

**GET MOTIVATED AND MOTIVATE STUDENTS TO ADOPT A HEALTHY LIFESTYLE**

	March 28	March 29	March 30	March 31	April 1	D-Day
9-11	<b>Welcome ceremony</b> <b>Presentation of the Turkish educational system</b> Promotion of Turkish Culture	Healthy Food Workshop	Here you can leave the trip to Kaz Mountain We can start at 8.00 to have time to get back for another activity	<b>A5. Set a goal</b> Make a plan Achieve! Theoretical information Practical activity Goal setting	<b>A7. Coaching</b> First steps to coaching How can we become coaches for students	<b>DEPARTURE DAY</b>
11-13	Icebreaking Schools presentations					
13-14	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	
14-15	Expert Seminar on "Healthy Nutrition and Healthy Living Routine"	<b>A1. Self-determination theory</b> Psychological need: Autonomy, Competence, and relatedness		<b>A3.Time management</b> Theoretical information and Practical activity for Time management		
15-16	Survey Study					
16-18	Responsibilities in the project. Plans - Alina Creț	<b>A2.Participatory Workshop</b>	Responsibilities in the project. Tools for reporting - Alina Creț	<b>A4. External motivation:</b>		

	Only with school coordinators	How can fulfil the physiological need for autonomy, competence and relatedness through our project <b>Alina Creț</b>	Only with school coordinators	rewards, challenges <b>Silviu Candale</b>		
18-18.30	Return to Balikesir					
18-	Traditional Turkish Night Dinner	Free time	Free time	Free time	Free time	

#### Competences

1. Understanding and adopting new ideas, approaches, tools and actions in response to changing context
2. Awareness that individual behaviour and social factors influence health and wellbeing
3. Planning and implementing learning goals, strategies, resources and processes
4. Reflecting on and assessing purposes, processes and outcomes of learning and knowledge