

GRUNDTVIG PARTNERSHIP: HEALTHY LIFESTYLES

3rd PROJECT MEETING: Arcos de Valdevez, Portugal

1st – 4th of November 2012

1- MOBILITIES

ITALY

Staff	Learners
Mrs Vania Comuzzi (staff)	
Mrs. Mariella Ciani (staff)	

TURKEY

Necat İzgi (staff)	Mr. Murat Kaya (learner)
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UK

Richard Jack (staff)	
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SLOVENIA

Mr Igor Prah (staff)	Lidija Prah Sovinc (learner)
Mrs Mojca Vukovic (staff)	Vesna Petanjek (learner)
	Vida Hustič
	Marjeta Napast

PORTUGAL

Rui Vieito (staff)	
Ana Rocha (staff)	
Jorge Veloso	
Marta Coelho	

2- PURPOSE OF THE VISIT:

- A. Sharing of the actions made in each partner organization involved in the project;
- B. Progress made so far and definition of the activities that need to be put in use until the next project visit;
- C. Setting the date for the fourth mobility.

3- ACTIVITIES

Thursday, 1st of November 2012

Participants arrival at Arcos de Valdevez.

Check in in Hotel Ribeira (depending on the partner's arrival)

Friday, 2nd of November 2012

Meeting Venue: HDR - Hotel da Ribeira, SA

09:00 – 09:30 Welcome to the participants

09:30-10:00 - Presentation of all the activities that have been started since the beginning of the projects – Turkey partner.

10:00 – 10:15 Coffee-break

10:30 – 12:30 A visit to the local sights in Arcos de Valdevez and Escola Profissional Amar Terra Verde (EPATV) – Professional School

12:30 – 14:00 Lunch

14:00 – 18:00 Social activities

Visit to the Ponte de Lima and Guimarães (European capital of culture)

20:00 Official Dinner

Saturday, 3rd of November 2012

Meeting Venue: HDR - Hotel da Ribeira, SA

09:30 – 10:30 Presentation of all the activities that have been started since the beginning of the projects by the project partners.

10:30 – 10:45 Coffee-break

10:45 – 12:30 Presentation of all the activities that have been started since the beginning of the projects by the project partners (Continuation).

12:30 – 14:00 Lunch

14:30 – 16:00 Web site material and results;

Practice on web-site, on how to build balanced meals based on their necessities.

Practical experiences on Mediterranean diet.

16:00 – 16:15 Coffee-break

Evaluation; results planning activities for future.

16:30 – 17:00 Setting the date for the fourth mobility

19:30 Dinner

Sunday, 4th of November 2012

Departure of participants.



MARDIN- Turkey

The Turkish partners are the first to present their activities since their departure is scheduled for Friday evening: the University of Mardin, is promoting within the project

1. volleyball tournaments between students from different departments in order to promote physical activity and will then broaden the proposal to other universities;
2. organic farming through field school where students, guided by teachers of the Faculty of Agriculture, cultivate various species of plants such as peas and corn using compost as fertilizer;
3. Ethnobotany or: growing native and ancient plants that, once dried, are used for infusions and herbal teas. This project has just started and so far the students are doing academic research;
4. jogging paths and archeology: the intention is to combine physical movement and the pleasure to discover sites inhabited in the past.

CRYSTAL UK

The English partner presents the structure of the newly established blog on the dedicated website after assigning each partner a username and a password.

Afterwards, is explained the structure of the recipes that each partner has submitted for publication. The English recipes have been tested by the Faculty of Food Technology at the University of Birmingham. It has suggested the inclusion of general nutritional information and agreed to put them on the blog on a dedicated page

SLOVENIA

The Ljudska Univerza Rogaska Slatina has organized for its adult users:

1. a home organic garden where people work on a voluntary basis;
2. short courses on the preparation and the benefits of herbal teas and decoctions;
3. the activation of the grinding of some cereals with ancient methods.

At the same time is doing its best to spread and encourage the consumption of breakfast and the constant use of Donat water; it has also prepared questionnaires to be administered to all users to control the desirable progress in eating habits and physical activity.

All activities are advertised on the web, on Facebook and through articles in the press.

PORTUGAL

Previform, Minho-Lima

Previform, Minho-Lima is working with some associations that deal with food safety in order to create an online manual that will also be included on the site; another work in progress is the collection of regional recipes. At the moment the project was included in the company's website in order both to disseminate regional cuisine and to collect new recipes;

In the meantime it has been developed and handed over a questionnaire on dietary habits to 400 selected students with obvious overweight or obesity problems. All this in order to put in place interventions through specific programs; at the time, workshops have been set up in which the participants were informed about the risks associated with poor diet.

ITALY

Università Senza Età has organized a week, , dedicated to the well-being, open to foreign visitors and the local population. During the five days of activities, were alternated lectures, practical activities, cooking classes and various massage techniques; for the occasion, a collection of recipes, gathered during the "well-being cuisine" courses that the Association has promoted over the past five years, was printed. The Association has also organized a course on food safety will held in January 2013.