



Project Partners:

- Kirikkale Milli Egitim Mudurlugu, Turkey
- Universidade dos Tempos Livres, Portugal
- Bit Schulungscenter Nfg. GmbH & Co KG, Austria
- CREA centro per la creatività educative social cooperative society, Italy
- Pontus Iuventae Foundation, Hungary
- Starostwo Powiatowe w Będzinie, Poland
- Stakliskiu vidurine mokykla, Lithuania
- ASOCIATIA ECOMOND, Romania

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The 4th meeting in the context of the Grundtvig partnership project —Again Heyday of Health— in Kirikkale, TURKEY from 07 – 12 November 2012, all cooperating partners from Turkey, Poland, Austria, Portugal, Romania, Italy, Hungary met in Kirikkale in the course of the further project work.



In this meeting the Local Healthy European Market was organized, presented “traditional raw meat, homemade red wine of Hasandede district and Turkish Delight by visiting the factory. Moreover, the presentations about Gastronomy were done by each partner. In addition, the some important points were decided for the

results and outcomes which will be created .

At last, on 11th November, the participants as 26 people attended in 34th Intercontinental Istanbul Eurasia Marathon and Expo Sport And Health 2012



Hungarian Toast with ricotta and germs

Ingredients:

- toast
- ricotta
- germs (from pepper grass)
- olive oil
- tomatoes
- salad
- goatcheese

Preparation:

Sear the toasts, and grease them with ricotta, and in the end put the germs on them. Serve with salad, tomatoes and goatcheese and sprinkle with olive oil.



Fittarena in Budapest

Some of the members of Pontus Iuvenate Foundation take a part in Fittarena on 25th November 2012.

The event was organised in Papp László Sportaréna. This is the largest concert and sport hall in Hungary and for this day the arena became a fitness arena. This was the largest fitness day of the year, because



Attending in the 3-4 October 2012 World day of walking



Due to on 3d and 4th of October the world day of walk, the provincial directorate of Public Health organized a walk for 6 km in Kırıkkale and as a directorate, we also took part in the walk activity in order to attract the attention against obesity.

SPAR Budapest Marathon 2012

SPAR Budapest Marathon for the 27th time 7 October 2012

One of our activities was the SPAR Budapest Marathon for the 27th time 7 October 2012!

Distances: 42 km, unique 30 km, relay for 3 or 5 runners, minimarathon (7,5 km), fun run (3,5 km).

Overall more than 16 000 runners on the race day and more than 4000 runners only on the marathon distance! About half of our marathon runners come from abroad, from more than 50 countries; this is a real international event!

The Pontus Iuventa Foundation took part in the running in the Hero's Square in Budapest. On the event we advertised the international Grundtvig program called Heyday of Health. The Foundation is a committed promoter of healthy nutrition, training and lifestyle, our aim was that people join the running and get to know the program. The Foundation presented custom t-shirts for the participants, showing the availability of the blog, where we upload articles about healthy nutrition and lifestyle and event notices.

2nd meeting in Oristano, Sardegna

The meeting was held according to the agenda, starting with arrival on February 19th and ending with departure on February 21st. The meeting in Oristano was an excellent opportunity to catch up with the latest achievements every member accomplished, concerning the activities in the project. The presentations sustained during the working sessions at Centro CREA showed that every member takes the project extremely serious, as it should.

Our host, Italy and Centro CREA amazed us with their hospitality and with a very well organized schedule that displayed a very interesting page of Oristano's history, culture and traditions. We, the Romanian group, salute Oristano, every country member of the project and we salute Sa Sartiglia.

Sardinian cuisine impressed us with sophistication and good taste, now we are presenting a traditional Romanian recipe that is appreciate by all tasters.



3rd Project Meeting Graz

The meeting was held according to the agenda, starting with arrival on Monday, May 07th and ending with departure on Friday, May 11th.

The topics of the working sessions have been:

Questionnaires: several partners have already made national summaries in different electronic formats. If such summaries are available, they should be sent in Word format. These summaries may contain a short description of "interesting facts, effects and recommendations".

The most scientific analysis was done by the Lithuanian partner STAKLIŠKĖS SECONDARY SCHOOL, who entered the data into SPSS (statistics software). While this professional approach would be the most promising and reusable the technology is not available for most of the other partners.



4th meeting in Kirikkale

The 4th meeting of our Grundtvig Learning Partnership entitled *Again, Heyday of Health* (2011-1-TR1-GRU06-24163-1) was held in Kirikkale, Turkey after Austria.

The partners shared their experiences, and the host partner presented "Raw Meatball" and "Turkish Delight" and talked about the benefits of them.

After visiting the *EXPO SPORT And HEALTH 2012*, Finally all participants attended in the *34th International Istanbul Euroasia Marathon* so as to attract the attention into the sport and health in each partners' cities by running successfully on the

behalf of the Project . We presented our project in the marathon among the thousands of people.





We are on the Web!

<http://heyday-health.blogspot.com>



Try the ice



On the 30th of January Lithuanian partners decided to spend their day on ice. Some of the bravest one took ice-skates and tried themselves on ice. For some of them it was the first time

of skating but no one of them were afraid. Everyone wanted to try new and really healthy maybe not so popular in Lithuania activity. No matter of cold weather they were skating and trying healthy herbal tea.



As Kırıkkale Provincial Directorate of National Education, after we employed a dietician in our institution, we have organized a course of swimming for our personel from February to May in order to manipulate them to sport and health life style and combat the obesity that has been the problem of age since 2000. Now as our personel, 35 people have highly been attending in the course.



Next visit will be to Poland, to Bedzin



Visit to Hungary will be held in July and it will be the last visit of the project



Newsletter edited by Gerda Juodsnukytė representing Lithuanian Project Partner.

Newsletter's materials are presented by all project's partners and editor does not take responsibility for their contents.