

ERASMUS + KA2 " HEALTHY TOWN " - 2017 - 2019

		<p>France - Reunion</p>
<p>Poland</p>	 <p>I Liceum Ogólnokształcące im. Kazimierza Jagiellończyka w Sieradzu ul. Żwirki i Wigury 3, 98 - 200 Sieradz, tel. 43 827 - 14 - 25</p>	
		<p>Catalonia</p>
<p>Finland</p>		

The project « Healthy Town » aims at encouraging students to **practise more sport** and **physical activity** in all partner schools, so as to be more active and healthier in their daily lives.

Different challenges will be organised throughout the lifetime of the project, until May 2019.

Our goal is also to promote a general **well-being** for students and the school communities as a whole.

➤ self-esteem, self-confidence, positive feelings about oneself and one's capacities to overcome any obstacles.

Being healthy goes with a **balanced diet**.

An important part of the project is devoted to promote **healthy food habits** so as to reduce obesity in our schools.

The participants of the project must show their implication and motivation by realising different tasks and promoting its values around them.

Activities during the project

- Realisation of a logo and a mascot for the project
- Presentation of each country by students (slideshow, video...)
- Organisation of Erasmus Day
- Presentation of healthy habits (videos, posters, slideshow)
- Organisation and realisation of sport challenges
- Presentation of traditional meals
- Realisation of a website