

The overall point of the project is to make **digital learning materials** on health education from students' point of view. There is a teacher-made workbook, which is the starting point .

Students are going to make:

- **Similar digital tasks on health, that can be used at schools**
- **A recipe book on healthy food (A collection of recipes by each nation.)**
- **Digital library – websites and videos on the 5 topics**
- **Film club: Before each meeting we are watching a film connected to the particular topic. Then during the project week they are doing post-watching tasks. They can make posters / interviews / infographics / short videos...**

The Helping Everyone Achieve Lifelong Total Health project, or H.E.A.L.T.H., comprises many goals. The first two words “helping everyone” comprise our first goal: that of spreading information and furthering the dissemination of health information from a previous project. Our current work has grown out of a previous Erasmus+ project, “Health Education for Life,” which produced an international, multi-lingual, cross-curricular workbook designed to promote healthy living. Our plan is to expand the influence of this workbook by adding a supplemental digital library of related websites, and to encourage students to experience the benefits of healthy living through cross-cultural practices. We also chose the word “achieve” because we believe that a healthy lifestyle does not happen accidentally, and is worth working toward. We want to create a sustainable health curriculum for our students that will encourage their lifelong learning about healthy living, and seeking out opportunities to improve their health. The final adjective “total” in reference to health is a reference to our belief that health is not simply eating well or going to the gym, but the complete mind-body-spirit experience, including stress release, helping others, and maintaining healthy relationships with others and ourselves. Our main objective is to promote open education and digital practices as we want to share the quality materials online with all-new international partners; additionally, we want to improve the sustainability and quality of our project work by reusing and updating the project materials we helped to create 3 years ago. We also plan to involve students in both the creation of material and the sharing of material. Another goal of our project is to promote the teaching professions, and we plan to do so with student-developed, student-led seminars between the meetings of students. During these, teachers will step into the background and serve as mentors and guides, rather than the primary educators. It is our hope that students will come to a better appreciation of teaching when they are asked to do it themselves. In addition to Hungary, the coordinating country, we have four international partners: Romania, Italy, Spain, and Slovenia. Each country will bring its own culture to the project in the form of healthy activities, healthy foods, and innovative teaching practices. Each country is represented by a high school, and the main project work will be completed by students of the ages 15-18. Teachers will provide mentoring, support, and advice; however, we hope to encourage the teenagers to take up leadership roles in developing a new health curriculum for their peers. Methodology: Students will have weekly meetings where they deal with different aspects of our topic health, do the tasks in the workbook, prepare for the meetings, do web researches, surveys, and make presentations. They will exchange information through various on-line tools with the partners. There will be one training course for teachers and 5 students' exchanges, where we will focus on particular aspects of health education such as The effects of social media on health in Atri, Healthy foods, special diets, meal planning for health in Cluj-Napoca, Disease and injury prevention, hygiene,

and first aid in Leganes, Professional and Amateur sport; the importance of exercise; doping in Skofja Loka, Mental Health and stress management in Kőszeg. Between the mobilities students will serve as teachers themselves, teaching their peers and making new teaching materials from a student's perspective thus practising the teaching profession and learning by doing.