

Application

Programme	Erasmus+
Action Type	KA122-SCH - Short-term projects for mobility of learners and staff in school education
Call	2022
Round	Round 1

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Context

Welcome to the application form for a short-term Key Action 1 project in School Education

Please verify that your organisation is eligible for the field you have chosen. If you are not certain which field you can apply for, you should contact your National Agency for advice.

Field of application	School Education
Project title	Zdravo je pravo!
Project title in English	Healthy is the right way to go!

Project start date (dd/mm/yyyy)	Project duration (in months)	Project end date (dd/mm/yyyy)	National Agency of the applicant organisation	Language used to fill in the form
01/06/2022	18	30/11/2023	HR01 - Agency for Mobility and EU Programmes Agencija za mobilnost i programme Europske unije (AMPEU)	Croatian

For the list and contact information of Erasmus+ National Agencies, please consult the following page: [List of National Agencies](#).

Applicant organisation

OID	Legal name	Country	Region	City	Website
E10120996	Osnovna skola Ivana Mazuranica	Croatia	Vukovarsko-srijemska županija	Vinkovci	www.os-imazuranica-vk.skole.hr

Hosting organisations

OID	Legal name	Country	Region	City	Website
E10039300	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U.	Spain	Comunidad Valenciana	El Campello - Alicante	www.pmserasmusplus.com
E10221762	Erasmus Learning Academy	Italy	Emilia-Romagna	Bologna	www.erasmuslearningacademy.eu
E10214940	Trip and Learn (ES)	Spain	Andalucía	Marbella	www.tripandlearn.com
E10168250	STANDO LTD	Cyprus	Κύπρος (Κύπρος)	Nicosia	www.standoutedu.com

Participating Organisations

To complete this section, you will need your organisation's identification number (OID). Since 2019, the Organisation ID has replaced the Participant Identification Code (PIC) as unique identifier for actions managed by the Erasmus+ National Agencies.

If your organisation has previously participated in Erasmus+ with a PIC number, an OID has been assigned to it automatically. In that case, you must not register your organisation again. Follow this link to find the OID that has been assigned to your PIC: [Organisation Registration System](#)

You can also visit the same page to register a new organisation that never had a PIC or an OID, or to update existing information about your organisation.

Osnovna skola Ivana Mazuranica (E10120996 - HR)

Organisation ID	Legal name	Country
E10120996	Osnovna skola Ivana Mazuranica	Croatia

Applicant details : Osnovna skola Ivana Mazuranica

Legal name	Osnovna skola Ivana Mazuranica
Country	Croatia
Region	Vukovarsko-srijemska županija
City	Vinkovci
Website	www.os-imazuranica-vk.skole.hr

Hosting Organisations

Please describe your plans in terms of potential destination countries and hosting organisations.

- What kind of hosting organisations do you plan to cooperate with?

Namjeravamo surađivati s organizacijama koje pripremaju tečajeve strukturirane i planirane za Erasmus+ KA122 projekte. Strukturirani tečajevi koje namjeravamo pohađati su: "Outdoor recreation, fitness and nature for a healthy lifestyle" https://www.schooleducationgateway.eu/en/pub/teacher_academy/catalogue/detail.cfm?id=181989&cbmid=53083465 u organizaciji Project Management Spain Erasmus Plus, u Reykjaviku, Island; "To provide healthy lifestyle habits to disabled students" https://www.schooleducationgateway.eu/en/pub/teacher_academy/catalogue/detail.cfm?id=89621&cbmid=53107763 u organizaciji TripandLearn (Barcelona, Španjolska) te tečajevi organizacije STANDOutEdu (Nicosia, Cipar) "Inspiring healthy lifestyles to learners (children, youths, adults) " https://www.schooleducationgateway.eu/en/pub/teacher_academy/catalogue/detail.cfm?id=57293&cbmid=53108300 and "Health and Emotional Education: Creating Positive and Effective climate among learners (children, youths, adults)" https://www.schooleducationgateway.eu/en/pub/teacher_academy/catalogue/detail.cfm?id=67214&cbmid=53117000 te <https://www.erasmustrainingcourses.com/outdoor-education.html> u organizaciji Erasmus Learning Academy, Bologna, Italija. Organizacije s kojima namjeravamo surađivati nude obuku iz područja u kojemu se želimo usavršavati. Metodologija rada prilagođena je Erasmus+ programima (zastupljena su i predavanja i praktična primjena znanja, kulturna dimenzija, omogućen prostor za razmjenu iskustava među sudionicima), a svoje programe ove organizacije nude na portalima koji procjenjujemo pouzdanima i vjerodostojnima. Na svaki od ovih tečajeva namjeravamo poslati po dva djelatnika škole (učitelj ili stručni suradnik) kako bismo ojačali njihova znanja o zdravom životnom stilu te razvili njihove kompetencije u navedenom području s ciljem ojačavanja zdravih životnih navika kod svih naših učenika.

- Have you already had contacts or previous cooperation with any potential hosting partners?

Ne, ni sa jednom od planiranih organizacija nismo do sada surađivali. Organizaciju Stando LTD smo kontaktirali tijekom pisanja ove prijave kako bismo zatražili njihov OID broj, ostale još nismo kontaktirali. Ukoliko naša prijava bude odobrena, javit ćemo se organizacijama domaćinima kako bismo dogovorili termin i način provođenja aktivnosti mobilnosti.

- If you have not yet identified all of your hosting partners, please explain how you plan to find suitable hosting organisations for the mobilities you propose to organise.

Svi su planirani partneri definirani i identificirani.

If you have already identified some of the potential hosting organisations for your mobility activities, you may list them here. When adding an organisation, you can use an Organisation ID to fill in all the information instantly (if the organisation has an OID), or you can introduce the needed information manually.

Organisation ID	Legal name	Country
E10039300	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U.	Spain
E10221762	Erasmus Learning Academy	Italy
E10214940	Trip and Learn (ES)	Spain
E10168250	STANDO LTD	Cyprus

My organisation plans to work with other supporting organisations that are not going to host our participants, but are going to help with the implementation of activities.

Hosting Organisation Details : PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U.

In case the organisation has an Organisation ID, you can introduce the Organisation ID in the appropriate field and the organisation's data will be loaded automatically. If the organisation does not have an Organisation ID , you can fill in the needed information manually.

Legal name	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U.
Country	Spain
Region	Comunidad Valenciana
City	El Campello - Alicante
Website	www.pmserasmusplus.com
Is the organisation a public body ?	No
Is the organisation a non-profit ?	No

Hosting Organisation Details : Erasmus Learning Academy

In case the organisation has an Organisation ID, you can introduce the Organisation ID in the appropriate field and the organisation's data will be loaded automatically. If the organisation does not have an Organisation ID , you can fill in the needed information manually.

Legal name	Erasmus Learning Academy
Country	Italy
Region	Emilia-Romagna
City	Bologna
Website	www.erasmuslearningacademy.eu
Is the organisation a public body ?	No
Is the organisation a non-profit ?	No

Hosting Organisation Details : Trip and Learn (ES)

In case the organisation has an Organisation ID, you can introduce the Organisation ID in the appropriate field and the organisation's data will be loaded automatically. If the organisation does not have an Organisation ID , you can fill in the needed information manually.

Legal name	Trip and Learn (ES)
Country	Spain
Region	Andalucía
City	Marbella
Website	www.tripandlearn.com
Is the organisation a public body ?	No
Is the organisation a non-profit ?	No

Hosting Organisation Details : STANDO LTD

In case the organisation has an Organisation ID, you can introduce the Organisation ID in the appropriate field and the organisation's data will be loaded automatically. If the organisation does not have an Organisation ID, you can fill in the needed information manually.

Legal name	STANDO LTD
Country	Cyprus
Region	Κύπρος (Kýpros)
City	Nicosia
Website	www.standoutedu.com
Is the organisation a public body ?	No
Is the organisation a non-profit ?	No

Background

In this section you should answer the question: "Who are you as an organisation?"

If you are applying on behalf of a larger organisation with multiple departments or sections, it is important that you clearly describe the structure of the entire organisation and explain which parts of the organisation are working in the field covered by this application. The field of the application is stated in the section 'Context'. It can be adult education, vocational education and training, or school education.

The following information is completed based on the information linked to your organisation identification number (OID):

Is the organisation a public body?	Yes
Is the organisation a non-profit?	Yes

Please choose the organisation type that best describes your organisation.

Type of Organisation	School/Institute/Educational centre – General education (primary level)
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Please briefly present your organisation.

i. What are your organisation's main activities? What kind of learning programmes is your organisation offering? If your organisation is providing more than one educational programme, please specify which of those programmes belong to the field of this application.

Osnovna škola Ivana Mažuranića javna je škola čiji je osnivač Grad Vinkovci. Školu pohađa 400-tinjak učenika od 6 do 14 godina. Osim obaveznog kurikuluma i dodatne nastave iz gotovo svih predmeta, škola učenicima nudi i veliki izbor različitih izvannastavnih aktivnosti: GLOBE program, debatni klub, dramsku i likovnu skupinu, školski zbor, skupine ekologa, nutricionista i kemičara, domaćinstvo... U školi se poseban pozornost pridodaje razvijanju zdravih životnih navika naših učenika, stoga u školi provodimo niz programa usmjerenih tom cilju. "Živjeti s prirodom - živjeti zdravo" - svrha mu je rad s učenicima usmjeren na promicanje zdravog stila življenja, škola mentor za prehranu smo od 2019-/2020. godine - učenicima više puta tjedno nudimo zdrave obroke osmišljene u suradnji s nutricionistima HZJZ-a, u projektu Ministarstva poljoprivrede Školske sheme odabrani smo za sve kategorije. Kroz sva 3 projekta za učenike pripremamo i predavanja te edukativne materijale.

ii. What profiles and ages of learners do you work with?

Naši su učenici 6-14 godina starosti. Učenici su podijeljeni u dvije veće skupine, ovisno o razredu koji pohađaju. Učenici 1.-4. razreda su učenici nižih razreda i njihovo se pohađanje nastave donekle razlikuje od pohađanja nastave učenika viših razreda, 5.-8. Učenici nižih razreda su manje uključeni u međunarodne projekte zbog slabijeg poznavanja engleskog jezika i digitalnih tehnologija, ali i oni su uključeni u mjeri i na način koji odgovara njihovoj dobi i interesima. Učenici viših razreda će biti oni koji će biti najviše zahvaćeni ovim projektom obzirom na to da svojim znanjima i vještinama mogu lakše sudjelovati u širem rasponu različitih projektnih aktivnosti.

iii. How many years of experience does your organisation have implementing these learning programmes?

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What is the size of your organisation in terms of number of learners and staff? If your organisation is working in more than one field of education and training, please only include learners and staff in the field of this application.

Number of learners	400
Number of teaching staff	29
Number of non-teaching staff	19

Past Participation

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
School education staff mobility (KA101)	3	0	0	0
Newcomer organisation		Yes		
Less experienced organisation		Yes		
First time applicant		Yes		

Would you like to make any comments or add any information to the summary of your organisation's past participation?

No.

Project objectives

What are the most important needs and challenges your organisation is currently facing? How can your organisation be improved to benefit its learners? Please illustrate your answers with concrete examples.

Tijekom niza godina primjećivali smo zabrinjavajuće trendove među našim učenicima - sve ih je više bilo nezdrave tjelesne težine, uočili smo da u školi jedu uglavnom nezdravu hranu kao i da se sve manje kreću te da sve više vremena provode uz ekrane. Smatrajući kako se ti trendovi trebaju zaustaviti, prije nekoliko smo godina započeli s nizom aktivnosti i projekata kojima smo nastojali promijeniti svijest svojih učenika o njihovom vlastitom zdravlju. Iako smo dosadašnjim rezultatima uglavnom zadovoljni, rezultati ankete provedene među učenicima viših razreda pokazuju da problem još uvijek postoji i da ga treba rješavati na neke nove načine. U anketi se pokazalo da 50% naših učenika konzumira samo 3 obroka dnevno, da njih 40% preskače čak i jedan od ta tri obroka, da četvrtina naših učenika između obroka najradije jede grickalice poput smokija i čipsa, znatna većina njih (65%) ne konzumira voće svaki dan, a povrće svaki dan ne konzumira čak 75% učenika. Uz sve navedeno - njih 60% smatra kako se zdravo hrani što nam je pokazalo da jedan dio naših učenika, ne samo da nema razvijene zdrave navike, nego niti ne znaju što je zdravo kada je o prehrani riječ. Samo ih je 30% fizički aktivno svaki dan, ali su izrazito svjesni (njih 90%) da zdrava prehrana i dovoljna količina fizičke aktivnosti mogu imati znatan pozitivan utjecaj i na druga životna područja te značajno utjecati na kvalitetu života. Vjerujemo kako ulaganjem dodatnih napora, osmišljavanjem novih sadržaja i obogaćivanjem ponude izvannastavnih aktivnosti možemo pomoći svojim učenicima da steknu znanja, vještine i navike koji će im biti korisni i na dobrobit kroz cijeli život. Usvajanje samo jedne zdrave navike može znatno poboljšati opće zdravlje pojedinca, želimo svojim učenicima pomoći da usvoje što više zdravih navika kako bi kao odrasli ljudi imali što manje zdravstvenih problema bez obzira na to čime će se baviti i kakve će buduće živote za sebe izabrati. Vjerujemo da je usvajanje zdravih navika važno i korisno za sve, stoga ovim projektom želimo sami naučiti više o zdravom ponašanju i navikama, isto tako želimo naučiti kako da motiviramo što veći broj naših učenika na njegovanje zdravijeg životnog stila i kojim metodama da im pomognemo živjeti zdravije iz dana u dan.

Please define the objectives your organisation wants to achieve by implementing this Key Action 1 mobility project. Your objectives should be concrete, realistic, and should represent a real benefit for your organisation and its learners.

Objective 1

Title

What do you want to achieve?

Jačane učiteljskih kompetencija u području zdravog života i podučavanja o zdravom životu

Explanation

How is this objective linked with the needs and challenges you have described in the previous question?

Učenici koji su motivirani na postizanje nekih ciljeva i koje vode kompetentni učitelji će vrlo vjerojatno i ostvariti zadani cilj. Kako bismo najprije potaknuli svoje učenike na promjene životnih navika, a onda ih i ohrabivali, podučavali i nadahnjivali na tom putu - i sami moramo učiti i osnažiti svoje kompetencije u području koje je mnogima od nas nedovoljno poznato. Iako znamo kako podučavati svoje predmete - ne osjećamo se dovoljno kompetentnima voditi promjene životnog stila te su nam u tome potrebna nova znanja.

Measuring success

How are you going to evaluate if the objective has been reached?

Usvajanje novih kompetencija podučavanja bit će evaluirano kroz izvješća s aktivnosti mobilnosti gdje će svaka nova ideja, metoda, postupak ili tehnika primjenjiva u razredu biti detaljno pojašnjena.

Objective 2

Title

What do you want to achieve?

Promjena nezdravih u zdrave životne navike naših učenika

Explanation

How is this objective linked with the needs and challenges you have described in the previous question?

Obzirom na to da znatan dio naših učenika, prema rezultatima ankete, nema dovoljno znanja i ne primjenjuje u svakodnevnom životu ponašanja koja su u skladu sa zdravim životom, želimo ih osposobiti za zdraviji i kvalitetniji život. Svrha učiteljskog posla su kompetentni i zadovoljni učenici, sva znanja koja stečemo kroz život služe našim učenicima, stoga ćemo i znanja i vještine dobivene ovim projektom iskoristiti kako bismo njima pomogli da usvajaju zdrave navike koje će im biti od višestruke koristi u budućnosti.

Measuring success

How are you going to evaluate if the objective has been reached?

Anketom na početku projekta utvrdit ćemo početno stanje znanja i ponašanja naših učenika, na kraju ćemo projekta također anketom evaluirati ostvarenost zadanog cilja promjene nezdravih u zdrave životne navike.

Objective 3

Title

What do you want to achieve?

Izrada programa izvannastavne aktivnosti Zdravo je pravo

Explanation

How is this objective linked with the needs and challenges you have described in the previous question?

Nudeći učenicima izvannastavnu aktivnost usmjerenu na učenje i usvajanje zdravih navika dajemo im mogućnost da organizirano i kontinuirano tijekom školske godine usvajaju nova znanja o zdravom životu i time utječu na svoju i svijest drugih učenika o važnosti primjene tih znanja u svakodnevnom životu. Učenici koji budu pohađali navedenu izvannastavnu aktivnost su očekivano oni učenici koji će od nje imati najviše koristi (najviše će naučiti, motivirati će se na promjenu više navika), ali će on isto tako biti i oni koji će svojim vršnjacima prenositi stečena znanja čime će utjecati na promjene i njihovih životnih navika.

Measuring success

How are you going to evaluate if the objective has been reached?

Program izvannastavne aktivnosti Zdravo je pravo će biti predstavljen učiteljskom vijeću, vijeću roditelja i vijeću učenika naše škole. Svaka će skupina anketnim upitnikom procijeniti svrhovitost, inovativnost, primjenjivost i potencijal za ostvarivanje postavljenih ciljeva navedenog programa.

What topics are you going to work on in your project?

Initial and continuous training for teachers, trainers and other education staff

Physical and mental health, well-being

Activities

Please choose the types of activities you would like to implement in your project and complete the details for the activities you have chosen, please open each type of activities from the table below by clicking on their name.

In this table and in the specific summary tables below you can see the overview of the information you have provided.

Activity type	Number of participants	Average duration for participants (in days)	Number of accompanying persons	Average duration for accompanying persons (in days)	Total Grant (EUR)
Courses and training	10	7	0	0	24 476,00
	10		0		24 476,00

Summary of participant profiles

This summary table shows the overview of participant profiles in the different activities you have requested, as well as number of participants taking part in Blended mobility activities and travelling with sustainable means of transport.

Activity type	Number of participants	Out of that:			
		Participants in blended mobility	Sustainable means of transport (green travel)	Non-teaching staff	Participants with fewer opportunities
Courses and training	10		4	0	0
	10		4	0	0

Courses and training

In this part you should create a list of participants and groups of participants that you plan to involve in this type of activities. These details will serve to assess your proposal and to calculate the needed budget.

The proposed planning should give a realistic representation of what you intend to implement. Of course, all plans must evolve. During implementation you will be allowed to change details such as destinations, the number of participants and duration of activities, as long as you continue working towards the same objectives.

The purpose of this section is to calculate the budget needed to implement your planned activities. You can use the button below to read the detailed funding rules and better understand the calculations below. The section introduces an important new concept: 'Mobility flow'. A mobility flow is a participant or a group of participants going to the same destination for the same duration of time and with same arrangements. If some participants going to the same destination need to have different arrangements (for example, different travel distance or mode of travel, different duration, Blended mobility activities, etc.) then you should split that mobility flow into two or more separate ones to be able to specify the differences. It is allowed to have more than one flow going to the same destination.

The information that you provide in this table will be automatically copied in the budget details. You can come back to this table at any point in case you want to change the data or separate a mobility flow into two.

Mobility flow ID	Hosting organisation	Destination country	Number of participants	Duration (in days)	Number of accompanying persons	Duration for accompanying persons (in days)
CRS-01	Erasmus Learning Academy (E10221762 - IT)	Italy	2	7	0	0
CRS-02	Trip and Learn (ES) (E10214940 - ES)	Spain	2	7	0	0
CRS-03	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - ES)	Iceland	2	7	0	0
CRS-04	STANDO LTD (E10168250 - CY)	Cyprus	2	7	0	0
CRS-05	STANDO LTD (E10168250 - CY)	Cyprus	2	7	0	0
			10	35	0	0

Mobility flow ID	Hosting organisation	Destination country	Number of participants	Participants with fewer opportunities	Blended mobility	Sustainable means of transport (green travel)	Non-teaching staff
CRS-01	Erasmus Learning Academy (E10221762 - IT)	Italy	2	0	<input type="checkbox"/>	<input checked="" type="checkbox"/>	0
CRS-02	Trip and Learn (ES) (E10214940 - ES)	Spain	2	0	<input type="checkbox"/>	<input checked="" type="checkbox"/>	0
CRS-03	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - ES)	Iceland	2	0	<input type="checkbox"/>	<input type="checkbox"/>	0
CRS-04	STANDO LTD (E10168250 - CY)	Cyprus	2	0	<input type="checkbox"/>	<input type="checkbox"/>	0
CRS-05	STANDO LTD (E10168250 - CY)	Cyprus	2	0	<input type="checkbox"/>	<input type="checkbox"/>	0
			10	0			0

Description (Courses and training)

Please describe your plans for Courses and training. If you plan to organise more than one activity of this type, your answers should cover all of the planned activities.

Please briefly describe the content of the activities you plan to organise.

CRS-01: "Outdoor Education courses: a new way of teaching and learning" Ovaj tečaj nudi polaznicima alate, ideje, praktično iskustvo integriranja obrazovanja na otvorenom u formalno orzovanje, u redovnu nastavu. Polaznici će tijekom 7 dana učiti o: načelima nastave na otvorenom, teoriji i praksi nastave na otvorenom, metodologiji - dizajniranju nastave na otvorenom, podučavanju na otvorenom u urbanom okružju, polaznici će također praktično promjenjivati stečena znanja.

CRS-02: "To Provide Healthy Lifestyle Habits to Disabled Students" - učitelji koji budu pohađali ovaj tečaj će se kroz različite pedagoške tehnike (predavanja, izleti, aktivnosti u zatvorenom) upoznati s aktivnostima koje mogu primjenjivati u svojim školama kako bi nadahnuli djecu s teškoćama na usvajanje više navika zdravog življenja.

CRS-03: "Outdoor recreation, fitness and nature for a healthy lifestyle" - sudionici ovog tečaja usvojit će znanja i vještine potrebne da potaknu svoje učenike na promjenu životnih navika kroz promociju zdravog života, organiziranje individualnih i grupnih vježbanja, nutricionizam i upravljanje aktivnostima fitnessa.

CRS-04: "Health and Emotional Education: Creating a positive and effective climate among learners (children, youths, adults)" - dvoje će učitelja iz naše škole na ovom tečaju svladati tehnike podučavanja o zdravim svakodnevnim navikama (prehrana, vježbanje, povezanost s prirodom), o sobnom razvoju (upravljanje stresom, emotivna ravnoteža) i o razvoju drugih životnih vještina kod učenika.

CRS-05: "Inspiring Healthy Lifestyles to Learners (children, youths, adults)" ojačat će znanja učitelja o tome kako inspirirati učenike da slijede zdrave životne navike, kako da ih usvoje za primjenu u svakodnevnom životu.

Sve su aktivnosti usmjerene jačanju učiteljskih kompetencija u podučavanju o važnostima i usvajanju navika zdravog života. Učitelji, polaznici tečajeve, će kroz sedam dana stjecati teorijska i praktična znanja o implementaciji zdravih životnih navika u život učenika kroz različite metodičke postupke. Usvojena znanja će i primijeniti tijekom tečaja. Svi su tečajevi strukturirani na sličan način - sastoje se od predavanja nakon kojih slijede radionice na kojima se stečena znanja primjenjuju, a uključuju i kulturnu razmjenu kao i brojne aktivnosti upoznavanja članova grupe.

What benefits are the planned activities going to bring to the involved participants?

i. Please briefly describe the expected learning outcomes: what are the participants going to learn?

Učitelji koji budu polazili ove tečajeve steći će korisna znanja i vještine u području podučavanja o zdravim životnim navikama, usvojit će nove metode i tehnike motivirajućeg i nadahnjujućeg djelovanja na učenike, svladat će nove metode i tehnike prenošenja znanja i rada s učenicima što će im koristiti, ne samo u provođenju ovog projekta, nego i u drugim aktivnostima kojima će se kroz učitečjsku karijeru baviti.

Sudionici će ovih aktivnosti naučiti:

- predstaviti učenicima ideju zdravog života
- uključiti zdrave aktivnosti u kurikulum svoga (i drugih) predmeta
- motivirati učenike na svim razinama usvojenosti zdravih životnih navika
- koristiti aktivnosti na otvorenom za osobni i društveni razvoj
- iskusiti i primijeniti metode rada na otvorenom
- primjenjivati aktivnosti kojima će promovirati zdrav život među učenicima
- metode kojima će učenicima pomoći da usvoje zdravije životne navike.

ii. How are you going to evaluate the learning outcomes after the activities have taken place?

Ishodi učenja će se vrednovati na tri razine. Najprije će sami učitelji upućeni na aktivnosti mobilnosti po povratku s mobilnosti podnijeti izvješće u kojem će detaljno objasniti što su naučili i na koji se način njihova znanja mogu primijeniti u svakodnevnom radu. Stečena će se znanja evaluirati i na sjednicama učiteljskog vijeća gdje će ostali učitelji anketnim ispitivanjem procijeniti inovativnost, kvalitetu i primjenjivost naučenog u svakodnevnom radu na temama zdravog životnog stila. Posljednja razina evaluacije bit će razgovor Erasmus+ tima sa sudionicima mobilnosti na kojem će se evaluirati zaključci samih sudionika i anketnog ispitivanja učiteljskog vijeća kako bi utvrdili na koji će se način koristiti naučeno.

iii. How are the learning outcomes going to be recognised?

Ishodi učenja stečeni na aktivnostima mobilnosti bit će dio programa rada nove izvannastavne aktivnosti koja će se baviti razvojem zdravih životnih navika učenika. Metode, postupci, tehnike, teorijska i praktična znanja naučena na aktivnostima mobilnosti bit će temelj na kojem će se graditi sve buduće školske aktivnosti u poručju zdravog života. Koristit će se u redovnoj nastavi kao i u izvannastavnim aktivnostima.

To which project objectives will the planned activities contribute?

Objective 1 : Jačane učiteljskih kompetencija u području zdravog života i podučavanja o zdravom životu , Objective 2 : Promjena nezdravih u zdrave životne navike naših učenika , Objective 3 : Izrada programa izvannastavne aktivnosti Zdravo je pravo

How exactly are the activities going to contribute to the project objectives listed above?

Svi navedeni tečajevi usmjereni su jačanju učiteljskih kompetencija - iako svaki od navedenih tečajeva nudi i svoje posebne sadržaje i ciljeve, svima im je zajedničko jačanje učiteljskih kompetencija u području podučavanja o zdravom životu i inspiriranju učenika na uvođenje zdravih životnih navika. Kako bi se ostvario drugi cilj - promjena učeničkih navika - važno je da učitelji znaju što žele postići i kako te da i sami znaju dovoljno o zdravom stilu života. Kako bi se što kvalitetnije osmislio i izradio planirani program rada izvannastavne aktivnosti, potrebno je upoznati se s novim metodama i pedagoškim postupcima te trendovima u podučavanju. Dodatna vrijednost ovih aktivnosti i pomoć u ostvarivanju zadanih ciljeva bit će i razmjena iskustava s kolegama, polaznicima tečajeva, koji rade u školama usmjerenima na iste ili slične ciljeve, a što nudi i mogućnost suradnje u nekim drugim aktivnostima ili projektima.

How are you going to select the participants for planned activities?

i. Please describe the selection process and the criteria you plan to use.

Sudionici za planirane aktivnosti bit će odabrani kroz dva kruga. Prvi će se krug odnositi na iskazivanje interesa za sudjelovanjem u projektu, odnosno za iskazivanjem interesa za pojedine projektne aktivnosti. Ukoliko za jednu projektnu aktivnost bude zainteresirano više učitelja nego je planirano sudionika, sudionici koji nisu ranije sudjelovali u Erasmus+ aktivnostima mobilnosti imat će prioritet u odnosu na druge sudionike. Ukoliko i dalje bude više zainteresiranih kandidata nego raspoloživih mjesta - u drugom će krugu svi zainteresirani sudionici odgovoriti na pitanja kojima će Erasmus+ tim pokušati procijeniti njihovu motivaciju, spremnost na primjenu naučenog i potencijal za sudjelovanjem u drugim vrstama projektnih aktivnosti.

ii. Why did you choose this method of selecting participants?

Smatramo kako je dobro da se nikoga ni na što ne prisiljava, odnosno da svaki učitelj sudjeluje samo u onim aktivnostima za koje ima interes. Kako svima želimo pružiti jednaku priliku za sudjelovanje, a brojem sudionika smo ograničeni i svi zainteresirani ne mogu sudjelovati - dodatni je krug odabira potreban kako bi se na temelju provjerljivih podataka utvrdilo zašto je jedan kandidat bolji od drugog.

Budget

Budget summary

Activity type	Organisational support (EUR)	Individual support (EUR)	Travel (EUR)	Course fees (EUR)	Linguistic support (EUR)	Preparatory visits (EUR)	Inclusion support (EUR)	Total (EUR)
Courses and training	1 000,00	14 436,00	3 440,00	5 600,00			0,00	24 476,00
	1 000,00	14 436,00	3 440,00	5 600,00			0,00	24 476,00

Details

Activity type	Individual support for participants (EUR)	Standard travel (EUR)	Sustainable means of transport (green travel) (EUR)	Inclusion support for participants (EUR)	Inclusion support for organisations (EUR)
Courses and training	14 436,00	2 160,00	1 280,00	0,00	0,00
	14 436,00	2 160,00	1 280,00	0,00	0,00

Organisational Support

Organisational support covers various costs directly linked to the implementation of mobility activities and not covered by other cost categories..

This includes preparation (pedagogical, intercultural and other), mentoring, monitoring and support of participants during mobility, services, tools and equipment needed for virtual components in blended activities, recognition of learning outcomes, sharing results and making the European Union funding visible to the public.

Please keep in mind that organisational support covers costs incurred by both sending and hosting organisations (except in the case of staff mobility for courses and training). The grant should be shared between the two organisations according to their tasks and expenses.

Mobility flow ID	Activity type	Hosting organisation	Destination country	Number of participants	Number of accompanying persons	Organisational support base rate (EUR)	Organisational support grant (EUR)
CRS-01	Courses and training	Erasmus Learning Academy (E10221762 - IT)	Italy	2	0	100,00	200,00
CRS-02	Courses and training	Trip and Learn (ES) (E10214940 - ES)	Spain	2	0	100,00	200,00
CRS-03	Courses and training	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - ES)	Iceland	2	0	100,00	200,00
CRS-04	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	0	100,00	200,00
CRS-05	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	0	100,00	200,00
				10	0	500,00	1 000,00

Travel

Travel grant covers the return travel costs of participants and accompanying persons from their place of origin to the venue of the activity.

Travel costs can also be covered for travel to the venue of pre-departure training organised by the National Agency.

Mobility flow ID	Activity type	Hosting organisation	Destination country	Number of participants	Number of accompanying persons	Sustainable means of transport (green travel)	Travel Distance	Exceptional costs for expensive travel (EUR)	Travel unit cost (EUR)	Travel grant (EUR)
CRS-01	Courses and training	Erasmus Learning Academy (E10221762 - IT)	Italy	2	0	<input checked="" type="checkbox"/>	500 - 1999 km		320,00	640,00
CRS-02	Courses and training	Trip and Learn (ES) (E10214940 - ES)	Spain	2	0	<input checked="" type="checkbox"/>	500 - 1999 km		320,00	640,00
CRS-03	Courses and training	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - ES)	Iceland	2	0	<input type="checkbox"/>	3000 - 3999 km		530,00	1 060,00
CRS-04	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	0	<input type="checkbox"/>	500 - 1999 km		275,00	550,00
CRS-05	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	0	<input type="checkbox"/>	500 - 1999 km		275,00	550,00
				10	0					3 440,00

Individual Support

Individual support covers costs of subsistence for participants and accompanying persons during the activity. Please note that in order for calculations to be completed, you need to specify your National Agency in section Context and you need to choose the destination country in section Activities.

Individual support can also cover subsistence costs for travel time before and after the activity. For more details, please refer to the Programme Guide.

Mobility flow ID	Activity type	Hosting organisation	Destination country	Number of participants	Duration (in days)	Number of accompanying persons	Duration for accompanying persons (in days)	Travel days	Individual support base rate for participants (EUR)	Individual support base rate for accompanying persons (EUR)	Individual support grant for participants (EUR)	Individual support grant for accompanying persons (EUR)	Total individual support grant (EUR)
CRS-01	Courses and training	Erasmus Learning Academy (E10221762 - Italy IT)		2	7	0	0	4	144,00	0,00	3 168,00	0,00	3 168,00
CRS-02	Courses and training	Trip and Learn (ES) (E10214940 - ES)	Spain	2	7	0	0	4	144,00	0,00	3 168,00	0,00	3 168,00
CRS-03	Courses and training	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - ES)	Iceland	2	7	0	0	2	162,00	0,00	2 916,00	0,00	2 916,00
CRS-04	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	7	0	0	2	144,00	0,00	2 592,00	0,00	2 592,00
CRS-05	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	7	0	0	2	144,00	0,00	2 592,00	0,00	2 592,00
				10	35	0	0	14			14 436,00	0,00	14 436,00

Course fees

Course fees cover enrolment fees for courses and training.

Mobility flow ID	Activity type	Hosting organisation	Destination country	Number of participants	Duration (in days)	Total number of days for course fees	Course fees unit costs (EUR)	Course fees grant (EUR)
CRS-01	Courses and training	Erasmus Learning Academy (E10221762 - IT)	Italy	2	7	14	80,00	1 120,00
CRS-02	Courses and training	Trip and Learn (ES) (E10214940 - ES)	Spain	2	7	14	80,00	1 120,00
CRS-03	Courses and training	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - ES)	Iceland	2	7	14	80,00	1 120,00
CRS-04	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	7	14	80,00	1 120,00
CRS-05	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	7	14	80,00	1 120,00
				10	35			5 600,00

Inclusion Support

Inclusion support covers various costs related to the organisation of mobility activities for participants with fewer opportunities.

Support is provided in two forms: inclusion support for organisations and inclusion support for participants. Inclusion support for organisation is a fixed sum per participant intended to cover administrative and other minor costs. Inclusion support for participants covers 100% of any actual cost linked to the participants with fewer opportunities and their accompanying persons. For example, this can include hiring assistants or translators, as well as costs related to travel and subsistence if the standard grants for these categories are not sufficient to cover the costs. In the latter case, the full amount of travel and subsistence costs should be requested through Inclusion Support.

Mobility Flow ID	Activity type	Hosting organisation	Destination country	Number of participants in the mobility flow	Number of participants with fewer opportunities	Inclusion support for organisations (EUR)	Inclusion support for participants (EUR)
CRS-01	Courses and training	Erasmus Learning Academy (E10221762 - IT)	Italy	2	0	0,00	0,00
CRS-02	Courses and training	Trip and Learn (ES) (E10214940 - ES)	Spain	2	0	0,00	0,00
CRS-03	Courses and training	PROJECT MANAGEMENT SPAIN ERASMUS PLUS, S.L.U. (E10039300 - Iceland ES)		2	0	0,00	0,00
CRS-04	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	0	0,00	0,00
CRS-05	Courses and training	STANDO LTD (E10168250 - CY)	Cyprus	2	0	0,00	0,00
				10	0	0,00	0,00

Exceptional costs

Exceptional costs may be claimed for costs linked to entry requirements for specific countries (including visas, residence permits, vaccinations, and medical certificates) and financial guarantee (if such a guarantee is requested by the National Agency).

Cost type	Mobility Flow ID	Activity Type	Number of participants in the mobility flow	Number of participants supported with this cost item	Description and justification of expenses (EUR)	Eligible costs (EUR)	Support Rate (%)	Eligible amount
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The National Agency has requested a financial guarantee.

Quality Standards

Organisations implementing mobility activities must adhere to a common set of Erasmus quality standards. The standards exist to ensure good mobility experience and learning outcomes for all participants, and to make sure that all organisations receiving the Programme's funding are contributing to its objectives. In a mobility consortium, Erasmus quality standards apply to activities implemented by all beneficiary organisations: the coordinator and the consortium members.

The Erasmus quality standards are part of the Erasmus+ call for Key Action 1 projects. They are also presented below so you can read and easily access them again while writing your application. Where needed, appropriate application of Erasmus quality standards in the national context will be further interpreted by the relevant National Agency.

Please carefully read the Erasmus quality standards presented below and confirm your agreement.

I. Basic principles

- **Inclusion and diversity:** the beneficiary organisations must respect the principles of inclusion and diversity in all aspects of their activities. The beneficiary organisations must ensure fair and equal conditions for all participants.

Whenever possible, the beneficiary organisations should actively engage and involve participants with fewer opportunities in their activities. The beneficiary organisations should make maximum use of the tools and funding provided by the Programme for this purpose.

- **Environmental sustainability and responsibility:** the beneficiary organisations must promote environmentally sustainable and responsible behaviour among their participants. The beneficiary organisations should make maximum use of the funding provided by the Programme to support sustainable means of travel.
- **Digital education – including virtual cooperation, virtual mobility and blended mobility:** the beneficiary organisations should use digital tools and learning methods to complement their physical mobility activities, and to improve the cooperation with partner organisations. The beneficiary organisations should make maximum use of the digital tools, online platforms, and other opportunities provided by the Programme for this purpose.
- **Active participation in the network of Erasmus organisations:** one of the objectives of the Programme is to support the development of the European Education Area. Beneficiary organisations should seek to become active members of the Erasmus network, for example by hosting participants from other countries, or by taking part in exchanges of good practices and other contact activities organised by the National Agencies or other organisations. Experienced organisations should share their knowledge with other organisations that have less experience in the Programme by providing advice, mentorship or other support. Where relevant, beneficiary organisations should encourage their participants to take part in alumni activities and networks.

II. Good management of mobility activities

- **Core tasks - keeping ownership of the activities:** the beneficiary organisations must keep ownership of core implementation tasks and may not outsource these tasks to other organisations.

The core tasks include financial management of the programme funds, contact with the National Agency, reporting on implemented activities, as well as all decisions that directly affect the content, quality and results of the implemented activities (such as the choice of activity type, duration, and the hosting organisation, definition and evaluation of learning outcomes, etc.)

- **Supporting organisations, transparency and responsibility:** in practical aspects of project implementation, the beneficiary organisations may receive advice, assistance or services from other organisations, as long as the beneficiary organisations keep control of the content, quality and results of the implemented activities, as described under 'core tasks'.

If beneficiary organisations use programme funds to pay other organisations for specific implementation tasks, then the obligations of such organisations must be formally defined to ensure compliance with the Erasmus quality standards and protection of the Union funds. The following elements must be included in the formal agreement between the beneficiary and the service provider: tasks to be carried out, quality control mechanisms, consequences in case of poor or failed delivery, and flexibility mechanisms in case of cancellation or rescheduling of agreed services that guarantee fair and balanced sharing of risk in case of unforeseen events. Documentation defining these obligations must be available for review by the National Agency.

Organisations that assist the beneficiary with specific implementation tasks (on paid or voluntary basis) will be considered supporting organisations and must be registered in the official reporting tools. The involvement of supporting organisations must bring clear benefits for organisational development of the beneficiary organisation and for the quality of mobility activities.

In all cases, the beneficiary organisation will stay responsible for the results and quality of implemented activities, regardless of the involvement of other organisations.

- **Contributions paid by participants:** as a form of co-funding, the beneficiary organisation may ask participants in mobility activities for contributions to pay for goods and services necessary for the implementation of those activities. The size of the participants' contributions must remain proportional to the grant awarded for the implementation of the activity, must be clearly justified, collected on a non-profit basis, and may not create unfair barriers to participation (especially concerning participants with fewer opportunities). Additional fees or other participant contributions cannot be collected by supporting organisations or other service providers chosen by the beneficiary organisation.
- **Integrating results of mobility activities in the organisation:** beneficiary organisations must integrate the results of the implemented mobility activities (e.g. knowledge gained by staff in professional development) in their regular work, in order to benefit the organisation as a whole, its staff, and learners.
- **Developing capacity:** beneficiary organisations should use the programme funds (and organisational support in particular) in a way that gradually increases their capacity to work internationally on a sustainable, long-term basis. In a mobility consortium, all organisations should benefit in this way.
- **Regular updates:** beneficiary organisations must regularly encode the information about planned and completed mobility activities in the tools provided for this purpose by the European Commission.
- **Gathering and using participants' feedback:** beneficiary organisations must ensure that participants complete the standard report about their activities, as provided by the European Commission. The beneficiary organisations should make use of the feedback provided by the participants to improve their future activities.

III. Providing quality and support to the participants

- **Practical arrangements:** the beneficiary organisations must ensure the quality of practical and logistic arrangements (travel, accommodation, visa applications, social security, etc.). If these tasks are delegated to the participant or a service provider, the beneficiary organisation will remain ultimately responsible for verifying their provision and quality.
- **Health, safety and respect of applicable regulation:** all activities must be organised with a high standard of safety and protection for involved participants and must respect all applicable regulation (for example regarding parental consent, minimum age of participants, etc.). The beneficiary organisations must ensure that their participants have appropriate insurance coverage, as defined by the general rules of the Programme and the applicable regulation.
- **Selection of participants:** participants must be selected through a transparent, fair and inclusive selection procedure.
- **Preparation:** participants must receive appropriate preparation in terms of practical, professional and cultural aspects of their stay in the host country. The preparation should be organised in collaboration with the hosting organisation (and the hosting families, where relevant).
- **Monitoring and mentoring:** where relevant based on the format of the activity, the sending and hosting organisations must identify a mentor or a similar key person who will be following the participant during their stay at the hosting organisation and who will help them achieve the desired learning outcomes. Particular attention should be given to the introduction and integration of the participants at the hosting organisation, and to the monitoring of the learning process.
- **Support during the activity:** participants must be able to request and receive support from their hosting and sending organisations at any time during their mobility. Contact persons in both organisations, means of contact, and protocols in case of exceptional circumstances must be defined before the mobility takes place. All participants must be informed about these arrangements.
- **Linguistic support:** the beneficiary organisation must ensure appropriate language training, adapted to the personal and occupational needs of the participants. Where appropriate, the beneficiary organisation should make maximum use of the specific tools and funding provided by the Programme for this purpose.
- **Definition of learning outcomes:** the expected learning outcomes of the mobility period must be agreed for each participant or group of participants. The learning outcomes must be agreed between the sending and hosting organisations, as well as the participant (in case of individual activities). The form of the agreement will depend on the type of the activity.
- **Evaluation of learning outcomes:** learning outcomes and other benefits for the participants should be

systematically evaluated. Results of the evaluation should be analysed and used to improve future activities.

- **Recognition of learning outcomes:** formal, informal and non-formal learning outcomes and other results achieved by the participants in mobility activities must be appropriately recognised at their sending organisation. Available European and national instruments should be used for recognition whenever possible.

IV. Sharing results and knowledge about the programme

- **Sharing results within the organisation:** beneficiary organisations should make their participation in the Programme widely known within the organisation and create opportunities for participants to share their mobility experience with their peers. In case of mobility consortia, the sharing should take place in the whole consortium.
- **Sharing results with other organisations and the public:** beneficiary organisations should share the results of their activities with other organisations and the public.
- **Publicly acknowledging European Union funding:** beneficiary organisations should make their participation in the Programme known in their community and in the wider public. Beneficiary organisation also must inform all participants about the source of their grant.

Subscribing to Erasmus Quality Standards

To apply for a Key Action 1 mobility project, your organisation must subscribe to the quality standards described above and accept to be evaluated based on those standards. Please read the following statements carefully and confirm your agreement:

- I have read and understood the above quality standards
- I understand and agree that these quality standards will be used as part of the criteria for evaluation of my project at final report stage

Follow-up

How are you going to ensure that your mobility activities are implemented in accordance with the Erasmus quality standards?

i. What will your organisation do to contribute to the basic principles defined by the quality standards?

Jedan od tečajeva je usmjeren na poticanje zdravih navika kod djece s teškoćama te ćemo se kroz taj tečaj posebno posvetiti toj skupini učenika, iako će biti uključeni i u sve ostale aktivnosti sukladno svojim mogućnostima i interesima. U skladu s ekološki odgovornim ponašanjem koje uvijek njegujemo - na tečajeve u Barcelonu i Bolognu namjeravamo putovati autobusom. U provedbi projekta se namjeravamo koristiti digitalnom tehnologijom i platformama (posebno eTwinning) za međusobnu i komunikaciju s partnerskim organizacijama, za predstavljanje rezultata projektnih aktivnosti, za provedbu anketa, za održavanje virtualnih sastanaka kada je to potrebno, za dijeljenje rezultata aktivnosti, za dodatnu edukaciju kroz webinare. Aktivni smo sudionici Erasmus+ programa - u ožujku ove godine domaćini smo školi iz Francuske u njihovom akreditiranom projektu s temom inkluzije. U svibnju ove godine domaćini smo akreditiranoj školi iz Njemačke, ovaj puta s temom ekologije.

ii. Who will be responsible for selection of participants, their preparation, and support during the activity?

Za odabir sudionika bit će zadužen Erasmus+ tim kojeg čine projektni koordinator, ravnateljica i stručna služba (psiholog/pedagog) škole. Oni će odabrati sudionike za svaku pojedinu aktivnost pomoću anketnog upitnika u kojem će ispitati interese, motivaciju i mogućnosti učitelja za sudjelovanje u pojedinoj aktivnosti. Projektna će koordinatorica biti pomoć u pripremi aktivnosti (organizacija puta, planiranje budžeta i follow-up aktivnosti i sl.) te tijekom provedbe kada god zatreba.

iii. Who will be responsible for definition, evaluation and recognition of learning outcomes?

Erasmus+ tim (projektni koordinator, ravnateljica, pedagog i psiholog) bit će odgovorni i za ovo područje. Prije svake će aktivnosti u fazi pripreme sudionika ciljevi učenja biti definirani i dogovoren način evaluacije. Erasmus+ tim će kroz blisku suradnju sa sudionicima aktivnosti osigurati da se rezultati učenja jasno definiraju i vrednuju.

iv. Who will be responsible for ensuring that standards on good management of mobility activities are being respected?

Erasmus+ tim (projektni koordinator, ravnateljica, pedagog i psiholog) bit će odgovorni i za ovo područje. Upravljanje projektnim aktivnostima najvećim će dijelom biti odgovornost projektnog koordinatora, ali će i ostali članovi tima biti uključeni u plan, tijekom i eventualne poteškoće u provedbi projektnih aktivnosti.

What will you do to integrate the results of implemented mobility activities in your organisation's regular work?

I prije odlaska na aktivnosti mobilnosti početi ćemo s implementacijom projektnih sadržaja u školski kurikulum. Svi će učitelji predmetne i razredne nastave biti zaduženi da (unutar mogućnosti pojedinih predmeta) kreiraju sadržaje (materijale - digitalne ili uobičajene, aktivnosti, ishode) kojima će ishode pojedinog predmeta obogatiti ishodima povezanim s poznavanjem i usvajanjem zdravih životnih navika. Namjera nam je da u prvoj godini provedbe projekta takvih nastavnih sati bude 30 u svakom od nižih, a 50 u višim razredima. Tijekom provedbe projekta, a uključujući znanja stečena na aktivnostima mobilnosti, osmislićemo izvannastavnu aktivnost provedbe zdravstvenog odgoja kojeg će se već u sljedećoj godini provoditi pod vodstvom stručne službe škole. Naš je cilj stvoriti program koji će u potpunosti odgovarati specifičnim potrebama i karakteristikama naše škole i koji će objediniti aktivnosti koje već provodimo s novim spoznajama, znanjima i vještinama te koji će biti dovoljno fleksibilan da ga iz godine u godinu prilagođavamo novim učenicima i uvjetima. Također, namjeravamo uskladiti programe rada nekih izvannastavnih aktivnosti (nutricionisti, sportske aktivnosti, plesna skupina) s novom izvannastavnom aktivnošću kako bismo djelovali na što veći broj učenika.

What will your organisation do to share the results of its activities and knowledge about the Programme?

i. To share results within your organisation

Kako bismo rezultate projekta dijelili sa školskom zajednicom, jedan će školski pano biti mjesto gdje ćemo obavještavati zajednicu o svemu što se u projektu događa. Također će sudionici tečajeva, po povratku s tečaja, podijeliti naučeno s Učiteljskim vijećem na prvoj sljedećoj sjednici. O provedbi ostalih projektnih aktivnosti kao i o ostalim temama vezanim za projekt obavještavat ćemo ostale članove školske zajednice redovito na sjednicama Učiteljskog vijeća, školskih aktivna, roditeljskim sastancima i satima razrednika - ovisno o tome koja je tema relevantna za koju od navedenih skupina.

ii. To share results with other organisations and the public

Projekt (ciljeve, tijekom, ideju) ćemo predstaviti na 8 županijskih stručnih vijeća (hrvatski jezik, geografija, kemija, biologija, razredna nastava, TZK, matematika, informatika), a ako bude moguće - i na drugim vijećima. Poseban ćemo naglasak staviti na uključivanje projekta u redovnu nastavu pojedinog predmeta kako bismo i ostale kolege sustručnjake potaknuli na slične aktivnosti unutar njihovih škola. Projekt, njegove ciljeve tijekom i rezultate, ćemo predstavljati i u lokalnim medijima (televizija, novine i radio) kao i na mrežnim stranicama škole i u društvenim medijima (facebook, instagram).

iii. To publicly acknowledge European Union funding

Logo Erasmus+ kao i rečenica da je "projekt sufinanciran sredstvima Erasmus+ programa Europske unije" će biti prisutni

na:

- panou koji će služiti kao sredstvo obavještanja učenika, roditelja i posjetitelja škole o projektu
- mrežnoj stranici škole, u dijelu posvećenom projektu
- digitalnim materijalima koji nastanu kao rezultat rada na projektu (prezentacije, e-brođure, e-knjige i sl.)
- eventualnim promotivnim materijalima
- uručcima (brošure, leci i sl.) kojima ćemo članovima ŽSV-a, suradnicima i posjetiteljima škole prikazati najosnovnije informacije o projektu.

Project Summary

Please provide short answers to the following questions to summarise the information you have provided in the rest of the application form.

Please use full sentences and clear language. In case your project is accepted, the summary you provided will be made public by the European Commission and the National Agencies.

i. Background: Why did you apply for this project?

Obzirom na to da smo već dulje vremena svjesni potrebe za edukacijom učenika o zdravom načinu života (prehrana, kretanje, prevencija ovisničkog ponašanja) prije nekoliko smo godina počeli s primjenom različitih aktivnosti kojima nastojimo utjecati na mijenjanje učeničkih navika. Anketnim smo ispitivanjem utvrdili da većina naših učenika neam ispravnu prehranu, pogotovo se to odnosi na konzumaciju raznovrsnih prehrambenih proizvoda. Manji dio učenika trenira neki sport, a velika većina njih ne posjeduje dovoljna znanja o zdravom životu i zdravim životnim navikama. Uvođenjem zdravih dana u školsku kuhinju, provođenjem projekata... ostvarili smo manji napredak, no smatramo kako možemo i trebamo bolje. Vjerujemo kako ćemo stjecanjem novih znanja kroz tečajeve i posjete školama koje su uspješnije od nas u području koje nas zanima i sami postati kompetentniji provoditi kvalitetne programe zdravstvenog odgoja naših učenika.

Please provide a translation in English.

Given that we have long been aware of the need to educate students about a healthy lifestyle (diet, exercise, prevention of addictive behavior), a few years ago we began to implement various activities that seek to influence changes in student habits. We found that most of our students do not have a proper diet, especially when it comes to consuming a variety of food products. A small number of students is practicing some sport or physical activity daily, and the vast majority of them do not have enough knowledge about healthy living and healthy living habits. By introducing healthy days in the school kitchen, by implementing projects ... we made some progress, but we believe that we can and should do better. We believe that by acquiring new knowledge through courses and visits to schools that are more successful than us in the field we are interested in, we will become more competent to implement quality health education programs for our students.

ii. Objectives: What do you want to achieve by implementing the project

Osnovni je cilj provođenja projekta postići usvajanje zdravih navika kod većeg broja naših učenika, a smatramo da ćemo taj cilj postići ostvarenjem sljedećih manjih ciljeva:

- osnaživanje kompetencija učitelja u osmišljavanju i implementaciji programa i projekata usmjerenih stvaranju zdravih životnih navika
- kreiranje programa zdravog odgoja koji će se provoditi svake školske godine, a uključivat će bolju iskoristivost postojećih školskih resursa (vrt, kuhinja...), ljudskih potencijala i bolje praćenje rezultata
- povećan broj sati redovne nastave iz svih predmeta u kojima se uči o zdravim životnim navikama
- mijenjanje učeničkih navika: veći broj učenika koji se bave nekim sportom, veći broj učenika koji biraju pojesti zdravi obrok u školskoj kuhinji.

Please provide a translation in English.

The main goal of the project is to achieve the adoption of healthy habits in a larger number of our students, and we believe that we will achieve this goal by achieving the following minor goals:

- strengthening the competencies of teachers in the design and implementation of programs and projects aimed at creating healthy living habits
- creating a healthy education program that will be implemented every school year, and will include better use of existing school resources (garden, kitchen ...), human resources and better monitoring of results
- increased number of hours of regular classes in all subjects that teach healthy living habits
- changing student habits: more students who play sports, more students who choose to eat a healthy meal in the school kitchen.

iii. Implementation: What activities are you going to implement?

Kako bismo ostvarili projektne ciljeve, provest ćemo sljedeće aktivnosti:

- upoznati školsku i širu javnost s projektom, njegovim ciljevima, aktivnostima i očekivanim rezultatima
- 10 će naših učitelja ili stručnih suradnika pohađati tečajeve s temom razvoja i poticanja zdravih životnih navika kod učenika
- učitelji će po povratku s tečaja napraviti plan implementacije naučenog u školski kurikulum
- po završetku svih tečajeva učitelji, polaznici tečajeva, će izraditi program zdravstvenog odgoja u našoj školi utemeljen na stečenim znanjima, ali i mogućnostima i potrebama naše škole
- osmisлити plan školskih aktivnosti kojima će se promovirati projekt i njegovi ciljevi (učenici će samostalno kreirati jelovnik za jedan zdravi dan u tjednu, škola će učenicima povremeno podijeliti zdrave grickalice, tj. orašaste plodove i/ ili voće...)
- na početku i na kraju projekta anketnim istraživanjem utvrditi ostvarenost mjerljivih rezultata projekta među učenicima

Please provide a translation in English.

In order to achieve the project goals, we will carry out the following activities:

- to acquaint the school and the general public with the project, its goals, activities, expected results
- 10 of our teachers or professional associates will attend courses on the development and promotion of healthy living habits among students
- After returning from the course, teachers will make a plan for the implementation of what they have learned in the school curriculum
- after the completion of all courses, teachers, participants in the courses, will develop a program of health education in our school based on the acquired knowledge, but also the capabilities and needs of our school
- devise a plan of school activities to promote the project and its goals (students will independently create a menu for one healthy day a week, the school will occasionally distribute healthy snacks to students, ie nuts and / or fruits...)
- a survey to determine the achievement of measurable project results

iv. Results: What results do you expect your project to have?

- povećanje broja učenika koji se bave nekim sportom, organizirano ili samostalno, za 30%
- povećanje broja učenika koji će pojesti zdrav obrok u školi za 30%
- implementacija projekta u nastavne sate svakog predmeta - najmanje 30 sati u svakom razrednom odjelu
- školski program zdravstvenog odgoja - dokument koji će sadržavati ciljeve , aktivnosti, načine mjerenja ostvarenosti ciljeva u poboljšanju životnih navika naših učenika

Please provide a translation in English.

- increase in the number of students who play a sport, organized or independent, by 30%
- increase in the number of students who will eat a healthy meal at school by 30%
- implementation of the project in the teaching hours of each subject - at least 30 hours in each class department
- school program of health education - a document that will contain goals, activities, ways to measure the achievement of goals in improving the life habits of our students

Annexes

The maximum size of a file is 15 MB and the maximum total size is 100 MB.

Declaration on Honour

Please download the Declaration on Honour, print it, have it signed by the legal representative and attach.

File Name	File Size (kB)
DOH -Declaration on honour.pdf	3705
Total Size (kB)	3705

Other Documents

If needed, please attach any other relevant documents (a maximum of 9 documents). Please use clear file names. If you have any additional questions, please contact your National Agency. You can find their contact details here: [List of National Agencies](#).

File Name	File Size (kB)
Total Size (kB)	0
Total Size (kB)	3705

Checklist

Before submitting your application form to the National Agency, please make sure that:

- It fulfills the eligibility criteria listed in the [Programme Guide](#).
- All relevant fields in the application form have been completed.
- You have chosen the correct National Agency of the country in which your organisation is established. Currently selected NA is: HR01 - Agency for Mobility and EU Programmes Agencija za mobilnost i programme Europske unije (AMPEU)

The documents proving the legal status of the applicant must be uploaded in the Organisation Registration System, here: [Organisation Registration System](#) (for more details, see the Programme Guide - "Information for applicants").

Protection of Personal Data

Please read our privacy statement to understand how we process and protect [your personal data](#)

Submission History

Version	Submission time (Brussels time)	Submitted by	Submission ID	Submission status
1	16/02/2022 11:15:50	KLARIĆ Mirela	1304822	Submitted