



The Challenge to a Healthy Life
2021-1-RO01-KA220-SCH-000024460



LTTA Bistrița- Romania: Healthier than Yesterday, April 24-28, 2023.

Report of the LTTA

LTTA Bistrița Romania was organized by Liviu Rebreanu National College in April 2022 from 24 to 28. The topic was healthier than Yesterday. The program was design to cover aspects about physical activities and healthy eating, example of good practices in Bistrița Nasaud County, and at Faculty for Physical Education and Sport form Babes Bolyai University Cluj Napoca, examples of using the digital platform and application for monitoring healthy eating and physical activities.

April 24, 2023 – Day 1

Opening Ceremony: Presentation of the countries' teams and presentation of the project and LTTA's objectives. Presentation of the challenges of the week and creation of coloured teams (formed by participants from various partner schools): Red, yellow, blue, orange, white and lime. Designation of teams' leaders. Teamwork to create the poster of team, activity designed to get to know the team members.

A short foray into local legends, presentation of the book Dracula by Bram Stoker.

Short performance of the primary school students – they sing a song and did some physical exercises as an example of embedding physical education in other subjects.

Tour of CNLR campus and of the town in 3 groups. Romanian students led the tours.

After lunch, Mountain Rescue team presented the rules of a safe hike; the purpose of this activity was to familiarize the participants with the necessary equipment, the rules of safe travel on the mountain, the knowledge of the dangers that may occur in the case of hiking.

In the afternoon, in Schullerwald forest, participants (students and teachers) participated in 3 activities with our associated partners, Triatlon Club Bistrița (functional training) and Nord



The Challenge to a Healthy Life 2021-1-RO01-KA220-SCH-000024460



Team Orientare BN (orienteering), and movement, an activity design to help participants use an application (strava) for recording using GSP, the route they take. The use of Strava application is mandatory for our project, because it help us assess the 2-3 weekly trainings (recommended by WHO) of the participants. Each participants gain a sticker if they fulfil their tasks. The stickers counted for the score of the day.

April 25, 2023 – Day 2 The group participated on a hike, to test their physical abilities and knowledge they gain from Mountain Rescue Team. The hike was done in Bârgău Mountains where all participants hiked for almost 6 km on the route: On the footsteps of Count Dracula.

Due to unfavourable weather conditions, the afternoon hike was cancelled.

For the challenge of the second day, each team leader computed the total number of kilometers (recorded with Strava) made by each member team.

April 26, 2023 – Day 3

We were guest at Faculty for Physical Education and Sport from The University Babeş Bolyai Cluj Napoca, where students and teachers participated in a training held by assist univ. dr. Radu Tiberiu Şerban from Sports Games Departament. In the second part of our visit to Faculty for Physical Education and Sport, we participated in a volleyball tournament, for the purpose of demonstrating to the students that everyone motivated to move can in a short time, learn and play any team sports. We visited also the campus of this faculty and in the park, the coloured teams had the chance to participate in the challenge on day 3: funny picture.

After lunch participants visited Cluj Napoca, an important city of the region.

April 27, 2023 – Day 4

We did a practical activity on the trail Dealul Puşcă, in Colibiţa area, with Mountain Rescue Team. Participants hiked for 3 km, and a 300 m gained altitude. This activity was a good opportunity to see what participants understood about hikes and rules of safe hike. They were all proper equipped and behaved responsibly throughout the route.

After lunch, all coloured teams fulfilled their task of speaking each other language, by recording some sentences in all language of the project.



The Challenge to a Healthy Life 2021-1-RO01-KA220-SCH-000024460



April 28, 2023 – Day 5

In the morning participants attended a presentation of the Service Learning project, conducted in Romanian school with the purpose of helping community and learn in the process. After details about service learning projects, the safe route created by CNLR was presented. After presentation, all participants took the route of almost 9 km on the Cetății Hill, La Antenă.

At 4pm started in the canteen the cooking workshop. Each country chose a recipe, a healthy recipe and cook it for all the students and teachers who attended the last dinner together, the Ceremony of awarding the Attendance Certificates and the awarding the first, second and third prizes from the challenges competition.

We ended the day with award of Certificate of Attendance for all 45 foreign participants and 25 Romanian participants, to this LTTA. Participants also shared their impression, feeling about the week they spend in Romania, in Bistrița Năsăud County and in Liviu Rebreanu National College using Google form.

Conclusions:

Based on observation and the feedback questionnaire, we can affirm that the participants at this LTTA managed to have a good inside in the field of physical movement, healthy cooking and became healthier than when they arrived because they see and learned different ways of being physically active and few healthy recipes. They prove that they understand the importance, and benefits of physical activity and healthy eating, know how to be active and overall understood that for a healthy lifestyle one doesn't have to do demanding physical activities but do each day something and be careful of what they eat.