text with their conclusions to be made public. [Partner in charge of the activity: Poland]
3. "Anti-advertisement": Students in groups produce an advertisement on video to shock the public on the quality of the foods they consume. [Partner in charge of the activity: All partners]

The activity aims at sensitising and educating students on the techniques marketing and the media use in various countries and cultures to promote certain products. At the same time it develops skills in communication and cooperation, in the use of various registers of language (interview, presentation, report, friendly talk, product promotion), in the use of the English language, in ICT and in the collection, processing and organisation of information. Furthermore, materials will be produced for the awakening of the public.

Teachers will explore and test new ways of teaching through the extensive use of field trips, multimedia and realia (real-life objects for use in class).

Preparation for the activity will be made as part of certain school classes. In marketing classes students will explore the ways advertising and product display works in their countries, observe those practices in their environment and prepare to compare and contrast them with their counterparts abroad. In the English class they will develop the required vocabulary so that they can communicate their findings in their multicultural and multilingual groups abroad.

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.

Part of the preparation for the meeting will be made through communication on our parallel eTwinning platform. Students will decide on the information they will collect in preparation for the meeting. Also on the same platform students will meet host families.

eTwinning offers a safe environment for direct communication and sharing of materials. Moreover, it trains students in using their ICT skills for cooperation from a distance. In other words, it is our project “study room” where we can develop materials, modify them and then share them with the public. Working together from a distance is a popular practice in businesses and familiarising students with that is an important goal.

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

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will be indirectly involved since students and teachers will contact them for the needs of the meeting activities as well as disseminate to them the materials produced during the meeting in printed or electronic form.

The activity will sensitise and educate students on the techniques marketing and the media use in various countries and cultures to promote certain products. At the same time it develops skills in communication and cooperation, the use of various registers of language (interview, presentation, report, friendly talk, product promotion), in the use of the English language as a Lingua Franca, in ICT and in the collection, processing and organisation of information. Finally, materials will be produced for the awakening of the public.

Teachers will gain experience and reflect innovative teaching methods that exploit well-integrated-into the teaching-process field trips, new technologies and use of everyday items (realia).

## Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAGGELMATIKO LYKEIO AGRIAS / Greece	500-1999 km	7	3	2	4077.00 EUR
2	Escola Básica e Secundária Gonçalves Zarco / Portugal	4000-7999 km	7	3	2	6802.00 EUR
3	Friendly Appeal Cesis State Grammar School / Latvia	500-1999 km	7	3	2	4077.00 EUR
4	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	500-1999 km	7	3	2	4077.00 EUR
5	Zespol Szkol Ponadgimnazjalnych / Poland	500-1999 km	7	3	2	4077.00 EUR

### Group 1, Activity (C2 - Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2])

Sending Organisation		Country of Venue
EPAGGELMATIKO LYKEIO AGRIAS / Greece		Turkey
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget



**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

**Group 2, Activity (C2 - Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2])**

Sending Organisation		Country of Venue
Escola Básica e Secundária Gonçalves Zarco / Portugal		Turkey
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
4000-7999 km	5	820.00 EUR	4100.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

## Group 3, Activity (C2 - Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2])

Sending Organisation	Country of Venue	
Friendly Appeal Cesis State Grammar School / Latvia	Turkey	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

## Group 4, Activity (C2 - Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2])

Sending Organisation	Country of Venue
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	Turkey

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

#### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

#### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

### Group 5, Activity (C2 - Second Teaching-Learning-Training Activity: Exploring Food Advertising [Part 2])

Sending Organisation		Country of Venue
Zespół Szkół Ponadgimnazjalnych / Poland		Turkey
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Activity Budget

Budget Items	Grant
Travel	9600.00 EUR
Individual Support	13510.00 EUR
<b>Total Grant</b>	<b>23110.00 EUR</b>

## Activity Details (C3)

Field	Activity Type
SCHOOLS	Short-term exchanges of groups of pupils

Activity Title
Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3]

Leading Organisation	Participating Organisations
Escola Básica e Secundária Gonçalves Zarco	EPAGGELMATIKO LYKEIO AGRIAS ISTITUTO COMPRESIVO PLINIO IL VECCHIO KURTKOY ANADOLU LISESI Zespol Szkol Ponadgimnazjalnych Friendly Appeal Cesis State Grammar School

Starting Period	Duration (days)	Country of Venue
05-2020	5	Portugal

#### 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 meeting will be organised as follows:

A. Ice-breaking activities

B. Intercultural buffet

C. Presentation of the country and its educational system

D. Workshops for students:

1. Oxford Debate: Students will argue on the ethics of food advertising - Thesis and Antithesis. [Partner in charge of the activity: Poland]

2. Calendar: Students in groups will compose pictures and messages to create healthy food adverts. With them they will create a calendar to be shared among partners and the wider public. Messages will be written in English and the national languages. [Partner in charge of the activity: Italy]

3. "Does image relate to taste?": Students will bring local products – both healthy and unhealthy – and in groups will discuss the degree to which their marketing images and messages correspond to their real appearance and taste. Then they write down their conclusions in report form. [Partner in charge of the activity: Latvia]

4. End-of-first-year event: An event will be organized where every partner will undertake to present an aspect of the project. It will be open to the public. [Partner in charge: all partners]

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will be indirectly involved since students and teachers will contact them for the needs of the meeting activities as well as disseminate to them the materials produced during the meeting in printed or electronic form.

The activity aims at sensitising and educating students on the techniques marketing and the media use in various countries and cultures to promote certain products - emphasis being given on packaging of healthy and unhealthy foods. At the same time, it develops skills in communication, cooperation and English as a Lingua Franca (international language for communication) and improves students' negotiation, persuasion, argumentation and presentation skills. Skills in ICT and in the collection, processing and organisation of information will also be practised. Students will also improve as active listeners so as to make decisions and form counter-arguments. Furthermore, materials will be produced and an event will be organised for the awakening of the public and the dissemination of the project's results.

Teachers, will have the opportunity to learn and develop as professionals by testing motivating teaching activities in a multicultural environment. They will explore teaching through structured discussion (Oxford Debate), through a workshop and by actively involving students in decision-making and on devising ways to communicate their messages in effective ways (event).

Preparation for the activity will be made as part of certain school classes. In language (national and English) classes students will practise the language of negotiation. In marketing classes they will explore the power of packaging studying popular, healthy and unhealthy product packaging in their countries.

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.

Part of the preparation for the meeting will be made through communication on our parallel eTwinning platform. Students and teachers will discuss and decide on the information they will collect in preparation for the meeting. Also on the same platform students will meet host families.

eTwinning offers the opportunity for direct communication and sharing of materials in a safe environment. Moreover, it trains students in using their ICT skills for cooperation from a distance, a skill particularly useful in the world of business.

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

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will be indirectly involved since students and teachers will share with them the materials produced during the meeting in printed or electronic form and invite them to join the mid-project event.

The activity will be beneficial as it will further educate students in the field of advertising ethics and the importance of food for health. Students will acquire criteria for discerning harmful ingredients on food packaging and compare and contrast marketing techniques (of healthy and unhealthy products) in the various partner countries. Finally, they will develop their cooperation and communication skills employing a foreign language, their competency in information collecting and processing, train in note-taking and producing arguments to support their opinion. They will also improve as active listeners so as to make decisions and form counter-arguments. As for teachers, they have the opportunity to learn and develop as professionals by testing a variety of motivating-for-students activities.

The wider public will be awakened as to the techniques used by advertising and become more suspicious of bright images and impressive messages.



## Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAGGELMATIKO LYKEIO AGRIAS / Greece	3000-3999 km	7	3	2	5352.00 EUR
2	Friendly Appeal Cesis State Grammar School / Latvia	4000-7999 km	7	3	2	6802.00 EUR
3	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	2000-2999 km	7	3	2	4502.00 EUR
4	KURTKOY ANADOLU LISESI / Turkey	4000-7999 km	7	3	2	6802.00 EUR
5	Zespol Szkol Ponadgimnazjalnych / Poland	3000-3999 km	7	3	2	5352.00 EUR

### Group 1, Activity (C3 - Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3])

Sending Organisation		Country of Venue
EPAGGELMATIKO LYKEIO AGRIAS / Greece		Portugal
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
3000-3999 km	5	530.00 EUR	2650.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Group 2, Activity (C3 - Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3])

Sending Organisation	Country of Venue
Friendly Appeal Cesis State Grammar School / Latvia	Portugal

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

#### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
4000-7999 km	5	820.00 EUR	4100.00 EUR

#### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

### Group 3, Activity (C3 - Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3])

Sending Organisation		Country of Venue
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy		Portugal
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
2000-2999 km	5	360.00 EUR	1800.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

**Group 4, Activity (C3 - Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3])**

Sending Organisation		Country of Venue
KURTKOY ANADOLU LISESI / Turkey		Portugal
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

**Group of Participants - Budget**
**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
4000-7999 km	5	820.00 EUR	4100.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

**Group 5, Activity (C3 - Third Teaching-Learning-Training Activity: Exploring Food Advertising [Part 3])**

Sending Organisation		Country of Venue
Zespol Szkol Ponadgimnazjalnych / Poland		Portugal
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

**Group of Participants - Budget**
**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
3000-3999 km	5	530.00 EUR	2650.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR

Total Individual Support Grant	2702.00 EUR
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### Activity Budget

Budget Items	Grant
Travel	15300.00 EUR
Individual Support	13510.00 EUR
<b>Total Grant</b>	<b>28810.00 EUR</b>

### Activity Details (C4)

Field	Activity Type
SCHOOLS	Short-term exchanges of groups of pupils

Activity Title
Fourth Teaching-Learning-Training Activity: Exploring eating habits

Leading Organisation	Participating Organisations
Zespol Szkol Ponadgimnazjalnych	EPAGGELMATIKO LYKEIO AGRIAS ISTITUTO COMPRENSIVO PLINIO IL VECCHIO KURTKOY ANADOLU LISESI Escola Básica e Secundária Gonçalves Zarco Friendly Appeal Cesis State Grammar School

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Starting Period	Duration (days)	Country of Venue
10-2020	5	Poland



#### 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 meeting will be organised as follows:

A. Ice-breaking activities

B. Intercultural buffet

C. Presentation of the country and its educational system

D. Workshops for students:

1. Workshop by expert on unhealthy diet and its effects. Follow-up: Students in groups create a song based on the information. [Partner in charge of the activity: Turkey]

2. Street survey: "Do you prefer junk food or healthy homemade food? Why?": Students prepare questionnaires and go out in the street to ask people and record the results. Then they compare with the eating habits in their countries and report on the findings. [Partner in charge of the activity: Poland]

3. Workshop: Picnic by the lake: Students in groups go shopping for healthy products to prepare a picnic. Each group is judged for the "healthiness" of their choices and the best group is awarded a prize. The healthy picnic products will be included in a list to be made public. [Partner in charge of the activity: Italy]

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will be indirectly involved since students and teachers will contact them for the needs of the meeting activities as well as disseminate to them the materials produced during the meeting in printed or electronic form. Therefore, both people directly and indirectly involved in the activity will be sensitised as to the dangers of unhealthy food and the criteria for choosing healthy foods.

More specifically, students will be educated in discerning healthy food through theory and practice. They will also develop their cooperation and communication skills, their competency in information collecting (survey and workshop) and processing, their foreign language skills, train in note-taking and producing arguments to support their opinion (choosing picnic food in groups). Moreover, they will actively get involved in the selection of healthy products so that they gain hands-on experience in discerning the harmful ingredients in food labels. The song will exploit students' artistic talents.

Teachers will familiarise themselves with teaching methods that involve students in decision making and exploit their skills, talents and abilities

The content of the meeting will smoothly be integrated into the school curriculum. In Chemistry and Biology classes students will talk about healthy

foods and they will also be given the assignment of recording and classifying the foods they have at home as well as their families eating habits. In the language class they will explore the ways questionnaires are built. In the English class students will work on the required-for-the activities vocabulary and language forms. In Music classes they will explore the principles of song-making.

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.

Part of the preparation for the meeting will be made through communication on our parallel eTwinning platform. Students and teachers will decide on the information they will collect and the provision they will make in preparation for it. Also on the same platform, students will meet host families.

eTwinning offers a safe environment for direct communication and sharing of materials. Moreover, it trains students in using their ICT skills for cooperation from a distance. In other words, it is our project “study room” where we can develop materials, modify them and then share them with the public. Working together from a distance is a popular practice in businesses and familiarising students with that is an important goal.

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

Students will gain insights in healthy food through theory and practice. They will also learn how to work on surveys and process the results using online applications. Moreover, they will practice their cooperation and communication skills, enhance their competency in information collecting and processing, train in note-taking and producing arguments to support their opinion, improve their skills in English. Finally, they will actively get involved in the selection of healthy products so that they gain hands-on experience in discerning the harmful ingredients in food labels. Song-composition will sensitise them to alternative ways of communicating messages to the public, esp. the young.

Teachers will familiarise themselves with teaching methods that (a) involve students in real life activities and (b) match most students' skills, talents and abilities, thus, increasing their motivation to participate.

## Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAGGELMATIKO LYKEIO AGRIAS / Greece	500-1999 km	7	3	2	4077.00 EUR
2	Escola Básica e Secundária Gonçalves Zarco / Portugal	3000-3999 km	7	3	2	5352.00 EUR
3	Friendly Appeal Cesis State Grammar School / Latvia	500-1999 km	7	3	2	2702.00 EUR
4	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	500-1999 km	7	3	2	2702.00 EUR
5	KURTKOY ANADOLU LISESI / Turkey	500-1999 km	7	3	2	4077.00 EUR

### Group 1, Activity (C4 - Fourth Teaching-Learning-Training Activity: Exploring eating habits )

Sending Organisation		Country of Venue
EPAGGELMATIKO LYKEIO AGRIAS / Greece		Poland
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

**Group 2, Activity (C4 - Fourth Teaching-Learning-Training Activity: Exploring eating habits )**

Sending Organisation		Country of Venue
Escola Básica e Secundária Gonçalves Zarco / Portugal		Poland
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
3000-3999 km	5	530.00 EUR	2650.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

## Group 3, Activity (C4 - Fourth Teaching-Learning-Training Activity: Exploring eating habits )

Sending Organisation	Country of Venue	
Friendly Appeal Cesis State Grammar School / Latvia	Poland	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	0	275.00 EUR	0.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Group 4, Activity (C4 - Fourth Teaching-Learning-Training Activity: Exploring eating habits )

Sending Organisation	Country of Venue
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	Poland

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

#### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	0	275.00 EUR	0.00 EUR

#### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

### Group 5, Activity (C4 - Fourth Teaching-Learning-Training Activity: Exploring eating habits )

Sending Organisation		Country of Venue
KURTKOY ANADOLU LISESI / Turkey		Poland
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR



## Activity Budget

Budget Items	Grant
Travel	5400.00 EUR
Individual Support	13510.00 EUR
<b>Total Grant</b>	<b>18910.00 EUR</b>

## Activity Details (C5)

Field	Activity Type	
SCHOOLS	Short-term exchanges of groups of pupils	
<b>Activity Title</b>		
Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint		
<b>Leading Organisation</b>	<b>Participating Organisations</b>	
EPAGGELMATIKO LYKEIO AGRIAS	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO KURTKOY ANADOLU LISESI Zespół Szkół Ponadgimnazjalnych Escola Básica e Secundária Gonçalves Zarco Friendly Appeal Cesis State Grammar School	
<b>Starting Period</b>	<b>Duration (days)</b>	<b>Country of Venue</b>
02-2021	5	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 meeting will be organised as follows:

A. Ice-breaking activities

B. Intercultural buffet

C. Presentation of the country and its educational system

D. Workshops for students:

1. The Carbon Footprint of food: Students will bring information about a common local product (eg. milk) and its route from the cow to their glass. In groups, they will discuss similarities, differences and suggest improvements. Then they will do the online carbon footprint test to see how choice of foods increases their carbon footprint. Who has the highest and who the lowest carbon footprint? Results will be recorded in a report. [Partner in charge: Portugal]
2. Our project goes on school radio: Students in groups work on the material to be broadcast on the school radio. Then they visit the local school station. [Partner in charge: all partners]
3. Computer game: Students in groups write questions for the computer game. Each group deals with a specific thematic unit of the project. [Partner in charge: Poland]
4. "Plant a plant": Students plant vegetables and herbs in the school garden. Before that, they will have explored the dietary benefits of "their" plants online and will present the information to the whole group. [Partner in charge: Greece]

The activity aims at guiding students to explore the indirect toll on health unhealthy eating habits take: increased carbon footprint - global warming - environmental destruction. Moreover they will explore alternative ways of awakening the youth (a radio broadcast and a computer game). Furthermore, students will develop cooperation and communication skills, their competency in information collection, selection and processing, their ICT skills as well as in their skills in producing arguments in support of their opinion. Finally, they will further improve their Science skills.

The participating teachers will explore a new, more motivating approach to teaching that involves students in decision making and treats them as the center of the learning process, offering a variety of activities that exploit many skills, needs and preferences. Teachers will, therefore, enjoy constructive cooperation with colleagues on the development of materials and techniques to be tested during the meeting and then applied in their schools.

The "products" of the meeting will be shared online to awaken and educate the public.

All activities will be directly or indirectly linked to work previously done at school. In Chemistry and English classes students will explore the idea of Carbon Footprint, read articles on it and get familiar with the relevant online tests (eg. the Carbon Footprint Challenge of Stanford University). Language and Media classes will familiarise them with the language of radio and will help them organise their broadcast. Agriculture classes will train them in planting and caring for their plants as well as inform them about their benefits in everyday diet. ICT classes will contribute to the development of the computer game.

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.

Part of the preparation for the meeting will be made through communication on our parallel eTwinning platform. Students and teachers will decide on the information they will collect and the provision they will make in preparation for the meeting. Also on the same platform, students will meet host families.

eTwinning offers a safe environment for direct communication and sharing of materials. Moreover, it trains students in using their ICT skills for cooperation from a distance. In other words, it is our project “study room” where we can develop materials, modify them and then share them with the public. Working together from a distance is a popular practice in businesses and familiarising students with that is an important goal.

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

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will be indirectly involved since students and teachers will contact them for the needs of the meeting activities as well as disseminate to them the materials produced during the meeting in printed or electronic form.

Students will become aware of the indirect toll on health unhealthy eating habits have: increased carbon footprint. They will also become familiar with alternative ways of awakening the youth and the wider public (a radio broadcast and a computer game). Furthermore, students will develop cooperation and communication skills, their competency in information collecting and processing and ICT skills as well as in producing arguments to support their opinion. They will also develop active listening so as to make decisions and develop counter-arguments.

The participating teachers will explore a new, more motivating approach to teaching that involves students in decision making and treats them as the center of the learning process, offering a variety of activities that exploit many skills, needs and preferences. Teachers will, therefore, enjoy constructive cooperation with colleagues on the development of materials and techniques to be tested during the meeting and then applied in their schools.

## Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	Escola Básica e Secundária Gonçalves Zarco / Portugal	3000-3999 km	7	3	2	5352.00 EUR
2	Friendly Appeal Cesis State Grammar School / Latvia	2000-2999 km	7	3	2	4502.00 EUR
3	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	500-1999 km	7	3	2	4077.00 EUR
4	KURTKOY ANADOLU LISESI / Turkey	500-1999 km	7	3	2	4077.00 EUR
5	Zespol Szkol Ponadgimnazjalnych / Poland	500-1999 km	7	3	2	4077.00 EUR

### Group 1, Activity (C5 - Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint )

Sending Organisation		Country of Venue
Escola Básica e Secundária Gonçalves Zarco / Portugal		Greece
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
3000-3999 km	5	530.00 EUR	2650.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

**Group 2, Activity (C5 - Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint )**

Sending Organisation		Country of Venue
Friendly Appeal Cesis State Grammar School / Latvia		Greece
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
2000-2999 km	5	360.00 EUR	1800.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

## Group 3, Activity (C5 - Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint )

Sending Organisation	Country of Venue	
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	Greece	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Group 4, Activity (C5 - Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint )

Sending Organisation	Country of Venue
KURTKOY ANADOLU LISESI / Turkey	Greece



No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

#### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

#### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

### Group 5, Activity (C5 - Fifth Teaching-Learning Activity: Exploring Food and Carbon Footprint )

Sending Organisation		Country of Venue
Zespół Szkół Ponadgimnazjalnych / Poland		Greece
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Activity Budget

Budget Items	Grant
Travel	8575.00 EUR
Individual Support	13510.00 EUR
<b>Total Grant</b>	<b>22085.00 EUR</b>

## Activity Details (C6)

Field	Activity Type	
SCHOOLS	Short-term exchanges of groups of pupils	
<b>Activity Title</b>		
Sixth Teaching-Learning-Training Activity: Final event		
<b>Leading Organisation</b>	<b>Participating Organisations</b>	
Friendly Appeal Cesis State Grammar School	EPAGGELMATIKO LYKEIO AGRIAS ISTITUTO COMPRENSIVO PLINIO IL VECCHIO KURTKOY ANADOLU LISESI Zespol Szkol Ponadgimnazjalnych Escola Básica e Secundária Gonçalves Zarco	
<b>Starting Period</b>	<b>Duration (days)</b>	<b>Country of Venue</b>
05-2021	5	Latvia

#### 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 meeting will be organised as follows:

A. Ice-breaking activities

B. Intercultural buffet

C. Presentation of the country and its educational system

D. Workshops for students:

1. Exploring local products: Students prepare traditional products from their countries and explain their origin and the place they have in the local cuisine and life. Also they present its nutritional value. All recipes are recorded and made public [Partner in charge of the activity: Greece]
2. Chemistry: Analysis of foods and conclusions. Which additives are necessary and which are just used to make the product more tasty? In addition: (a) students explore the detrimental effects of unnecessary additives to the body, (b) Report on the duration of junk food vs homemade food - Three months before the meeting students place a junk food burger and a home-made burger in a plastic container in room temperature and keep record (photos and comments) on how their appearance and smell changes week after week. Which goes off first? Why? Conclusion of activity: Students record and report on the results of their study. [Workshop led by Latvia]
3. Final project event [Partner in charge of the activity: all partners]

During this activity students will become familiar with the local products and their benefits for health, the environment (carbon footprint) and the economy of their countries. This activity is complementary to activity 1 of the fifth meeting. They will also touch Science and gain hands-on knowledge on the ingredients of junk food versus healthy food and develop their skills in Science. Moreover, they will train in communication in a foreign language and cooperation, develop competency in selecting, organising and presenting information and adapting it to the target audience: student group or public.

The participating teachers will train in the role of monitor and counsellor letting the students organise their work. They will also have the chance to assess the activities and propose improvements so that the activities and the approach to them can be successfully adapted and applied back in their schools.

Activities 1 and 2 are targeted to participating students and teachers while the wider public will have access to the materials produced so as to gain insights into the benefits of local products and the detrimental effects of junk food. Activity 3 will be open to the public and present the highlights of the two-year project..

Work for participation in the activity will start at school with relevant activities being integrated in related school subjects. For example, students will brainstorm local products and choose the most relevant ones in their Tourism classes. They will explore their nutritional value in Biology. Chemistry will contribute to the food analysis. And Language (foreign and national) and ICT classes will be the place where material for the final event will be developed.

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.

Part of the preparation for the meeting will be made through communication on our parallel eTwinning platform. Students and teachers will decide on the information they will collect in preparation for the meeting. Also on the same platform students will meet host families.

eTwinning offers the opportunity for direct communication and sharing of materials in a safe environment. Moreover, it trains students in using their ICT skills for cooperation from a distance, an important skill for work in the 21st century.

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

The participants in the Teaching-Learning-Training Activity will be students and teachers of the six partner schools. The wider public will indirectly benefit from the materials to be made public and directly from the informative end-of-project event, which will focus on misleading publicity and the importance of carefully selecting healthy food for a healthy body and a sound mind.

Students will get to know the local products and their benefits for health, the environment (carbon footprint) and the economy of their countries. They will also improve their competency in Science and gain hands-on knowledge on the ingredients of junk food versus healthy food. Moreover, they will train in communication in a foreign language and cooperation, develop competency in selecting, organising and presenting information and adapting it to the target audience: student group or public.

The participating teachers will train in the role of monitor and counsellor as they will let the students organise their own work. They will also assess the activities and propose improvements so that the activities and the approach to them can be successfully integrated in the teaching methodology employed back at their schools.

## Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAGGELMATIKO LYKEIO AGRIAS / Greece	2000-2999 km	7	3	2	4502.00 EUR
2	Escola Básica e Secundária Gonçalves Zarco / Portugal	4000-7999 km	7	3	2	6802.00 EUR
3	ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy	500-1999 km	7	3	2	4077.00 EUR
4	KURTKOY ANADOLU LISESI / Turkey	500-1999 km	7	3	2	4077.00 EUR
5	Zespol Szkol Ponadgimnazjalnych / Poland	500-1999 km	7	3	2	4077.00 EUR

### Group 1, Activity (C6 - Sixth Teaching-Learning-Training Activity: Final event)

Sending Organisation		Country of Venue
EPAGGELMATIKO LYKEIO AGRIAS / Greece		Latvia
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
2000-2999 km	5	360.00 EUR	1800.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

## Group 2, Activity (C6 - Sixth Teaching-Learning-Training Activity: Final event)

Sending Organisation	Country of Venue
Escola Básica e Secundária Gonçalves Zarco / Portugal	Latvia

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

### Group of Participants - Budget

#### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
4000-7999 km	5	820.00 EUR	4100.00 EUR

#### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
<b>Total Individual Support Grant</b>			<b>2702.00 EUR</b>

### Group 3, Activity (C6 - Sixth Teaching-Learning-Training Activity: Final event)



Sending Organisation		Country of Venue
ISTITUTO COMPRENSIVO PLINIO IL VECCHIO / Italy		Latvia
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
3	2	5

## Group of Participants - Budget

### Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

### Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

**Group 4, Activity (C6 - Sixth Teaching-Learning-Training Activity: Final event)**

Sending Organisation		Country of Venue	
KURTKOY ANADOLU LISESI / Turkey		Latvia	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons	
3	2	5	

**Group of Participants - Budget**
**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			2702.00 EUR

**Group 5, Activity (C6 - Sixth Teaching-Learning-Training Activity: Final event)**

Sending Organisation		Country of Venue	
Zespol Szkol Ponadgimnazjalnych / Poland		Latvia	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons	
3	2	5	

**Group of Participants - Budget**
**Travel**

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	5	275.00 EUR	1375.00 EUR

**Individual Support**

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
3	7	406.00 EUR	1218.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR

Total Individual Support Grant	2702.00 EUR
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### Activity Budget

Budget Items	Grant
Travel	10025.00 EUR
Individual Support	13510.00 EUR
Total Grant	23535.00 EUR



## Special Costs

## Special Needs Support

ID	Organisation	Country of the Organisation	No. of Participants With Special Needs	Description and Justification	Grant (EUR)
Total					0.00 EUR

## Exceptional Costs

ID	Organisation	Country of the Organisation	Description and Justification	Grant (EUR)
Total				0.00 EUR

## Follow Up

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

Specific evaluation activities will be used at critical stages of the project: a) at the start and end (initial and summative evaluation) to check knowledge acquisition, change of attitudes and improvement in student performance in class as a result of the project and b) at the end of meetings, events and other activities (formative evaluation) to guide reconsideration and improvements (eg. in organisation and implementation of future activities).

Just before the project's actual implementation begins, online questionnaires (Google Forms) will be given to pupils and teachers so that we can map their knowledge, habits and attitudes. The questionnaire will be made by the language teachers and the IT teacher and it will include both close and open-ended questions paying, however, attention not to guide the subjects of the research towards a specific answer. A similar questionnaire will be given at the conclusion of the project. Electronic questionnaires will also be given to pupils and teachers during the project after completing various activities, workshops, visits or hosting students.

Opinion measuring devices (similar to those used by institutions for feedback) can be used in different contexts and audiences like pupils, teachers, members of the community after participating in project activities, conferences and events. Such a device is used by institutions to gather information on the quality and success of the service.

Attendance in public events and participants' feedback in the form of questionnaires will also be an indicator of success.

Moreover, feedback by people who read and use the produced materials (eg. the e-book, the glossary, the computer game and the online quizzes) on the relevant webpage and eTwinning, will also measure success.

To assess parents' participation in and attitudes towards the project, observation and interviews will be used.

Apart from the above, at regular intervals each school coordinator will report to the EU coordinator about the work done in their schools. In this way the latter will ensure that everything runs as planned.

Products will also be checked to be released on time and be of good quality – as foreseen in the application. For example, the e-book has to be regularly updated and have a certain format. Failure to meet the standards will call for remedial action.

Informal evaluation via observation, discussion and interviews with participants, electronic messages and comments on Twinspace and website will also be valuable. For example, motivated students in class after applying new practices in class is an indication of success.

Meetings will be the forum for evaluation where the results of the formal (eg. questionnaires) and informal evaluation (eg. observation) will be discussed and remedial action will be organised.

Finally, meetings themselves will be evaluated by all participating persons (students via questionnaires and teachers via questionnaires and round-table discussion).

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 school climate will be improved as all students, disadvantaged ones included, will feel safe and happy to successfully engage in meaningful activities which suit their personal talents, needs and wants and which correspond to real life tasks. School life will become attractive for students.

Moreover, the European identity of the school will be reinforced as (a) students will develop intercultural understanding and realise their national and European identity, (b) teachers will join a European network of educators for the exchange of good practices and their development as educators, (c) the school will become an active member of the European family of schools and will engage in more European projects

The school teaching practices will be improved:

- Influenced by the project the school will embed new technologies in teaching and will apply policies for the systematic introduction of the 21st century skills in all school subjects.
- an open channel of communication among European colleagues will be established
- teachers will gain insights into differentiated learning and will get more enthusiastic about working with their students beyond the classroom and getting involved in European projects.

School administration will be influenced by the good practices applied in schools abroad and achieve improvements.

The school will form stronger sustainable bonds with the parents and the local community, important factors for the students' well-being and the school's progress.

The materials produced, both information and activities, will be used with the whole school and then be regularly updated for use in the years to come. Food habits and publicity issues are always relevant for the young people. Also, all materials will be free-licensed for use by other educators and interested parties.

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.

INSIDE THE ORGANISATION: Results will be disseminated to our school teachers, students and other staff as all school is involved so everyone should be updated about the proceedings at school. Teachers will be informed about good and innovative practices in teaching and will be encouraged to apply them in their classes. They will also be encouraged to participate in further Erasmus+ actions. Participating students will be proud of their achievements and encouraged others to participate too. They will also be informed about further Erasmus+ actions to take advantage of in the future. The administrative staff should also be informed so as to respond to the requirements of the project when necessary.

OUTSIDE THE ORGANISATION: Educators in other organisations will benefit from the innovative teaching ideas and materials resulting from the project either for teaching or research purposes. Young people and the general public will benefit from the training in recognising misleading advertising and developing healthy eating habits. Families are also valuable companions in the project for changing students eating habits and for the hospitality they will offer to our partners. Also by updating parents of the project's progress and asking for their support we will form stronger bonds between them and the school which is of utmost important for the kids' school performance.

The local authorities will receive information about the project so that they know about European projects and the work done at schools. Also they can be partners in disseminating the results to the public and in applying bans on the promotion of unhealthy foods to the young.

The educational authorities and stakeholders should be made aware of the project so as to forward the results to schools and other institutions.

The NA should be kept updated because they are responsible for the efficient running of Erasmus+ projects and can provide support when needed.

The Erasmus+ community, will be provided with good practices both in teaching and project management and find ideas for further projects.

Local residents will learn about their local products and support them, get informed about EU projects and cooperate closer with the school

Finally, whoever visits our project online will receive ample information about food and publicity .

The tools for dissemination will be:

- public events and workshops for students, parents, stakeholders and the general public
- stands with the project works at the end of each year
- website and eTwinning
- advertisements, leaflets, posters, calendar school magazine
- presence in local media (TV, radio, interviews, newspapers, etc.)
- e-book and dictionary of food terms
- field trips and cooperation with the local community for information collection and surveying
- hospitality in host families
- Erasmus+ Project Results Platform
- computer game and online quizzes
- multimedia presentations





All products will bear the Erasmus+, EU and NA logo.

## Annexes

The maximum number of all attachments is 10 and the maximum total size is 10240 KB.

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

<b>File Name</b>	<b>File Size (kB)</b>
Declaration on Honour_EPAL AGRIAS.pdf	2,421

Please attach any other relevant documents.

<b>File Name</b>	<b>File Size (kB)</b>
2019_gantt-chart-template_EPAL AGRIAS.xls	61
Total Size (kB)	2,482

## 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: EL01 Greek State Scholarship's Foundation (IKY)

## 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 Participant Portal (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/eplu-link-eforms-privacy\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/documents/eplu-link-eforms-privacy_en.htm)

- I agree with the Specific Privacy Statement on Data Protection



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<b>Version</b>	<b>Submission Time</b>	<b>Submitted by</b>	<b>Submission ID</b>	<b>Submission status</b>
1	24-03-2019 17:21:34	mbatsiou@otenet.gr	1561988	Submission OK

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