



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

Dancing skills Croatia September 25-29, 2023

Report

1. Introduction

Mobility has been completed successfully. The objectives of Croatian mobility were :

- development of practical abilities and skills for being more physically active,
- knowledge and understanding about safe hikes,
- skills for physical activities (dance, team sports),
- understanding the importance of adopting a healthy life style,
- develop practical abilities for physical activities,
- develop practical abilities for healthy cooking,
- improve competence in English language, intercultural communication, media literacy and critical thinking.

The Mobility in Croatia was from 25.09.2023. till 29.09.2023. in which participate 36 students and 19 teachers , all 55 participants.

On the first day, welcoming ceremonies were made from the music teacher Zrinka Andrić and coordinator Marija Klasić Petrović.

Mirela Generalić and Rahela Janson Lozančić give the badges with different colors forming mixed nationality groups(six colors- white, red, green, orange, black and blue). Then teacher Marija Klasić Petrović and Mirela Generalić made ice-breaking games for all participants Outdoor games , one traditional and one modern, was held by Zvonko Beissmann

After lunch we had first dance lesson of Quadrilla dance held by Zvonko Beissmann. Group of Croatian students mentored by coordinator Marija Klasić Petrović led the sightseeing through old part of town Osijek, called Tvrđa.

On the second day, we went to Natural park Kopački rit. At first we made walking tour then a boat tour through nature park . After that we all went to Tikveš. Tikveš Castle Complex is a

complex surrounded by a forest-park within which several buildings are located: a New Castle with annex building, an Old Castle, a chapel and other facilities with a restaurant.

The history of this area is connected to the management of natural resources documented in historical records from 1697, when the emperor Leopold I granted the property to prince Eugene of Savoy. The complex dates from the 19th century and was built by the Teschen line of the Habsburg family. After sightseeing, we had second lesson of Quadrilla dance in front of castle held by Zvonko Beissmann. Silviu Candale organized meeting with school coordinators where was discussed about the next activities and about the responsibilities in the project and plans.

Third day we started with a presentation named „Five keys to safer food“ held by Jasenka Petrić from Croatian Agency for food. After that students and teachers was in their national teams and they participated in „Masterchef „competition organized and held by Darija Cik and Rahela Janson Lozančić. We had 6 groups and every group supposed to make one healthy meal out of ingredients that was specially selected. Group made fruit salad, desert, pasta salad, tuna salad and green salad. Special committee tasted all meals and decided who was the winners. After lunch, all participants had third part of Quadrilla dance lesson. Special event, on the European Week of Sport, was organized by coordinator Marija Klasić Petrović who with prof. Maja Rogulja held Zumba class for all participants and Croatian students in the school yard.

Hiking in the nature park Papuk, on an educational path held by prof. Vera Bilandžić was organized on the fourth day. After hiking, students were playing outdoor games.

On the last day, the participants participated in an workshop and presentation about harmfulness of energy drinks held by prof. Gabriela Kolarić. Fourth part of Quadrilla dance was played in front of our school so that all other schools surrounded can see our project and enjoy. On our last day, we all made one last walking tour through the town and finish our project with certificates, dance and lunch.

2. Summary of Feedback

Finally, we asked the participants if they have feelings and thoughts about the mobility, these are some of the replies:

Perfect, amazing, excellent, amazing and healthy, a week full of great experiences,

I love all that we did. nice city, very warm and friendly people, great landscapes, very good cuisine, thank you for everything. It really was a pleasure, this week has been amazing. I would like to repeat this experience, it was absolutely wonderful! Thank you for beautiful organisation, the best week in my life, great city, adequate and efficient mobility programme, wonderful and lovely host families, good work, good job

If you dance it will make you happy

One of the best experiences of my life, where I had the possibility to know other cultures and to compare them with mine.

3. Conclusions

The conclusions drawn from this report are the following:

Participants understood the principle of healthy food ,they developed skills for cooking healthy meals, thea were introduce in new physical activities with emphasize on dancing, they improved competence in English language, intercultural communication, media literacy and critical thinking. Participants also adopt knowledge and understanding about safe hikes,

4. Disemination

Photos and text of mobility was published on Facebook group The Challenge to a Healthy Life, The Challenge to a Healthy Life Croatia, school page Isusovačka klasična gimnazija Osijek, Instagram page of school : ikg_os



The Challenge to a Healthy Life - Croatia
1 d. · 🌐

Posljednji dan mobilnosti proveli smo u našoj školi Isusovačkoj klasičnoj gimnaziji gdje je prvu radionicu održala naša pedagoginja Gabriela Kolarić. Naša je pedagoginja održala zanimljivu radionicu o štetnim utjecajima energetskih napitaka. Nakon toga uslijedio je posljednji plesni trening Quadrille, koji je samo bio zagrijavanje za veliki plesni završni tulum našega projekta. Projekt smo završili podjelom diploma i zajedničkim ručkom. Na put smo ispratili sve naše goste, s... [Prikaži više](#)

The image contains four photographs: 1. A woman in a patterned dress standing next to a green banner for 'The Challenge to a Healthy Life' at Isusovačka klasična gimnazija Osijek. 2. The same woman speaking into a microphone to a group of students in a hall. 3. A group of people sitting at tables in a dining room. 4. A group of people standing in a courtyard in front of a building, with a '+14' overlay.



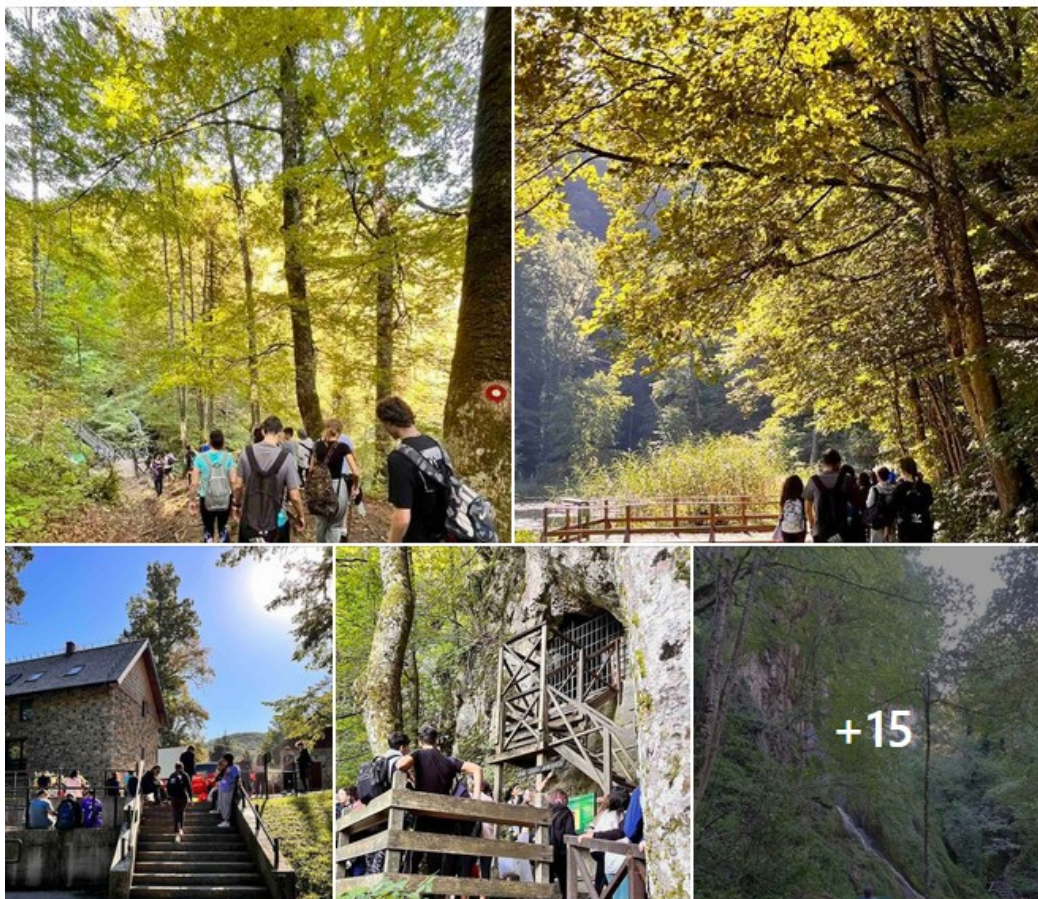
The Challenge to a Healthy Life - Croatia

3 d. · 🌐



Park prirode Papuk bio je naše odredište četvrtoga dana mobilnosti Erasmus + projekta. Prof. Vera Bilandžić i prof. Janson Lozančić povele su grupu nastavnika i učenika Grofovom poučnom stazom na Jankovcu.

Poučna staza izgrađena je u najljepšem dijelu Park-šume Jankovac uz planinarski dom, jankovačka ezera i slap Skakavac. Stube, pješački drveni mostići i rukohvati, koji su postavljeni na stazi, osjetiteljima Jankovca omogućuju pristup najljepšim prizorima. Staza je duga... [Prikaži više](#)





The Challenge to a Healthy Life - Croatia

4 d. · 🌐



Treći dan mobilnosti u sklopu Erasmus + projekta The Challenge to a Healthy Life bio je prepun aktivnosti. Dr.sc. Jasenka Petrić iz Hrvatske agencije za poljoprivredu i hranu održala nam je zanimljivo predavanje s primjerima o sigurnosti hrane. Nakon predavanja uslijedio je i praktični dio. Učenici i nastavnici zajedno su sudjelovali u Masterchef natjecanju. Podijeljeni su bili u nacionalne timove i svaki je tim morao izraditi jedno zdravo predjelo, salatu ili desert. Budući ...

[Prikaži više](#)



...V7-CMT-55...E10-E...fK...b0-b-V...450...65MYDN10-81-L2E-A-57A41-00RUC-A-T...00-1NK-7K-CM3...EY80...



The Challenge to a Healthy Life - Croatia

5 d. · 🌐



Drugi dan mobilnosti proveli smo u aktivnostima u Parku prirode Kopački rit gdje smo pješačili i uživali u prirodnim i rijetkim ljepotama močvarnog područja. Poseban je užitek bio pratiti biljni i životinjski svijet vozeći se brodom i ponavljati nazive na engleskom jeziku. Put smo nastavili prema prezentacijsko- edukacijskom centru Tikveš, koji je jedinstveni multimedijalni i interaktivni postav koji približava sve najvažnije osobine i prirodne fenomene Kopačkog rita. Ovo je prostor za istraživanje i učenje, ali i prostor za otkrivanje svih tajni Parka i upoznavanje bogate kulturno povijesne baštine uz pomoć najmodernije tehnologije. Dan smo završili plešući II.dio Quadrille u sjeni prekrasnog dvorca Tikveš.





Isusovačka klasična gimnazija

6 d. · 🌐



Prvi dan mobilnosti u Osijeku našega Erasmus + projekta "Challenge to a Healthy Life" prošao je u bogatstvu pjesme, glazbe, plesa, sportskih i kulturnih aktivnosti. Nakon prigodnog programa dobrodošlice za naše goste iz Italije, Slovačke, Sjeverne Makedonije, Turske i Rumunjske, uslijedile su sportske aktivnosti i poduka iz plesa Quadrille. Dramska skupina naše škole našla se u ulozi turističkih vodiča i svojim gostima otkrila sve tajne i ljepote Tvrđe.

