



Education and Culture DG

Lifelong Learning Programme



KÄRLA PÕHIKOO

HEALTHY LIVING IN THE COMMUNITY OF PROJECT PARTNERS

Kärle Basic School



- We have had various themes in different countries, but the theme that carries is the healthy lifestyle and behaviour.
- We try to compare countries, students' opinions and questioners.
- We try to draw our conclusion from the research to show what we have learned from preparing this project.



MOVING HEALTHY



PREPARATIONS

- Before going to France, we prepared two presentations
 - One about Estonian educational system
 - The other about Estonia and our school
- We also took logos for the project with us, from which the best was selected.



- The theme in France was healthy living and environment.
- We found out that in other countries the youth practise sports and care for the environment.
- In French schools they recycle, but in Estonia it is still in baby steps.



EDUCATIONAL SYSTEMS

- We found out what kind of educational systems are in various countries.
- Basically the systems are similar, the difference is in when one starts and finishes the educational programme and how many grades one goes through.
- We have understood that the time of holidays in different countries is rather different.
- Getting higher education is rather alike in all countries.



EDUCATION SYSTEMS IN ESTONIA AND

Estonia

There are 3 levels for the Estonian education system:

Basic education:

- Pre-school
From 6 to 7 years old
- Basic school
From 7 to 16 years old

Secondary education:

- Gymnasium
From 16 to 19 years old

Higher education

- University
 - Bachelor (3-4 years)
 - Master (2 years)
 - Doctorate (3-4 years)

France

There are 3 levels for the French education system:

Primary education:

- From 6 to 10 years old.

Secondary education:

- The college (4 years)
- The lycee high school (3 years)

Higher education:

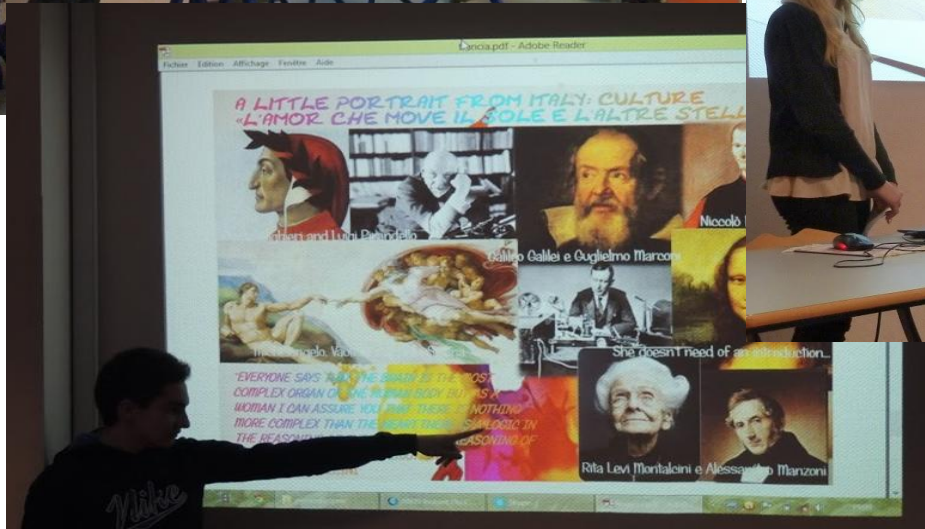
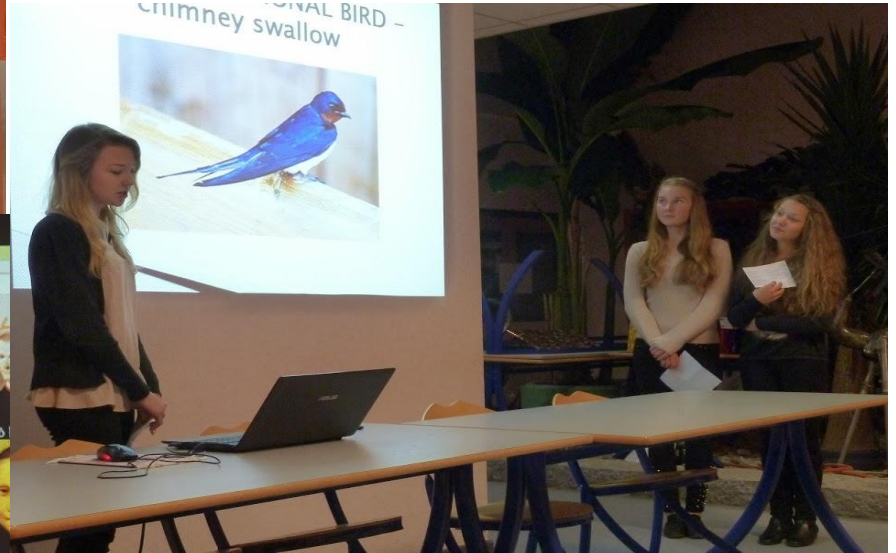
- Licence (bachelor).
- Master.
- Doctorate



PRESENTATIONS

- Polish and Italian presentations were colourful and therefore stuck out more. They used many different pictures.
- Everyone was interesting to listen to, as all the presentations were well prepared. Difference was in how they understood the subject.





SPORT

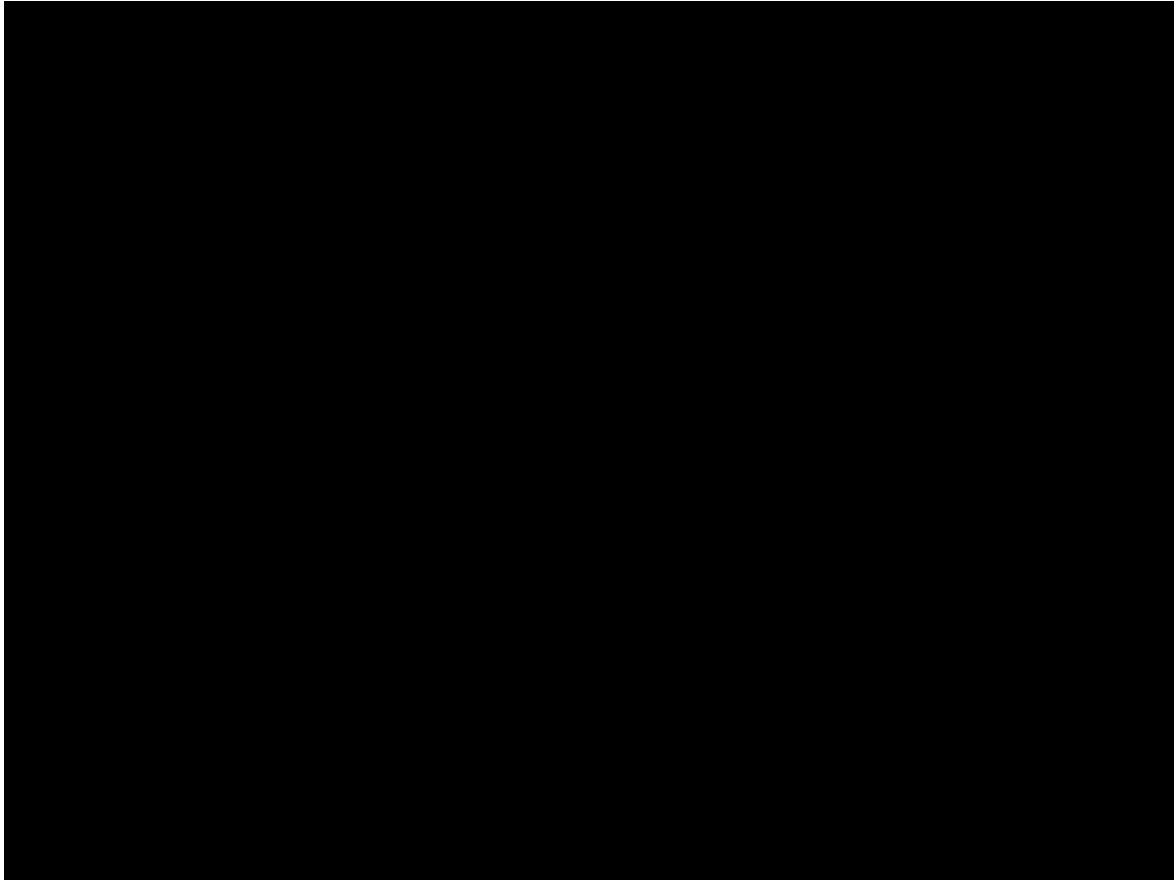
- Football is the most popular in all the countries.
- It is played by majority of people, despite their age; but it seemed to us that in Poland there were more non-players than players.
- In most countries three quarters of the kids take part in after-school sports activities, except in Turkey.
- Most students take part in after-school recreational activities.
- Playing music instruments is not a priority in every country.



ENVIRONMENT

- Most countries recycle.
- Plastic and paper are the most commonly sorted materials.
- Energy is saved in all the countries.
- None of the countries support reducing car usage.
- People have not grown accustomed to buying goods in recycled packages.





HEALTHY DIET



PRESENTATIONS

- Vitamins and minerals in our food
- In all presentations there were similar and different views
- Comparison of vitamins and minerals
- Christmas cooking, only in Estonian presentation







GAMES

- Polish games were very specific
- Turkish game was fun and impressive
- French game was familiar to us
- Italy introduced their national game and instruments used in it were foreign to us
- Estonia introduced a social game used in school parties – blue, black and white





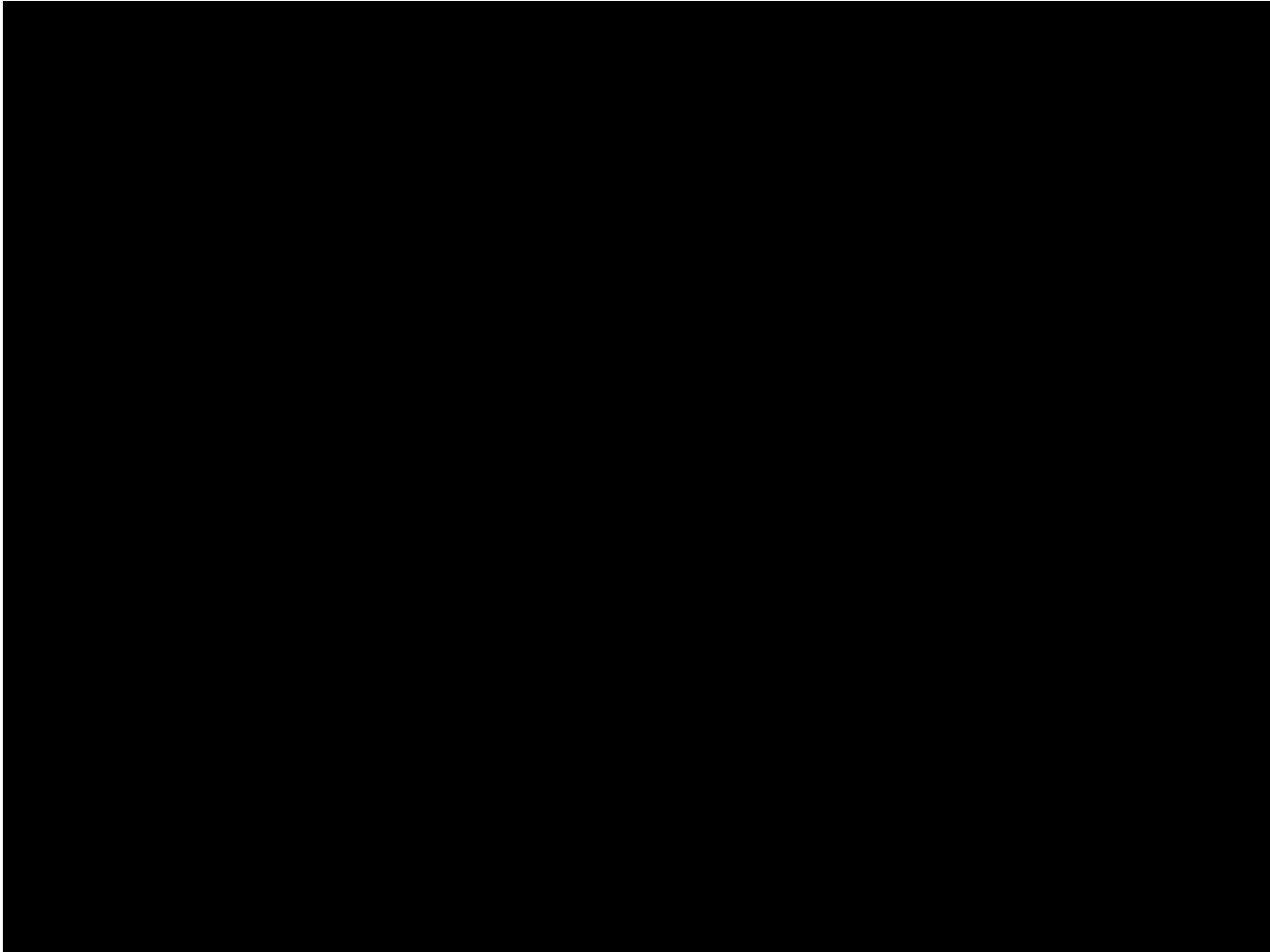
COOKERY

- Estonian group had many different eatables and our festive dining-table was plentiful
- It took much time for Italians to prepare their national food, but it was really tasty
- Polish potato salad was more or less the same as ours here in Estonia. And to eat so many sweets is always nice
- Turkish team served their traditional food that was completely different from the others
- French team served different snacks









INFLUENCE OF ALCOHOL, TOBACCO, AND DRUGS



INFLUENCE OF ALCOHOL, TOBACCO, AND DRUGS

- Our topic was alcohol, tobacco, and drugs
- We had to make two presentations: first one was the main topic and later we added one more “Athletic community” presentation
- We talked about the effects of narcotic substances, the use of these substances, the consequences of addiction and overdose.



SCHOOL

- In all countries lessons start more or less at 8.30 a.m.
- Turkish schoolday is shorter than in other countries.
- Italian dinner is the latest out of all the other countries.
- In Estonian schools the classes are smaller in number of students than in other countries.
- All countries have a similar week (5 workdays and 2 days in the weekend), except in Italy, where the school we visited had lessons also on Saturday.



DIET

- Most students eat in the school canteen.
- In Turkey kids eat more fruit and vegetables than in other countries, but it is probably due to their warm climate.
- In all countries kids also eat fast-food now and then.
- It seemed to us that Turkish breakfast is healthier than in other countries.



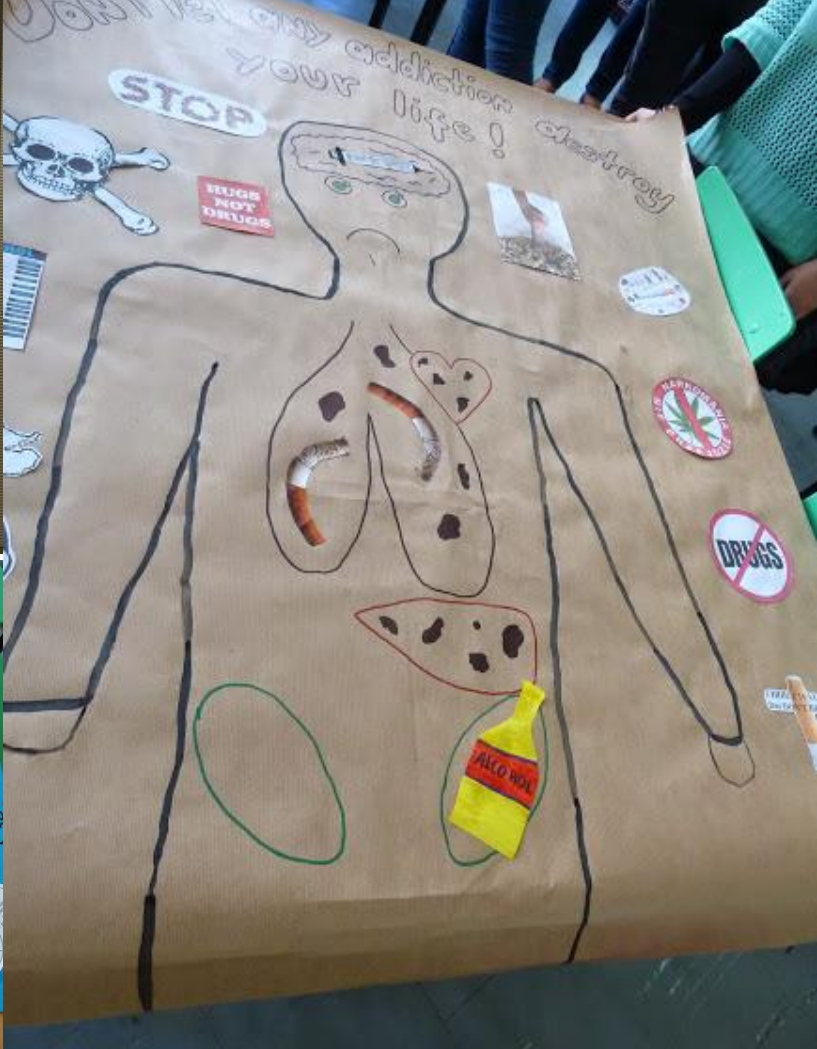
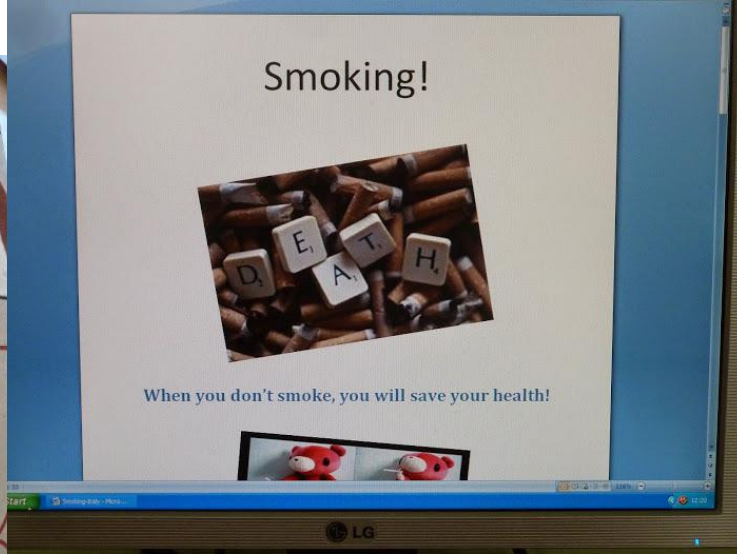





HEALTH

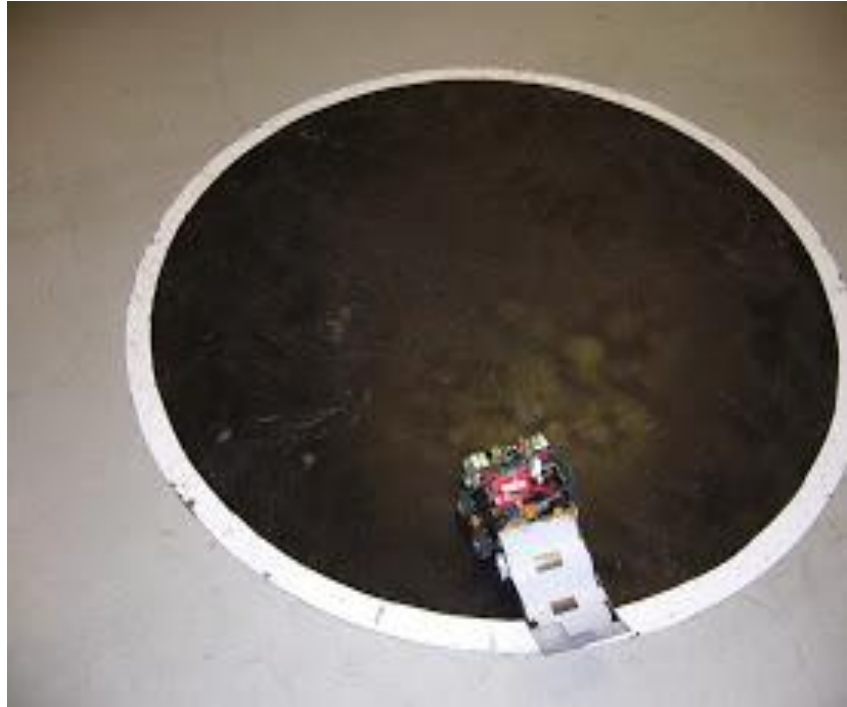
- It seemed to us that in every country the health problems might be rather similar.
- The youth smoke more and use more alcohol in Estonia than in other countries.
- It seemed to us that general hygiene is better in Poland and France than in other countries.





NEW TECHNOLOGY

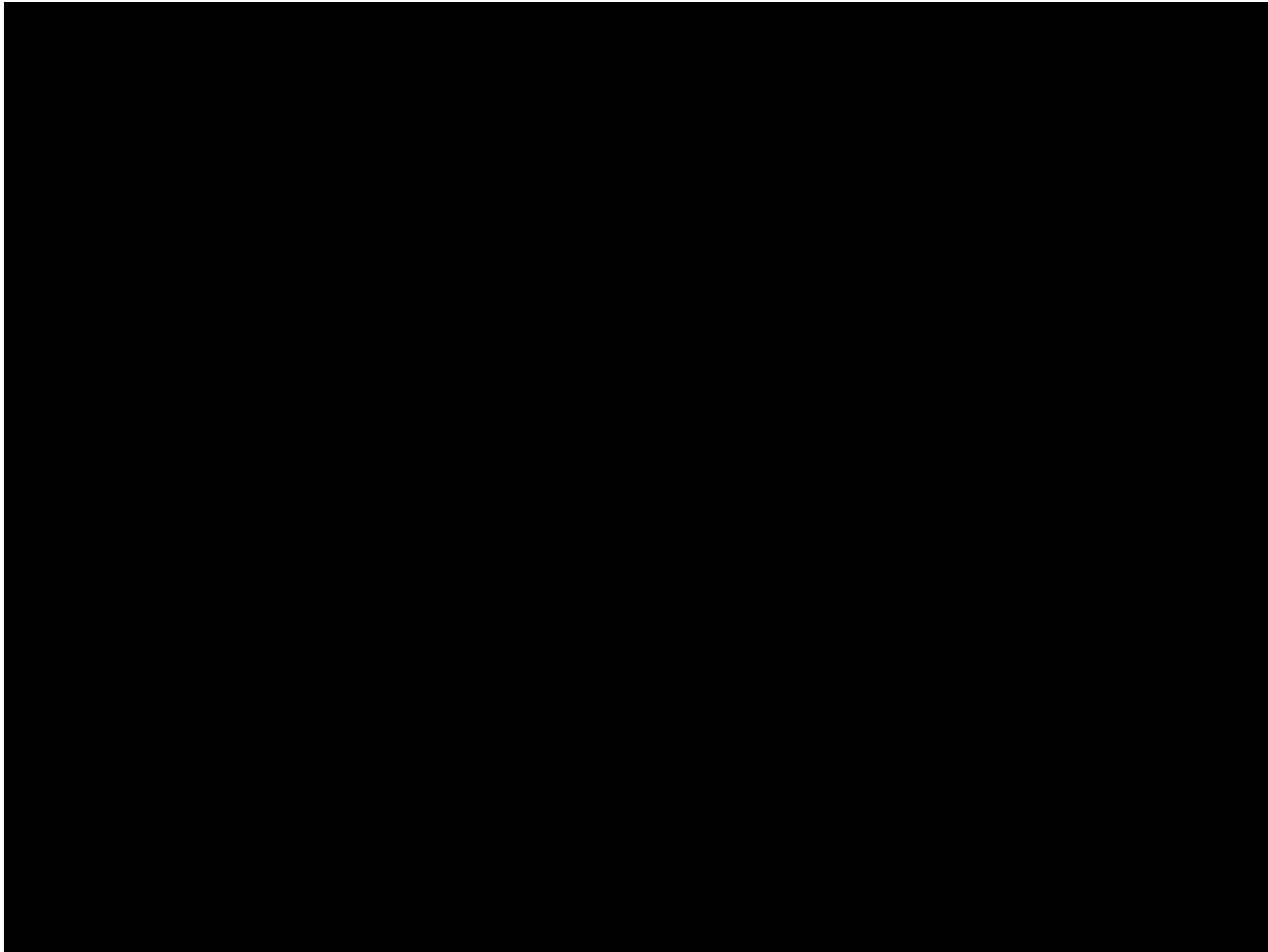
- Mobile phones are used in all the countries.
 - The questionnaire showed that kids in all the countries use the Internet at least one hour a day.
 - Most kids have their own computer or use their mobile to surf the Internet.
 - In Estonia not everybody has an Xbox in their room, but it seemed to us that in other countries more kids can afford it. Most Estonian kids spend at least 1 hour a day playing video games.
- 



RECYCLING

- In all countries, the families try to concentrate on the recycling system, for example they are active to buy things from second-hand.
- Every country tries to save consumption of water and electricity, switching off unnecessary household appliances.





ENVIRONMENT



Poland's presentation

Themes in various presentations:

- 1) School events, for example (Earth day, Water day)
- 2) Different recycling solutions in various schools



ITALY'S PRESENTATION

- Introduced:
 - 1) Ecologic footprint
 - 2) Global wastage
 - 3) Circulation of waste in the world
 - 4) Showed a video about energy efficiency
 - 5) Recycling



TURKEY'S PRESENTATION

Introduced:

- 1) Meaning of environment
- 2) Protection of environment
- 3) Knowledge of environment
- 4) Pollution of environment



FRANCE'S PRESENTATION

Introduced:

1) Saving of environment

2) Showed a video about energy efficiency and green lifestyle.



CONCLUSION

- First – introduced activities at schools.
- Second – saving environment and dangers of polluting it.
- Third – usage of videos in order to make presentations more interesting.





DIFFERENCE OF NATIONS

- Compared to Estonians the other nations are...
 - Open
 - Easy communicators
 - We have noticed that every country respects its culture; all of us keep our traditions and culture, but every national group is peculiar after all



THANKS!

