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

LTTA – Get motivated

Report

1. Introduction

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

- Introduce the members of the Erasmus team with each other;
- Participating in workshops and seminars for teachers on healthy eating and exercise with national experts;
- Building capacity for teachers to assist students in setting goals, planning and achieving results through strategies
- Conducting seminars and workshops with Teachers on increased motivation, reflection and time management

2. Summary of Feedback

The Mobility in Türkiye was between 28th March- 1st of April with 14 participants. On the first day, welcoming ceremonies and institution visits were made. Balıkesir District Director of National Education and Karesi District Governor were visited by the school coordinators. Next, school presentations were presented and there was an expert seminar on "Healthy Nutrition and Healthy Living Routine". After that, the participants held a readiness survey.

33 participants participated in this survey. In the question "Do you know about the Turkish education system?" 39.4% of the participants replied "Yes, I do", "30.3% of them said "No, I don't" and 30.3 % of them said "Partly". We asked "Do you know about the traditions and customs of Turkish culture?"and while 14 participants said Yes, I know about the traditions and customs of Turkish culture, 19 participants said "I partly know". In the question "Do you know about the cuisine of Turkish culture?", while 66.3 %of the participants had an idea about Turkish cuisine, 30.3% of them said "partly" and 6.1% of



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them said "No". We asked "Do you exercise regularly?" and 18 participants said "Yes, I do", 12 of them said "Partly" and 3 participants said "No". In the question of "Do you have your meals regularly?" 72.7% of the participants said they had their meals regularly but 18.2 % of them said "partly" and 9.1% of them said "No". The question of "Do you follow the news about healthy eating?", while 26 participants said they do, 6 of them said "partly". We asked "Do you have enough information about healthy eating?" and 26 participants said "Yes, I do" and 7 participants said "Partly". 84.8% of the participants have enough information about the effect of exercise on healthy living" while the rest reply "partly". 48.5% of the participants said that they have time to plan and schedule their work while 45.5% said "Partly" and 6.1 % of them said "Partly". 45.5% of the participants have enough information about time management while 39.4% of them do "partly" and 15.2% of them don't have enough time about it. 23 participants think they can spend enough time on their personal development (books, courses, education, projects) to progress in their work and be more useful to their students, 9 participants can do it "partly" and 1 participant can't do it. 78.8% of the participants said that they have significant autonomy in determining how to do their job, 18.2 of them said "partly" and 3% (1 participant) said "No". All participants believe that the training and activities we will do within the project will be useful when performing their work. 30 participants think they are qualified to coach students while 3 participants aren't. 32 participants believe that they will lead students more usefully and efficiently with the training they will receive in coaching within the scope of the project.

Finally, a meeting was held with the school coordinators about the responsibilities in the project and plans.

On the second day, there was a workshop about healthy food. After the workshop, the participants had a seminar on self determination theory and there was a workshop on participatory.

On the third day, the participants had a seminar on time management. After that, there was a trekking organisation in Kazdağları. At the end of the day, a meeting was held with the school coordinators about the responsibilities in the project.

On the fourth day, there was an orienteering activity in Avlu Park. Then, there were seminars on external motivation and Set a goal, Make a plan, Achieve! and there was a participatory workshop.



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On the last day, the participants participated in a seminar on coaching (first steps to coaching) and then there was a reflection activity. The participants did the feedback questionnaire.

26 participants participated in the Satisfaction Survey. All the participants think that they gained a positive perspective on the traditions and customs of Turkish culture. While 61.5% of the participants think Turkish cuisine is suitable for the rules of a healthy diet, 38.5% of them don't think. As a result of the training they received, 92.3% of the participants think they gained awareness about the importance of exercising regularly, but 7.7% of them think they didn't. 76.9% of the participants said their level of knowledge about healthy eating has increased while 19.2% of them said "partly" and 3.8% of them said "No". As a result of the training they received, 25 participants said they are motivated to use the knowledge they learned in their daily life, only one participant said "partly". 80.8% of the participants think they have developed the skills necessary for their work, 19.2% of them said "partly". Regarding the capacity to carry out activities related to their work, while 92% of them said they are sure, 8% of them said "partly". 88.5% of them believe that the sufficiency training they got within this project will be helpful in fulfilling their profession. But 7.7% of them said "partly" and 3.8% of them said "No". According to 80.8% of the participants, they believe that as a result of the training they received within the scope of the project, they've reached the qualification to coach the students, 19.2% of them said "partly". 25 participants believe that they will be more useful to their students with the training they receive and the activities they do, only one participant said "partly". 84.6% of the participants think The activities helped them to know Turkish culture better, 15.4% of them think "partly". In line with the training, all the participants think they have received within the scope of the project and the activities we have carried out, they will direct their students correctly in this regard and try to create a change in behaviour. Finally, we asked the participants if they have feelings and thoughts about the Turkish teacher 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.",



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- "It would have been good if we had stuck more tightly to the schedule of hours so as not to give the impression of waiting for something.",
- "Thanks to this training I've improved my knowledge about Turkish culture. It was well organised.",
- "Everything was excellent, the Turkish people were really friendly to all of us and helpful. Thank you Turkiye!",
- "Everything took place in full harmony. Thank you.",
- "As a guest in this mobility, I met a very friendly host group, attentive and receptive to all the needs of the guests. I appreciate the work of everyone in this project, who I hope and believe will successfully achieve their chosen goal! :)".

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

3. Conclusions

The conclusions drawn from this report are the following:

- Most of the participants were positive in terms of the training they received in Türkiye, they think they gained awareness about the importance of exercising regularly,
- About 80% of the participants think their level of knowledge about healthy eating has increased with this mobility,
- As a result of the training they got, 25 participants said they are motivated to use the knowledge they learned in their daily life, only one participant said "partly",
- 80% of the participants think they have developed the skills necessary for their work,
- The majority of the participants are sure about the capacity to carry out activities related to their work and the sufficiency training they got within this project will be helpful in fulfilling their profession,
- they've reached the qualification to coach the students,
- they will be more useful to their students with the training they receive and the activities they do,
- they will direct their students correctly in this regard and try to create a change in behaviour.



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- Almost all the partners are glad about the organisation, hospitality, experience, friendship and harmony they had in Türkiye mobility, only one participant thinks the participants should stick more tightly to the schedule of hours.