



The Challenge to a Healthy Life, an Erasmus+ project
2021-1-RO01-KA220-SCH-000024460



Co-funded by
the European Union

2023-2024 schools' calendar

**NURTURING HEALTHY
LIFESTYLES IN YOUR
SCHOOL**

**THIS CALENDAR IS MADE
FOR YOU!**

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The Erasmus+ project, The Challenge to a Healthy Life, was a two year partnership among 6 schools from different countries. Our common goal was to help students and teachers become healthier, adopt healthy habits.

We provoked them to monthly challenges in order to increase their time spent doing physical activities and improve their eating habits.

Also, we carried out different activities to motivate students and teachers adopt a healthy life style. More details on chl-erasmus.eu

Welcome

Welcome to a world of vibrant health and holistic well-being, right within the walls of our schools!

We are excited to present to you a collection of inspiring events and activities that are carefully designed to foster a culture of wellness and embrace a healthy lifestyle among our students, staff, and the entire school community.

After 2 years of implementing an Erasmus+ project, The Challenge to a Healthy Lifestyle, we believe that creating an environment that encourages physical, mental, and emotional well-being is essential for the growth and development of our students.

In this calendar called Nurturing Healthy Lifestyle in Your School, we present 10 events which we tested during the above-mentioned project, with the hope that you will be inspired to replicate these events in your school. These events are not just about fitness and nutrition; they are about empowering individuals to make mindful choices that contribute to their overall wellness journey.

Discover the Path to Wellness

In this brochure, you'll find a diverse range of events that go beyond traditional education. When designing and implementing these events, we also kept in mind as a goal, to provide opportunities for our students and staff to engage in activities that promote:

1. Active Living.

Engage in invigorating activities that awaken your inner athlete. From sports tournaments and fitness challenges to yoga and dance sessions, our events cater to various interests and fitness levels.

2. Nutritional Wisdom.

Delve into the world of nutrition through workshops, cooking workshops, and tasteful experiences. Learn how to fuel your body with nourishing foods that promote vitality and sustained energy.

3. Community Connection.

Wellness is a shared journey, and our events are designed to bring the school community closer. Join cooking workshops, mountain hikes, and collaborative projects that strengthen our bonds and shared commitment to well-being.

4. Educational Enrichment.

Empower yourself with knowledge on health, nutrition, physical activities, and more. Our events offer insights that empower you to make informed decisions.

Elevate Your Well-Being

We invite you to explore this brochure and mark your calendars for the events that resonate with you. Whether you're a student seeking to improve your fitness, a teacher looking to design interesting activities for your students or just wanting to manage stress, or a parent interested in fostering a healthy lifestyle for your family, there's something for everyone.

Let's embark on this journey together, as we pave the way for healthier choices, positive habits, and a school environment that truly supports the well-being of all. Join us in embracing a healthy lifestyle and nurturing a culture of vitality and thriving living at your school.

In the following pages you will discover details on how to deal with such an event, from planning to execution and ways to involve students and teachers. Your well-being matters, and we're here to guide you every step of the way.

Here's to a healthier, happier, and more vibrant future!

Warm regards,
The Challenge to a Healthy Life TEAM



Organizing an event at the school level requires careful planning and execution to ensure its success. Here's a step-by-step guide along with a suggested event structure.

Step 1- Define the Purpose and Theme

Identify the purpose of the event and choose a relevant theme. Whether it's a workshop, a celebration, or a sports competition, having a clear purpose and theme will guide your planning efforts.

Step 2- Form an Organizing Committee

Gather a team of motivated colleagues and students who will be responsible for different aspects of the event such as logistics, promotion, decorations, scheduling, and finances. Assign specific roles and responsibilities to each committee member.

Step 3 Set a Date and Time

Select a suitable date and time for the event. Consider school schedules, holidays, and other events to ensure maximum attendance and minimal conflicts.

Step 4- Resource and Material Planning

Determine the budget for the event. This includes costs for venue rental, decorations, materials, refreshments, entertainment, and any other expenses. Allocate funds appropriately and seek potential sponsors if necessary.

Step 5- Event Structure

Opening: Begin the event with a brief introduction, welcome address, and overview of the day's activities in front of the participants or/and online, in the morning of the event.

Main Activities: Organize the main attractions, workshops, performances, competitions, or presentations that align with the event's theme and purpose. Make sure the activities are engaging and appropriate for the target audience.

Breaks: Schedule short breaks between activities to give participants time to relax, interact, and enjoy refreshments.

Special Performances or Guest Speakers: If relevant to your event, invite guest speakers, performers, or special guests to share their expertise or entertain the audience.

Interactive Zones or Booths: Set up interactive zones or booths related to the event theme. These can offer hands-on experiences, demonstrations, or information.

Contests or Competitions: If applicable, include contests or competitions that involve participants and add an element of excitement to the event.

Cultural or Artistic Showcases: If the event involves cultural or artistic elements, allocate time for performances, displays, or exhibitions.

Awards and Rewards: Recognize outstanding participants, volunteers, or winners, and conclude the event with a thank-you note, a summary of the day, and any announcements for upcoming events.

2023-2024 SCHOOLS' CALENDAR

Step 6- Logistics

Venue Selection and Setup: Choose a suitable location within the school premises or nearby. Set up seating arrangements, stages, booths, and any necessary equipment.

Technical Requirements: Ensure you have the necessary audio-visual equipment, microphones, projectors, and lighting for presentations and performances.

Decoration: Decorate the venue according to the event theme. Use banners, posters, and props to create a visually appealing atmosphere.

Security and Safety Measures: Plan for crowd management, emergency exits, first aid, and any other safety precautions.

Step 7- Promotion and Communication:

Promotional Materials: Create posters, flyers, and social media graphics to promote the event. Clearly state the date, time, venue, and highlights of the event.

Online Promotion: Use social media platforms, the school's website, and email newsletters to spread the word about the event.

Invitations: If needed, send out formal invitations to special guests, school staff, parents, and the community.

Preparation for 10 endeavours

Step 8- Registration and confirmation, if it is the case

If the event requires participants to register or confirm participation, set up a registration process to gather necessary information and estimate attendance.

Step 9- Event Execution

On the day of the event, ensure that everything is set up as planned. Coordinate with your organizing committee, volunteers, and participants to ensure a smooth flow of activities.

Step 10- Feedback and Evaluation

After the event, gather feedback from participants, attendees, and the organizing committee. Evaluate the event's success in terms of its objectives, attendance, engagement, and overall experience.

t, ensure that everything is set up as planned. Coordinate with your organizing committee, volunteers, and participants to ensure a smooth flow of activities.

Step 11- Documentation

Capture photos and videos during the event to create a visual record of the activities. This documentation can be used for promotional purposes and as a reference for future events.

Step 12- Thank You and Follow-Up

Send out thank-you notes or emails to participants, volunteers, sponsors, and anyone who contributed to the event's success. This gesture of gratitude encourages continued engagement and support.

Remember, flexibility is key during the planning and execution stages as unexpected challenges may arise. By following these steps and creating a well-structured event, you can create a memorable and impactful experience for your school community.



2023-2024 snapshot



SEPTEMBER 2023

World Car-Free Day - Steps Day

OCTOBER 2023

Hiking

NOVEMBER 2023

Sport Day

DECEMBER 2023

Cooking Workshop

JANUARY 2023

Fruits/Veggies/Water Day

FEBRUARY 2024

Service learning projects

MARCH 2024

Orienteering

APRIL 2024

Bike Day

MAY 2024

Dance Day

JUNE 2024

Start the Summer



#1 ENDEAVOUR: WORLD CAR FREE DAY

THIS HAPPENED IN...

ROMANIA

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
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THE CHALLENGE TO A HEALTHY LIFE
Erasmus+ project 2021-1-RO01-KA220-SCH-000024460

LIUVIU REBREANU
UNIVERSITATEA
COLLEGIUM

Cofinanțat de
Uniunea Europeană

**ZIUA MONDIALĂ
FĂRĂ MAȘINI**
22 Septembrie 2022

Vrei să fii printre cei care o sărbătorești?
Urmează pașii:

-  Alege să parcurgi drumul spre școală cu trotineta, cu bicicleta sau pe jos (integral sau parțial, coborând din mijlocul de transport la o distanță mai mare de 500 de metri de clădirea unde înveți).
-  Găsește în școală, la parter, panoul tematic: „Ziua mondială fără mașini”.
-  Discută cu un voluntar pentru a te înregistra ca participant. Contează să fim cât mai mulți din CNLR!
-  Vei primi titlul de CAVALER PLANETAR pentru că ai contribuit la reducerea emisiilor de gaze, pentru că îți pasă de sănătatea planetei și de propria sănătate.

THE CHALLENGE TO A HEALTHY LIFE
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Go-funded by
the European Union

WORLD CAR FREE DAY
September 22, 2022

Challenge: walk or cycle to school. Record your activity using Strava 

Truth: you will contribute to the map „world car-free day” on chl.cnlr.ro. You can win the badge „cavaler planetar” which means a Knight who fight for our planet.



What activity could be more suitable for the first month of school year then a challenge to walk or cycle to school?

Organizing a Car Free Day or Steps Day event at the school level requires coordination among the organizing committee and with participants to ensure its success. Here's description of the Car Free Day event organized at Liviu Rebreanu National College, Bistrița, Romania:

The purpose of the event was to raise awareness of the importance of physical movement for a healthy lifestyle and the chosen theme was WALK TO SCHOOL. Teachers and students from Students Association were part of the organizing committee and they were assigned with specific roles and responsibilities.

The Date for our event was September 22, World Car-Free Day, a worldwide initiative that encourage motorists to take a break from driving and explore alternatives.

We prepared a descriptive poster for participants, displayed in various places in school and posted online to promote our event. We also printed certificates for participants who took the challenge of increasing the number of steps taken daily or who walked to school. We invited students, school staff, parents, and the community to join our cause, meaning to walk more on World Car-Free Day, with 3000 steps more than the previous day. We presented them with a few ideas for that: walk to school, get off the bus or car early (at least 500 m), take the garbage, buy milk and bread etc.

We set up two interactive zones in school, near Erasmus+ corners where participants could prove their results, number of steps gathered, which was also uploaded on our platform chl.cnlr.ro or declaration that they walked to school. In this way the participants received the Planet Chevalier Certificate. As participation in this event was independent and autonomous, we only had to assure the presence of the volunteers, at interactive zones, who checked the number of steps and handed the certificates.

We hope that you can create a memorable and impactful experience for your school community, as we (like to think) did.



In order to give opportunity for all students and teachers from school, including the one who couldn't walk to school to gather the number of steps required for receiving the certificate, we had some “influencers”, teachers and students who organized joint walks during the day (French teacher walk in the town park with students and promoted the foreign language learning, primary teachers took their students for a walk to the city hall to learn what steps are being taken at city level regarding green transportation in the city, mentor teachers invited students to “walk and talk” meaning that they hold the mentoring meeting during this walk).

Influencers and participants took pictures from the various moments of the event and sent them to the project coordinator.

From the feedback from the participants, we understood that the activity was interesting and learnt a few things to do differently next time: engage more influencers, organize a longer walk or hike, more gifts. A short video with key moments of the event and our appreciation was posted on social media.

Remember, flexibility is key during the planning and execution stages as unexpected challenges may arise.

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#2 ENDEAVOUR: HIKING

Look around, around your town and discover path or trails where you can take you students for a walk and talk session.

THIS HAPPENED IN...

ROMANIA

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
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29	30	31				



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HIKE CHALLENGE

VINERI 17 Iunie 2022, ORA 8



**Lidl - Perii Seculari - Pârtie - Ghinda - Pădurea Jelnei- Pădurea Codrișor - Lidl
aproximativ 15km**

Nu uita de: apă, gustare și echipament adecvat

Te asteptăm în parcare magazinului LIDL din parc, la ora 8.



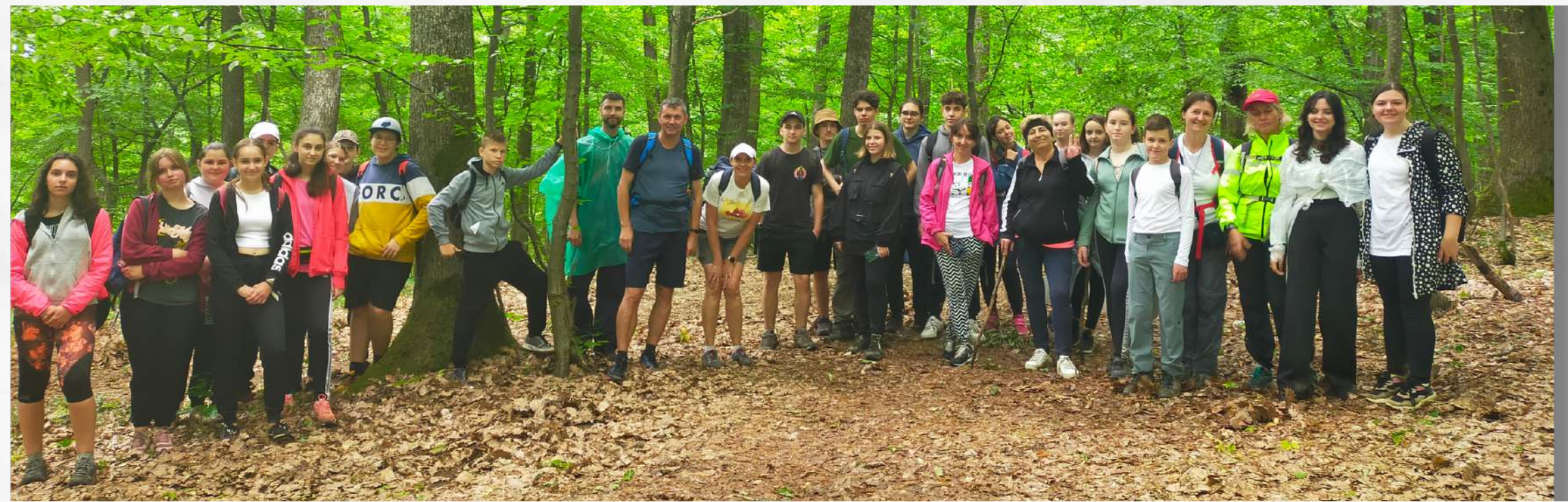
Cofinanțat de Uniunea Europeană

A hike is a pleasant way to spend free time, but also an effective way to maintain our health. It is pleasant because we have the opportunity to see beautiful landscapes, to chat with friends, being a good opportunity to socialize and it is effective for health because the effort made maintains and increases muscle tone and keeps the heart in good condition.

The preparation of a hike with students must be carefully prepared, taking into account several aspects: the age of the participating students, the characteristics of the area where the hike will take place, the available equipment, etc. This material describes how a long hike was organized near the city of Bistrita in June 2022.

The purpose of that hike was to increase the physical activity of the students enrolled in the project, understanding the importance of movement, as well as increasing the level of self-confidence and self-respect.

For this, we chose a long route, about 15 km, which crosses the hills near the city, the difference in level being about 600 meters; a simple route for an active person, but demanding for a beginner. It is not entirely marked but has a common part with the Via Transilvanica - the most important hiking route in Romania, with a length of 1400 km.



The participants were of different ages, around 25 middle and high school students and almost 10 teachers. Their effort capacity was also diverse, from very active people to people who do very little physical activity. Participants were advised to have a pack of food and water and to be properly equipped. The most important part of the equipment is the footwear, which must be adapted to the terrain, as well as any waterproof clothes, necessary in case it rains. Before leaving, the students were informed about the route, about possible risks (animals, insects), as well as about keeping clean, important because there are no trash cans in the area.

The hike was an adventure! We traveled 15 km through nature, in which we had rain, found bear tracks, joked and had fun, but most of all we proved to ourselves that we can do things that we doubted. All the participants, students and teachers, were delighted!

For the reflection part regarding this activity, we chose to use an online questionnaire. In this way, we found out how participants felt, what to do different next time, and end up with lots of pictures, because we asked participants to upload a photo that best describes what impressed them about this activity.



#3 ENDEAVOUR: SPORT DAY

THIS HAPPENED IN...

SLOVAKIA

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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19	20	21	22	23	24	25
26	27	28	29	30		



SPORT DAY

During organizing a sport day at schools, it is important to have a suitable space. It is ideal if the school has access to a larger outdoor area. However, a sport day can also be organized indoors in a larger gym. Another important factor is the adaptation of sports activities to different age categories. For younger children, a sports day can also be done in the form of various games such as treasure hunting and various other fairy-tale themes. The kids will definitely enjoy it and it will be more interesting for them and you will fulfill your goal of getting the kids moving. Of course, you have to be able to adapt the activities and motivate the children properly. If you have the opportunity, contact various organizations that can help you organize. Non-traditional competitions give the less talented boys and girls the chance to compete in sports - without fear or shyness. With motivation, try to reach even those for whom exercise and sports have not yet become part of their daily routine.

Sport days are also intended for active athletes who strengthen their self-confidence through their achievements, but mainly they are a means of increasing their mastery in the sport they do as a major. Juggling a soccer ball or kicking 11-foot is, for example, a suitable training supplement for soccer players, while jumping over a short rope will be appreciated, for example, by athletes, but also by fans of other sports.

At schools, villages and cities, you can supplement sport days with other disciplines - tug-of-war, throwing basketball hoops, in-line skates and many others that will add variety to a sport day at school.



#4 ENDEAVOUR: COOKING WORKSHOP

THIS HAPPENED IN...

*NORTH
MACEDONIA*

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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By improving our food, the way we eat and the timing of feeding children during school hours, we improve our future and our collective health. Also, by implementing a school food plan, we can correct poor diets while promoting nutrition education.

Another positive consequence of the fact that schools have their own cafeteria is the prevention and resolution of childhood obesity problems.

In our country, the importance of meals during the school program is underestimated, but school meals are important. This is an important contribution we can make to ensure the well-being of our children in the future. With these things in mind, we need to reach more schools, create more partnerships and look at more issues through topics of great interest, such as obesity, malnutrition, poor nutrition or poor quality.

We must join forces for the good of our children: parents, schools, catering providers, food suppliers and health professionals. By showing interest in this topic, we achieve our goal of helping build the foundations of a healthy lifestyle.

Every school should have a meal plan! Every child should have the opportunity to eat fresh and healthy food!

In our school, we are trying more and more often to do activities and workshops where students will learn more about healthy eating and could cook healthy food themselves and make sure that it is very easy to cook healthy food.



#5 ENDEAVOUR: WATER DAY

THIS HAPPENED IN...

NORTH
MACEDONIA

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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29	30	31				



ЕКО СТАНДАРД
ECO STANDARD



Истакнување на упатства за
заштеда на вода
Highlighting water saving guidelines

ООУ „Д-р Владимир Полежиноски“
ООУ Dr. Vladimir Polezinoski



Co-funded by
the European Union

Eco standard - Water saving

Every academic year, teachers have the obligation, individually or at the level of a professional asset, to integrate content with action points from the four eco standards (in the existing teaching subjects and number of lessons, without changing the curricula.

1. Energy saving
2. Saving water
3. Building maintenance and a healthy environment
4. Decorated ecological yard

The goal of the program Integration of environmental education in the educational system is to raise the level of environmental awareness among students and create a healthy environment at the local and global level.

An Eco-committee was formed, which includes teachers, students, representatives from the technical staff, representatives from the Council of Parents and the School Board.

This program includes seven steps that the school should implement. The inclusion and active role of students is one of the main goals, as well as the cooperation of the school with the local community, parents, the business sector, the media and all other factors from the community.

The action plan for the implementation of the environmental program is made for each school year by selecting the action points from the eco-standards, that is, the standards for sustainable development. The plan of activities contains the goals for implementation, the time and method of implementation, the responsible persons and the planned necessary funds, as well as monitoring and evaluation of the plan of activities from the environmental program - which consists of methods of monitoring the implemented activities from the plan of activities and evaluation of the achieved results.

In addition, appropriate activities are carried out within the curriculum and program, which include the dates of the environmental calendar.

Eco standard - Water saving

Water is our life! Water is the most precious liquid without which our life cannot be imagined. But unfortunately, people do not care about how and how much water is wasted, about water pollution. As nature increases, the amount of natural drinking water decreases, and we can't help conserving water, and thus ourselves. How do you ask? - very easy:

- "Saving and reasonable use of water" Our school joined the program "Integration of environmental education in the Macedonian educational system" implemented by the citizens' association OHO, the Swiss Development Agency and the Ministry of Education and Science in the Republic of North Macedonia.

We are making presentations, posters, workshops etc. These are some of the activities in our school.



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#6 ENDEAVOUR: SERVICE LEARNING PROJECTS

THIS HAPPENED IN...
ROMANIA

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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19	20	21	22	23	24	25
26	27	28				

THE CHALLENGE TO A HEALTHY LIFE
Erasmus+ proiect 2021-1-RO01-KA220-SCH-000024460

Start



Traseu de drumeție
La antenă

CHL

Lungime traseu: 8,3 km
Diferență de nivel: 327 m
Timp efectiv de mers: 2,5 h

safe route
CHL

scanează 

Traseu realizat de Colegiul Național „Liviu Rebreanu” Bistrița, în cadrul proiectului Erasmus+ *The Challenge to a Healthy Life*, cu sprijinul Primăriei Municipiului Bistrița și al Ocolului Silvic Bistrița.


Cofinanțat de Uniunea Europeană

THE CHALLENGE TO A HEALTHY LIFE
Erasmus+ proiect 2021-1-RO01-KA220-SCH-000024460

Finish



Felicitări!
Ai parcurs traseul de drumeție:
La antenă

CHL

Distanța: 8,30 km
Diferență de nivel: 327 m

safe route
CHL

Spune-ne părerea ta 


Cofinanțat de Uniunea Europeană

Service learning is defined as an educational approach that combines learning objectives with community service, meant to provide an experience that meets the needs of a community, embodies the spirit of learning through compassionate action. In the context of our Erasmus initiative, we created through Service Learning Projects (SLPs) a hiking route, called “La Antenă”.

At the core of SLPs are five integral steps: Investigate, Choose, Plan, Act, and Reflect.

Investigate:

When we embarked on our Erasmus journey, we undertook a comprehensive needs analysis across all six participating schools. Among the insights gained, one critical revelation stood out - our communities lacked appealing outdoor spaces for leisure activities such as walking, running, cycling, and playing.

It became evident that we had a unique opportunity to make a lasting impact on our schools and communities by identifying and creating safe outdoor routes. SLPs emerged as the most fitting approach, a real-life action where we learn by doing, all for the betterment of our communities.

Our inaugural safe route is a testament to the effectiveness of SLPs, and we're excited to share the journey of its creation with you.

So, remember the steps for an SLP? Investigate, Choose, Plan, Act, Reflect.

Choose:

Our journey began with assembling a dedicated team to explore potential trails in our town. Utilizing tools like Strava, which documented our hiking history, we swiftly compiled a shortlist. Among the contenders, we chose the "Antena" trail, aptly named for its prominent mobile phone signal booster antenna.

Regular Sunday hikes with project participants confirmed the Antena trail's popularity, making it our top choice. We were drawn to its scenic beauty and the sense of community it fostered.

Plan:

Planning involved identifying interesting features along the route that we could share with hikers. Feedback from our first hike and participant-uploaded photos inspired us to create eight information points, each marked with distinctive plates. However, the volume of information we wanted to convey led us to a unique solution.

Act:

Our ingenious Informatics teacher, responsible for our project platform, introduced the concept of a virtual route. On our platform chl.cnlr.ro, we uploaded GPS coordinates generated through the Strava app and created dedicated pages for each information point. These pages allowed us to provide in-depth details, accompanied by trail photos. GPS metadata seamlessly positioned these photos on the route map. Furthermore, the platform featured real-time location tracking to ensure hikers stayed on the designated path.

Reflect:

Our journey culminated at the finish point, where a QR code invited hikers to share their impressions and photos. This feedback loop allowed us to continually improve the experience.

In crafting this safe route, we've taken a step towards enhancing our community's well-being, blending technology and nature, and embracing the spirit of service learning. We hope this endeavor inspires more 'Monthly Ventures' for our schools and communities alike.



Plates which were displayed at each information point. The QR code 'takes' you on our web page where we post interesting information.



Plates which were displayed at different points on the trail to help orienteer the hikers.

7 ENDEAVOUR: ORIENTEERING

THIS HAPPENED IN...

TURKEY



MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
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ORIENTEERING

Orienteering is a nature sport that aims to find control points on the land with the help of a map and compass and competes against time.

While doing this, you need to harmonize the symbols on the map with your surroundings. More important than running fast in orienteering is thinking quickly and making the right decisions.

Otherwise, you may quickly move away from the target you want to find. Orienteering requires strategizing and quick decision-making; In addition to physical strength, judgment is also important. A map and compass are needed to do orienteering. Other than that, being able to walk and having a mind is enough.

Map: It is a thematic orienteering map, different from the maps we use in daily life, where everything on land is shown with symbols on the map. Our goal is to find the checkpoints marked on the map as quickly as possible. While doing this, you need to overlap the map with the objects and landforms around you.

BENEFITS:

- Gives the individual self-confidence along with a sense of success
- Improves love of nature and ability to adapt to nature
- Allows you to learn from mistakes and focus on what's right
- Improves concentration skills
- Provides balance between physical strength and mind
- Increases decision-making skills
- Teaches you to think and act under pressure
- Improves the sense of belonging
- You can do it anywhere in the world without needing to know Russian or Chinese, the language of the map is single and universal.



The sports facility used by Balıkesir Sports High School has a wonderful orienteering map. It is a great place, especially for beginner athletes. That's why we chose this place for the orienteering event. All students of our school (25 students) attended the event. First of all, we gave theoretical map information to our students. Then we worked with the hopper in a small area before hitting the track. This study is very important in keeping the map in the right direction. After making sure that the students fully understood this exercise, we went on the first track together. We went to many places together. We explained the map and the technique of reaching the target to the students in detail. Each of them ran on 2 separate tracks. Everyone had great fun. The sense of accomplishment made them very happy. Going to a destination by looking at a map in an unfamiliar place increased their self-confidence. They did both mental and physical activity together.



#8 ENDEAVOUR BIKE DAY

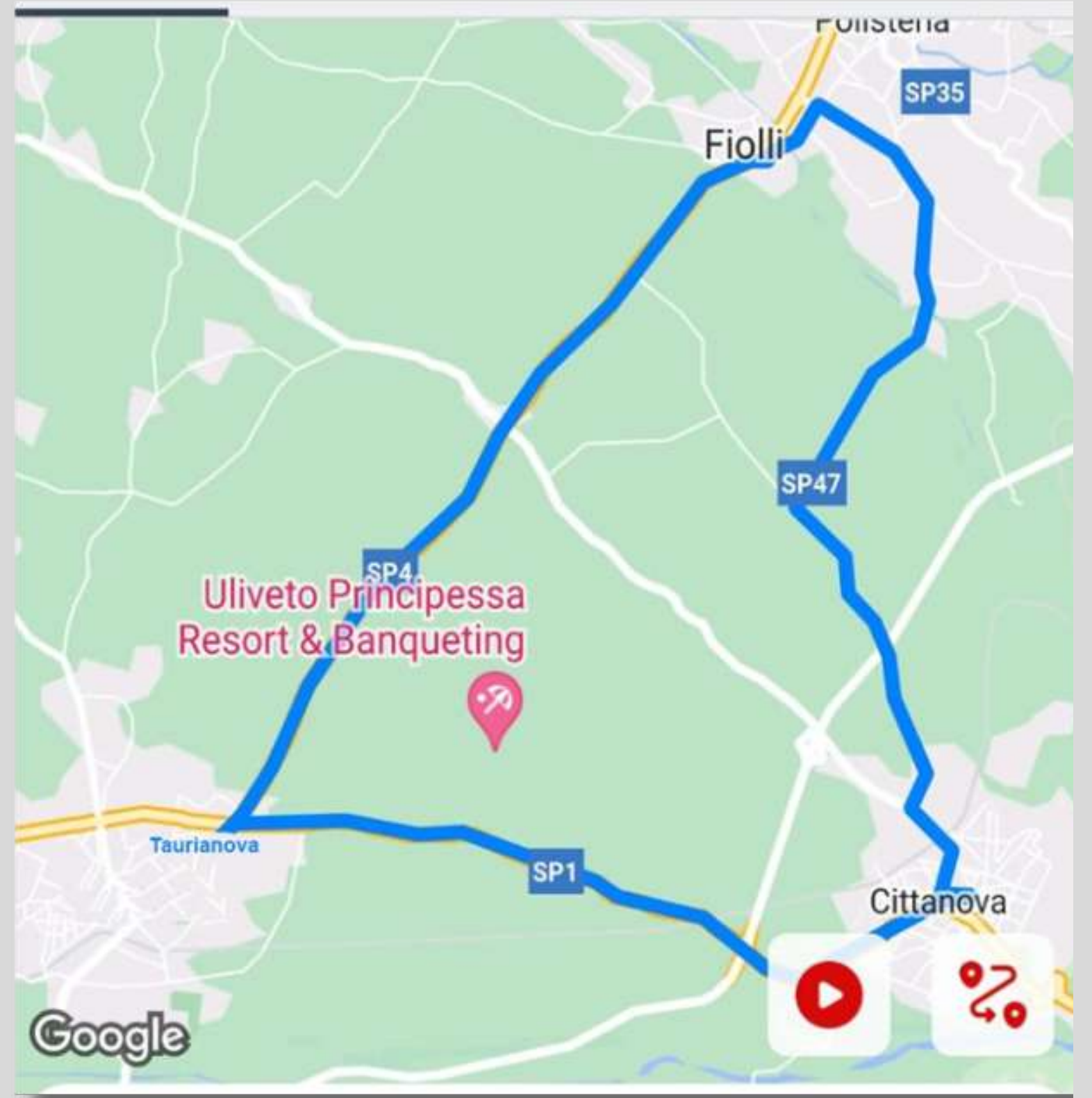
THIS HAPPENED IN...

ITALY

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	29

30





Cycling is one of the best ways to keep fit and healthy. It increases the physiological functions, by acting on one's heart, muscle tone, breath and blood oxygenation.

Cycling also gives the chance to appreciate the landscape and have fun together.

Before riding a bike it is important to know the techniques to face any type of track difficulty (how to face curves, rises, slopes, bumps, etc.) to research balance in all the situations. Naturally it is not possible to ride a bike if we don't wear the technical equipment: gloves, helmet, sunglasses, cycling uniform, bottle of water.

In September 2022 a bike tour was organized in Cittanova and in the surrounding area and involved students and teachers of Liceo Scientifico Michele Guerrisi.

The aim of that ride was to bring the students closer to the world of cycling. Doing that the students become fond of this and improve their physical qualities in contact with nature, understanding the importance of movement and increasing the level of self-confidence.



We chose a short route, about 20 km, in a flat area, the difference in level being about 400 meters; a simple route to give everybody the possibility to participate. The people involved in the activity were 30 students and 5 teachers, each of them with their skills. Participants were advised to bring a bag containing fruit and a bottle of water and to be properly equipped.

Before leaving, the students were informed about the route to face, even if the track was safe.

The day was successful because students and teachers enjoyed themselves in contact with nature and appreciated the beauties of the landscapes along the route!

The day after students and teachers were interviewed to express their opinion about the bike day and all of them agreed about the fact that it was a fantastic experience to be repeated.

#9 ENDEAVOUR: DANCE

THIS HAPPENED IN...

CROATIA

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Dance is a social activity, which gives many opportunities to interact with other people. Taking dance classes can improve interpersonal relationships, as it is a meeting place for making friends and improving the development of social skills.

We live in a very stressful world and we all need to find an activity that will make us happy. Dance has been scientifically proven to reduce levels of cortisol caused by chronic stress. It also causes the brain to release dopamine – a natural mood booster and endorphins – a natural painkiller.

Through dancing you can:

- Improved condition of your heart and lungs.
- Increased muscular strength, endurance and motor fitness.
- Increased aerobic fitness.
- Improved muscle tone and strength.
- Weight management.
- Stronger bones and reduced risk of osteoporosis.
- Better coordination, agility and flexibility.

Physical activity is necessary for health, and dancing provides a super fun workout . You can burn anywhere between 200 to 400 calories with just half an hour of continuous dancing.

We can connect with ourselves and the emotions that we suppress, such as anger, anxiety and worry, so that the dance can be directed in a healthy way, which helps with emotional control during the days.

Dance the negative emotions away! Dance.



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#10 ENDEAVOUR: START THE SUMMER

THIS HAPPENED IN...

ROMANIA

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

START THE SUMMER WITH CHL

New Art of Body Gym
2021-1-R001-KA220-SCH-00024460
The Challenge to a Healthy Life
CNLR

vă invită la
Start the summer with CHL!

in padurea Schullerwald, lângă scenă
Luni, 6 iunie, ora 18:00

Ciclism 5 km
Acces liber! Te așteptăm cu interes pe tine și pe prietenii tăi.

Plimbare 2 km
Cei care participă la ciclism trebuie să își aducă bicicleta.
Participanții vor primi apă, premii și diplomă de participare.

Alergare 2 km
Acele activități necesită echipament sportiv, așa că nu uita să te îmbraci adecvat!



The **Start the Summer with CHL** event was a community-driven event that celebrated physical activity and the great outdoors. Located in the serene woodlands, Schulerwald Forest, just outside our town, this event encouraged participants of all ages and fitness levels to embrace an active lifestyle through running, hiking, and cycling. With the scent of pine in the air and the beauty of nature as the backdrop, this event offered a day of fun, fitness, and fresh air.

Activities organized there for the participants (students, teachers, parents, and other members of our community) were running, hiking and mountain biking.

The participants, depending on their fitness level chosen the activity they felt prepared for. Trail running offered options for both beginners and seasoned runners. Participants could choose between 2k and 4 k routes that wined through the forest's lush greenery, providing a challenging yet invigoration experience.

For those who preferred a more leisurely pace, we provided a guided hike trail to explore scenic trails, learn about local flora and fauna, and take in breathtaking views of the forest and of the city.

Cyclists, but only those properly equipped for the mountain biking course (proper bikes and helmets), had the opportunity to cycle 5 to 15 km in the forest, led by our keen-to-mountain-biking teachers.

This event was family-oriented, with activities for kids and parents alike. Near the scene we arranged a dedicated area with music, fresh water, and lots of fruits.

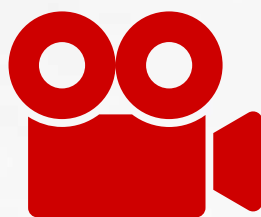
Throughout the event, associated partners from two Fitness Clubs conducted warm up and cool down sessions and also answered questions and provided free health advices.

Start the Summer with CHL was more than just an event, it was an opportunity to embrace a healthier, more active lifestyle in the heart of the nature.



click here 

Testimonials



and here  Sum up Video



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