



The Challenge to a Healthy life



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Erasmus+ project "The Challenge to a Healthy Life" North Macedonia

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Healthy life styles

Report

1. Introduction

Mobility has been completed successfully. The objectives of Macedonian mobility was to:

understand the principle of Mediterranean Diet,

will be aware of the danger of misinformation and disinformation when choosing the ingredients for food,

will develop skills for cooking healthy meals, new physical activities

will improve competence in English language, intercultural communication, media literacy, critical thinking

2. Summary of Feedback

The Mobility in North Macedonia was between 6 th March- 10th of March with 41 participants. On

the first day, welcoming ceremonies were made from the music teacher Kristina Cvetanoska. Coordinator Angjelina Cvetanoska give the badges with different colors forming mixed nationality groups(six colors- white, red, green, yellow, black and blue).Then teacher Slavica Blazeska and pedagogue Tatjana Kostaska made ice-breaking games all participants participated in this games. Then we had guided school tour as treasure hunt or orienteering. After lunch we went to play traditional games at Kale fort. We played different traditional games and having fun, then walk to the school and sightseeing town Kichevo. . Then six teachers lead every group Slave Gjinkovski- shopska salad, Irena Mircheski- oshav, Silvana Kirova- glass cake(fruit cake),Julijana Petreska- Chicken soup, Natasa Avramovik- pancakes, Cvetanka Kamcheva Siljanoski- healthy rice cake cooked together with the students

On the second day, we went to Tetovo and visited Painted Mosque, then went to Ski resort Popova Shapka where we had challenges and games where first place won the black group.

On the third day, we played games- "Let's refresh memory" (activity for motivation)"My Challenge", then we had workshop and presentation about green transport bicycle school best practices, after that we had handball competition where yellow group wins, then we had lunch after lunch we had polygon competition with bicycles, and playing vortex with flags, and team building games, after that Alina Cret organized meeting with school coordinators where was discussed about the next activities and about the responsibilities in the project and plans.

On the fourth day, challenge was hiking with tour guide Old town, Lower gate, Church Saint Sofija, tasting food organic food at Papas(tasting), Ohrid theater, Samoil fortress, Plaoshnik, Saint Kaneo after that next challenge was cooking Food and Nutrition: The truth behind the headlines workshop cooking healthy traditional food and tasting at secondary school Vancho Pitusheski, also teacher and student held presentation about Mediterranean food and diet. this mobility from the questionnaire the answers are from 28 all answers are positive 100% about finding new friends and liked time spent in North Macedonia, about improving English language 92,9 responded yes 7.1 no,

On the last day, the participants participated in a Challenge with facts about us, workshop and presentation about fake news, then we had kahoot quiz about activities that we had in this mobility Who remembered the most is the winner this mobility from the questionnaire the answers are from 28 all answers are positive 100% about finding new friends and liked time spent in North Macedonia, about improving English language 92,9 responded yes 7.1 no, For the things they liked most are snow, Popova Shapka, time spent together, last day activities, handball competition, trip to Ohrid, nice atmosphere....

Finally, we asked the participants if they have feelings and thoughts about th mobility, please state them, and they said the following:

- "It was a great experience, we ve had wonderful time there, everyone and everything was perfectly organised",
- "Warm and friendly environment; a feeling of mutual understanding among all our groups",
- "Wonderful and useful friendship from which we all learned something and gained new friendships that I hope we will continue.",

After the survey, there was a certification ceremony and closing.

3. Conclusions

The conclusions drawn from this report are the following:

Participants understood the principle of Mediterranean Diet and food,

Understood difference misinformation and disinformation when choosing the ingredients for food,

Developed skills for cooking healthy meals, new physical activities

Improved competence in English language, intercultural communication, media literacy and critical thinking