## Coding a healthier future

2024-1-RS01-KA121-SCH-000200086





#### Co-funded by the European Union

## Project description

This project aims to promote students' and teachers' digital skills, the use of ICTs, to improve their wellbeing, to make students aware of the impact that ICT and social Media use has on their wellbeing. We include as an essential part media literacy and the development of the critical thinking of our participants for an adequate social participation and development of their social and intercultural competences.

#### Mobility to Spain Algeciras, January 2025

#### Getting to know each other with Al



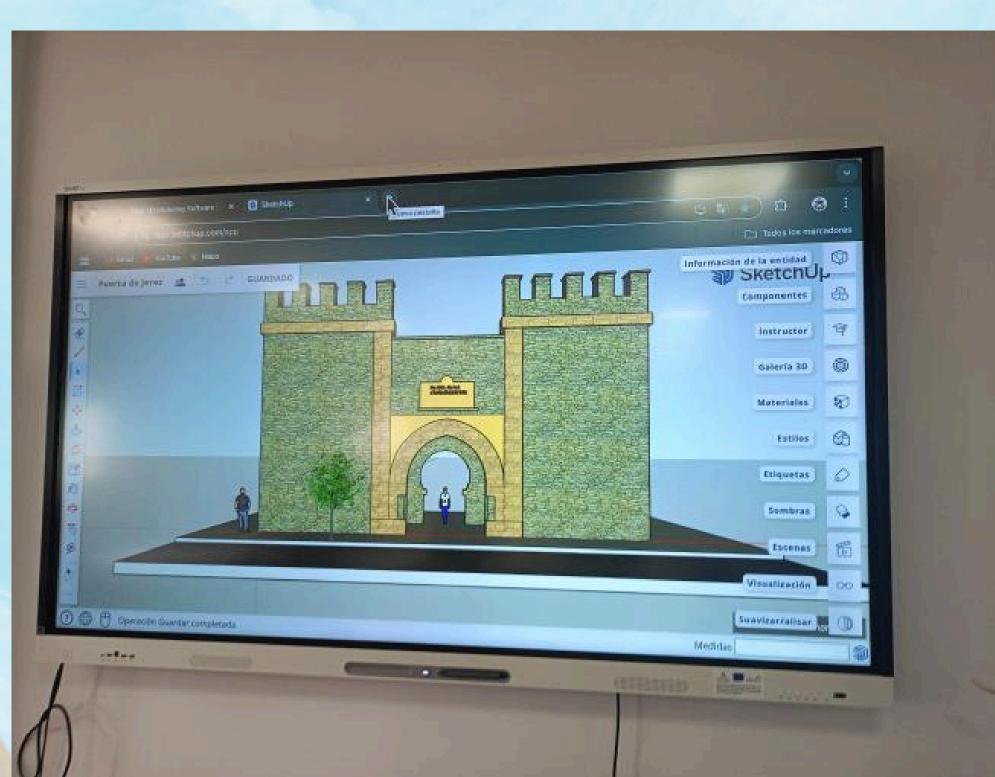




#### Mobility to Spain Algeciras, January 2025

#### **3D & Erasmus breakout games**





## Mobility to Spain Algeciras, January 2025

## Presentations on Healthy habits questionnaire results



## Mobility to Romania Tulcea, April 2025

#### **Cultural Identity Game**





## Mobility to Romania Tulcea, April 2025

#### Native Language Workshop



### Mobility to Romania Tulcea, April 2025 Debate Club





Follow - up activities in Serbia Promotion of well-being among Serbian students at Gimnazija

**Clay Workshop and Yoga Class** 



## The 1<sup>st</sup> International online conference December 2024

#### Presentations on Healthy Christmas menu





## The 2<sup>nd</sup> International online conference **March 2025 Presentations on Dietary and Beauty trends**

Małgorzata Cliszańska (Presentar)		Personas	×
	By: Group 3	🗞 Silenciar a todos	온† Añadir personas
	by. Group 5	Q. Buscar a gente	
		ESPERANDO PARA UNIRSE	
		Esperando la admisión	1 ^



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Małgorzata Olszańska (Presentar)

#### **Research methodology**

**Our Research Process:** 

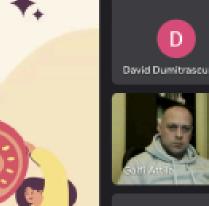
- · We reviewed scientific literature, focusing on peer-reviewed studies.
- We verified sources by relying on reputable institutions such as WHO, Harvard Health, and Mayo Clinic.
- We compared expert opinions and dietary organization guidelines.
- · We dismissed sources that lacked scientific backing or relied solely on personal anecdotes.
- How We Identified Reliable Information:

Trusted Sources: PubMed, Nature, Journal of Nutrition, Harvard Medical School.

X Unreliable Sources: Blogs without citations, articles sponsored by supplement companies.

Conclusion:

By carefully evaluating sources and analyzing data, we ensured that our research on fasting is based on facts rather than misinformation. While fasting has scientifically proven benefits, it requires a personalized approach.









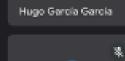
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Amalia Cráciunescu

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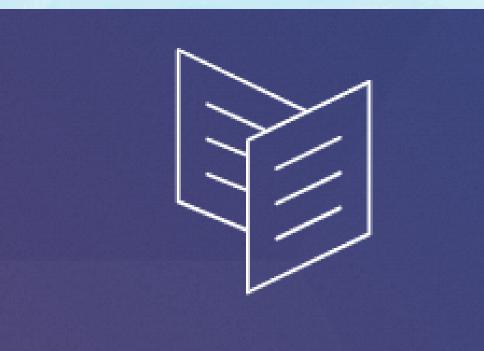




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# ICT tools used in our project











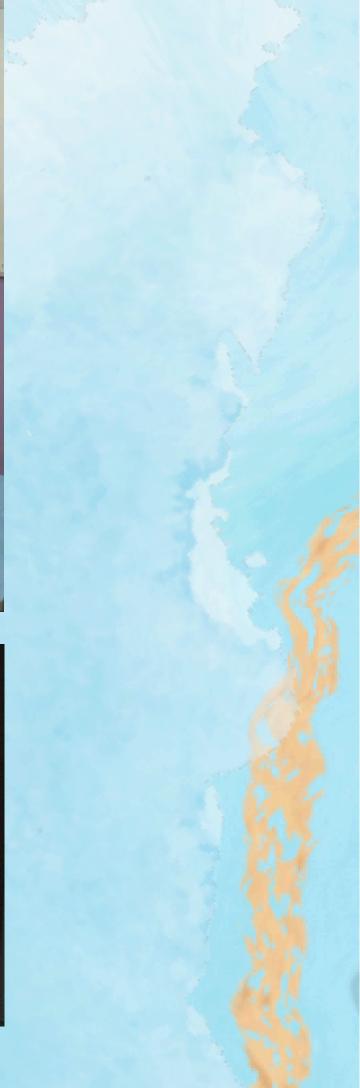
## Dissemination of our project Serbia: Presentation of our project during Science Week





## Dissemination of our project Serbia: Presentation on the results of the Healthy habits questionnaire





## Dissemination of our project Radio podcast at Gimnazija



Gimnazija Becej - Óbecsei Gimnázium November 28, 2024 · 🚱

#GimnazijaBečejNašSvet

https://youtu.be/qd-kl7LSpAY?feature=shared

Spremite se za najnovije priče iz naše gimnazije – od događaja i projekata do zanimljivih trenutaka koji su obeležili prethodne mesece.
Mentalno zdravlje + tehnologija = zdravija budućnost!

Upoznajte naše Erazmus+ goste iz Španije i Rumunije! **\*** Na Gimnazijskom radiju pričali su sa našim voditeljima o projektu "Coding a Healthier Future", gde mladi zajedno uče i pričaju o važnosti brige o mentalnom zdravlju.

Zašto je mentalno zdravlje ključno? Kako nas inovacije mogu povezati? Saznajte iz prve ruke!

Kliknite na link, pritisnite play i zavirite u ovaj inspirativni razgovor! #ErasmusPlus #MentalHealthMatters #CodingAHealthierFuture #GimnazijskiRadio

