COURSE BROCHURE | ERASMUS+ TRAINING

Healthy Habits in Education – Mediterranean Diet

Design practical school initiatives that promote healthy routines, nutrition awareness, physical activity and wellbeing, inspired by Mediterranean lifestyle traditions.

LOCATION	LANGUAGE	FORMAT	DURATION	COURSE FEE	OID
Porto	English	On-site	6 days	€480	E10201112

€480 per participant for 6 days in Porto, Portugal. Check current editions, fee and inclusions before booking.

Course description

Healthy habits play an important role in personal wellbeing, daily routines and the quality of life within educational communities. Schools can encourage healthier choices by promoting nutrition awareness, regular physical activity, balanced routines and positive social relationships. The Mediterranean lifestyle offers a valuable perspective on these themes, combining food traditions, active living, cultural heritage and responsible consumption.

This practical course examines how teachers and trainers can incorporate health education and sustainable lifestyle practices into everyday school life. Participants will consider the relationship between nutrition, physical activity, wellbeing and learning, while identifying realistic ways to encourage healthy habits among students and educators. They will also discover Mediterranean food traditions through a practical workshop, reflecting on their cultural significance and educational applications.

Through interactive workshops, case studies and collaborative activities, participants will design a school healthy lifestyle project suited to their educational context. Particular attention will be given to inclusive participation, cultural diversity, cooperation with families and local communities, and practical strategies for promoting healthier and more sustainable school environments.

Who the course is for

For educators

Teachers, trainers, school leaders and other education professionals interested in promoting healthy habits and wellbeing within educational communities. Particularly relevant for those seeking practical ways to integrate nutrition education, physical activity, balanced routines and sustainable lifestyle practices into school activities and community initiatives.

At a glance

Course level: Basic to Intermediate Professional Literacy

Working language: English. Please contact the team if you are unsure about the course level or working language.

CURRICULUM FOCUS

Healthy Habits & Wellbeing / Mediterranean Food Culture & Sustainability / School Health Education & Projects

View the course, current editions and fees

02 / INTENDED LEARNING OBJECTIVES

Learning outcomes

The following learning outcomes describe the course's intended direction and objectives. The trainer adapts activities, examples and participant work to the group's goals, experience and learning needs.

01 **Mediterranean Lifestyle & Cultural Heritage** - Explain the main principles of the Mediterranean lifestyle and recognise its connections with wellbeing, cultural traditions and sustainable living.

02 **Healthy Habits & Educational Wellbeing** - Examine how nutrition, physical activity and balanced daily routines can support wellbeing and create positive conditions for learning.

03 **Nutrition Awareness & Food Education** - Design age-appropriate activities that encourage nutrition awareness, informed food choices and positive attitudes towards healthy eating.

04 **Physical Activity & Balanced Routines** - Identify practical strategies for encouraging movement, stress management and balanced routines among learners and educators.

05 **Sustainability & Responsible Consumption** - Connect healthy lifestyle education with seasonal food, responsible consumption, food waste reduction and environmental awareness.

06 **Mediterranean Food Culture & Learning** - Interpret Mediterranean food traditions through practical activities and identify ways to incorporate food culture into inclusive educational experiences.

07 **Schools, Families & Community Engagement** - Assess how schools, families and local communities can cooperate to promote healthy habits and supportive educational environments.

08 **School Healthy Lifestyle Project, Peer Feedback & Transfer** - Design a practical school healthy lifestyle initiative, defining objectives, activities, resources and implementation steps while considering approaches shared by European peers.

Transfer to practice and intended impact

The programme supports participants in connecting the course learning with their own professional context. Participants consider how relevant approaches, activities or tools could be adapted to their learners, priorities and institutional settings.

1. **Identify a relevant professional need:**
   Consider which learner need, classroom challenge or institutional priority the course learning could help address.
2. **Adapt the approach to your setting:**
   Select the activities, tools or approaches that can realistically be incorporated into your own professional context.
3. **Decide what progress would look like:**
   Consider how changes in practice, learner engagement, learning outcomes or another relevant result could be recognised.

03 / COURSE PROGRAMME | DAYS 1-3

Learning Activities & Training Schedule

SUNDAY / DAY 1

Flexible self-preparation followed by an in person European exchange session, **at 18h30.**

MONDAY - FRIDAY / DAYS 2-6

08:30 - 13h30

5h of training per day · 30h total

This is a typical timetable, subject to the provider's discretion.

DAY 1

Cross-Cultural Exchange, European Educational Context & Course Orientation

- Pre-Session work: Self Preparation to reflect and share your institution's context, cultural background & completion of the Cultural Quiz.
- Welcome, networking and cultural exchange between participants and Erasmus+ team.
- Icebreaking activities and sharing of European core values.
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals.
- Course briefing and planning.

DAY 2

Understanding the Mediterranean Lifestyle

- Examine the historical and cultural foundations of the Mediterranean lifestyle and its connection to European heritage.
- Identify key lifestyle principles, including balanced nutrition, physical activity, social interaction and sustainable habits.
- Discuss how nutrition and daily routines relate to wellbeing and the conditions that support learning.
- Compare healthy lifestyle practices across European countries and identify challenges faced by educational institutions.

DAY 3

ellbeing and Healthy Habits in Education

- Analyse how physical activity, balanced routines and healthy habits contribute to personal and educational wellbeing.
- Identify common sources of stress and consider practical wellbeing strategies for students and educators.
- Develop inclusive classroom activities that encourage movement, healthy routines and positive lifestyle choices.
- Design a simple wellbeing initiative adapted to a selected learner group and educational context.

04 / COURSE PROGRAMME | DAYS 4-6

Learning Activities & Training Schedule

DAY 4

Mediterranean Food Culture Workshop

- Discover Mediterranean food traditions and their connections with cultural identity, community life and sustainability.
- Examine the educational value of food culture, nutrition awareness and responsible consumption.
- Participate in a practical Mediterranean food culture workshop, considering ingredients, traditions and balanced food choices.
- Discuss how to teach nutrition awareness while respecting dietary needs, allergies and cultural diversity.
- Design an engaging food education activity that can be adapted to different school settings.

DAY 5

Designing School Healthy Lifestyle Projects

- Assess how schools can promote healthy habits through education, daily routines and supportive environments.
- Identify opportunities for cooperation with families, local organisations and community partners.
- Design a school healthy lifestyle project with clear objectives, activities, target groups and available resources.
- Prepare practical awareness activities and define simple indicators for evaluating participation and progress.

DAY 6

Presentations, Reflection & Transfer

- Present the school healthy lifestyle projects, explaining their objectives, proposed activities and expected educational benefits.
- Compare ideas and healthy living practices with European peers, identifying approaches suitable for different school contexts.
- Refine implementation plans through structured feedback, considering resources, partnerships and evaluation measures.
- Complete learning outcomes validation, course reflection, evaluation and Certification.

ADAPTABLE TRAINING

This programme is a planned framework. Specific activities, sequence, exercises and timings may be adapted by the trainer or provider to each group/edition.

COURSE RECORDS

Daily summary and attendance sheets record the schedule and a short account of each day's work, validated by the trainer and signed by the participants.

Edition-specific evidence: Learning Together maintains signed daily training and attendance records. This brochure describes the course framework; additional verification can be based on the records of the particular edition.

05 / LEARNING APPROACH & METHODOLOGY

Learning Together Methodology

Learning Together courses combine guided input supported by presentations and multimedia resources with practical experimentation, creative workshops, case-based learning and hands-on tools. Participants connect the learning to their own professional situations and progressively develop an applied outcome, which may take the form of a presentation, project, session plan, action idea, reflection or another relevant output.

Peer / trainer feedback supports refinement throughout the process, while European exchange encourages participants to compare practices, perspectives and approaches across different educational contexts.

Methods applied in this programme

Healthy Lifestyle Case Studies & School Routines

Participants analyse educational scenarios involving nutrition, physical activity, stress and daily routines, identifying practical opportunities to promote healthier habits in schools.

Mediterranean Food Culture & Nutrition Workshop

A practical workshop introduces Mediterranean food traditions, responsible consumption and nutrition awareness, helping participants design culturally inclusive food education activities.

School Healthy Lifestyle Project Design

Participants develop school-based initiatives addressing healthy habits, wellbeing and sustainability, defining objectives, educational activities, community involvement and practical implementation steps.

Collaborative learning, peer exchange and reflection

Participants work with European colleagues, compare professional contexts, exchange approaches and reflect on how the learning can be transferred to their own institutions.

Illustrative example: Designing a Healthy Mediterranean Lifestyle Initiative for Schools

Imagine a school developing a healthy lifestyle initiative inspired by Mediterranean traditions and everyday wellbeing practices. Teachers and students could explore balanced nutrition, physical activity and healthy daily routines, identifying opportunities to improve habits within their school community. Through collaborative activities, nutrition awareness sessions and the exploration of Mediterranean food culture, they could design a practical school initiative involving families and local partners. The project would encourage healthier choices, wellbeing and sustainable lifestyle practices.

An adaptable learning experience

Learning Together courses are delivered by trainers with relevant professional & pedagogical experience, **who are fluent English speakers**. The trainer may vary by edition, adapting the activities to the group's professional context and learning goals.

Meet our trainers and explore our approach

06 / PRACTICAL INFORMATION & SUPPORT

Everything you need for your training

Your course materials and participant work

Participants receive access to course materials, including slides, presentations, worksheets and exercises made available for the sessions, through a dedicated online folder.

Depending on the activities, groups may also develop action plans or presentations. The output varies with the programme, trainer and group.

Materials to bring: None

Course package

Includes training sessions, digital materials, practical resources, administration and course-week support, welcome kit, coffee breaks and course documentation. Cultural activities and an orientation session **depend on the edition selected** (flights, accommodation & other personal arrangements are not covered).

Check fees and inclusions for your selected course.

Documents & certification

We issue Certificate of Attendance, invoice and support agreed Erasmus+ mobility documents, including Europass Mobility records. Certificate issuance follows the attendance conditions.

Send any additional school forms to our team in advance. Explore document guidance.

Provider & quality

Learning Together operates through registered organisations in every country where services are provided, each with its own Erasmus+ Organisation ID (OID). Our programmes combine clearly defined learning outcomes, participatory methodologies and practical activities, with participant evaluation & feedback at the end of the training.

Provider OIDs: Portugal E10201112 · **Spain** E10417947 · **Poland** E10419682

FROM INTEREST TO A CONFIRMED BOOKING

01
Pre-enrol

Share your course & preferred dates. Pre-enrolment is non-binding; wait for written confirmation before making non-refundable travel bookings.

02
Confirm your place

Our team will confirm availability by email. Complete final enrolment and billing details to secure your place.

03
Plan your travel

Once your booking is confirmed, you can plan your travel. Before travelling, check materials required, timetable and activities in your selected edition.

YOUR NEXT STEP

Ready to plan your course?

Check the current dates, duration, fee and edition status on the course page, then start your pre-enrolment or contact us!

View course & editions ↗ | Pre-enrol ↗

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