

Context

Main objective of the project	Exchange of Good Practices
Project Title	All Disease Begins In The Gut
Project Acronym	
Project Start Date (dd-mm-yyyy)	01-09-2019
Project Total Duration	24 months
Project End Date (dd-mm-yyyy)	31-08-2021
National Agency of the Applicant Organisation	PL01 Foundation for the Development of the Education System
Language used to fill in the form	English

For further details about the available Erasmus+ National Agencies, please consult the following page:

<https://ec.europa.eu/programmes/erasmus-plus/contact>



Project Summary

Please provide a short summary of your project. Please recall that this section (or part of it) may be used by the European Commission, Executive Agency or National Agencies in their publications. It will also feed the Erasmus+ Project Results Platform.

Be concise and clear and mention at least the following elements: context/background of project; objectives of your project; number and profile of participants; description of activities; methodology to be used in carrying out the project; a short description of the results and impact envisaged and finally the potential longer term benefits. The summary will be publicly available in case your project is awarded.

In view of further publication on the Erasmus+ Project Results Platform, please also be aware that a comprehensive public summary of project results will be requested at report stage(s). Final payment provisions in the contract will be linked to the availability of such summary.

The beneficial effects of Probiotic foods on human health and nutrition are increasingly recognized by health professions and some studies show that probiotics can help reduce the number of days of school missed due to illness by boosting immune system and link the consumption of foods rich in probiotics with fewer exams' anxiety to students. In view of this growing necessity of probiotic foods we decided to make a project about it and want to make the benefits of probiotics and prebiotic foods known by students, colleagues and as many people as possible around us. While doing this we're going to do STEM education activities such as laboratory experiments and fermentation workshops which we believe will improve our students' competences.

With this project we aim to;

- * promote healthy lifestyle
- * promote creativity and innovation,
- * raise awareness among students about technology, health and nutrition topics, nutrition rules for a healthy life,
- * improve teachers' STEM pedagogy by innovating, sharing, discussing and comparing the methodologies
- * raise awareness of European citizenship and also European values
- * improve students' communication skills and other competences such as language and digital skills, problem solving skills, social and intercultural competences
- * embrace diversity, explore traditions in relation to food conservation and fermentation
- * introduce Project Based Learning and Life Skills Program

To achieve these goals we're planning to do such activities;

- * surveys will be conducted about the consumption of probiotics
- * STEM related experiments
- * presentations and interviews with nutritionists
- * fermentation workshops
- * brochures, e-books, cookbook with recipes of probiotic rich foods
- * a project corner on e-twinning
- * a variety of lesson plans by using STEM and PBL.

The project will be executed with Language, Biology, Chemistry, IT teachers and students. All the partners agreed to choose their project team according to a selection criteria. The students will be 15-19 years old and the ones who have computer skills, communication skills in English language and who are enthusiastic about projects will be selected. Participants at each mobility meeting will be six students and two teachers. We'll also involve students with fewer opportunities such as facing economic, social and geographical obstacles and the students who have health problems like diabetes to motivate them for having a healthy diet which will help to control their blood sugar. Each school's project team will be responsible for the activities and the schools' administration will be in cooperation with the project team about logistic matters. During the project there'll also be

cooperation with health institutes, local institutes and parents association. The platforms such as e-twinning and schooleducationgateway will be used for dissemination and a project corner on eTwinning with public project twinspace will be created. The students will exchange ideas and share the project's outputs through e-Twinning.

The partners will raise awareness for consuming probiotic rich foods by activities such as creating Youtube videos, making posters, creating blogs and facebook pages. There'll be surveys after each mobility meeting. The surveys will be an evaluation for us to see if the activities will have an impact on consuming probiotic rich foods. The Erasmus Project Corners will be kept up-to-date with articles, photos and posters by the students in the project team. The families and local authorities will be involved in some activities to enable the whole community to contribute to the well-being of our young people aiming a fundamental impact on the quality of their future lives.

The dissemination of the project will be through social media, booklets, a cookbook with recipes, a DVD and presentations. The main target groups are the teenagers as their eating habits tend to be unhealthy to make their peers aware of negative impacts this kind of diet has on their health.

During the execution of the project we're going to share articles from European Commission and Eurostat websites to strengthen our subject with scientific studies and also statistics.

We believe that the long term benefits of this project are;

- it'll improve the level of STEM education activities in the classroom
- it'll improve students' quality of nutrition habits and abilities
- it'll help to preserve and respect identity in an interconnected world by working together with partners from different cultures and students'll gain self-confidence for future projects
- it'll improve the students' English language level and the specific vocabulary related to science and technology and also digital skills so that they'll gain skills for future STEM projects
- it'll foster the development of social and intercultural competences of both our students and teachers.

Participating Organisations

Please note that the PIC code is a unique identifier for the organisation within the whole Erasmus+ Programme. It should be requested only once per organisation and used in all applications for all Erasmus+ actions and calls. Organisations that have previously registered for a PIC should not register again. If an organisation needs to change some of the information linked to the PIC, this can be done through (<http://ec.europa.eu/education/participants/portal/desktop/en/home.html>)

Applicant Organisation

PIC	Legal name	Country
945569193	Liceum Ogólnokształcące nr 20 w Poznaniu	Poland

Partner Organisations

No	PIC	Legal name	Country
1	923942461	Göztepe Ihsan Kursunoglu Anadolu Lisesi	Turkey
2	907239449	Gymnazium	Slovakia
3	930399363	EPAL NAFPAKTOY	Greece
4	946099395	Klaipėdos turizmo mokykla	Lithuania
5	944002837	Liceo Scientifico Statale Benedetto Croce	Italy

Project Budget Summary

This section summarises the budget you have requested and provides a breakdown per participating school. In case your project is approved, each of the participating schools will be offered a separate contract with their own budget.

Note on budget capping: According to the Programme Guide, the project budget for School Exchange Partnerships is limited to 16 500 EUR per school and per year of project duration (Special Needs Support and Exceptional Costs for Expensive Travel do not count for this cap). For your project, the current budget cap is 198,000 EUR. Please note that this cap applies to the partnership as a whole, while there is no limitation on how these funds can be divided between the schools participating in the project.

Budget Items	Grant
Project Management and Implementation	42000.00 EUR
Learning, Teaching, Training Activities	127940.00 EUR
Total Grant	169940.00 EUR

Learning, Teaching, Training Activities

ID	Activity Type	Travel Grant	Grant for Exceptional Costs for Expensive Travel	Individual Support Grant	Linguistic Support Grant	Grant
C1	Short-term joint staff training events	2750.00 EUR	0.00 EUR	6360.00 EUR	0.00 EUR	9110.00 EUR
C2	Short-term exchanges of groups of pupils	8760.00 EUR	0.00 EUR	15540.00 EUR	0.00 EUR	24300.00 EUR
C3	Short-term exchanges of groups of pupils	7680.00 EUR	0.00 EUR	15540.00 EUR	0.00 EUR	23220.00 EUR
C4	Short-term exchanges of groups of pupils	8760.00 EUR	0.00 EUR	15540.00 EUR	0.00 EUR	24300.00 EUR
C5	Short-term exchanges of groups of pupils	8250.00 EUR	0.00 EUR	15540.00 EUR	0.00 EUR	23790.00 EUR
C6	Short-term exchanges of groups of pupils	7680.00 EUR	0.00 EUR	15540.00 EUR	0.00 EUR	23220.00 EUR
Total		43880.00 EUR	0.00 EUR	84060.00 EUR	0.00 EUR	127940.00 EUR

Budget per Participating Organisation

Organisation	Country of Organisation	Grant
Liceum Ogólnokształcące nr 20 w Poznaniu (945569193)	Poland	32284.00 EUR
Göztepe İhsan Kursunoglu Anadolu Lisesi (923942461)	Turkey	29790.00 EUR
Gymnázium (907239449)	Slovakia	26284.00 EUR
EPAL ΝΑΨΡΑΚΤΟΥ (930399363)	Greece	26854.00 EUR
Klaipėdos turizmo mokykla (946099395)	Lithuania	27364.00 EUR
Liceo Scientifico Statale Benedetto Croce (944002837)	Italy	27364.00 EUR

Liceum Ogólnokształcące nr 20 w Poznaniu

Budget Items	Grant
Project Management and Implementation	12000.00 EUR
Learning, Teaching, Training Activities	20284.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
Total	32284.00 EUR

Göztepe İhsan Kursunoglu Anadolu Lisesi

Budget Items	Grant
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	23790.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
Total	29790.00 EUR

Gymnazium

Budget Items	Grant
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	20284.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
Total	26284.00 EUR

EPAL NAFPAKTOY

Budget Items	Grant
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	20854.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
Total	26854.00 EUR

Klaipėdos turizmo mokykla

Budget Items	Grant
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	21364.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
Total	27364.00 EUR

Liceo Scientifico Statale Benedetto Croce

Budget Items	Grant
Project Management and Implementation	6000.00 EUR
Learning, Teaching, Training Activities	21364.00 EUR
Special Needs Support	0.00 EUR
Exceptional Costs	0.00 EUR
Total	27364.00 EUR

Timetable

Please list and describe all project activities and indicate an approximate timing when they will start. In particular, you should include project activities other than the Learning, Teaching, Training activities, for example: project management meetings, dissemination activities and other local activities and events in each school. Learning, Teaching, Training Activities

Id	Activity Type	Starting Period	Description
C1	Short-term joint staff training events	11-2019	Introduction To Probiotics & Prebiotics
C2	Short-term exchanges of groups of pupils	02-2020	BACTERIA OF ALCOHOLIC FERMENTATION
C3	Short-term exchanges of groups of pupils	05-2020	PROBIOTICS IN OUR DIET
C4	Short-term exchanges of groups of pupils	09-2020	Probiotics in daily routine
C5	Short-term exchanges of groups of pupils	02-2021	FERMENTATION
C6	Short-term exchanges of groups of pupils	05-2021	PROBIOTICS IN POLAND



Participating Organisations

Applicant Organisation

PIC	945569193
Legal name	Liceum Ogólnokształcące nr 20 w Poznaniu
Legal name (national language)	Liceum nr XX w Poznaniu
National ID (if applicable)	630714683
Department (if applicable)	
Acronym	
Address	Os. Wichrowe Wzgórze 111
Country	Poland
P.O. Box	
Postal Code	61-674
CEDEX	
City	Poznań
Website	http://xxlopoznau.edu.pl/
Email	lo20_poznan@wp.pl
Telephone	+48618208203
Fax	+48618208203 116

Profile

Type of Organisation	School/Institute/Educational centre – General education (secondary level)
Is your organisation a public body?	Yes
Is your organisation a non-profit?	Yes

Associated Persons



Legal Representative

Title	Mr
Gender	Male
First Name	Grzegorz
Family Name	Kamiński
Department	
Position	President's Representative to European Funds
Email	kp@um.poznan.pl
Telephone	+48618785010
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	Plac Kolegiacki 17
Country	Poland
P.O. Box	
Postal Code	61-841
CEDEX	
City	Pozanń

Contact Person

Title	Ms
Gender	Female
First Name	Luiza
Family Name	Sokołowska
Department	
Position	English teacher



Email	luiza-baron@o2.pl
Telephone	+48608035182
Preferred Contact	Yes
If the address is different from the one of the organisation	No
Address	Os. Wichrowe Wzgórze 111
Country	Poland
P.O. Box	
Postal Code	61-699
CEDEX	
City	Poznań

Contact Person

Title	Ms
Gender	Female
First Name	Agnieszka
Family Name	Nawrot
Department	
Position	English teacher
Email	aganawrot@wp.pl
Telephone	+48600496959
Preferred Contact	No
If the address is different from the one of the organisation	No
Address	Os. Wichrowe Wzgórze 111
Country	Poland
P.O. Box	

Postal Code	61-699
CEDEX	
City	Poznań

Background and Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?



High School Nr. 20 in Poznań, Poland gathers students (15-19). There are about 450 students and 60 teachers in our school. We have different profiles of the classes, such as: sports, IT, art and drama, journalistic, language/psychological. Sports classes master their profession in football, handball, volleyball and have been awarded many top prizes especially in basketball. We cooperate with Poznań University with the field of journalism and SWPS University of Social Sciences and Humanities for language/psychological classes. IT lessons are equipped with I-pads, some with interactive whiteboards and use modern technology. Art and drama classes have regular performances on the stage of Nowy Theatre in Poznań. Students are taught four different languages. English is obligatory for everyone while the students can choose from German, Spanish, French and Russian. We have many students with dyslexia, dysgraphia and learning disabilities. More than 20 of our students are taught on a 1:1 basis. During the last years there have been excursions to England and students exchange with Germany and Spain. After lessons students can choose among 10 different clubs in which they can develop their interests. There is also a voluntary organization in our school that visit hospices, orphanages and help people in need. Teachers increase their qualifications and degrees by regular trainings. The school expects from their teachers a positive attitude and full support towards realizing international projects. The school is situated in a local, suburban estate inhabited by moderately-well off and sometimes poor people. Some children come from families with social problems. For them, the project is the only chance to get a life experience with foreign people and cultures. We as a local community try to create possibilities and different extracurricular activities that attract the attention and occupy students time effectively. We believe that another European project will enable us to broaden students' horizons and develop European identity. Participation in previous Comenius projects had an effect on the development of intercultural competence for students, parents and teachers. It showed students' willingness to carry out different tasks and improved their language skills by using English outside the classroom environment. This experience can contribute greatly to the development of the new project The person responsible for Erasmus projects in our school can communicate English fluently, is eager to cooperate and has great experience in European projects as she has been involved in four of them. There have been "People and traditions 2002-2004", "Healthy eating habits 2005-2007", "Europeans cities as our homes 2009-2011" and "Looking at my home from outside 2011-2013". The key person in charge of running the project in our school will be LUIZA SOKOŁOWSKA. In case this person leaves the post in the future, AGNIESZKA NAWROT will take over her role.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here:

<https://www.etwinning.net/en/pub/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

No

Partner Organisations

Göztepe Ihsan Kursunoglu Anadolu Lisesi



PIC	923942461
Legal name	Göztepe İhsan Kursunoglu Anadolu Lisesi
Legal name (national language)	Göztepe İhsan Kurşunoğlu Anadolu Lisesi
National ID (if applicable)	964176
Department (if applicable)	
Acronym	GİKAL
Address	Göztepe Mah. Tanzimat Sok. No55 KadıköyİSTANBUL
Country	Turkey
P.O. Box	
Postal Code	34730
CEDEX	
City	Istanbul
Website	http://gikal.meb.k12.tr
Email	
Telephone	+90216 355 56 69
Fax	+90216 350 25 93

Profile

Type of Organisation	School/Institute/Educational centre – General education (secondary level)
Is the organisation a public body?	Yes
Is the organisation a non-profit?	Yes

Associated Persons

Legal Representative



Title	Mr.
Gender	Male
First Name	Vahdet Kemal
Family Name	ORAL
Department	
Position	Headmaster
Email	gikal34@gmail.com
Telephone	+902163555669
Preferred Contact	No
If the address is different from the one of the organisation	No
Address	Göztepe Mah. Tanzimat Sok. No55 KadıköyISTANBUL
Country	Turkey
P.O. Box	
Postal Code	34730
CEDEX	
City	Istanbul

Contact Person

Title	Mrs.
Gender	Female
First Name	Özge
Family Name	ÜLGEN SONAT
Department	English Language
Position	Teacher
Email	ulgenozge@gmail.com

Telephone	+905052249317
Preferred Contact	Yes
If the address is different from the one of the organisation	No
Address	Göztepe Mah. Tanzimat Sok. No55 KadıköyISTANBUL
Country	Turkey
P.O. Box	
Postal Code	34730
CEDEX	
City	Istanbul

Background and Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?



Göztepe İhsan Kurşunoğlu Anatolian High School is in İstanbul-Turkey. The students are admitted to school based on an academic test. Our school gained the title as "Project School" in 2018 and thus all the staff at school are working on various projects both nationally and internationally. The curriculum of our school focuses on subjects such as foreign languages (English and German), Art, Music, History, Geography, Chemistry, Biology, Physics, Physical Education, Maths, the Turkish language and literature. After graduating, a lot of our students have successfully continued their studies at different universities in Turkey and some of them in Europe. The school has started to improve its ICT by using smart boards in the classrooms. The staff is eager to update themselves to catch up with the era. The previous projects have had a huge impact on such areas as students' self-esteem, attendance, academic progress and motivation. Contacts, especially with students all over Europe are very important to broaden their horizons not only by television or the Internet but by personal contact and raise their awareness of European citizenship. That's the reason GİKAL considers participation in international European projects like this highly relevant. There is a chemistry laboratory, physics laboratory, computing technology classroom, library and a conference hall at school. There is also a big sports hall. There are 692 students at school and 53 staff. There is a project execution team in our school consists of teachers from different branches and the team is in co-operation with the teachers who are preparing projects like Erasmus+. They help with logistic matters and they evaluate the projects' success. Erasmus+ project team consists of teachers who are experienced in international projects like Erasmus+ and organizations like MUN (Model United Nations) and open to new ideas and co-operation. They were selected according to some criterias such as being active in projects, having good communication and social skills and their language levels. They don't have any obstacles for travelling but in case of any negative situations the school's project execution team will be ready to help them. During this project, Erasmus+ team will work mainly together with Biology, Arts, ICT and Language teachers. The school's parents association and administration will also be in co-operation with the team. They'll always be in contact with the project team during mobilities via whatsapp and skype. There is a EU Project club in our school and the students are enthusiastic about preparing projects. The team will also include students in this club. They will take part in dissemination of the outcomes.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here:

<https://www.etwinning.net/en/pub/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

No

Gymnazium

PIC

907239449

Legal name

Gymnazium

Legal name (national language)

Gymnázium

National ID (if applicable)	00161268
Department (if applicable)	
Acronym	
Address	Dr.C.Daxnera 88
Country	Slovakia
P.O. Box	
Postal Code	093 01
CEDEX	
City	Vranov nad Topľou
Website	www.gyv.sk
Email	skola@gyv.sk
Telephone	+421574464574
Fax	

Profile

Type of Organisation	School/Institute/Educational centre – General education (secondary level)
Is the organisation a public body?	Yes
Is the organisation a non-profit?	Yes

Associated Persons

Legal Representative

Title	PhDr.
Gender	Female
First Name	Zuzana
Family Name	Dragulová

Department	
Position	head teacher
Email	z.dragulova@gyvv.sk
Telephone	+421917131068
Preferred Contact	No
If the address is different from the one of the organisation	No
Address	Dr.C.Daxnera 88
Country	Slovakia
P.O. Box	
Postal Code	093 01
CEDEX	
City	Vranov nad Topľou

Contact Person

Title	PhDr.
Gender	Male
First Name	Maroš
Family Name	Mitrik
Department	
Position	teacher
Email	m.mitrik@gyvv.sk
Telephone	+421907339095
Preferred Contact	Yes
If the address is different from the one of the organisation	No
Address	Dr.C.Daxnera 88



Country	Slovakia
P.O. Box	
Postal Code	093 01
CEDEX	
City	Vranov nad Topľou

Background and Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?



Gymnázium Dr.C.Daxnera is a secondary grammar school and provides a four-year course of general education for further studies at universities or other forms of higher education. The curriculum corresponds with the national standards, which includes mother tongue and literature (Slovak), foreign languages (English, German, Russian) on level B2 of the Common European Framework, sciences (humanities and natural sciences), IT, PE. After leaving school (passing the written and oral matura exams), students continue in their studies at universities (the number of students who do so exceeds 90%). The main motivation to join the project is providing our students opportunities to develop international relations, gain experience, confront themselves with their peers from abroad, have a chance to practise and improve their knowledge as well as social and language skills through studying the issue of human body in a foreign language (which will be included in the curriculum and based on CLIL method). Our school has joined 3 project of this type before and it has always been highly motivating and benefiting all the involved. Last, but not least, participation in this kind of a project attracts a lot of interest among students because of the possibility to travel and get to know new people and places. The key people in charge of the project are PhDr.Maroš Mitrik (experience with 2 projects, previously Comenius ones as the school coordinator) and the deputy headmaster PhDr. Slavomír Kmec (also involved in the previous projects). Other teachers involved are Mgr.Matúš Magura (English teacher), Mgr. Katarína Kerestešová (English teacher), RNDr. Želmíra Bertová (Biology teacher), Ing.Ján Motešický (IT teacher), Mgr.Ľubomíra Magurová (Biology and English teacher). These people are not expected to leave their posts as their age is not close to retirement and other possible reasons are, at the moment, unpredictable. Our school has the ambition to contribute to the project with its very good relations with a university in Košice (UPJS) with access to laboratories and scientific work, another important aspect is a very good cooperation with a local chemical factory (Bukoza Holding). We believe they will provide us with the necessary expertise and practical help with our activities (eg we are an official partner school of UPJS in Kosice) and we also have a special class focused on Biology and Chemistry as a preparatory course for future medical studies, which is very popular and counts 31 students. The number of students is currently 385 students and the number of staff is 30 full-time teachers.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here:

<https://www.etwinning.net/en/pub/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

No

EPAL NAFFAKTOY

PIC	930399363
Legal name	EPAL NAFFAKTOY
Legal name (national language)	EPAL NAFFAKTOY

National ID (if applicable)	not applicable
Department (if applicable)	
Acronym	
Address	N. TSIARA 6
Country	Greece
P.O. Box	
Postal Code	30300
CEDEX	
City	NAFPAKTOS
Website	1epal-nafpakt.ait.sch.gr
Email	1epal-nafpakt@sch.gr
Telephone	+302634028833
Fax	+302634028833

Profile

Type of Organisation	School/Institute/Educational centre – Vocational Training (secondary level)
Is the organisation a public body?	Yes
Is the organisation a non-profit?	Yes

Associated Persons

Legal Representative

Title	MRS
Gender	Female
First Name	IOANNA
Family Name	PATSIUO

Department	
Position	Headmistress
Email	1epal-nafpakt@sch.gr
Telephone	+302634028833
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	N.Tsara 6
Country	Greece
P.O. Box	
Postal Code	30300
CEDEX	
City	NAFPAKTOS

Contact Person

Title	MRS
Gender	Female
First Name	Aspasia
Family Name	Mylona
Department	
Position	TEACHER OF NUTRITION AND FOOD TECHNOLOGY
Email	milonaaspasia@gmail.com
Telephone	+302634021329
Preferred Contact	Yes
If the address is different from the one of the organisation	No
Address	N. TSIARA 6



Country	Greece
P.O. Box	
Postal Code	30300
CEDEX	
City	NAFPAKTOS

Background and Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

EPAL Nafpaktou is a public Vocational High School that has long experience in providing vocational education and training as it initiated its activity in 1965 as lower technical school. It has had several names up to now (TEL, TES, TEE, EPAL, EPAS) and from 2013 it's called again 1st Epaggelmatiko Lykeio Nafpaktou (EPAL Nafpaktou). EPAL Nafpaktou is located in Nafpaktos, a small seaside town closed to Patras. 300 students are currently attending EPAL Nafpaktou, spread over the different courses: Aesthetics (beauty care), Hairdressing, Food and Beverage Technology, Economics and Management, Tourism, ICTs, Mechanical Engineering, Refrigeration Systems, Central Heating Systems – Technology of Petroleum and Natural Gas, Electrical Engineering and Electronics. As a vocational high school it has to combine theoretical knowledge and practical implementation at the same time. There are 50 teachers working in these subjects having as main aim to provide a quality secondary education to young people offering them the knowledge, the skills and the abilities within an environment dedicated to building self-esteem and life skills. A big present of the staff has a master degree on their fields or on education. As a school we are open in new teaching methods, trying different strategies to make learning a pleasant procedure. For this to be reached the staff is very active, and run several projects each year, in the fields of cultural heritage, environmental issues, carrier, health education, etc. The staff is also familiar with ICT tools and have active participation to eTwinning projects in order to bring a European dimension to our school. In these projects were involved students and teachers with passion and these opened the path to an education for European values, communication in a foreign language and development of the knowledge using ICT tools. The coordinator of Greek school has a deep knowledge in Food, Nutrition and Dietetics with 13 years professional experience as a self-employed nutritionist/dietitian and 11 years teaching experience in food related subjects. She has a master thesis on "Nutrition in Health and in Disease" and a Specialist Certification of Obesity Professional Education from the International Association for the Study of Obesity. She has run a lot of researches that has present in national, european and international dietetic conferences. Greek team is also composed by an agriculturist teacher with a thesis on the "Environmental Biochemistry" , an economist which has big experience and two English teachers. One of them has her master thesis in "Education Leadership management and New Emerging Technologies" by focusing on early school leaving in vocational education. They are reliable & hard working teachers with willingness to impart their knowledge to students and her colleagues.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here:

<https://www.etwinning.net/en/pub/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme

Erasmus + KA2 English for Hospitality

Year

2017

Project Identification or Contract Number

2017-1-RO01-KA201-037159



Applicant/Beneficiary Name

COLEGIUL ECONOMIC DIMITRIE CANTEMIR-
ROMANIA

Klaipėdos turizmo mokykla

PIC	946099395
Legal name	Klaipėdos turizmo mokykla
Legal name (national language)	Klaipėdos turizmo mokykla
National ID (if applicable)	190974577
Department (if applicable)	
Acronym	
Address	Taikos pr.69
Country	Lithuania
P.O. Box	
Postal Code	LT-94112
CEDEX	
City	Klaipėda
Website	www.ktm.lt
Email	
Telephone	+37046341083, +37046341083
Fax	+37046341511

Profile

Type of Organisation	School/Institute/Educational centre – Vocational Training (secondary level)
Is the organisation a public body?	Yes
Is the organisation a non-profit?	Yes



Associated Persons

Legal Representative

Title	
Gender	Male
First Name	Audrius
Family Name	Kurlavičius
Department	
Position	Director
Email	direktorius@ktm.lt
Telephone	+37046341083
Preferred Contact	No
If the address is different from the one of the organisation	No
Address	Taikos pr.69
Country	Lithuania
P.O. Box	
Postal Code	LT-94112
CEDEX	
City	Klaipėda

Contact Person

Title	
Gender	Female
First Name	Ieva
Family Name	Aidukaitė
Department	



Position	Project manager
Email	projects@ktm.lt
Telephone	+37062830181
Preferred Contact	Yes
If the address is different from the one of the organisation	No
Address	Taikos pr.69
Country	Lithuania
P.O. Box	
Postal Code	LT-94112
CEDEX	
City	Klaipėda

Background and Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?



Klaipeda Tourism School is a vocational school which provides basic and secondary education and also prepares tourism specialists (recreation agents), trade specialists and catering (cooks, waiters, trade manager assistants, accountants) and sport specialists (sports club activities organizers). The school has 700 pupils and 60 teachers. The age of most students varies from 15 to 21, however, there are a few students in their late thirties as well. The school has a dormitory, a small apprentice hotel and a well equipped practical training centre with the newest technologies for cooks, confectioners, waiters, tourism workers, sports club activities organizers, recreation service agents, alongside with a innovative library, modernized reading room and classrooms. The students mainly come from neighbouring towns and villages and there are quite a lot of them from families at risk. We have a growing number of disadvantaged pupils and those with Special Educational Needs – physical, emotional and learning difficulties are common and have a negative impact on pupils’ school achievement. There is a high incidence of single parent families (between 40-50 per cent) which often leads to pupils’ absenteeism. Such students have difficulties integrating into the society and face problems such as a disinterest in academic study, drug abuse, and social exclusion. The school has considerable experience in Leonardo da Vinci, Comenius, Youth in Action and Erasmus+ programme projects. It has been working as a sending and receiving organization as well as project coordinator or partner. On average 4 projects are implemented every year. Klaipeda Tourism School has acquired extensive experience organizing mobility visits, and accepting aspiring teachers and students from abroad. People responsible for the project will be director Audrius Kurlavičius (Master degree in Management of Education). He has great experience in coordinating Comenius Partnership projects. Heads of departments Vilma Mockienė (a former teacher of restaurant and bar services) and Virginija Vaitiekienė (responsible for practical training and links with companies for students placements, cooperation with employers) have experience as tutors for students and as participants themselves in international projects. School project manager Ieva Aidukaitė will be responsible for communication and preparation of documents for the project activities. She has been working as project manager at school since 2019, has Master degree in Public Relations. She prepares, implements and does projects reports. Financial matters will be implemented by the chief accountant Sandra Mažonaitė, who does all financial matters of all projects done by the school. Teachers of history, civics, art, languages, science catering will be included into project activities too.

Does this school have a valid eTwinning school label?

No

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here:

<https://www.etwinning.net/en/pub/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

No

Liceo Scientifico Statale Benedetto Croce

PIC

944002837

Legal name

Liceo Scientifico Statale Benedetto Croce



Legal name (national language)	
National ID (if applicable)	80017140825
Department (if applicable)	
Acronym	
Address	Via Benfratelli, 4
Country	Italy
P.O. Box	
Postal Code	90134
CEDEX	
City	Palermo
Website	www.liceocroce.it
Email	
Telephone	+390916512200, +390916512082
Fax	+390916513962

Profile

Type of Organisation	School/Institute/Educational centre – General education (secondary level)
Is the organisation a public body?	Yes
Is the organisation a non-profit?	Yes

Associated Persons

Legal Representative

Title	
Gender	Female
First Name	SIMONETTA

Family Name	CALAFIORE
Department	
Position	HEADMISTRESS
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Telephone	+390916512200
Preferred Contact	No
If the address is different from the one of the organisation	Yes
Address	VIA BENFRATELLI, 4
Country	Italy
P.O. Box	
Postal Code	90134
CEDEX	
City	PALERMO

Contact Person

Title	
Gender	Female
First Name	SEBASTIANA
Family Name	SALERNO
Department	
Position	TEACHER
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Telephone	+393478176840
Preferred Contact	Yes
If the address is different from the one of the organisation	Yes

Address	VIA BENFRATELLI, 4
Country	Italy
P.O. Box	
Postal Code	90134
CEDEX	
City	PALERMO

Background and Experience

Please briefly present the school and include the following information:

- General information (e.g. the covered programmes/levels of education, number of staff and learners in the school)
- What is the school's motivation to join this project?
- Who will be the key people in charge of running the project in your school? In case these persons leave their post in the future, who will take over their role?
- Is there any specific experience or expertise that this school and its staff can contribute to the project?

Liceo Statale Benedetto Croce” is a State secondary school specializing in scientific subjects. There are 1,500 students coming from various areas of the town and from the surrounding villages. The students of this school generally go on to university and succeed in getting into scientific branches, but many of them also choose to move to social studies. The main aim of the school is to prepare the students for a successful university or working career by encouraging them to gain self-confidence, to use the English language and modern technologies effectively, to think systematically, to increase the awareness of their own interests and capabilities, to bring out their personal features and to advise them about the appropriate faculties and institutions according to their choice of occupation. They would like to spread these ideas in the European dimension. The school headmistress is Mrs Simonetta Calafiore and the vice-principal is Mr Giuseppe Marino. They have been working together for the past five years and their attention is focused on the students and on cooperation with the teachers

Does this school have a valid eTwinning school label?

Yes

Various labels exist for successful eTwinning projects and schools. Before answering this question, please make sure that you are familiar with the concept of the eTwinning school label. You can find more information about the eTwinning school label here:

<https://www.etwinning.net/en/pub/highlights/the-etwinning-school-label---.htm>

Have you participated in a European Union granted project in the 3 years preceding this application?

Yes

Please indicate:

EU Programme

the gate : cultural identity as the key to the gate of tolerance in Europe

Year

2016

Project Identification or Contract Number

2016-1-SK01-KA219-022503_1

Applicant/Beneficiary Name

Liceo Scientifico Statale Benedetto Croce

EU Programme

Key to the Future- Collaboration in Robotics for Modern Education

Year

2017

Project Identification or Contract Number

2017-1-HU01-KA219-036001_1

Applicant/Beneficiary Name

Liceo Scientifico Statale Benedetto Croce

EU Programme

Apprentissage des bases scientifiques à un public de jeunes avec moins d'opportunités : vers une éducation inclusive

Year

2018

Project Identification or Contract Number

2018-1-FR01-KA201-048198

Applicant/Beneficiary Name

Nay France

EU Programme

Equal an different

Year

2018

Project Identification or Contract Number

2018-1-IT02-Ka101-047601

Applicant/Beneficiary Name

Liceo Scientifico Statale Benedetto Croce



Project Description

Priorities and Topics

Please select the most relevant horizontal or sectoral priority according to the objectives of your project.

HORIZONTAL: Supporting individuals in acquiring and developing basic skills and key competences

If relevant, please select up to two additional priorities according to the objectives of your project.

HORIZONTAL: Social and educational value of European cultural heritage, its contribution to job creation, economic growth and social cohesion

HE: Promoting internationalisation

Please select up to three topics addressed by your project.

Early School Leaving / combating failure in education

Health and wellbeing

Cultural heritage

Description

Please describe the motivation for your project and explain why it should be funded.

“All Disease Begins in the Gut” is a quote attributed to the Ancient Greek physician Hippocrates nearly 2500 years ago. The early 20th century saw a return to a more global appreciation of the role that gut plays in overall physical and mental well-being as the Russian Nobel prize winner and father of modern immunology, Elie Metchnikoff, a scientist at the Pasteur Institute, was the first to conceptualize “Probiotics”. With the importance of gut health for overall wellbeing currently taking center stage, probiotics have also become very important in our diets. Probiotics, as their name shows, promote life through a healthy balance of gut bacteria. An increasing number of studies link gut health to mood and mental health and there are some new studies link the consumption of foods rich in probiotics with fewer exams’ anxiety to students. Some other studies show that probiotics can help reduce the number of days of school missed due to illness as well as the intensity and duration of colds. The question is that; are parents and teenagers aware of the importance of probiotics in their diets? With this project we want to take attention to this issue and as it's not a local but global topic we want to carry out this project transnational.

On the other hand, by applying STEM through various projects, students learn to process facts and focus on solving problems and gain abilities fitting to global education, develop critical thinking and work in a team, while it has also been reported that the knowledge gap between children from different countries has significantly been decreased.

The decision to write this project and put experiences and knowledge gained on final outcomes was motivated mainly by the limited literature which is available to teachers on STEM. The existing literature has been enriched in the last years, but yet it's still not sufficient to adequately support the implementation of STEM in our school classes. The project aims to decrease the gap in the present literature. Although the partner schools come from different socio-economic backgrounds, a common need has been identified, namely the growth of the professional insertion and the improvement of the career prospects of students by developing their entrepreneurial skills, communication skills in English, creativity, curiosity, imagination, innovation, personal expression, self-direction, planning, self-discipline, adaptability, initiative, and their cooperation taking into consideration the fact that STEM education is now an economic must as the most prospering occupations will require STEM knowledge in the near future.

The project is addressed to teachers who teach science subjects (biology, chemistry, food technology, dietetics, etc) in high schools (vocational or general) and students who are studying in order to obtain the qualification. The project will involve students in the first three years of study, aged 15-19 years.

What are the objectives you would like to achieve and concrete results you would like to produce?
How are these objectives linked to the priorities you have selected?

Objectives:

* to promote creativity and innovation in learning of contents in specialized disciplines in the fields of
1) Science behind fermented foods like bread, yogurt, pickles, etc. and the chemical reaction that occurs during fermentation, 2) Technology by researching how has fermentation evolved over time through scientific discoveries, 3) Engineering by developing the way that fermenting food affect the environment through energy consumption or natural resource and 4) Mathematics through a research where we will investigate students' thoughts and knowledge on the impact of probiotics and cross-correlation with their alimentary behavior.

* to learn about Food and Nutrition and develop skills to enhance health and wellbeing; to support environmental sustainability, local producers, to 'critically interpret' food labels to avoid being manipulated by the food industry and to make more informed food choices in order to raise the awareness of the association between foods and health and be supportive of environmental sustainability;

* to evaluate the effectiveness of learning a subject by using STEM in English in order to improve communication skills and thinking of students, inserting them on the international labor market

* to create and investigate various STEM lesson plans, identify problems and suggest solutions for developing appropriate teaching materials

* to improve teachers' STEM pedagogy by innovating, sharing, discussing and comparing the methodologies used to prepare the students for the project activities

* to embrace diversity and build a EU community

* to improve students' quality of life and abilities at school

* to introduce Project Based Learning (PBL) and Life Skills Program

* to explore cultural heritage and traditions in relation to food conservation

* to train teachers with in- field- application

* to enable students to experience the sense of belonging to the EU, through exchange with peers from other countries

All the objectives will be achieved by teaching, coaching and motivating the students to improve themselves on all these levels in order to become open-minded, to raise students' awareness about how important gut health is and to combat early school leaving by taking their attention into school activities and last but not least to easily accept the opinions and cultural backgrounds of their partners. The topic of our project is a global concern and is totally related to Europe 2020 Strategy for a healthier European Union.

How are the planned activities going to lead to achievement of the project's objectives?

During fermentation workshops the students will see the process closely and these fermentation activities will arouse curiosity which will lead them to make more research. During the project there'll be several surveys to find out beginning level, improvement and where participants get at the end of the project. With the planned activities they'll prepare STEM lessons which will improve their skills in Science

and other fields. Participants will acquire knowledge, theoretical and practical, related to decision making, developing communication skills in international environment by exchanging ideas and communicating with their peers from other countries will improve their language skills and they also become more active in

society. Working together the participants will have more positive attitude towards the European projects and the EU values. The activities will reinforce interaction between practice, research and policy. Events that involve families and local authorities will be organized so that the whole community can contribute to the well-being of our young people with a fundamental impact on the quality of their future lives. The institutes will be able to benefit from the produced educational material and the skills that will be acquired by the teachers that are involved in the implementation of the project. The STEM and CLIL activities will include group discussions, focus group, individual presentations, etc. Each activity will be organized with partners in advance. The students will be involved in number

of activities pursuing achievement of the project goals. To achieve the objectives the planned activities are ;

- * surveys will be conducted about the consumption of probiotics, prebiotics and synbiotics at the beginning and at the end of the project. This survey will give us statistics and the results will show us if the project'll have positive effects on our promoting healthy eating among students.
- * there will be presentations about our immune system and what can be done to boost immune system naturally
- * the students will make interviews with nutritionists and doctors and they will record these interviews
- * the project team's one of the main aims is to ensure that there will be more foods rich in probiotics and prebiotics in the school canteens
- * a website will be created and there will be announcements, news, activities about our project on this website
- * materials will be prepared to promote the project and its results
- * the students will prepare animations to make the subject intriguing for their peers , create posters and shoot videos , role-plays, science and biology experiments, food investigating and product testing, making their own food products like kefir, yoghurt, cheese, pickles etc.. so they'll be self-confident through this learning with hand and head.

eTwinning and Erasmus+ platforms

Have you used or do you plan to use eTwinning, School Education Gateway or the Erasmus+ Project Results Platform for preparation, implementation or follow-up of your project? If yes, please describe how.

We found project partners through e-twinning and school education gateway. We'll use e-twinning to disseminate the ideas and we'll do a project relevant to our project's topic on e-twinning. We'll prepare a survey and share it on e-twinning. We'll search completed or ongoing projects related to ours on Erasmus+ Project Results and read articles about the project on School Education Gateway. It's possible to enlarge the topic since it's about healthy lifestyle so we'll use e-twinning to make more projects and also for dissemination of our project's products. Besides during the mobilities, the works being done during the two years by partners will be shared through e-twinning. A cookbook with recipes for healthy meals including fermented foods will be prepared by the partners during our project and on e-twinning there'll be a project about this to see the diversity of world cuisine about fermented foods and probiotics. E-twinning will also help us to reach more people to take attentions to this subject. We'll prepare a survey and share it on etwinning. We'll use etwinning to disseminate the results of the project and the findings of the surveys. We'll search completed or ongoing projects related to ours on Erasmus+ Project Results. School Education Gateway is a great resource, so we are going to use it during the preparation of teaching materials and STEM lesson plans We'll also use European Commission website to search for articles about probiotics and use them as references for our project. Eurostat will also be reference for us to see statistics which will be useful to make comparisons.

If your project proposal is building on previous or ongoing eTwinning project(s), please explain how you plan to achieve this. Please clearly identify the relevant eTwinning project(s) by including the project title and project ID. In addition to the information provided here, do not forget to provide further information about the eTwinning aspect of your proposal in all other relevant parts of the application form.

In order to prepare our students for the meetings among other activities we also plan to use the eTwinning kit "Nutrition:Source of Life and Art".

Please keep in mind that experts will evaluate your application exclusively on the basis of the information provided in the application form. Therefore, when answering this question make sure to describe the eTwinning project(s) you plan to build on. Likewise, please be aware that independently of the experts' evaluation of the quality of your application, the National Agency may verify the provided information about your eTwinning project(s). In case the information is not correct, your application may be disqualified.

Please explain if and how you plan to create opportunities for the school(s) having the eTwinning school label to share best practices in eTwinning and to provide mentorship to other participating schools that are less experienced in using eTwinning.

Participants



Please briefly describe who will take part in the project, including:

- Who are the different groups that will take part in the project activities (e.g. pupils, teachers, other school staff, parents, etc.)? Please also include information on local participants (those who will participate in project activities, but will not travel as part of the project).
- How are these groups going to participate?
- If pupils are involved in the project, please specify their age groups.

Note that specific details on selection of participants in Learning, teaching and training activities do not need to be repeated here if they are described in the dedicated section of the form: Learning Teaching Training

In each school will be selected 80-100 students, as our theme is necessary to involve as more as possible students who will participate in the interactive lessons, experiment sessions, industry based workshops, cooking sessions, which will involve science and biology experiments, food product making, etc

The participants at each mobility meeting will be:

4 students

2 teachers

All the students will be involved in developing the final outputs of the project, using the project website and the twinspace, posting videos, creating presentations, taking part to the group ebook, etc, The teachers will contribute to the development of the project outputs : the website of the project, the YouTube channel, video lessons performed during the mobility and project activities, and they will also coordinate students in the designing the Europass CVs and Language Passports.

Parents association will also help with logistic matters like hosting the partners, preparation before the mobilities and disseminating the project's results. There'll be cooperation with parents and people from health institutes. Each school's project team will be responsible for the activities and the school administration will be given information about the budget and planning of the mobilities. .Biology teachers will help students to understand the functions of good and bad bacterias in human's body and they will also help to understand how fermented foods contain probiotics. Language teachers will have a leading role in communication, preparing presentations, posters, videos and if needed in translation

As for the Slovak team, the groups that will take part in the project includes students, teachers (language, biology, chemistry, IT), school management, parents – primarily parents of students involved in the project and other local participants included in the project – local chemical factory Bukoza Holding, one of the biggest employers in the area (school has a long lasting cooperation with the company in terms of chemistry teaching support), local baker´s who uses probiotics in the bakery and University of Pavol Jozef Safarik in Kosice (our school is a partner school of this university). Slovak team will use the labs and expert advice of the factory Bukoza Holding and University of Pavol Jozef Safarik. Students will also have a chance to produce their own food in the local baker´s with addition of probiotics in the production process.

Participants with fewer opportunities: does your project involve participants facing situations that make their participation more difficult?

Yes

How many participants would fall into this category?

20

Which types of situations are these participants facing?

Cultural differences

Economic obstacles

Health problems

Educational difficulties

Geographical obstacles

How will you support these participants so that they will fully engage in the planned activities?

Our project involves participants facing economic, social and geographical obstacles. For example a considerable number of Greek students' parents are of weaker financial income or are working abroad, so they have economical obstacles. A big present is living in rural areas far from school and the town and there are also -at lower level- students with learning disabilities, facts that make them feeling isolated. Most of them have never travelled outside their city. Due to their lack of financial opportunities, the funding available for this project will allow them to experience living and learning in other European countries, which would otherwise be impossible. According to a recent small study from Canada, the use of probiotics improves insulin sensitivity so Turkish school will involve students with diabetes in the project to motivate them to create their healthy eating plan which is necessary to control their blood sugar and which will be a guide for the future students.



Management

Funds for Project Management and Implementation

Funds for 'Project Management and Implementation' are provided to all Strategic Partnerships based on the number of participating organisations and duration of the project. The purpose of these funds is to cover diverse expenses that any project may incur, such as planning, communication and project management meetings between partners, small scale project materials, virtual cooperation, local project activities, promotion, dissemination and other similar activities not covered by other types of funding.

Organisation Role	Grant per organisation and per month	Number of Organisations	Grant
Applicant Organisation	500.00 EUR	1	12000.00 EUR
Partner Organisation	250.00 EUR	5	30000.00 EUR
Total		6	42000.00 EUR

Project Management and Implementation

Please describe the tasks and responsibilities of each partner school. Explain how you will ensure sound management of the project and good cooperation and communication between partners during project implementation.

Before starting the project proposal, each of the partner schools has been asked for a detailed description of the work and qualifications proved by the students and teachers that will be involved in the project. Each school was required to pledge its interest in this subject in terms of benefits for students, the school and the local community as well as their opportunities to cooperate with partners in order to achieve the proposed goals. A Google shared document was created for communication between partners and a continuous communication between project partners provided via email, in order to plan the activities, to agree on project progress, monitoring, timing, communication and evaluation. The members have responded extremely well and cooperated to this proposal as a team; agreed on specific aspects of the outcomes and other vital topics (accommodation during mobilities, activities' organization and finances). It is each partner's responsibility to create a pedagogical team that will contain the responsible persons for project management, financial responsible, dissemination responsible and logistics responsible. Each school will also organize periodical meetings and workshops which will be held in every school, for a general training, discussion of the monthly tasks, possible problems. Turkey will prepare fermentation workshops and there will be experiments related to STEM organized by science teachers for the students to make them understand live bacterias. Before the project meeting in Turkey the project team will prepare surveys and share them with the partners. All the materials for the workshops will be ready in advance. The visit programme will be announced on the website before the meeting. There'll be workshop with arts teacher about creating project's logo and also posters and maybe tshirt design. Slovakia will prepare a lecture on probiotics and fermentation processes given by a university teacher from the partner university. The lecture will be followed by a visit to the university and their labs where students will have an opportunity to get indepth view of the topic from the scientific point of view. As for the practical part, we will prepare a workshop in cooperation with local bakers where students will be able to produce their own probiotic products. We will also prepare a discussion with a doctor-dietician on the topic of probiotics and their place in our diet. Students will make a video presentation from the activities, including interviews with the involved participants as well as project partners and students. Dissemination will be based on local media (newspapers), possibly a national newspaper and their regional section.

Please make sure to include all project management meetings, events and local activities of each school in the section: Timetable

How did you choose the project partners? Does your project involve schools that have never participated in a Strategic Partnership? If yes, please explain how more experienced schools can support less experienced partners during the project.

The idea of this project came out

We wanted to include schools which believe that STEM knowledge can add a value to the teaching and learning process. We also wanted our partners to come from different socioeconomic backgrounds, with different strengths and experiences on European projects.

We found project partners on e-twinning and school education gateway websites. All the partners have erasmus+ experience. the more experienced schools agree to help the others during the implementation of the project and there has also been cooperation between partners while filling in the application form. The coordinator of Greek school was the coordinator of its school to this former project, has a deep knowledge in Food, Nutrition and Dietetics with 13 years professional experience as a self-employed nutritionist/dietitian and 12 years teaching experience in food related subjects. She has a master thesis on "Nutrition in Health and Disease" and a Specialist Certification of Obesity Professional Education from the International Association for the Study of Obesity. She has run a lot of researches that has present in national, european and international dietetic conferences. Greek team is also composed by an agriculturist teacher with a thesis on the "Environmental Biochemistry" and two English teacher-one with master thesis in "Education Leadership management and New Emerging Technologies" focusing on early school leaving in vocational education-and an economist.

List of Activities

Do you plan to include transnational learning, teaching or training activities in your project?

Yes

Please describe the practical arrangements for the planned Learning, Teaching and Training activities. How will you select, prepare and support the participants, and ensure their safety?

All the partners agree to be responsible for such tasks;

*form teams which will deal with the budget and activities execution including logistic matters

*planning the first exchange visit including work Schedule

*create a facebook page and E-twinning twinspace of the project where students can meet and get to know each other exchanging photos and information

*students involved in the activities will get tutoring in any field they need

* the programmes of the visits in each country will be announced on project's blog in advance and the teachers will also be in contact through e-mail.

The students and the teachers will be in co-operation with the school administration and parents association. The headmaster and deputy head will help with the official procedures and help us to get in contact with people from non-governmental organizations.

The participants at each mobility will be 2 teachers and 4 students.

Selection criteria for teachers:

- Communication skills in English language: minimum level B1;
- Computer skills;
- Experience in teaching biology or food-related subjects or English;
- Training and certification in project topics;
- Experience and availability to support project activities
- Involvement in extracurricular activities in eTwinning projects related to food, nutrition and health.

Selection criteria for students:

- aged 15 to 19 years old
- Communication skills in English language: minimum level A2;
- Computer skills;
- Academic performances, involvement in extracurricular activities in eTwinning projects related to food, nutrition and health;
- Availability to support project activities

The Slovak school has a specialised class in the first form (15 – 16 years old students) who focus on the future career as doctors so their curriculum includes more biology and chemistry lessons. The level of English is good enough to have regular and fruitful conversations among the project partners.

Turkish school has a project execution team which is responsible for school's both national and international projects. They'll be in co-operation with Erasmus+ project team. They'll help with preparations like buying cheap flight tickets, providing the team with the materials they'll use at the workshops, selecting students and other logistic issues about accomodation and transportation. The school administration will help the team with financial procedure.

We'll include students with fewer opportunities such as economic obstacles and health problems. These students will be supported to take part in activities during the mobilities.

Please specify each of the planned learning, teaching and training activities in the table below.

ID	Activity Title	Leading Organisation	Activity Type	Starting Period	No. of Participants	No. of Accompanying Persons	Grant
C1	Introduction To Probiotics & Prebiotics	Göztepe Ihsan Kursunoglu Anadolu Lisesi (923942461)	Short-term joint staff training events	11-2019	10	0	9110.00 EUR
C2	BACTERIA OF ALCOHOLIC FERMENTATION	Liceo Scientifico Statale Benedetto Croce (944002837)	Short-term exchanges of groups of pupils	02-2020	20	10	24300.00 EUR
C3	PROBIOTICS IN OUR DIET	Gymnazium (907239449)	Short-term exchanges of groups of pupils	05-2020	20	10	23220.00 EUR
C4	Probiotics in daily routine	Klaipedos turizmo mokykla (946099395)	Short-term exchanges of groups of pupils	09-2020	20	10	24300.00 EUR
C5	FERMENTATION	EPAL NAFFAKTOY (930399363)	Short-term exchanges of groups of pupils	02-2021	20	10	23790.00 EUR
C6	PROBIOTICS IN POLAND	Liceum Ogólnokształcące nr 20 w Poznaniu (945569193)	Short-term exchanges of groups of pupils	05-2021	20	10	23220.00 EUR

Activity Details (C1)

Field		Activity Type	
SCHOOLS		Short-term joint staff training events	
Activity Title			
Introduction To Probiotics & Prebiotics			
Leading Organisation		Participating Organisations	
Göztepe Ihsan Kursunoglu Anadolu Lisesi		Liceum Ogólnokształcące nr 20 w Poznaniu Gymnazium EPAL NAFPAKTOY Klaipėdos turizmo mokykla Liceo Scientifico Statale Benedetto Croce	
Starting Period	Duration (days)	Country of Venue	
11-2019	4	Turkey	

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

Project team will welcome the partners and help them with their accommodation when they arrive in Turkey. The first day will be at school. It starts with meeting with the school staff, a school tour and breakfast. In the afternoon there'll be a meeting at which the project's planning will be discussed and the details about each mobility will be determined. On the second day there'll be a seminar about "Probiotics" by a Dietitian and after the seminar there'll be a presentation by students at school with a workshop. On the third day there'll be a fermentation workshop in the morning by an author whose area of expertise is fermentation and probiotics. Through workshop the fermentation process of Turkish foods will be presented and the students and participants will be involved in the activities. The third day will be organized as the day of 'Nutrition with foods rich in probiotics and prebiotics' so there will be lunch at school and the menu will include these foods. On the fourth day there'll be a cultural tour in Istanbul and the tour will include visits to historical places with a guide.

Since the project is about leading a healthy life, a sport activity will also be organized.

Different methods will be employed to ensure the realization of objectives.

The methods will include; collaboration and team work, communication skills, personal and social responsibility, CLIL learning-teaching, interdisciplinary teaching, project based learning, critical thinking and surveys.

In Turkey we'll start the project with introduction to probiotics by presentations, a seminar and workshops through which the participants will have information and ideas. We've planned the first meeting as teacher training so that it'll facilitate to arrange the next mobilities. After the participants return their schools they'll share their experience with their colleagues and each school will start activities that were planned for each month.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

No

How is participation in this activity going to benefit the involved participants?

This participation will be the first meeting of teachers so they'll get to know each other, share their teaching experiences, give information about each other's education system and discuss about the details of the project like planning the next mobilities and implementation. Through the activities in Turkey, the participants will gain experience in fermentation and will have ideas to implement at their schools. We're planning to arrange the first visit as training of the teachers since the project is about Nutrition and Health and requires scientific information. We think firstly the teachers should be aware of the benefits of foods rich in probiotics & prebiotics and also their impact in our bodies, then it'll be easier to arrange activities which will include students, school staff and local communities.

The collaboration will build a cultural bridge between partners and the CLIL methodology will also improve participants' language and communication skills. Working together with partners from different countries and cultures will also raise awareness of European Citizenship.

Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAL NAFPAKTOY / Greece	500-1999 km	6	2	0	1822.00 EUR
2	Gymnazium / Slovakia	500-1999 km	6	2	0	1822.00 EUR
3	Klaipėdos turizmo mokykla / Lithuania	500-1999 km	6	2	0	1822.00 EUR
4	Liceo Scientifico Statale Benedetto Croce / Italy	500-1999 km	6	2	0	1822.00 EUR
5	Liceum Ogólnokształcące nr 20 w Poznaniu / Poland	500-1999 km	6	2	0	1822.00 EUR

Group 1, Activity (C1 - Introduction To Probiotics & Prebiotics)

Sending Organisation		Country of Venue	
EPAL NAFAKTOY / Greece		Turkey	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons	
2	0	2	

Group of Participants - Budget
Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	2	275.00 EUR	550.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
2	6	636.00 EUR	1272.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
0	0	0.00 EUR	0.00 EUR
Total Individual Support Grant			1272.00 EUR

Group 2, Activity (C1 - Introduction To Probiotics & Prebiotics)

Sending Organisation		Country of Venue	
Gymnazium / Slovakia		Turkey	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons	
2	0	2	

Group of Participants - Budget
Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	2	275.00 EUR	550.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
2	6	636.00 EUR	1272.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
0	0	0.00 EUR	0.00 EUR

Total Individual Support Grant	1272.00 EUR
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Group 3, Activity (C1 - Introduction To Probiotics & Prebiotics)

Sending Organisation	Country of Venue
Klaipėdos turizmo mokykla / Lithuania	Turkey

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
2	0	2

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	2	275.00 EUR	550.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
2	6	636.00 EUR	1272.00 EUR

No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
0	0	0.00 EUR	0.00 EUR
Total Individual Support Grant			1272.00 EUR

Group 4, Activity (C1 - Introduction To Probiotics & Prebiotics)

Sending Organisation	Country of Venue
Liceo Scientifico Statale Benedetto Croce / Italy	Turkey

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
2	0	2

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	2	275.00 EUR	550.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
2	6	636.00 EUR	1272.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
0	0	0.00 EUR	0.00 EUR
Total Individual Support Grant			1272.00 EUR

Group 5, Activity (C1 - Introduction To Probiotics & Prebiotics)

Sending Organisation	Country of Venue	
Liceum Ogólnokształcące nr 20 w Poznaniu / Poland	Turkey	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
2	0	2

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	2	275.00 EUR	550.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
2	6	636.00 EUR	1272.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
0	0	0.00 EUR	0.00 EUR
Total Individual Support Grant			1272.00 EUR

Activity Budget

Budget Items	Grant
Travel	2750.00 EUR
Individual Support	6360.00 EUR
Total Grant	9110.00 EUR

Activity Details (C2)

Field	Activity Type
SCHOOLS	Short-term exchanges of groups of pupils

Activity Title		
BACTERIA OF ALCOHOLIC FERMENTATION		
Leading Organisation		Participating Organisations
Liceo Scientifico Statale Benedetto Croce		Liceum Ogolnoksztalcace nr 20 w Poznaniu Göztepe Ihsan Kursunoglu Anadolu Lisesi Gymnazium EPAL NAFAKTOY Klaipedos turizmo mokykla
Starting Period	Duration (days)	Country of Venue
02-2020	5	Italy

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

During the visit of the partners in our school we will show our laboratories where we will carry out some activities on the bacteria of the alcoholic fermentation, of the bacteria of the yogurt and the micro-organisms of the leavening.

We will visit a brewery near the school and attend a lecture at the University of Palermo, at the institute of Gastreterology

Does this activity combine physical mobility with virtual exchanges through eTwinning?

No

How is participation in this activity going to benefit the involved participants?

students will see how bacteria are not just pathogenic, but can be useful to humans.

In fact, using these microbes there is a flourishing dairy industry, which produces alcoholic beverages (beer, wine, spirits)

Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey	500-1999 km	7	4	2	4758.00 EUR
2	Gymnazium / Slovakia	500-1999 km	7	4	2	4758.00 EUR
3	EPAL NAFPAKTOY / Greece	500-1999 km	7	4	2	4758.00 EUR
4	Klaipėdos turizmo mokykla / Lithuania	2000-2999 km	7	4	2	5268.00 EUR
5	Liceum Ogólnokształcące nr 20 w Poznaniu / Poland	500-1999 km	7	4	2	4758.00 EUR

Group 1, Activity (C2 - BACTERIA OF ALCOHOLIC FERMENTATION)

Sending Organisation		Country of Venue
Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey		Italy
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 2, Activity (C2 - BACTERIA OF ALCOHOLIC FERMENTATION)

Sending Organisation	Country of Venue	
Gymnazium / Slovakia	Italy	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 3, Activity (C2 - BACTERIA OF ALCOHOLIC FERMENTATION)

Sending Organisation	Country of Venue
EPAL NAFAKTOY / Greece	Italy

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 4, Activity (C2 - BACTERIA OF ALCOHOLIC FERMENTATION)

Sending Organisation		Country of Venue
Klaipėdos turizmo mokykla / Lithuania		Italy
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
2000-2999 km	6	360.00 EUR	2160.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 5, Activity (C2 - BACTERIA OF ALCOHOLIC FERMENTATION)

Sending Organisation		Country of Venue
Liceum Ogólnokształcące nr 20 w Poznaniu / Poland		Italy
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget
Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Activity Budget

Budget Items	Grant
Travel	8760.00 EUR
Individual Support	15540.00 EUR
Total Grant	24300.00 EUR

Activity Details (C3)

Field	Activity Type
SCHOOLS	Short-term exchanges of groups of pupils

Activity Title
PROBIOTICS IN OUR DIET

Leading Organisation	Participating Organisations
Gymnazium	Liceum Ogólnokształcące nr 20 w Poznaniu Göztepe İhsan Kursunoglu Anadolu Lisesi EPAL NAFAKTOY Klaipėdos turizmo mokykla Liceo Scientifico Statale Benedetto Croce

Starting Period	Duration (days)	Country of Venue
05-2020	5	Slovakia

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

Activities during the meeting will be divided into two parts - theoretical and practical. As for the theoretical part, the hosting school students will prepare a presentation on the topic and as part of it, there will be an expert discussion with a doctor, dietician specialising in this field. Participants will also do some research in mixed groups - one research will be carried out in the school canteen (they will evaluate inclusion of probiotics in the school lunches, write a short report on it and suggest some recommendations). Another research will be done in local grocery shops - mixed groups will try to figure out the percentage of probiotics on offer in different shops. The last research will be done in the form of a questionnaire - the group will write down a short questionnaire on diet and eating habits of our students, then they will evaluate it and make some conclusions. The practical part will include preparing food with probiotics in the school canteen kitchen in cooperation with cooks and a local baker (producer of pastry involving probiotics). One day will be dedicated to a visit of a partner university - University of Pavol Jozef Safarik in Kosice, where students will have a chance to experience scientific side of the issue. One day will be dedicated to socializing and getting to know the region. Expected results - students will become aware of the importance of their eating habits and food as such. Young people today consume a lot of fast food and unhealthy food and this activity will help them change their view of what they eat. The activity will be used as interdisciplinary experience with CLIL potential, computer skills are needed and students will develop their soft skills in international environment with respect to different cultures.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

No

How is participation in this activity going to benefit the involved participants?

The benefit of the activity lies in the fact that students have a chance to confront themselves - their knowledge, academic abilities and skills, they learn about other cultures and nations and about themselves. This aspect of projects like this is more valuable than any newly gained academic knowledge (and from my experience it has always been so). It does not mean the gained academic knowledge is not important, what I mean is that the complex experience (cross-cultural, language, communication, cooperation skills) that students can enjoy is something unique, personal and long-lasting and cannot be downloaded from the net:-)

Of course, the academic benefit is undisputable as students will see for themselves how important our diet is from different points of view.

Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey	500-1999 km	7	4	2	4758.00 EUR
2	EPAL NAFPAKTOY / Greece	500-1999 km	7	4	2	4758.00 EUR
3	Klaipėdos turizmo mokykla / Lithuania	500-1999 km	7	4	2	4758.00 EUR
4	Liceo Scientifico Statale Benedetto Croce / Italy	500-1999 km	7	4	2	4758.00 EUR
5	Liceum Ogólnokształcące nr 20 w Poznaniu / Poland	100-499 km	7	4	2	4188.00 EUR

Group 1, Activity (C3 - PROBIOTICS IN OUR DIET)

Sending Organisation		Country of Venue
Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey		Slovakia
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 2, Activity (C3 - PROBIOTICS IN OUR DIET)

Sending Organisation		Country of Venue
EPAL NAFAKTOY / Greece		Slovakia
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 3, Activity (C3 - PROBIOTICS IN OUR DIET)

Sending Organisation	Country of Venue	
Klaipėdos turizmo mokykla / Lithuania	Slovakia	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 4, Activity (C3 - PROBIOTICS IN OUR DIET)

Sending Organisation	Country of Venue
Liceo Scientifico Statale Benedetto Croce / Italy	Slovakia

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 5, Activity (C3 - PROBIOTICS IN OUR DIET)

Sending Organisation		Country of Venue
Liceum Ogólnokształcące nr 20 w Poznaniu / Poland		Slovakia
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
100-499 km	6	180.00 EUR	1080.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Activity Budget

Budget Items	Grant
Travel	7680.00 EUR
Individual Support	15540.00 EUR
Total Grant	23220.00 EUR

Activity Details (C4)

Field	Activity Type	
SCHOOLS	Short-term exchanges of groups of pupils	
Activity Title		
Probiotics in daily routine		
Leading Organisation	Participating Organisations	
Klaipėdos turizmo mokykla	Liceum Ogólnokształcące nr 20 w Poznaniu Göztepe İhsan Kursunoglu Anadolu Lisesi Gymnazium EPAL ΝΑΨΠΑΚΤΟΥ Liceo Scientifico Statale Benedetto Croce	
Starting Period	Duration (days)	Country of Venue
09-2020	5	Lithuania

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

During mobility in Klaipeda, Lithuania, the project team will involve all partner participants in various theoretical and practical activities related to probiotics. These activities will be integrated directly including visits to health enterprises as Faculty of Health Sciences in Klaipeda University, National Public Health Center under the Ministry of Health. Seminars and meetings will be implemented as well with professors from companies departments of medical and health technologies. The activities will mainly focus on: participation in making a membrane milk purification with 'Bactocatch' technology and kefir (via educational visit in company „Žemaitijos pienas“), learning and practicing the fermentation processes in laboratories at Faculty of Health Sciences, manufacturing and establishing probiotics for vegetarians or vegans: pickles (and other vegetables) and fermented soy products, participation in discussions ,seminars about natural and synthetic probiotics impact for humans health (via professors or lecturers visitations).

This mobility will:

- enrich students and teachers educational processes with innovative ideas in the health sphere;
- implement new practical methods useful for healthcare in daily routine;
- improve successful collaboration between partner countries and local authorities (companies, professors and etc.).

After the mobility participants will share their project experience with colleagues by providing seminars and discussions in schools.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

No

How is participation in this activity going to benefit the involved participants?

This mobility will give an opportunity for all partners in creating and establishing strong connection, building cultural network. It is as long term opportunity for teachers and students for discovering different cultures, working areas or spaces, developing a personal knowledge about healthy lifestyle in the new way and also social convictions.

Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAL NAFFAKTOY / Greece	500-1999 km	7	4	2	4758.00 EUR
2	Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey	500-1999 km	7	4	2	4758.00 EUR
3	Gymnazium / Slovakia	500-1999 km	7	4	2	4758.00 EUR
4	Liceo Scientifico Statale Benedetto Croce / Italy	2000-2999 km	7	4	2	5268.00 EUR
5	Liceum Ogólnokształcące nr 20 w Poznaniu / Poland	500-1999 km	7	4	2	4758.00 EUR

Group 1, Activity (C4 - Probiotics in daily routine)

Sending Organisation		Country of Venue
EPAL NAFFAKTOY / Greece		Lithuania
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 2, Activity (C4 - Probiotics in daily routine)

Sending Organisation		Country of Venue
Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey		Lithuania
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 3, Activity (C4 - Probiotics in daily routine)

Sending Organisation	Country of Venue	
Gymnazium / Slovakia	Lithuania	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 4, Activity (C4 - Probiotics in daily routine)

Sending Organisation	Country of Venue
Liceo Scientifico Statale Benedetto Croce / Italy	Lithuania

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
2000-2999 km	6	360.00 EUR	2160.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 5, Activity (C4 - Probiotics in daily routine)

Sending Organisation		Country of Venue
Liceum Ogólnokształcące nr 20 w Poznaniu / Poland		Lithuania
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Activity Budget

Budget Items	Grant
Travel	8760.00 EUR
Individual Support	15540.00 EUR
Total Grant	24300.00 EUR

Activity Details (C5)

Field	Activity Type	
SCHOOLS	Short-term exchanges of groups of pupils	
Activity Title		
FERMENTATION		
Leading Organisation	Participating Organisations	
EPAL NAFAKTOY	Liceum Ogólnokształcące nr 20 w Poznaniu Göztepe İhsan Kursunoglu Anadolu Lisesi Gymnazium Klaipėdos turizmo mokykla Liceo Scientifico Statale Benedetto Croce	
Starting Period	Duration (days)	Country of Venue
02-2021	5	Greece

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

This meeting will take place to Nafpaktos, Greece. 4 students and 2 teachers from each partner country will participate in this mobility. During these 5 days teachers of the hosting school will involve students and teachers participants in a series of learning/teaching/training activities, related to probiotics in health and disease, in English by using STEM approach. Activities will be held at food technology labs and ICT labs of the hosting school and in food related enterprises and industries in the local area.

Methodology:

Students and teachers will work collaboratively in blended transnational teams. The ultimate educational goal is for students to work as teacher-independently as possible. In this regard, the teachers will act as facilitators and supporters by preparing and giving all the details that will help students develop deep knowledge on probiotics and fermentation.

The activities will focus on:

- a. identification of the activities carried out within the framework of fermentation to milk products' industries, wineries and pastries enterprises (via educational visits)
- b. elaborating, presenting and promoting fermented products like kefir, yogurt, cheese, olives and wine in partner countries (and their importance to health)
- c. carrying out microscope observation (yoghurt bacteria)
- d. cooking session: preparing, presenting and analyzing greek yogurt and tzatziki

The objectives of these activities are:

- reinforce the knowledge of students in learning of specialized contents
- raise the awareness of the association between consumption of fermented products and health
- understand of workplace culture
- improve teachers' STEM and CLIL pedagogy

All the activities will include the use of WebQuests and web 2.00 tools

The results of these activities will be:

- A collection of video showing all the recorded activities.
- an e-book on fermentation types and the produced products

Mobility will close after 5 days with an evaluation of the meeting by students and teachers from each partner country participated in the meeting and by the headmaster/headmistress of the hosting school. Feedback questionnaires will be prepared by the project coordinator which will be followed by an analysis.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

No

How is participation in this activity going to benefit the involved participants?

The objectives of these activities are:

- reinforce the knowledge of students in learning of specialized contents
- raise the awareness of the association between consumption of fermented products and health
- understand of workplace culture
- improve teachers' STEM and CLIL pedagogy

Students will also have the opportunity to understand the multicultural European dimension of education and to cultivate tolerance and respect for diversity via participation in national and international team works.

Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey	500-1999 km	7	4	2	4758.00 EUR
2	Gymnazium / Slovakia	500-1999 km	7	4	2	4758.00 EUR
3	Klaipėdos turizmo mokykla / Lithuania	500-1999 km	7	4	2	4758.00 EUR
4	Liceo Scientifico Statale Benedetto Croce / Italy	500-1999 km	7	4	2	4758.00 EUR
5	Liceum Ogólnokształcące nr 20 w Poznaniu / Poland	500-1999 km	7	4	2	4758.00 EUR

Group 1, Activity (C5 - FERMENTATION)

Sending Organisation		Country of Venue
Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey		Greece
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 2, Activity (C5 - FERMENTATION)

Sending Organisation		Country of Venue
Gymnazium / Slovakia		Greece
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 3, Activity (C5 - FERMENTATION)

Sending Organisation	Country of Venue	
Klaipėdos turizmo mokykla / Lithuania	Greece	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 4, Activity (C5 - FERMENTATION)

Sending Organisation	Country of Venue
Liceo Scientifico Statale Benedetto Croce / Italy	Greece

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 5, Activity (C5 - FERMENTATION)

Sending Organisation		Country of Venue
Liceum Ogólnokształcące nr 20 w Poznaniu / Poland		Greece
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Activity Budget

Budget Items	Grant
Travel	8250.00 EUR
Individual Support	15540.00 EUR
Total Grant	23790.00 EUR

Activity Details (C6)

Field	Activity Type	
SCHOOLS	Short-term exchanges of groups of pupils	
Activity Title		
PROBIOTICS IN POLAND		
Leading Organisation	Participating Organisations	
Liceum Ogólnokształcące nr 20 w Poznaniu	Göztepe Ihsan Kursunoglu Anadolu Lisesi Gymnazium EPAL NAFAKTOY Klaipedos turizmo mokykla Liceo Scientifico Statale Benedetto Croce	
Starting Period	Duration (days)	Country of Venue
05-2021	5	Poland

Description of the activity:

- Describe the content, methodology and expected results of the activity.
- How is it going to be related to or integrated with the normal activities of the involved schools?

We believe participants after activities will realise the importance of the proper nutrition and probiotics. We are sure that because of this project all involved participants will make changes for better future in their lives. This topic is included in subject Science – all students learn about biology; chemistry and social science including the topic probiotics.

Goals:

- To understand how important the probiotics are and the maintenance of good bacteria in the guts is
- To learn about the process of fermentation
- To enhance students' commitment to take part in international projects
- To approach a mindful consumption of food and liquids
- To familiarize students with “probiotics diet” and how it can help the human body
- To get to know different foods in Europe containing “good bacteria”
- To learn what are probiotics, probiotics and symbiotics, how it can be prepared, how it effects our body, what can be done to enrich our diet in it
- To promote daily habits that help to reach the project goals
- To develop international team works abilities

Activities:

Day 1: Welcome at school. Presentation of the school.

Presentation of the topic: Probiotics in Poland. Workshops in international groups – myths and facts about probiotics; presentations of the Polish food rich in probiotics, finding similarities and differences between foods in Europe

Workshops in Fermentation – preparing Polish typical foods rich in probiotics

Day 2

Workshops and lectures at Poznań University of Life Sciences devoted to the subject of probiotics, probiotics and symbiotics, facts and numbers about the beneficial consumption of the products

Integration Game in the city

Day 3

Art Competition related to the subject of probiotics.

A visit to a Poznań Science and Technology Park about probiotics and technology

- presentation and experiments about the probiotics

Day 4:

A visit to a eco-farm producing cheese and yoghurt - learning about the process of fermentation and necessary conditions

Follow-up activities at school – preparing their own yoghurt

Day 5

Final preparation of works and their presentation.

Farewell dinner organized with parents, teachers and students.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

No

How is participation in this activity going to benefit the involved participants?

One of benefits is to children develop socially. Engaging in international workshops helps encourage teamwork, leadership skills, cooperation and social development that students don't get to the same degree from working in the domestic classroom. Participants will work together and will have to fight with shyness, lack of confidence, look for new solutions, shape equality which will contribute to developing so-called “soft skills”. Middle school is the time for students to develop these skills, and participating in European projects is a way to foster an appreciation for them. Another benefit is fostering a life-long passion. Middle school is a time for students to start discovering their personal interests and passions they may want to develop later. By giving students the opportunity to experiment with activities outside of their normal school life, we open the door for a potential future in science, biology, chemistry, ecology or domestic work. Involvement in the project may result in encouraging in further involvement in science jobs, enriching self-development and gaining new skills. Next benefit is improving foreign language and IT competences skills. Another advantage is European dimension. Thanks to the project we believe students will get rid of stereotypes, prejudices towards foreigners, get to know new cultures, tighten the bonds among European countries, strengthen values like solidarity and community service.

The teachers will get the benefit to the same level as students. Apart from mastering foreign language skills and IT competences they will enhance their international team work, enrich their managing skills, develop relation between other teachers and parents, get to know other cultures and school systems. Finally, all participants will gain knowledge probiotics, prebiotics, symbiotics, fermentation process, chemical reaction, health and ecology. We hope that all participants will make visible steps in their daily life for better future.

Groups of Participants

ID	Sending Organisation / Country	Distance Band	Duration (days)	No. of Participants	No. of Accompanying Persons	Grant
1	EPAL NAFPAKTOY / Greece	500-1999 km	7	4	2	4758.00 EUR
2	Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey	500-1999 km	7	4	2	4758.00 EUR
3	Gymnazium / Slovakia	100-499 km	7	4	2	4188.00 EUR
4	Klaipėdos turizmo mokykla / Lithuania	500-1999 km	7	4	2	4758.00 EUR
5	Liceo Scientifico Statale Benedetto Croce / Italy	500-1999 km	7	4	2	4758.00 EUR

Group 1, Activity (C6 - PROBIOTICS IN POLAND)

Sending Organisation		Country of Venue
EPAL NAFPAKTOY / Greece		Poland
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 2, Activity (C6 - PROBIOTICS IN POLAND)

Sending Organisation		Country of Venue
Göztepe Ihsan Kursunoglu Anadolu Lisesi / Turkey		Poland
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 3, Activity (C6 - PROBIOTICS IN POLAND)

Sending Organisation		Country of Venue
Gymnazium / Slovakia		Poland
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
100-499 km	6	180.00 EUR	1080.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 4, Activity (C6 - PROBIOTICS IN POLAND)

Sending Organisation	Country of Venue	
Klaipėdos turizmo mokykla / Lithuania	Poland	
No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Group 5, Activity (C6 - PROBIOTICS IN POLAND)

Sending Organisation	Country of Venue
Liceo Scientifico Statale Benedetto Croce / Italy	Poland

No. of Participants	No. of Accompanying Persons (including teachers accompanying pupils)	Total No. of Participants and accompanying persons
4	2	6

Group of Participants - Budget

Travel

Distance Band	No. of Persons	Grant per Participant	Total Travel Grant
500-1999 km	6	275.00 EUR	1650.00 EUR

Individual Support

No. of Participants	Duration per Participant (days)	Grant per Participant	Total (for Participants)
4	7	406.00 EUR	1624.00 EUR
No. of Accompanying Persons	Duration per Accompanying Person (days)	Grant per Accompanying Person	Total (for Accompanying Persons)
2	7	742.00 EUR	1484.00 EUR
Total Individual Support Grant			3108.00 EUR

Activity Budget

Budget Items	Grant
Travel	7680.00 EUR
Individual Support	15540.00 EUR
Total Grant	23220.00 EUR



Special Costs

Special Needs Support

ID	Organisation	Country of the Organisation	No. of Participants With Special Needs	Description and Justification	Grant (EUR)
Total					0.00 EUR

Exceptional Costs

ID	Organisation	Country of the Organisation	Description and Justification	Grant (EUR)
Total				0.00 EUR

Follow Up

How are you going to assess if the project's objectives have been met?

There will be surveys after each visit which will show if the activities have fulfilled their objectives. Apart from that, there will be discussion during the project meeting in order to measure to what extent is the impact. Families of participating students will take part in the survey as well. The project will be also evaluated during its execution because we are mainly proposing an approach of developing a project based in the principles of STEM and project based learning. So, at the end of each phase (monthly tasks) partners will discuss the progress of the project by using online conferences using the Adobe Connect option in the TwinSpace. Also, intermediate surveys will be applied by each partner in order to collect data and compare it with the initial goals defined when the project was being planned.

Teachers will be in contact with parents to see if the project will promote a healthy lifestyle among the students. The project teams will check if the websites, Erasmus corners and blogs are updated. They will also be in cooperation with their colleagues at school to see if the students apply what they learn through STEM workshops in lessons. There'll be a competition among the students at the last mobility and the content will be about what they've learned about the subject till then. By this way we'll see if the students can apply STEM and we'll also see if the project has positive effects on their language and communication skills improvement. The project will be a great experience for the students as it will raise awareness of the European projects and the EU values and also increase motivation for taking part in future Erasmus+ projects which is one of our project's objectives. We'll see their enthusiasm in the activities which will be an evaluation for the teachers for future projects.

How will the participation in this project contribute to the development of the involved schools in the long-term? Do you have plans to continue using the results of the project or continue to implement some of the activities after the project's end?

The participation in this project will contribute to the development of the schools in a significant way as the international aspect of the project encourages students not only to improve foreign language skills, but from the previous Erasmus experience we know it helps to develop true friendships and human relationships regardless of the country, religion or other factors. As for the project results, there are plans to turn them into a quality studying material in the form of a presentation for the following years and include the materials in the curriculum. This way, the knowledge and experience can be shared not only with the current students, but also with the future students of schools involved. We'll keep the website up-to-date after the project has finished and there'll be articles by students to

motivate their peers, to share ideas about project's topic and also about different ways of leading a healthy life. The STEM education activities will motivate the students for future projects.

In the long term we expect to raise awareness about beneficial effects of probiotics and include probiotic rich foods in teenagers' lives more. The target groups will not only gain healthy eating habits but also will learn that diet is playing an increasingly important role in the mental health and well-being of individuals. Starting from our schools we believe we'll reach more people in our local areas during the dissemination process. The project activities will be continued even after the EU funds will end. We're going to organize "European Probiotics Day" which will be in schools' annual schedules to make sure that the project's impact will go on with future students.

Please describe your plans for dissemination and use of project results.

- How will you make the results of your project known within your partnership, in your local communities and in the wider public? Who are the main target groups you would like to share your results with?
- Are there other groups or organisations that will benefit from your project? Please explain how.

The plans for dissemination and use of project results include presentations during the school's open day when potential students, their parents and invited guests visit the school. Students will also write articles describing their experience, experiments and findings for the media and they will be able to use the project results in their further studies. The findings will also be disseminated during regular lessons at school – they can be used for lessons of biology, chemistry and languages as part of CLIL teaching method. The results of the project will be published in the media, whether local or national, including social networking sites of the school by students themselves. They will take part in preparing the material as well as contacting media representatives and be in charge of their distribution.

We are also going to use online platforms like School Education Gateway, Erasmus+ Results in order to make the results of our project known in the wider educational community.

The main target groups are the teenagers as their eating habits tend to be unhealthy (fast food, sweetened drinks, crisps etc) to make their peers aware of negative impacts this kind of diet has on their health. Another target group is the parents who we expect to learn about it from the media and the wider public respectively. We're also planning to disseminate the project by project's website, blogs, cookbook, posters and presentations. We'll make the project known by the other schools in our local areas by sending booklets to schools. When we come together with colleagues from other schools we'll inform them about our project. We're planning to arrange fermentation workshops and invite students from near schools to raise awareness about healthy lifestyle. Through these workshops we'll share the outputs of our project and try to make it known by as many people as possible that probiotics are beneficial and they boost our immune system.

Annexes

The maximum number of all attachments is 10 and the maximum total size is 10240 KB.

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

File Name	File Size (kB)
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Please attach any other relevant documents.

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

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

- It fulfils 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: PL01 Foundation for the Development of the Education System

Please also keep in mind the following:

Only the coordinating school needs to submit the application to its National Agency. Partner schools need to be listed in this application and must not submit the same application to their own National Agencies. If similar or identical applications are submitted by different schools to different National Agencies, all applications may be rejected.

Only schools are eligible to participate in School Exchange Partnerships. Depending on the country where the school is registered, a specific definition of eligible schools applies. The definition or a list of eligible schools is published on the website of each National Agency. Before submitting your application, make sure that all participating schools are eligible in their respective countries.

The documents proving the legal status of the applicant and each partner must be uploaded in the Participant Portal (for more details, see Part C of the Programme Guide - 'Information for applicants').

Data Protection Notice

PROTECTION OF PERSONAL DATA

The application form will be processed electronically. All personal data (such as names, addresses, CVs, etc.) will be processed pursuant to Regulation (EC) No 45/2001 on the protection of individuals with regard to the processing of personal data by the EU institutions and bodies and on the free movement of such data. Any personal data requested will only be used for the intended purpose, i.e. the processing of your application in accordance with the specifications of the call for proposals, the management of the administrative and financial aspects of the project if eligible and the dissemination of results through appropriate Erasmus+ IT tools. For the latter, as regards the details of the projects' contact persons, an unambiguous consent will be requested.

For the full description of the collected personal data, the purpose of the collection and the description of the processing, please refer to the Specific Privacy Statement (see link below) associated with this form.

http://ec.europa.eu/programmes/erasmus-plus/documents/epluslink-eforms-privacy_en.htm

- I agree with the Specific Privacy Statement on Data Protection