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siner advanced skills institute

ERASMUS+ STRUCTURED COURSE | SCHOOL APPROVAL SUMMARY

Healthy Habits in Education – Mediterranean Diet

A concise, shareable overview for teachers, school leaders and Erasmus+ mobility coordinators.

Course code	LTHHEMD118	**Language**	English
Destination	Porto, Portugal	**Subject level**	Basic to Intermediate Professional Literacy
Format	On-site · 6-day programme	**Audience**	Teachers, trainers & education professionals

Educational purpose

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

Learning objectives & outcomes

- Mediterranean Lifestyle & Cultural Heritage
- Nutrition Awareness & Food Education
- Sustainability & Responsible Consumption
- Schools, Families & Community Engagement
- Healthy Habits & Educational Wellbeing
- Physical Activity & Balanced Routines
- Mediterranean Food Culture & Learning
- School Healthy Lifestyle Project, Peer Feedback & Transfer

Learning activities and methodologies

Programme format: **6-days (30h)**. Participants analyse healthy lifestyle practices through guided discussions, educational case studies and practical wellbeing activities. A Mediterranean food culture workshop connects nutrition awareness with cultural and sustainable practices, while collaborative design exercises support the development of inclusive school healthy lifestyle projects with realistic implementation and evaluation plans.

Documentation, materials and practical arrangements

Certificate of Attendance: issued for participants meeting the 80% minimum attendance requirement. **Learning Agreement** and **Europass Mobility support** are provided where agreed and relevant; if you need support for additional documents contact our team. Participants have access to a dedicated folder with digital course materials, resources and evidences. **Materials to bring: None.**

Locations, fees and booking

Course location: Porto. **Fees per participant:** 6-day: €480. Current edition dates, confirmation status, fee and inclusions must be verified before making non-refundable travel commitments. Pre-enrolment is non-binding and is not a booking confirmation.

Course details · **Live course calendar** · **Mobility documents**

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