**Erasmus +: Sports and healthy food for inclusion**

Minute of the first transnational meeting in Iessi, Italy (22-24 October 2017)

**2017-2018**

**1ST TRASNATIONAL MEETING:** ITALIE 22 October – 25 October 2017

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| Students work at home:* Establish profiles (student’s records).
* Prepare school/towns presentations and eating habits. (10’)
* Each country prepares logos and chooses two.
* Prepare a diary of their eating diet for a week and discuss at local level. Each student has to improve at least two habits.
* Answer a questionnaire of their eating habits (+/- 100 questionnaires). Organise a discussion of results. Presentation of results (10’)
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**1ST STUDENTS MEETING:** SLOVENIA: 21 January – 27 January 2018

* Activities:

- Presentations (10’+10’).

- Workshop Mediterranean diet (Slovenian dishes, Primorska dishes)

- Workshop prepares smoothies and healthy drinks.

 - Visit Ljubljana and Bled.

 - Hiking + Postojna Caves.

* Students 15-16 years old.
* Some students will stay on boarding school, others with families. (Slovenia pays Boarding school)
* Number of students: 6 NL + 6 IT+ 10 ES + 2 teachers of each country. (+2NL outside from the project) + 1 teacher ITA

**2ND TRASNATIONAL MEETING:** NETHERLANDS 28 February- 3 March 2018

**2ND STUDENTS MEETING:** SPAIN13 – 19 Mai 2018

* Activities : Presentations

 INEF + surf

 Visit Santiago + Way

 Hiking + kayaking

 Workshop cooking empanada

* Students: 6 NL + 6 IT+ 10 SL + 2 teachers each country. (+2NL outside from the project)

**3TH TRANSNATIONAL MEETING:** ITALY 30 Mai - 2 June 2018

**2018-2019**

**3TH STUDENTS MEETING: Netherlands 2018**

**4TH TRANSNATIONAL MEETING: Slovenia 2019**

**4TH STUDENTS MEETING: Italy 2019**

**5TH TRANSNATIONAL MEETING: Spain 2019**

**DESSEMINATION**

* E-twinning: NL
* At local level each country will open accounts on: Twitter (#Erasmus sports and healthy food), Instagram, Facebook.
* Each country will create links on theirs Schools websites.
* Prepare one e-book after the international meeting in Slovenia, the materials of the book will be the outcomes of the students meeting.

**IMPACT**

**App:** Endomondo running and walking (1 week). Compare results at the beginning and at the end of the project.