

Collaboration and Dissemination of Project Information – Report

As a part of the planned project activities, a panel discussion was held at the "Nikolaj Velimirović" Primary School in Šabac.

Around forty colleagues from other primary schools who are interested in the outcomes of this project had the opportunity to hear, in a pleasant atmosphere, about the various activities we have undertaken and the results we have achieved so far.

The project coordinator began by presenting the outcomes of our activities from the previous year. The attendees were introduced to the idea of the *Healthy Active Living Project (WP3)*, which is the central concept of this initiative. They had the opportunity to actively participate in the discussion and ask questions about healthy living.



Since the "Bicycle Day" activity had just concluded shortly beforehand, we took the opportunity to introduce all attendees to the idea of coming to school or work by bicycle. This is a practice adopted by many of our colleagues, due to the specific characteristics of our city, which is situated in a lowland area and has got wide streets. We also discussed the reduction of harmful gas emissions caused by the high number of cars on the streets, and the use of bicycles as a means of transportation that does not pollute the environment and offers numerous health benefits to its users.

We presented attendees with comparative data from analyses conducted during the testing of participants from three different countries regarding mobile phone usage and healthy lifestyle habits (WP2). Since our school compiled the final report, we had the opportunity to highlight the benefits of this project, which provided a clear picture of the

habits of average young people covered by the project across various countries and educational systems. This was followed by a discussion on the results themselves and health recommendations for the youth we work with on a daily basis.



Having finished the presentation, participants were offered refreshments and received a gift in the form of a USB drive containing the recorded outputs of this project. Following the conference, we took the opportunity to enjoy some time together in nature, engaging in pleasant conversation during a walk where we reflected on the project and the conclusions we had reached.

Many colleagues were also interested in our participation in the Erasmus+ project, as the school we collaborate with is planning to apply for a project under the Erasmus+ program.

Our experience will be valuable to them in the process of applying for such projects.





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Project coordinator,

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