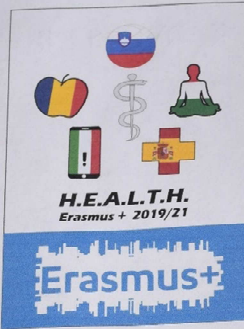
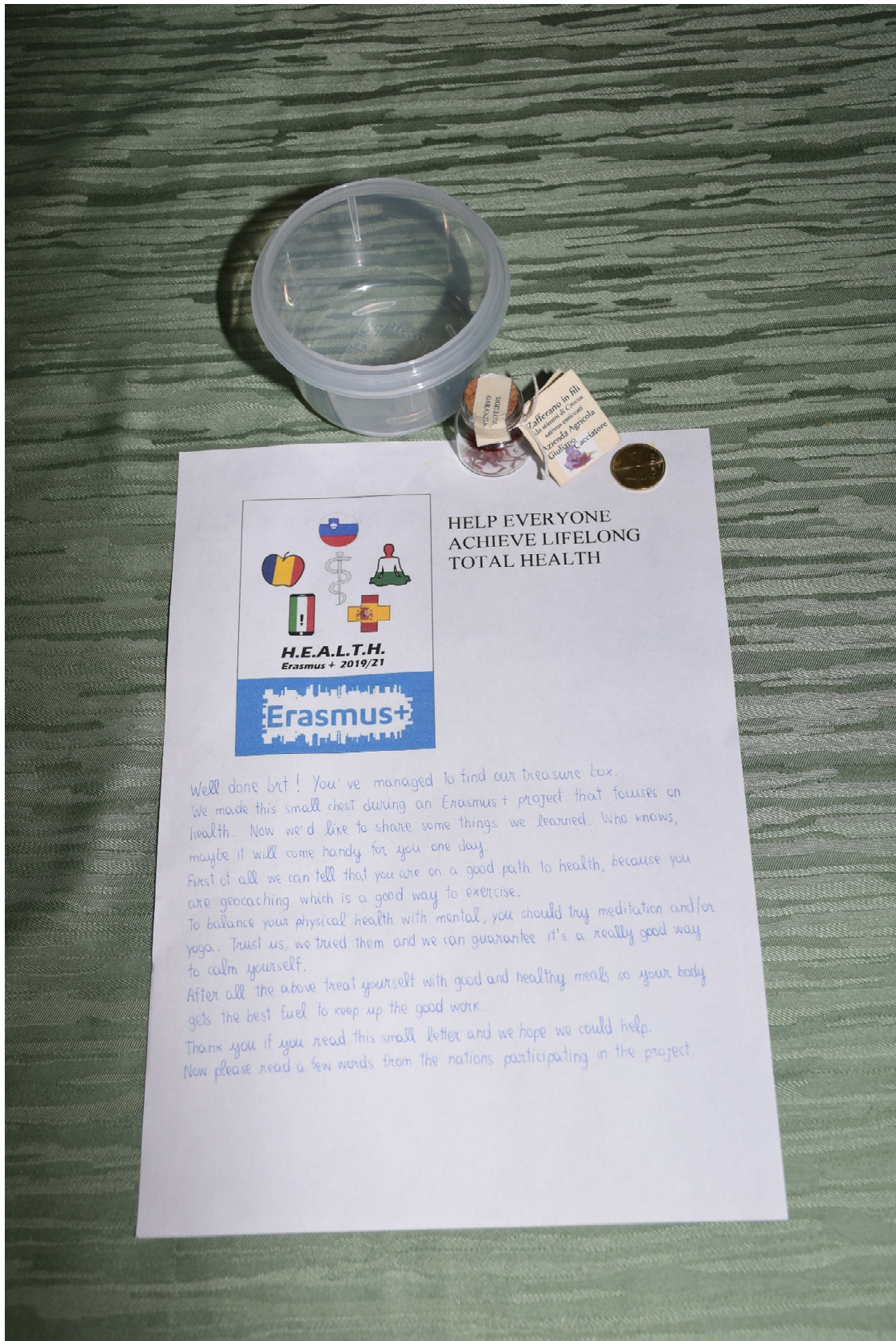
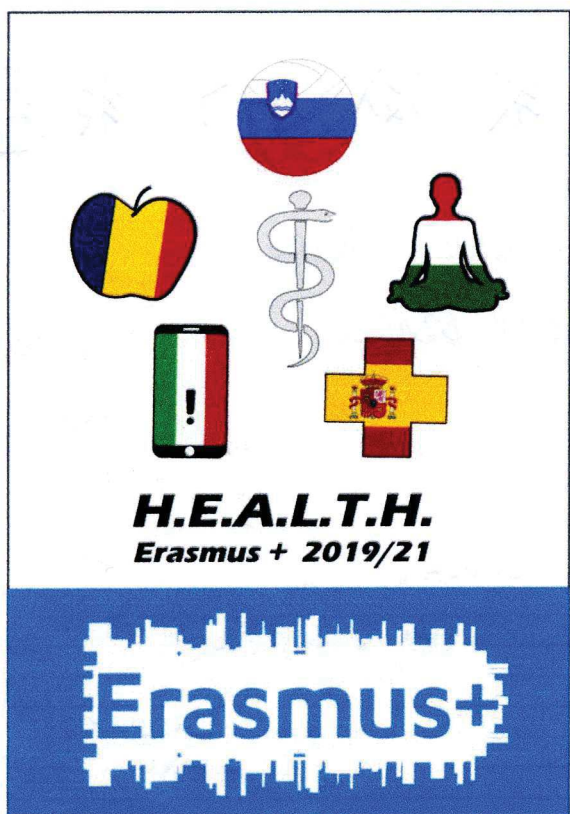


Geocaching 1.



HELP EVERYONE
ACHIEVE LIFELONG
TOTAL HEALTH

Well done Brit! You've managed to find our treasure box.
We made this small chest during an Erasmus+ project that focuses on health. Now we'd like to share some things we learned. Who knows, maybe it will come handy for you one day.
First of all we can tell that you are on a good path to health, because you are geocaching which is a good way to exercise.
To balance your physical health with mental, you should try meditation and/or yoga. Trust us, we tried them and we can guarantee it's a really good way to calm yourself.
After all the above treat yourself with good and healthy meals so your body gets the best fuel to keep up the good work.
Thank you if you read this small letter and we hope we could help.
Now please read a few words from the nations participating in the project.



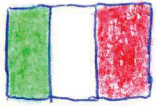
HELP EVERYONE ACHIEVE LIFELONG TOTAL HEALTH

Well done brt ! You've managed to find our treasure box.
We made this small chest during an Erasmus+ project that focuses on health. Now we'd like to share some things we learned. Who knows, maybe it will come handy for you one day.
First of all we can tell that you are on a good path to health, because you are geocaching which is a good way to exercise.
To balance your physical health with mental, you should try meditation and/or yoga. Trust us, we tried them and we can guarantee it's a really good way to calm yourself.
After all the above treat yourself with good and healthy meals so your body gets the best fuel to keep up the good work.
Thank you if you read this small letter and we hope we could help.
Now please read a few words from the nations participating in the project.



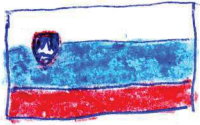
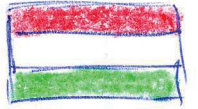
Multumim că ai citit scrisoarea și fii sănătos!

Здравствуйте и будьте здоровы!



Una mela al giorno toglie il medico di turno!

Mindeu nap egy, karcosa, az orvosot távol tartja!



TRST JE NAŠ!, KRANSTERDAM

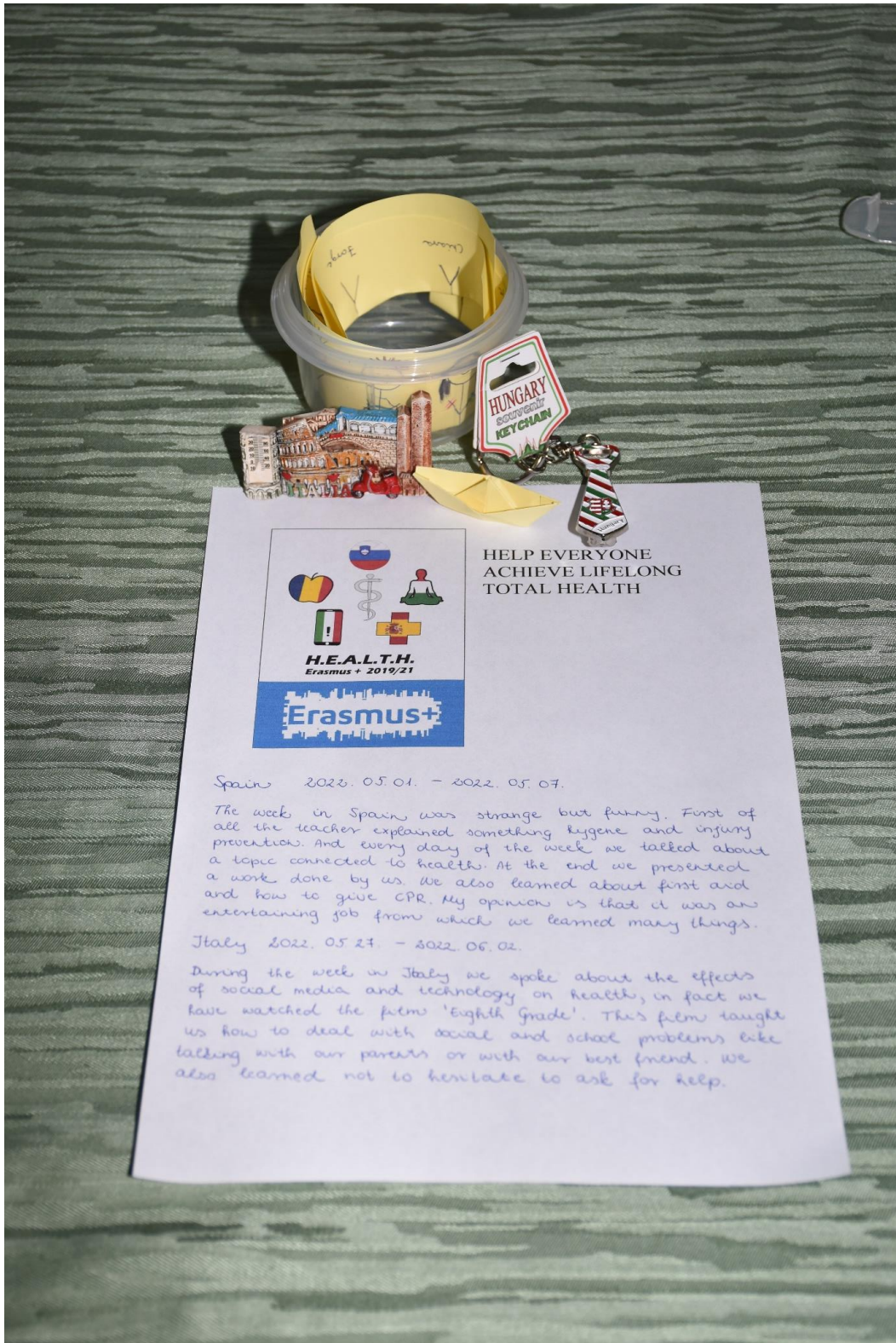
"NAWAŃA ZNAMKA, PLUŃA POLNA SKANKA."

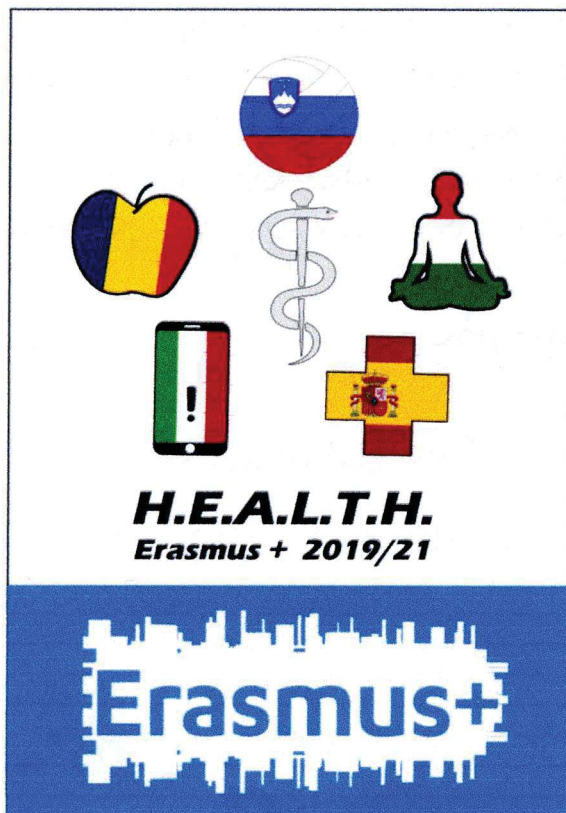
- Challe Salle, 2012

La primera riqueza es la salud!



Geocaching 2.





HELP EVERYONE ACHIEVE LIFELONG TOTAL HEALTH

Spain 2021. 05. 01. - 2022. 05. 07.

The week in Spain was strange but funny. First of all the teacher explained something hygiene and injury prevention. And every day of the week we talked about a topic connected to health. At the end we presented a work done by us. We also learned about first aid and how to give CPR. My opinion is that it was an entertaining job from which we learned many things.

Italy 2022. 05. 27. - 2022. 06. 02.

During the week in Italy we spoke about the effects of social media and technology on health, in fact we have watched the film 'Eighth Grade'. This film taught us how to deal with social and school problems like talking with our parents or with our best friend. We also learned not to hesitate to ask for help.

Slovenia 2022. 06. 26. - 2022. 07. 02.

The theme of the week in Slovenia was doping and the difference between professional and amateur sport. We watched the movie about Lance Armstrong and his career. We discussed the film and how doping can affect human body and what are the consequences. We learned a lot of new things about health, other countries and made a lot of new friendships.

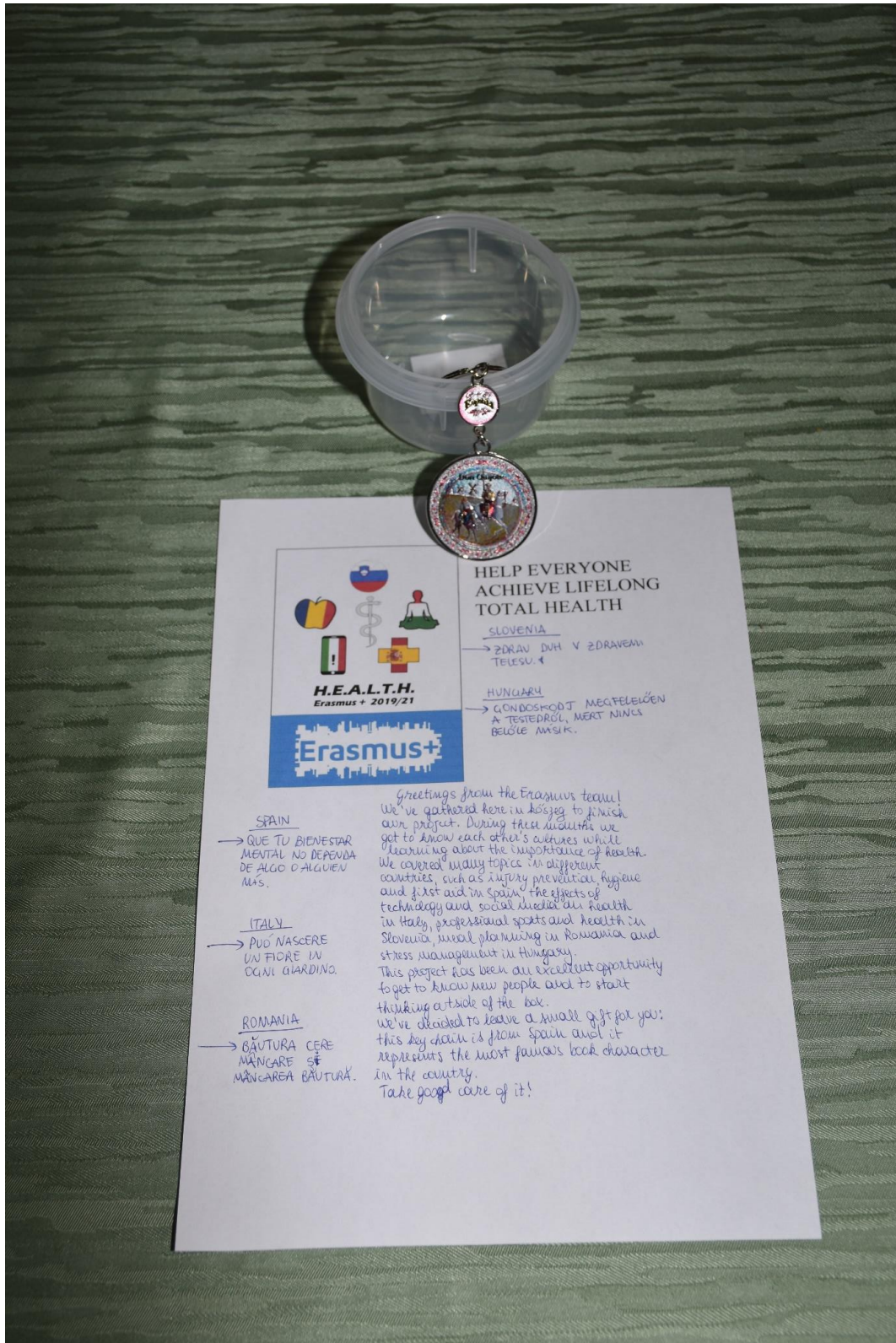
Povsod je lepo, a doma je najlepše.

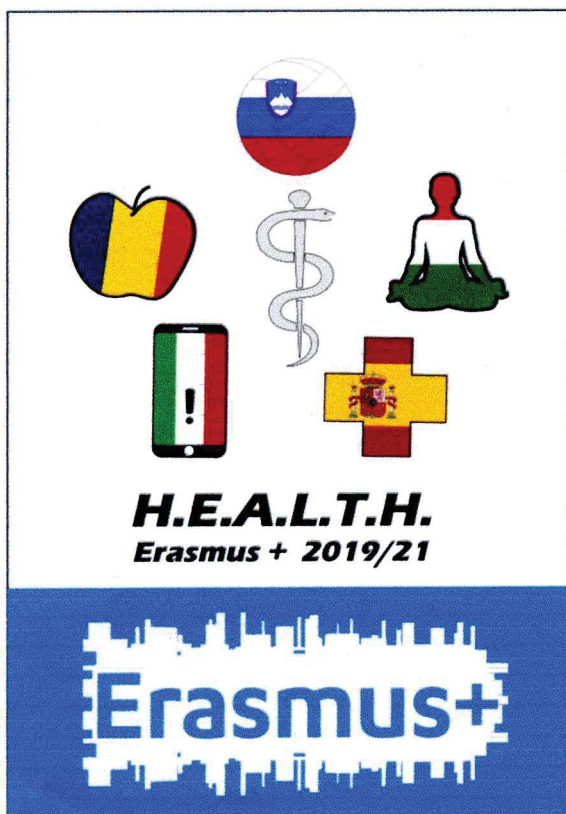
Romania 2022. 07. 10. - 2022. 07. 16. Transylvania

A healthy diet means having a profound relationship with your mind and body, which overall contributes to the well-being of the people.

Hungary 2022. 08. 07. - 2022. 08. 13.

Geocaching 3.





HELP EVERYONE ACHIEVE LIFELONG TOTAL HEALTH

SLOVENIA

→ ZDRAV DUH V ZDRAVEM
TELESU. ‡

HUNGARY

→ GONDOSKODJ MEGFELELŐEN
A TESTEDRŐL, MERT NINCS
BELŐLE MÁSIK.

SPAIN

→ QUE TU BIENESTAR
MENTAL NO DEPENDE
DE ALGO O ALGUIEN
MÁS.

ITALY

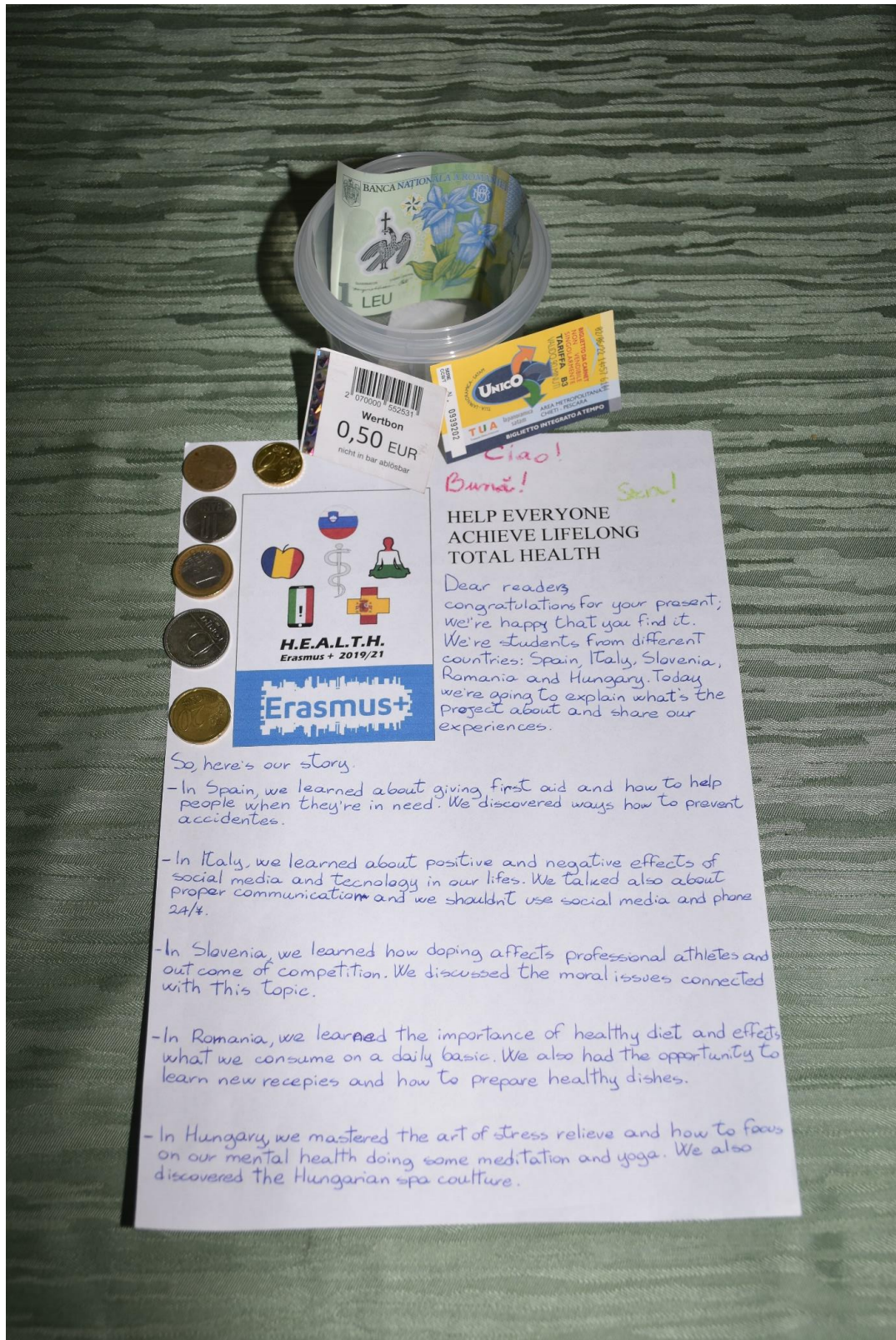
→ PUÒ NASCERE
UN FIORE IN
OGNI GIARDINO.

ROMANIA

→ BĂUTURA CERE
MÂNCARE ȘI
MÂNCAREA BĂUTURĂ.

Greetings from the Erasmus team!
We've gathered here in Kőszeg to finish
our project. During these months we
got to know each other's cultures while
learning about the importance of health.
We covered many topics in different
countries, such as injury prevention, hygiene
and first aid in Spain, the effects of
technology and social media on health
in Italy, professional sports and health in
Slovenia, meal planning in Romania and
stress management in Hungary.
This project has been an excellent opportunity
to get to know new people and to start
thinking outside of the box.
We've decided to leave a small gift for you:
this key chain is from Spain and it
represents the most famous book character
in the country.
Take good care of it!

Geocaching 4.

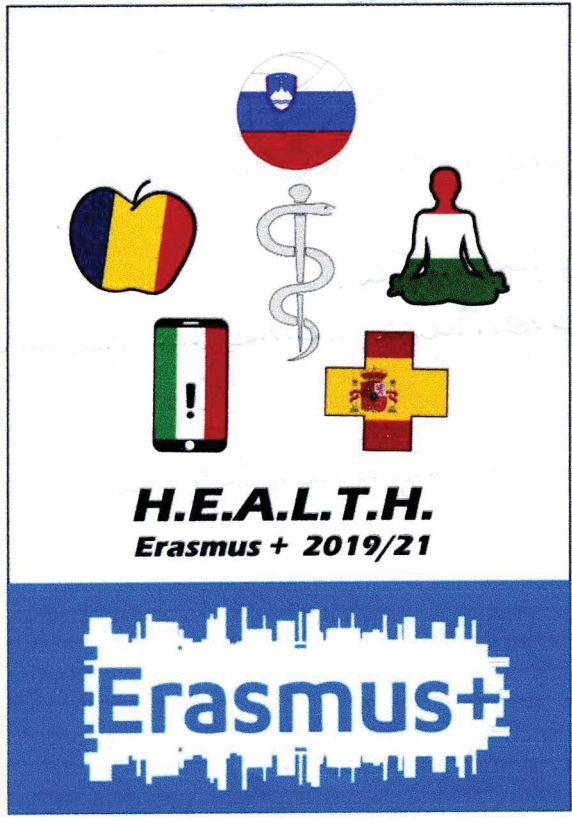


Hola!

Ciao!

Bună!

Szia!



HELP EVERYONE ACHIEVE LIFELONG TOTAL HEALTH

Dear readers,
congratulations for your present;
we're happy that you find it.
We're students from different
countries: Spain, Italy, Slovenia,
Romania and Hungary. Today
we're going to explain what's the
project about and share our
experiences.

So, here's our story.

- In Spain, we learned about giving first aid and how to help people when they're in need. We discovered ways how to prevent accidents.
- In Italy, we learned about positive and negative effects of social media and technology in our lives. We talked also about proper communication and we shouldn't use social media and phone 24/7.
- In Slovenia, we learned how doping affects professional athletes and outcome of competition. We discussed the moral issues connected with this topic.
- In Romania, we learned the importance of healthy diet and effect what we consume on a daily basis. We also had the opportunity to learn new recipes and how to prepare healthy dishes.
- In Hungary, we mastered the art of stress relieve and how to focus on our mental health doing some meditation and yoga. We also discovered the Hungarian spa culture.

We hope you enjoyed our story. ✨

We hope you can have an adventure like ours.

Espero que hayáis disfrutado nuestra historia

Esperamos que podáis vivir una aventura como la nuestra.

Speriamo che questa storia vi sia piaciuta.

Speriamo che possiate avere un'adventura come la nostra.

Sperăm că ^{v-ați} ~~ati~~ plăcut povestea noastră.

Sperăm că și dumneavoastră puteți să experimentați asemenea noi

Remejűk, hogy élvezted a történetünket.

Remejűk, hogy hasonló élményben lesz részed!

Éster

Boj

Hugo

Laura

Szabi

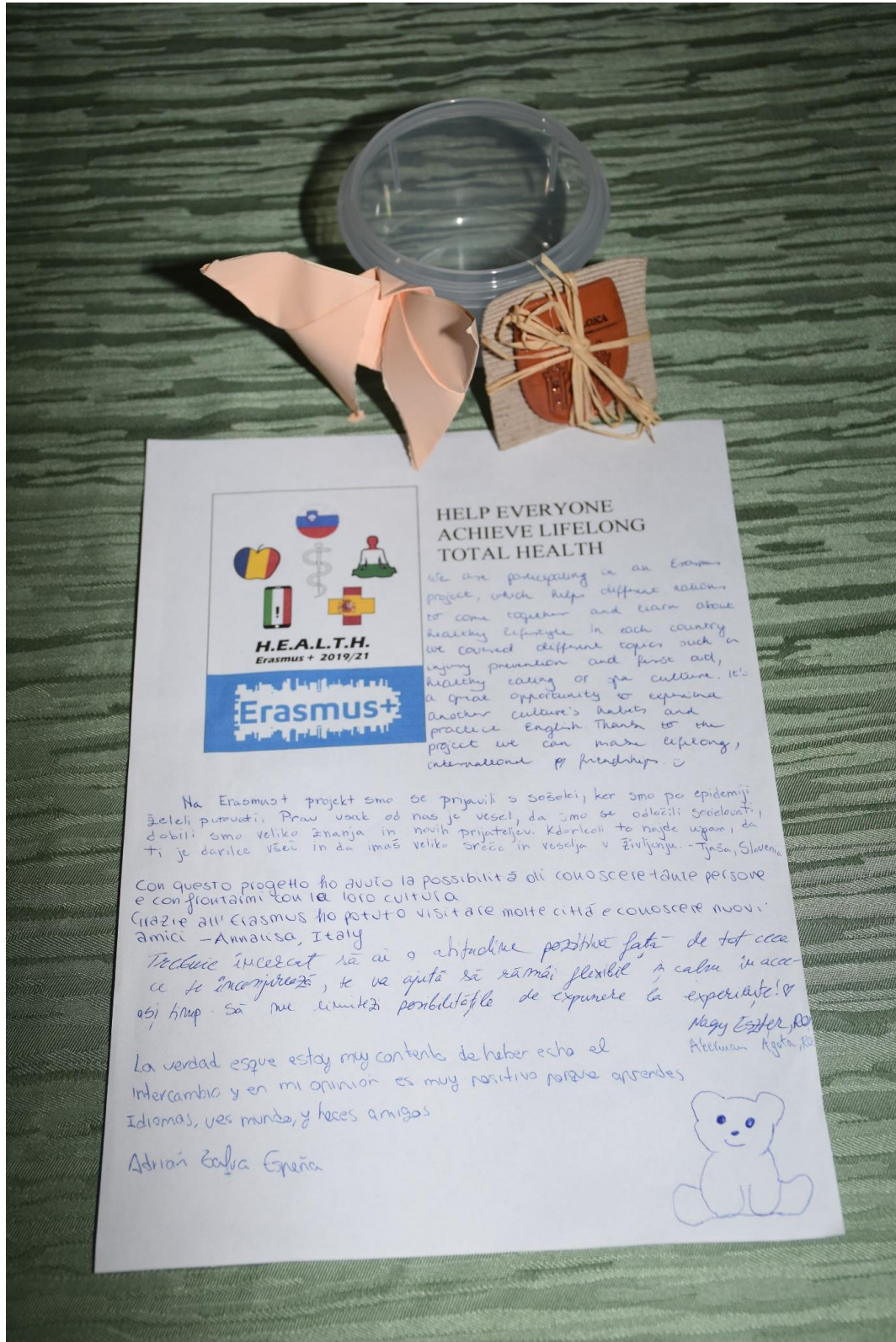
Edward

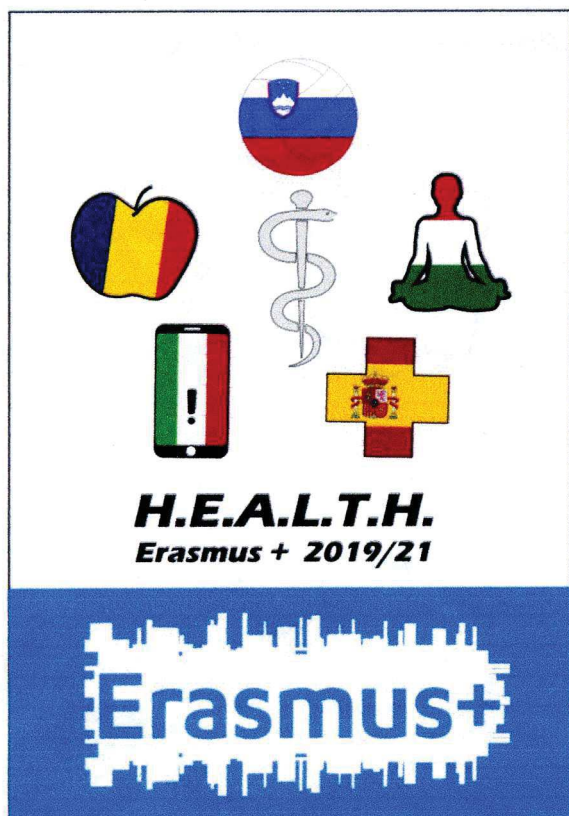
Hanna

Zoli

Roni

Geocaching 5.





HELP EVERYONE ACHIEVE LIFELONG TOTAL HEALTH

We are participating in an Erasmus project, which helps different nations to come together and learn about healthy lifestyle. In each country we covered different topics such as injury prevention and first aid, healthy eating or spa culture. It's a great opportunity to experience another culture's habits and practice English. Thanks to the project we can make lifelong, international friendships. ☺

Na Erasmus+ projekt smo se prijavili s sošolci, ker smo po epidemiji želeli potovati. Prav vsak od nas je vesel, da smo se odločili sodelovati, dobili smo veliko znanja in novih prijateljev. Kdor koli to najde upam, da ti je darilce vse in da imaš veliko sreče in veselja v življenju. - Tjaša, Slovenia

Con questo progetto ho avuto la possibilità di conoscere tante persone e confrontarmi con la loro cultura.

Grazie all'Erasmus ho potuto visitare molte città e conoscere nuovi amici - Annalisa, Italy

Tebluie încercat să ai o atitudine pozitivă față de tot ceea ce te încercuiește, te va ajuta să rămâi flexibil în calm în orice timp. Să nu limitezi posibilitățile de expunere la experiențe! ♥

Nagy Eszter,
Abeerman Agota, R

La verdad es que estoy muy contento de haber echo el intercambio y en mi opinion es muy positivo porque aprendes idiomas, ves mundo, y haces amigos

Adrián Bofra España



Életre szóló elmeiny volt ma' kutirajji emberekkel találkozási,
új barátságokat kötve. Kébiaz vagyunk is köszönjük taná-
rainknak, hogy ilyen lehetőséget baphatunk is reméljük, hogy
a jövőben is lesz alkalmaink hasonló projektek megvalósítására.
- FHO diákjai, Köszög

