



“Nothing Is More Precious Than Health”

2021-1-LT01-KA210-SCH-000031353

4.TH Meeting

Title: ORGANIZING CLIMBING AND HIKING ACTIVITIES

Date: 9th (from) – 12th (to) October, 2023

Venue: GAZİANTEP, Yasemin Erman Balsu Anadolu Lisesi -TÜRKİYE

Participating partners:

- Yasemin Erman Balsu Anadolu Lisesi, Gaziantep, Turkey
- Joniskio “Ausros” gimnazija, Joniskis, Lithuania
- Liceul “Gheorghe Tatarescu”, Rovinari, Romania
- ITIS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy

Head of meeting: Yasemin Karamağralı(teacher)

Minute taker: Mehmet Soğancı(teacher), Hakan Baba (Teacher)

Table of contents

1. Agenda	3
2. Minutes	4
3. Decisions	5
4. List of participants	6

1. Agenda

(08.10.2023) Sunday

Accommodation at the houses -hotel

1st DAY -Monday (09.10.2023))

9 .00 Meeting ceremony at school

9.30 – 10.30 Introducing the program of the week,

Excursion around the school

10.30 – 11.00 Break

11.00 - 11.30 Introducing the activities of the day

13.00 – 1330.Lunch at school canteen

13.30 – 14.30 Presenting of partner countries about them and their schools.

Presenting on eating disorders and obesity of each school Presenting the survey about healthy eating in each country.

Presenting of Turkey school on Gaziantep cuisine which has been welcomed in the creative cities network by UNESCO within gastronomy.

15.00 –17. 00 Excursion to Kavaklık and Sanko Shopping Center

2 nd DAY-Tuesday (10.10.2023)

9.00 Meeting at School

9.30 Trip to city center(Gaziantep castle,Bath Museum,Kitchen Museum,Toy museum,),

12.30-13.30-Lunch at Çiğerci Mustafa around Castle

14.00-17.00 Trip to Almacı Bazaar,Kitchen Museum,Tahmis Coffee,Toy Museum

14.00 – 16.00 Visiting Zeugma Mosaik Museum,Excursion around Bey Street(Historical Street)

19.00 Students back to families, teachers to the hotel

3 rd DAY Wednesday(11.10.2023)

9.00 Meeting at school

9.30 – 11.30 Trip to Dülükbaba. Climbing and Hiking activities in Dülükbaba Şehitkamil Belediye Tesisleri

12.00 – 12.30 Lunch at Dülük Baba

14.00-16.00 Gathering information on benefit of sports activities at Dülük Baba.

Plannig posters of sport activities and healthy food pyramid by students. Presenting the drafts of the posters by students at school

19.00 -22 .00 Goodbye Party Dinnner for teachers and students at Divan Otel.

4 th DAY -Thursday (12.10.2023)

9.00 Meeting at school

9.30 -12.00 Gathering information on benefit of sports activities at Dülük Baba.

Plannig posters of sport activities and healthy food pyramid by students. Presenting the drafts of the posters by students.

Teachers' meeting to prepare final report steps and discussion about the dissemination

13.00 Lunch at school canteen.

14.00-15.00 Certificates ceremony.

15.30– 16.30 Happy hours: word games –quizz

1.Minutes

The whole week the Erasmus+ project “Nothing is more Precious than Health” took place in Gaziantep,Türkiye , Yasemin Erman Balsu Anadolu Lisesi . Four countries such as Romania, Lithuania, Italy and from our School students participated in various activities of the exchange program. The aim of the project is developing an healthy life mind-set and becoming more conscious about healthy fod concerning all EU countries. They will put such kind of knowledge into practice in locally and share it with their peers, parents,family members. The presentations which raise the participants awareness of the importance of healthy life.

We had a formal opening ceremony of the project LTTA. Partners were welcomed by the headmaster of the school, who prepared a speech and gave a short description of the school guests.Then; introduction to the week program, excursion around the school introduction of day activities; guest presentations about them and their schools, their cities, their countries and eating disorders and obesity,survey about health eating each country, Presentition of Turkey school on Gaziantep cuisine which has been welcomed in the creative cities network by UNESCO within gastronomy

In the afternoon; excursion to the KAVAKLIK (which is old forest and picnic place) and SANKO Shopping Mall.

On the second day,firstly studens and teachers went to ZEUGMA MOSAIC and PANOROMA Museums where the guide gave all some information about them ; then cultural trip was made to the city center for visiting historical places. Lunch was eaten at famous restaurant ,CİĞERCİ MUSTAFA. İn the afternoon continued to visiting historical places. These are BATH Museum , TOY Museum , KITCHEN Museum. We couldn't visit GAZİANTEP CASTLE , which damaged at earth quake.Afterwards; students and teachers made shopping at OLD BAZAAR. They bought traditonal things.

On third day in the morning; Teachers and students went to DÜLÜKBABA ADVENTURE Park . there were outdoor activities like climbing and hiking , here students had the opportunity to do some interesting and challenging activities. The physical exercises were understood as a good opportunity being healthy, active and socialising. Also students gathered information on benefits of sports activities at DÜLÜK BABA ADVENTURE park.

On the third day in the afternoon; After coming back to school, students planned and drafted a poster which shows benefits of outdoor activities and healthy food pyramids. On the other side ; teachers analyzed and evaluated the previous steps, they discussed about the dissemination and final report.

In the evening; Goodbye part was organized for guests and host students who listened to different types of music according to their tastes and nationality and ate traditional and famous food from GAZİANTEP KİTCHEN all together at the DİVAN HOTEL. At the same time teachers ate dinner from GAZİANTEP KİTCHEN at the other saloon of DİVAN HOTEL.

In the fourth day; we met at the school then students attended lessons, played volleyball and other games, danced and played some musical instruments. Teachers discussed questions about final report. In the afternoon; students presented their posters as a nationality. After presentation ; we made certificate ceremony.

Decisions

No.	Decisions / Tasks	Deadline	Responsible person, institution
1.	Presentation about cities, schools ,obesity, eating disorders ,Gaziantep gastronomy	Done on 1 st day	All partners
2.	Posters useful for schools-dissemination and school websites	Done on last day	All partners
3.	Answering final report questions	Until 22 nd of December	All partners
5.	Feedback	Done the last day	Yasemin Erman Balsu Anadolu lisesi
6.	Write a report on the Turk mobility to be uploaded to http://nomoprhe.eu/category/news/	2 weeks after visit	All partners

List of participants

Yasemin Karamağralı[T]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
Hakan Baba[T]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
Mehmet Soğancı[T]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
İkra Tadik [S]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
Melek Bilgin Akdağ [S]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
Ceren Çevik[S]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
Adem Taş[S]	Yasemin Erman Balsu Anadolu Lisesi	Türkiye
DANIELA ROSSANA BELLIZZI [T]	Polo Techico “Fermi - Gadda” Napoli	Italy
LOREDANA AMELIO [T]	Polo Techico Fermi - Gadda” Napoli	Italy
Francesco Giordano [S]	Polo Techico “Fermi - Gadda” Napoli	Italy
Andrea Pio Megna[S]	Polo Techico “Fermi - Gadda” Napoli	Italy
Gabriele Tammaro[S]	Polo Techico “Fermi - Gadda” Napoli	Italy
Gennaro Gaier[S]	Polo Techico “Fermi - Gadda” Napoli	Italy
Violeta Židonienė[T]	Joniskio”Ausros” gymnasium	Lithuania
Vilma Mingailienė[T]	Joniskio”Ausros” gymnasium	Lithuania
Atėnė Jeneliūnaitė[S]	Joniskio”Ausros” gymnasium	Lithuania
Urtė Kinderytė [S]	Joniskio”Ausros” gymnasium	Lithuania
Liliana Kupčikaitė[S]	Joniskio”Ausros” gymnasium	Lithuania
Tėja Zigmantaitė[S]	Joniskio”Ausros” gymnasium	Lithuania
IONELA LĂCRĂMIOARA ȘUVAR [T]	LICEUL „GHEORGHE TĂTĂRESCU Romania	
ALEXANDRU-LAURENTIU DOLCESCU [T]	LICEUL „GHEORGHE TĂTĂRESCU Romania	
PATRICIA-MARIA-ANGELA STAMATESCU [S]	LICEUL GHEORGHE TĂTĂRESCU Romania	
GHEORGHE ȘTEFONIE[S]	LICEUL „GHEORGHE TĂTĂRESCU Romania	
SORINA-VALENTINA TOMESCU[S]	LICEUL „GHEORGHE TĂTĂRESCU Romania	
AUGUSTIN-FLORIN MOȚA [S]	LICEUL „GHEORGHE TĂTĂPRESCU Romania	

PROJECT COORDINATOR

YASEMİN KARAMAĞRALI