



## Dear Friends,

### Project Partners:

- Kirikkale Milli Egitim Mudurlugu, Turkey
- Universidade dos Tempos Livres, Portugal
- Bit Schulungcenter 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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Everytime I say to myself " the time is passing like a blur", and as I say it has already passed for 2 years.

As the coordinator of the Project we run for 2 years (2011-2013) with 8 different partners-countries together successfully, I kindly would like to thank each of you for your good cooperation and hot friendship.

I must confess that I did not expect 8 different contact people, 8 strange institutions and structure of 8 different culture would not be able to come together, share something and sign good things such as 2 books, a research, a DVD, a calendar and newstellers with together; but we succeed in doing all of them. As is known, the **objective** of the action programme in the field of lifelong learning 2007-13 is to develop and foster interchange, cooperation and mobility; and I believe we did all of them and however, the theme of the Project was also processed in our instutions locally. During the mobilities I noticed that we reinforced our learners' (participants) role in creating a sense of European citizenship based on respect for European values, as well as tolerance and respect for other peoples and cultures; that's great absolutely!

Now I am upset about finishing the Project and process but I hope we will come together and do our best in another projects in the next terms.

I am happy about having firstly perfect contact persons and then perfect friends, dear Gerhard( Austria), Gergü (Hungary), Sandra (Portugal), Maria (Romania), Tamara (Italy), Gerda (Lithuania) and Mariusz (Poland) and thank you all again !

Best wishes,

Mustafa Can HİÇYILMAZ, Turkey  
Coordinator

eurodesk  
Türkiye Temas Noktası



## *Hungarian levander festival*

The Ecomond Association developed within the project Grundtvig - "Again heyday of health" several activities based on healthy food, diseases caused by the nutritional disequilibrium's and sport.

The seminars on healthy food topics were: the food and cancer.

- Obesity
- The food and the nutritional diseases
- Traditional food
- Exhibitions with food products
- Displays of books on a healthy food



In June the group of our Foundation took part in Tihany by Lake Balaton in Lavender Festival.

The Lavender plays an important role in Tihany's life. The plant and its processing have a big tradition in the village. At the Lavenderfestival there are lot of programs in connected with the lavender. The colleagues of the National Park take tours to the lavender field. The tourists can find handicraft markt and fine meal.

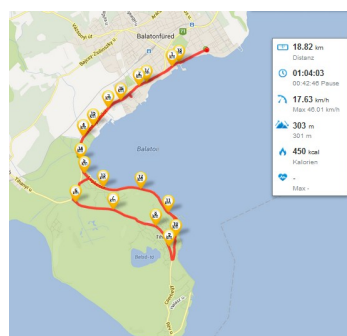
What do we know about lavender?

### **Efficient fighting against stress... but how?**

How to effectively combat stress? What kind of exercises promote better well-being? These two issues were the main topic discussed by the representatives of all eight institutions involved in the common project "Again, Heyday of Health" funded as one of the activities of Grundtvig Programme. Professional training in combating stress was presented by an expert, Ms. Martyna Wronka, from the University of Economics in Katowice. In her presentation she discussed the symptoms of stress and its effects on human bodies. She also proposed a number of exercises that everyone can do, even while working in the office. Among them are isometric and relaxation exercises which are simple and efficient. These workshops were not only an opportunity to learn new techniques on effective stress management, but also to do practical exercises. Thanks to it, all participants could work without stress and in a good mood on new project's products and design.



## **Bike trip as a part of last partner meeting**



An excellent idea of the Hungarian team to organize a group bike rental and to enjoy the perfectly labeled bike route from Balatonfüred to Tihany.

The extra tour up to the hill was not mandatory but I liked to see that many went there! Young and older, male and female, from different countries - sports connect people!

## MANUAL OF GOOD PRACTICE “AGAIN HEYDAY OF HEALTH”

The Grundtvig Learning Partnership project named “Again Heyday of Health” was implemented by the institutions being private and public in Turkey (Coordinator), Romania, Portugal, Austria, Poland, Italy, Hungary and Lithuania.

The good practices handbook includes works done and good samples about the sports, losing weights around the countries cooperating in the project “Again, heyday of health” in the period of 2011 - 2013. The themes presented in the manual (Dances, Sports, Combating stress) comprise activities with national approaches to train a large number of people and capitalize on tradition and modernity in their development.

Dances and sports, combating stress and leisure activities they all help us recover after long days of intense activity.

Exercising helps us develop emotionally as well as intellectually, and implicitly aid forming the human character and personality, increase our observational spirit, stimulate thinking and logical rational. Creating a behavioural change is not a simple task. The new approach, methods and ideas contributed along with data towards the development of multidisciplinary and intercultural interventions.

Along with healthy and balanced eating, movement is needed to maintain health. Lack of exercise leads to obesity and other serious diseases. This manual aims to popularize in every country traditional dances, traditional sport and various methods for combating stress.

### The biodance

At our meeting in Poland, during a work session, as the Italian group, we proposed to all participants a method to combat stress, used and taught by our Center CREA.

Biodanza was created by Professor Rolando Toro, psychologist, anthropologist, musician and poet from Chile.

**In 1965 Professor Rolando Toro worked at the psychiatric hospital of Santiago de Chile and was experimenting with different techniques of development in order to 'humanize medicine', including psychotherapy group along the lines of Carl Rogers as art therapy (painting, theater) and psicodrama.**

**During these experiments selected a series of music and dance that could strengthen the sense of identity. He noticed that, depending on the music and the movements induced by this music, different results were obtained while anxious patients had positive effect on the slow movements induced by music sweet, patients with strong dissociations were integral euphoric movements induced by rhythmic music.**

Biodanza means dance of life, a direct way to reconnect with self and its inner balance.

We proposed two short exercises. In the first, all participants, took each other by the hand, danced in a circle. is an exercise that aims always at the beginning to give the opportunity to all participants to socialize with music, with his own body and with the other participants.

It 'a warm-up exercise.

in the second exercise, everyone had to choose a dance partner. The partner could be of the same sex or the opposite sex. In biodance this is not important.

The couple had to dance, looking into his eyes and keeping in touch with the partner with hands.

As participants become accustomed to dancing together and having physical contact with other people, the exercises increase in intensity because the tensions begin to melt.

In the exercises, especially in the second, it was noticed a certain embarrassment by the participants. Talking with the body is not a usual type of communication. During the exercises it could not use verbal communication. The biodance in fact, is based on communication between people on the here and now, no matter what you do in life to live, no matter how many years old you have, what matters is what the participants live and communicate at the time.

The biodance is the communication of the body, express thoughts and emotions through the body freely and leaving aside all barriers rational and social.... and it is for this reason that it is frequently hugging in biodance

The weather was too little to structure an entire session biodance, but in any case the two exercises were able to understand the importance of practice.



We are on the Web!

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



## Healthy food Recipes Book

"Sea

Half of my soul is made of smell of the sea"

Sophia de Mello Breyner Andersen

Never so few words expressed so much!

We already know the seas that run along the countries which make part of Grundtvig project of this biennium of 2011/2013.

Health life is the subject that brings us together, smell, taste, colours, skin, freedom, dream, and book built by us not only the end of the project but the mark of "that smell" that unites us, of that wind that will blow till where (Austria, Hungary, Italy, Lithuania, Poland, Portugal, Romania and Turkey) want.

We`re tried among all of us to find several suggestions of nutritious menus that aim the quality of ingredients which represent different tastes and the salutary advice of each country.

For me, it was an honor to share these tastes and cooperate in a healthy way with all of you.

Such as the Sea I hope it hasn` t an end and that we will always be accompanied by the smell of the sea, the will and the fight for the future.



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.