According to the reports provided by our partners, in all their classes students tend to bring their phones to school and check them during the class, as often as they can. Most of the parents report having concerns related to the time their children fall asleep because of their spending too much time in front of the screens of phones, tablets or computers.

In addition to the internet and screen time problem, in the areas of our parters, at least 5% of their students face nutrition disorders from bulimia to anorexia in girls and also boys of 12-18 years old. The other big challenge every family has to deal within our communities and especially in the more industrialized areas of the world is the increasing food industry and the fewer and fewer natural food resources. Bio food is more expensive, harder to find and an organic healthy diet seems difficult to afford and also to follow because of the fact that industrial food, enriched with additives and preservatives, smells and tastes better than the bio products in most of the cases.

Both these factors lead to increasing cases of obesity among teenagers, hormonal imbalance, increased blood pressure, increased sugar level in blood and thus increased risks of getting serious health problems in the near future. Practically, the biggest fear of the teachers and parents in our communities is that our youth might grow up ill and lonely.

Knowing this, our duty as adults teachers and parents, is to try and find ways to improve the future of our society. We need healthy strong and emotionally, socially intelligent people to lead our society through the adventures of the future.

Our partnership is going to deal with the growing problem of the sedentarism, bad nutrition and lack of social skills.

In order to do this, we are going to establish special days in each school and community related to the goal of having healthier routines in our students and their families.

One of these days will be the Friendly Day- once a week- during which students and teachers will show their appreciation towards each other, focusing on positive interaction, exercising assertiveness- refusing without hurting, expressing their opinions clearly, without judging-.

Another special day will be the Salad Day- once in 2 weeks- , during which students will prepare salads together with their teachers (parents can join, too). During this activity the ingredients will be examined, selected in order to be healthy vegetables/ fruit and then will be prepared according to various recipes provided by nutritionists. During these days live video sessions will be made in order to connect with our partners and encourage each other in our work. Another very good outcome of these sessions will be the students getting to use English in oral interaction,improving their speaking skills.

Another routine will be a daily one- the zumba/aerobics break placed in the middle of the school day and consisting of 10-15 full minutes of intense physical activity for all students (and teachers who would send a powerful example by joining their students in the process) on a musical background. Our aim is to provide an opportunity for children to use their bouncing energy in a healthy way, getting them used to this kind of activity, helping them lose some pounds and also minimize school incidents during breaks.

HNM festivals and "cuttural salad" activities will also raise awareness on the topic.

In the beginning of our project students will be tested, their sugar level and fat level will be recorded and we will also apply initial questionnaires regarding their lifestyle, in order to make a real impression of our situation. The conclusions of the initial study will be made available to all partners and to parents, being followed by counseling sessions in which students and their parents will be advised related to their dietary choices and necessary changes in their daily routines. For this stage we will cooperate with a specialist in nutrition and psychology.

Along the project students and parents will receive counseling from teachers and nutritionists, their evolution being monitored and recorded during the project period.

All the records together with the initial and final results and their interpretations will be parts of the study dealing with HNM topic. In this study there will be good practice examples from all partner schools, exercises, activity plans, pictures. Thus our colleagues from target schools and their colleagues in the community will be able to use and apply the same methods that worked in our case, for their schools and students.

During the trans national mobilities students will take part in workshops, festivals organized by the hosting schools and teachers will have the opportunity to train their fellow teachers from partner schools on topics related to teaching and class management, home economic, technology classes and also exchange teaching practice by working with the hosting schools' classes