



# HEALTHY KIDS

## 1. Project information

Schools, partners in this project in Erasmus + “Healthy Live-Healthy Kids-Healthy Future”/2019-2022/:

- Vazrazhdane Secondary School - Ruse, Bulgaria
- Secondary Municipal School „Taki Daskalo”- Bitola, Macedonia
- Agrupamento de Escolas nº 1 de Beja, Portugal
- Scoala Gimnaziala nr.1 Perisoru, Romania

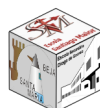
The mobility planned for R.N. Macedonia-Bitola, took place between May 9 and 13, 2022 with partners from Bulgaria (2 teachers and 4 students), Portugal (2 teachers and 6 students) and Romania (2 teachers and 3 students). At High School „Taki Daskalo” there was an involvement of 6 teachers and 20 students.





## Activities day 1 of the meeting

The first meeting started in one of the classrooms in the school. There was an official welcome from the headmaster of our school and then we had ice breaking activities in groups that helped us to get to know each other better and to introduce us to the meaning of this project that promotes healthy life.





After the activities the guests had a visit to the City museum that shows how rich is the history of the city of Bitola and also the Old bazaar, a cornerstone of the trade in Bitola.





## Activities day 2 of the meeting

On the second day we had a reflection of the previous day and then we observed presentations about how healthy life can be planned through menus about food, from the country participants and physical activities whose goal was to experience the fun and enjoyment of exercising. The following part of the activities were consisted of a visit to the City hall.





## Activities day 3 of the meeting

On the third day of this meeting we had a trip to the gem of the Macedonian land, Ohrid. We had a visit to the fortress of Tsar Samuil, which was located in the capital city of his Empire (Ohrid) that dominated the Balkans. We also visited one of the oldest and holiest places in Macedonia, Saint John Kaneo. Then we had a boat trip and enjoyed the scenery of the enchanting lake together with the endless horizon and glorious conjugation of the Sun and the lake. In the course of the afternoon, we visited a filigree shop where we were shown the ancient craft of jewelry making with filigree technique. Afterwards, we had a walk around the town to better experience this glorious place.



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## Activities day 4 of the meeting

This day consisted of continuation of the physical and fun activities and games, which were pretty challenging. To revive from the exhaustion from the activities, guests had a visit to the village of Brajchino, a peaceful place located near the second most marvelous lake in Macedonia called Prespa Lake. There, our guests had the opportunity to taste traditional Macedonian food and to enjoy the clean country air.





## Activities day 5 of the meeting

Firstly, students have received new diaries in which they wrote about their everyday eating habits and physical activities and then project participants were given questions about their trip to Bitola and Macedonia and questions about this project. After these two stages of activities happening on this day, the certificate awarding ceremony was held in the Grand Premiere, which represented a pleasant end of all the activities and tasks done during this meeting in Macedonia.

