



LIVING WITHOUT ADDICTIONS

- DRUG ADDICTION
- ALCOHOL
- CIGARETTES
- MOBILE PHONES
- SOCIAL NETWORKS
- FAST FOOD
- TEAM BUILDING

ERASMUS + Healthy Minds for Healthy Europe

2016-2018

Erasmus + KA2 Project 2016-1-LV01-KA201-022634

Participating Countries

- LATVIA
- GREECE
- LITHUANIA
- CYPRUS
- ITALY
- SPAIN

Dear Erasmus+ family,

Two project years have passed very quickly and now it is the time to say good bye and reflect on the time spent together. Although our project was meant to fight addictions, I have to say that I have become a real project addict and do not want to fight it. So, let's meet in other projects!
 Indra Kalnina



NEW EXPERIENCE

I got a lot of new friends in this project and I still keep in touch with them. I also improved my English language skills as well as experienced being in a foreign country where schools are different.

Krista Kristena, Latvia



Success stories of the project implementation

Success Stories

CYPRUS

Two years ago, a friend of mine was addicted to the **electronic games**. He was wasting all the money he was collecting for his studies to buy various consoles and video games. Also his behavior was getting worse and becoming steeper. Also, when he was coming home from school he did not his homework. He was turning on the PlayStation and playing endlessly. I began to advise him and explain to him that was wrong all this. Some weeks after he decided to think about. I also advised him to choose a sport as a hobby. Finally, he managed to control it and now only plays video games two hours every weekend.

Theofanis Michaelides



“ ..HE DID NOT LISTEN TO ME. UNTIL ONE DAY HE WENT TO THE HOSPITAL WITH SERIOUS HEALTH PROBLEMS. ”

Two years ago my best friend was addicted to **drugs** and I was trying every day to convince him to stop using them because that would be very bad to his health but he did not listen to me. Until one day he went to the hospital with serious health problems.

I went and visited him at the hospital and reminded him of my words. When he came out of hospital he said he would now listen to me and will use again drugs because he understood how bad that was. Since then he stopped to be a user of drugs. I'm glad I helped him even a little bit.

Serafim Nikiforou

Another Story

UNHEALTHY FOOD

Unhealthy food is a habit that we like and prefer no matter how bad is for our health. In our days eating unhealthy food is been increased. It's something that has to stop.

FRIEND

A good friend of mine was addicted and started to have many problems with her health. The doctor warned her that if she did not stop or at least reduce consumption of unhealthy or generally food she would have to do a surgery. For my friend that was something tragic that she could not manage. The only persons who could help her was her family and her friends.

HELP

She started to be constantly monitored and it was very difficult for her to start eating healthy food. But day by day we encouraged her and finally she managed to improve her diet and overcome health problems.

Konstantina Plastira

Teens experiment with drugs for many reasons. Some of the most common reasons include:

- Curiosity
- The urge to trying new things
- Peer pressure
- Stress from school activities
- Emotional issues from family problems

<https://addictionresource.com/addiction/teenagers/>



ALCOHOL

When I went to Spain I met a boy and soon we became very good friends. But I found out he was addicted to alcohol. Every day I met him and we talked. One day he came to our conversation the theme about **alcohol** and I started to say my opinion but he disagreed with me and there was tension. In a beautiful way I explained my ideas and that helped him too much and was moved by that. From that day he began to reduce it and I supported him until the end. Now he stopped it completely and is much better in his health but also in the disposal. I am very glad for that experience and he thanked me from the bottom of his heart.

Christiana Samara



Smoking Almost Killed .. Friendship

The summers are our best chance to go out and have fun. But last summer in our last night out, before the lessons started, some truths have been revealed. We were walking to the seaside when suddenly my friend asked me if I mind making company with persons which are smokers. The question put me in some suspicions. I was lost in my mind when suddenly I saw my friend pulling a pack of cigarettes out of her bag. Then I started to understand the target of the question and the reason of her odd behavior. I was angry with her.

I took the cigarette from her mouth and threw it away. My friend wowed asked me why I did that. I was very angry with her. I said that this way she does not hurt only herself but also me because I am next to her. For the next five minutes nobody was talking. I was surprised I realized that my friend had got up from her position and I saw her going to the waste bin and threw the package of the cigarettes. Then she came back and hugged me. **Smoking** did not split up us, our friendship will continue.

Louiza Praxitelous

ADDICTION IS AN
ADAPTATION. IT'S NOT
YOU-IT'S THE CAGE YOU
LIVE IN.

JOHANN HARI



ADDICTIONRESOURCE.COM

Success Stories II

CYPRUS

By participating as Coordinator to Erasmus+ Program, I believe this is an important experience for a teacher. The requirements of the Program are too many and you have the opportunity to deal with many different things such as organizing events at school, engaging students, organizing the travel and the details in meetings abroad, etc. Contacting parents of my school students but also with the parents of students in corporate schools was something that pleased me very much. Also important was the opportunity to get to know the educational systems of other schools closely and to talk with teachers from these countries. The joy of hosting, getting and giving, has a special place in the program. I thank those who, with a positive spirit, have worked with me on the success of the program.

Angelos Stylianou
Coordinator
Aradippou Gymnasium
Cyprus



“ We are glad for this opportunity given to us. ”



This program has been an amazing experience for us. We had the opportunity to meet new people but new places as well. The hospitality of the host country was extraordinary. We felt from the very beginning that we were a piece of this puzzle called Erasmus plus. In addition, we participated in interactive seminars which were very interesting and informative.

The entire project was well organized, a fact that was very inspiring. This trip to Italy was consisted by amazing people who became friends, delicious food, breathtakingly monuments, but most of all unforgettable memories. We are glad for this opportunity given to us.

Chloe Yiapani - Orthodoxou

New Experiences



The Erasmus+ Programme gives both students and teachers, from different countries, the opportunity to work together for a common purpose. I had the pleasure to escort two students of our school (Gymnasio Aradippou) to IES Mar Serena in Pulpi Spain from the 19th to the 23rd of February 2018.

The kind and genuine hospitality of our colleagues in Pulpi was pleasantly received. Our daily program was rich in visits to local destinations. We have enjoyed the flavors of local food, experienced the daily life and habits of the people of Pulpi and became familiar with their customs. The good knowledge on Greek civilization of our Spanish colleagues and students was a very nice surprise. Finally we have experienced the company of our colleagues from the participating countries from Italy, Greece, Latvia and Lithuania.

I must also note that our students had a wonderful stay, lived new experiences and did not want to leave their friends in Spain.

Through the Program both students and teachers gained a better understanding of how social networks addiction affects our lives.

Annita Kamma Loucaides

‘Work together on a common purpose.’



I am really thankful that I participated in The Erasmus + Programme. It was a great opportunity and experience for both students and teachers to work together for a common purpose.

I had the pleasure to escort two students of our school (Gymnasio Aradippou) to Thessaloniki in Greece from the 1st to the 7th of October 2017.

The hospitality of the Greek colleagues among with the rich and very well organized program made our staying in Thessaloniki pleasant. We have enjoyed the flavors of local food, experienced the daily life and habits of the people and explore the Greek civilization.

It was a great opportunity to meet as well with our colleagues from the participating countries from Italy, Spain Latvia and Lithuania.

Finally, I believe ERASMUS + 2016-2018 had a great positive influence to our students and they lived new experiences. This way of learning is much more effective because they exchange ideas and broaden their horizons by communicating with people from other nationalities and feel emotionally involved.

FROSO



Erasmus +
Thessaloniki
1/10/17- 6/10/2017

Although I have visited this city several times for holidays I wanted to participate in Erasmus + programme in order to have the opportunity to meet other teachers and students from different countries and different cultures.

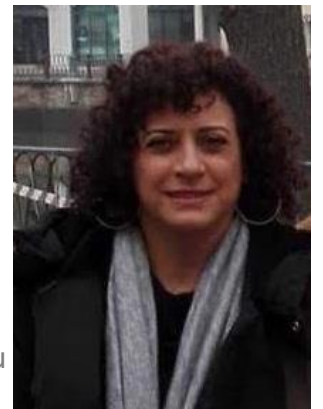
The whole organization of the programme was excellent and interesting. It was a great pleasure to take part in it.

The presentations of students from different countries were amazing.



EXPANDING OUR HORIZONS

Erasmus plus gave the opportunity to expand our horizons. We met amazing people who made us feel at home. Also our students managed to work with other European students and design the logo of our project. We overcame the language barriers and unite our cultures. The seminars organised by Italy were very helpful for us as teachers but for our students as well. Last but not least it would be important to state that chances like this project should be given to more teachers and students much more often.



Loukia Lazaridou

TEACHER: Michalis Kallenos

Latvia - Lithuania

Memories and impressions

The Erasmus+ program gave me the chance to visit Latvia and Lithuania, to see two other schools and learn about their educational system and culture. The meetings with colleagues from Italy, Spain, Greece and the hosting countries gave me the chance to talk about education issues and exchange ideas. Everyone was very friendly and very hospitable. The trip to Klaipeda was a very good choice for students and teachers.

In Skuodas, apart from the school and the activities, we saw a few places in the town, and met the mayor at the town hall. Visited the music school and seen some of their excellent work.

In Grobina I was impressed with the school and the facilities. The international evening and the students show was very good. Excellent food prepared by parents. Rucava was something different for the teachers – the place, the bread making, the food, drink and dancing, all excellent and unforgettable.

The seminars were very useful and essential.

During our free time we had the chance to meet the other participants of other countries and develop friendly relations with them.

It was one of the best experiences of my life as a teacher.

Christalla

Success Stories III

CYPRUS



My most striking impressions of my participation in this program were mainly that you can host in your home an unknown person from a foreign country but also be hosted at his home by this person. My recollection of my trip to Lithuania was the beautiful sightseeing and that was green everywhere. I am very pleased to have been given the opportunity to take part in the program.

Serafim Nikiforou



The participation to the program is an experience that you never forget. You make new friends that you will have in your mind and your heart for a lifetime. After the first few hours we were like a family. I loved the walk in the sea where we took many pictures. This ride has been left in our mind and in the hearts of all of us.

Elli Vretou



“ Was really a wonderful experience. ”

My participation in the program was an incredible and unforgettable experience. I had the opportunity to travel to foreign countries and to get to know new cultures and traditions. All that was wonderful but the most important was the acquaintances I did with

students of the other schools. Was really a wonderful experience. I wish to relive and hope that our friendships will keep forever.

Louiza Praxitelous

Latvia was Unforgettable

JOURNEY

My experience on this journey was indescribable. I was given the opportunity to meet wonderful places that I never been before. I met friends that I felt I would have for a lifetime.

IMPROVE

This communication helped me to socialize and improve myself. The school in Latvia was unforgettable because it was very different and impressive. Also people were very hospitable and happy. With the girl which hosted me we became good friends and I can trust to tell her very personally things.

Christiana Samara

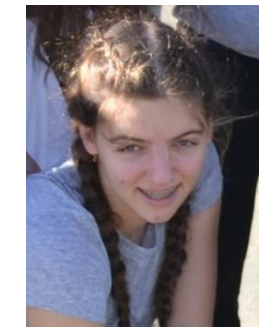
Participating to Erasmus+ program I have some memories I will never forget. The jokes we all did together. Singing songs in the bus. It was only a week but it was so nice. Every day I see the pictures we took and I remember all those who participated in the program. If I have again the opportunity to participate I would like to be there.

Michaela Savvides



That week was the most amazing this year. I had a great time in Latvia and Lithuania. It is really different there but it was fantastic. Perfecto in Spanish!!!! I met a lot of wonderful people and I had -still have them - many friends from other countries. I was really sad when I lost them. I wish to see them again. I learned a lot of things from them. I will not forget them. I have already miss them. People in Latvia and Lithuania are really kind. Wi-Fi was everywhere!!!! The strangest thing was the weather. It was really cold for spring. And the houses are the same and that was making the towns pretty. But the most unforgettable thing was our friendship and that we loved each other. Thanks Erasmus for that moments, they worth a lot for me.

‘WI-FI WAS EVERYWHERE!!!!’ Maria Xiourouppa



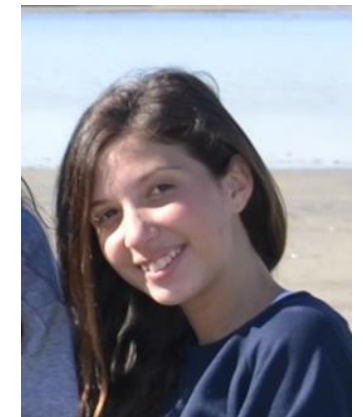
The best thing about the program was that I met new people and made new friends. It was great to try socialize with people who live in other countries and because of that our relationship became stronger. In the project I found out new cultures and how similar are people.

Konstantina Pampori

REALLY FEEL VERY LUCKY TO HAVE MET NEW PEOPLE

I had the opportunity to participate in the program and I really feel very lucky to have met new people and come very close. I was fortunate to visit two countries that participated in the program and to learn about their cultures. I think my participation in this program is something which I will never forget after offering me so much.

Konstantina Plastira



The week that I spent was and will be unforgettable. We have visited many beautiful places and we learnt about them but the most amazing memories where with the people that I spent the time with. I have met so nice people and I am so grateful for that. They were all so friendly and we had a lot of fun. That was the most important thing. I really hoped that we could have more time as this one.

Rea Loizidou



Success Stories IV

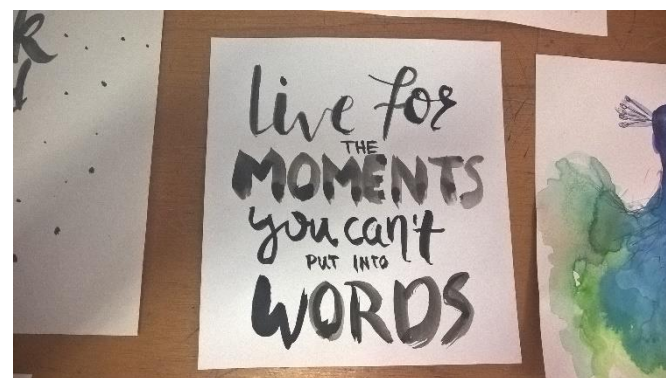
CYPRUS

I had the chance to get to know beautiful places in Greece the picturesque and the endless beauty and the amazing White Tower left me unforgettable memories. What I like most was Aristotelous Square where we were going with the children and wandering by eating crepes. I also impressed the well-preserved basketball courts where we went to the afternoons to play.

Theofanis



“ I met a lot of wonderful people and I had -still have them - many friends from other countries. ”



Most Amazing Memories

The week that I spent was and will be unforgettable. We have visited many beautiful places and we learnt about them but the most amazing memories were with the people that I spent the time with.

Rea

‘The participation to the program is an experience you never forget’.

Elli



‘I managed to get to know new places and customs and how other people spend their time.’



My experience in the program was exciting and indescribable. Through the program I have been socialized and made new friends with whom I continue to communicate. I managed to get to know new places and customs and how other people spend their time. What I was most pleased with was the warm hospitality I felt by everyone and their willingness to guided me in Thessaloniki. Still the warmth and hospitality from the family I was hosted made me really feel like I was at my home.

Eleana Sava



Success Stories

SPAIN

Don't Be Addicted To Tobacco!!!

Once, in Mar Serena high school a boy was addicted to tobacco. At first he didn't look like a person who had problems with cigarettes but little by little he realized that he couldn't leave his addiction so he asked for help.

With our help he stopped smoking.

If you are a person who has problems with any drugs, contact with someone who can help you.



The History of Maria

This is the history of a girl who lives in Madrid. Before, she has got many friends but, when her mother brought him a mobile her life changed.

She is María, she is 13 years old. Every day at high school, she used the mobile phone but she didn't use the books. Her mother was very worried because the high school called her many times.

After that, she didn't go out, she only played video games and used the Internet. She didn't sleep more than 5 hours. One night, her best friend stayed with her to sleep. When Lucía realized that María had a problem with the phone, she tried to help her friend. She decided to do the same: to ignore her friend and stay with the phone. When María felt that Lucía ignored her, she reacted and she left the phone alone and tried to be with her friend when they were together. She learnt that having a friend is more important than her mobile phone.

Now she only uses her phone a little time every day and she prefers to spend the most of her free time doing activities with her friends and she enjoys a lot.

BE FREE



'With our help, he stopped smoking.'

DON'T BE ADDICTED TO DRUGS

That day Tom was in a party where an unknown boy offered him drugs. While he was a kid his parents told him that drugs weren't good for his health. Despite the advices, Tom tried drugs and three months later Tom became addicted to drugs.

Our friends group are trying to convince him to stop using drugs and we spoke with a detox center near here and the next month Tom will be admitted in it and the specialist will help him.

Story of Nikko

BY: IZELDAVIDADRIAN

Nikko was a normal boy but with some of his friends, he went out to a party.

When they came to the party some drunk people offered him some alcoholic drinks but Niko didn't want. They told him that if he had alcohol he would be happier and he could be funnier and more sociable.

Finally he accepted and he drank. At the beginning he didn't feel any change, so he continued drinking.

He thought that he was the king of the party, all the people talked to him and some girls wanted to chat with him and be more than friends. But he didn't think of the consequences of drinking alcohol.

The next day in the morning he had an enormous hangover, he thought "How can I be alive?" And, "how much hurt have I done to myself?" Three days later our friend Nikko went to another party and he drank another time and the following morning he was in a hospital. His best friend recommended him that he should stop drinking because his other "friends" posted in social media some ridiculous pictures of him.

Nikko saw the reality and stopped drinking and his life became better.

Nikko is one of my classmates.

Be stronger than your excuses

www.drugtreatmentcenterfinder.com

JUNK FOOD

BARTOLO

It is a story about a boy called Bartolo, he was 13 years old and he was a normal boy. When he was 8 years old he went to Mc Donald's and there he ate junk food, he liked it.

JUNK FOOD DAILY

Then, he started to eat junk food every day. He got weight little by little. He thought that it was not a problem but one day he got up and tried to tie the laces of his shoes and he could not do it.

BE LIKE BARTOLO

He knew that he had to change and he had to do it alone. He stopped to eat junk food and started to do exercise, at the end he lost 65kg and now his weight is 55kg and he is a healthy boy.

YOU ARE STRONGER THAN DRUGS!!

Success Stories II

SPAIN

CATI LÓPEZ

As project coordinator in Spain, I have found this experience extremely rewarding in spite of the hard work. I feel very grateful for all that my students have learned and all that our high school has gained from this project. I'm looking forward to the next Erasmus project.



“ I feel grateful for all that my students have learned and all that our high school has gained from this project. ”

MIRIAM IZQUIERDO

It was a really wonderful experience. I met fantastic people that now had become my friends. We have exchanged ideas that have made us drought as people and professionals in the educational field.



MARÍA JOSE & CRISTIAN FREIRE

For me, the experience was unique. I knew I was going to be abroad for one week but I never thought I would be part of this fantastic family, because all my partners were impressive.



ANA SOLER

At first, I was nervous because I thought I couldn't speak in English all the time but when I arrived to Italy I realised I could speak in English and understand them, I've also learnt so much about other cultures and I've made a lot of friends and I'll miss them too much.

IZEL CALAHORRA & ADRIAN HERNANDEZ

We've enjoyed the experience of travelling to other country and meet amazing people. Our Latvian families were perfect, they gave us all we need in every moment. Thanks very much to the families and the coordinators of the project who planned all the things because without them it would never be the same.



DIFFERENT PRACTICE

CHARI RUIZ Y JOSE MANUEL CALAHORRA

For us it was an enriching experience. We have been able to share different teaching practices which have later been implemented in our school. We and our students have opened our minds to different realities.



Success Stories III

SPAIN

MARIANO CORONADO

The experience was incredible. At first time I thought that Erasmus project was going to be a little boring but with the pass of the time I changed my opinion and became as the best experience of my life.



JULIANA BUILES & MARÍA GARCÍA

With the Erasmus project we learned to work better in group. As a result of this, we met each other in a different way. Furthermore we made new fantastic friends and improved our English. ”



DARLING PAULINA BARRIOS

I've loved the great experience that Erasmus project has given me. I've met wonderful people, traditions and customs that I'll never forget. Above all I've loved the fact that I've been a part of something great. So I want to say that if you have the opportunity of participate, do it.

MARINA DE LA FUENTE & LUCÍA JIMÉNEZ

We really enjoyed this experience. People who participated in the Erasmus project were very friendly and we have a lot of beautiful moments with them. When we travelled to Latvia we made a lot of new friends. If you can participate in a similar project do it, it could be the best experience of your life.



NOELIA HERNÁNDEZ

I liked the trip a lot because I like to know new cultures, new people and different places. I really liked the high school and the teachers abroad. I have loved the experience and I hoped to repeat it in the future.



DAVID RAMIREZ & TONI CERVANTES

We've been in Erasmus project and we are very happy for it. We enjoyed a lot of moments with our partners, their families were very friendly with us and we love their country too.



Co-funded by the Erasmus+ Programme of the European Union



Success Stories

GREECE

To learn, to think, to grow. A beautiful story, a beautiful trip. Schools are waiting for you. Love them, love them all.

Niki Matthaiou



“ Memories take us back, dreams take us forward. ”

Andriana

Make your life a masterpiece; imagine no limitations on what you can do.
Eirin

Don't be ashamed of your story, It will inspire others.
Christina Pertou

Live & Love

LOVE

The best things in life are the people you love, the places you've seen and the memories you've made along the way.

Haris

GOOD, BETTER
Good, better, best. Never let it rest 'till your good is better and your better is best.

Kostis

LIVE

Live the life you love. Love the life you live.

Natalia



Be a voice, not an echo.

Giannis Theodosiadis
The principal



‘Dust in the wind...’

Maria Koutroulia



To love yourself is to understand that you don't need to be perfect to be good

Christina Mema

We hold a lot in a few words. Lessons, obligations, lives, moments, glimpses, anger... But the most important of all is in two phrases.

Love a lot

And be a good man

Maria Sidiropoulou



Enjoy, respect,
appreciate, study, mind,
unite, surprisel

Sofia Tserogka



Success Stories

ITALY

SMOKING ADDICTION – A REAL STORY

Hi everybody!

My name is Tom and I'm 18. A friend of mine, that attends my lessons, had an addiction to smoking for 4 years. In the last year his addiction increased till smoking a pack of cigarettes a day. I cared about his health more than he did, but he didn't realize he was hurting himself, so I decided to help him trying to convince him that what he was doing was extremely wrong. He didn't listen to me that much, therefore I spoke to his parents about the problem and they told me they didn't know he smoked, but they suspected it. His parents and I agreed to make him follow a few steps in order to quit smoking: first of all he had to drink more water, since water flushes out the toxins that are being removed by the liver and kidneys; after that he had to substitute gradually cigarettes with something else, like chewing gums, candies or e-cigarettes, until he stopped smoking completely. My role was to follow him during his "journey" "giving him some advice, providing that he accepted the rules his family imposed on him. With perseverance and obedience he got over his addiction even though it wasn't that simple and now he's thankful that we saved his life.

“ He spends hours and hours a day watching videos and texting with his friends without studying or doing his homework. ”

SOCIAL NETWORK ADDICTION

Hi everyone! My name is Damian and I am 17 years old. I have a younger brother, Brian, who is 12 and three months ago he received his first mobile phone. He signed up to a lot of social networks, such as Instagram, Facebook, Snapchat, Ask, Whatsapp and he subscribed to lots of YouTube channels. He spends hours and hours a day watching videos and texting with his friends without studying or doing his homework. My parents are really worried about his school situation because it has been getting worse lately. I am trying to convince him to stop but it seems like he does not care anymore about what surrounds him. He just lives for those stupid contents.

My parents decided to take his mobile phone away once or twice but he always found out the hiding place. So I got a new way to distract his attention. We'll be going to the swimming pool twice a week and so I will practice for my lifeguard license and he will be distracted. Maybe he will start to love this sport too and practise it also when he gets older.

Erasmus+ makes us appreciate the charm of our differences and discover the power of our similarities.

Prof. Paola Pellegrinelli



The Erasmus+ Project has given me the opportunity to understand how much we Europeans have in common and to see the idea of Europe embodied in my colleagues' and students' faces. Thanks to everyone for the "journey" we had together.



International evening



Mandala Class by teacher Inese Ķepale



Drug addiction

My name is Paul and I am 19 years old. I live in a neighbourhood of Detroit next to an ill-famed one. One of my closest friends, Floyd, lives in that area. In recent times he has started using drugs because he entered a group of addicts and he went out with them very often during the week; that's why I lost any contact with him; but since I really care about him, I decided to help him, by giving him some advice in order to stop his addiction. At first he did not listen to me, but then he understood I did it for his health and for his future. He also realized he was in danger and drugs could ruin his life.

The advice I gave to him was to find his tribe and to get moving, because sport can really help you clear your physic and your mind, besides keeping you busy and concentrated in your activity. I went running with him to spend time together and to make sure he was getting over his problem. After a few months he totally stopped attending that companionship and consuming drugs. Now he is happy and glad he has overcome those moments and he is very thankful to me. Moreover, we have regained our friendship.

Success Stories II

ITALY

One day I was going out with Louis, my first boyfriend. Since it was a new feeling for me, I felt like I had to be perfect at his eyes: I wanted to lose weight. So I started eating only few things at lunch and dinner; I was 55 kg at first and after two months I lost 10 kg. But for me it was not enough: when I saw my reflection in the mirror I felt fat even more than before.

My boyfriend started to be worried about me and my health. That's why he advised me to follow a diet to gain weight, but I told him that I was doing that just for him. He was negatively surprised, so he decided to take me to an appointment with a good dietician. During all that long and difficult period, he made me feel more confident about myself and my appearance.

The dietician gave me a four-step list, but first of all he recommended that my boyfriend should stay with me and support me.

The list said:

1. Start eating something more every day, step by step;
2. Take 3 drops of antidepressant per day;
3. Take some vitamin supplements;
4. Take a nap at least 3 hours per afternoon.

Today, after 5 months, I've gained the same amount of weight I had lost and my boyfriend is still here by my side.

Hi, my name is Lauren and today I would like to tell you how I overcame alcoholism.

Everything started three years ago, when my dad died because of a car crash. Mom got depressed, so she just laid in bed all day long and I had to take charge of her and my little brother.

At the time I was only 17 years old and even if I tried to get a job and money I found out I couldn't handle school and work at the same time. I remember I felt miserable and always tired. That's why I started to look for a way to get over my responsibilities.

Unfortunately, alcohol became my remedy and even my ruin. I first got into it during a summer night, while I was out with all of my friends, finally having a little break from work. That night my mom was really quiet and I could let her alone with my little brother watching a TV programme. My friends asked me to go to a party on the beach. We were all together in front of a bonfire and someone took some alcoholic drinks. I had never drunk before because I knew it was not healthy and it could cause you serious problems. A friend of mine tried to convince me to drink some of his cocktail. I first refused but then I thought that just a little sip would not have killed me! WRONG! After that the little sip became an entire glass and, again, an entire bottle. When I went home I was drunk. My mother started to yell at me and I started to feel very bad about it. The following day I was like a ghost walking around the kitchen and preparing the breakfast. I was not able to eat anything because I felt like I was going to vomit. I was not even able to go to work.

That was just the beginning of a long chain of bad events. Every night, after work I went out with my friends who could not control me anymore because I always asked for more drinks. They were really worried about my situation either at home or while out with them.

After three months they decided to take me, obviously after my mom agreed, to a rehab. The final event who definitely convinced them was my two weeks' alcohol-induced coma. I have been very lucky because I survived. I think my dad helped me from above.

In that rehab I realized I had a serious addiction on alcohol, which was not a normal thing for a 17 years old girl. I had lots of problems in my life, that's true, but alcohol wouldn't lift those weights. After being in that place also my mom changed, because she understood how much she was destroying her own life as well as mine and my brother's. She found a job so I could leave mine and concentrate just on school. I started swimming in the school's team and I understood that it was the only thing that helped me pass over problems. I also understood it was the only thing I wanted to do in my future.

Today I am a lifeguard and I can say I am proud of who I've become. I also help other people to come out of that black hole called alcoholism.



I helped a friend one year ago more or less. She was a social addict. She wasn't as the other young people who like to stay with telephone. Telephone for her became a real 'addiction'. She had many "friends" on social and then, she also found a boyfriend online. After this event, she started to ~~leave~~ leave her "real" friends and ~~go~~ go out more less than usual. Probably she didn't know that wasn't a good thing to ignore her friends. At the beginning this virtual boyfriend was a good person, maybe, but then she started to send him some nudes pic. She thought it was ~~safe~~ secure, but later he published that photos on his facebook profile. In that time she needed some friends who helped her. Fortunately her sister helped her to block that boy and I turned to her. I helped her to decide to go to police ~~and~~ for denounce. Today she has a normal life with many friends who love her.

Giulia Rosso



Success Stories III

ITALY

Unforgettable days whose faces are the ones of the people I've met.

Prof. Cerioni



I participated in the Erasmus+ project in Pulpi in I.E.S. Mar Serena school. It was an extraordinary experience both humanly and professionally. I came back home with lots of new ideas, friends and with the desire to meet them again to share new experiences and projects in the future.

Prof. Valeria Tumiatti



Joining this Erasmus+ project was a wonderful choice: I have met really nice people from a lot of countries in Europe and I have also improved my lifestyle thanks to each meeting we prepared and participated in.

INES COSSALTER



Giulia Rosso



“Erasmus isn't a week in your life, it's your life in a week.”

The Erasmus+ project has been an amazing experience I will never forget. I had the opportunity to get to know and meet other people, cultures and places. I've also learnt a lot about myself.

Milena Damiano



A very nice experience, great for improving my English and perfect for meeting new people, try it!

Joana Kerry



A wonderful opportunity to become a better person and a better teacher!

Prof. Barbara Dalla Villa



Travelling the world is the best way to meet different cultures, new friends and offers great opportunities!

Caterina Fusetti

Different cultures from different places mean having only one mind and only one heart.

Benedetta Augusti



Erasmus has been an opportunity to have more confidence and to compare myself with people from other countries.

Elisa Tescaro



Alone we can do so little, together we can do so much. Federica Massarenti

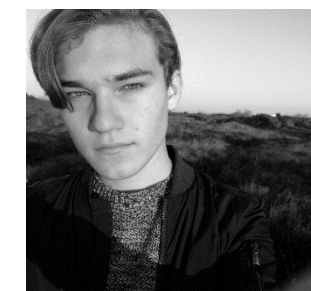


Francesca Cavallari

New places, new friends, new me.

A wonderful experience to meet new people, new places and new cultures.

Gioele Bovolenta



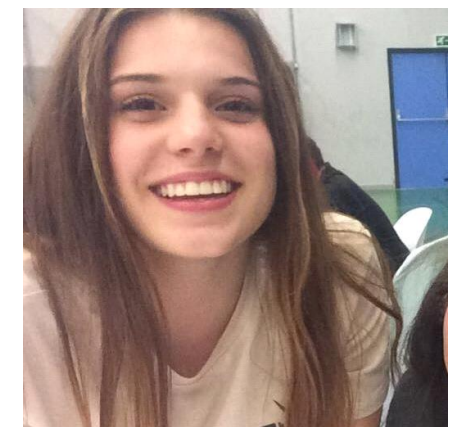
Erasmus means getting to know new countries, new cultures and new people.

Sara Benetti



A beautiful experience to do time and time again. New experiences, new spaces, new cultures, new friendships.

Sofia Ceccon



Success Stories

LITHUANIA

1. Erasmus project for me is new experience about finding new friends and great possibility for English language improvement. 2. I understood all the topics about addictions. You can't try alcohol if your parents drink or they are alcoholics because for you it can become addiction. We have seen on presentations of other countries what damages these addictions do. We know how many children drink alcohol or use drugs in other countries. I learn how we can lose our life if we start to use alcohol or drugs.

ENRIKA NAVICKAITĖ



UGNĖ RIMGAILAITĖ

1. Participating in Erasmus + program was a big experience for me. When you come to an unknown family you haven't ever seen before and it becomes your second family only per one week. I have met wonderful people, with whom I don't want to lose contact. Erasmus is a project which has a big heart.

2. I learned a lot about addictions. It can come very fast, when you taste or do something for the first time and then you start doing it for more times and can't stop it. When you get addicted to something you can't even realize that you have already a problem. Addictions can really damage our health and your life.



UGNĖ KNIEŽAITĖ

Erasmus project for me was the best way to become a better person, because after Erasmus project meeting you want to start to change not only yourself. Of course, Erasmus project is the best way to find new friends, to see traditions of other countries and to see how much your life can change just in one week.

I got to know about the damages for people health. Of course I have known what it is not good for the health, but only because of presentations I have known how youngsters from our and partner countries are addicted to some bad things. These presentations changed my mind and now I just know that we have to be those people who want to change their life and those who have to start changes with not getting addicted to any bad things.

This Erasmus project was on the topic of 5 addictions: smoking, using alcohol, drugs, smartphones, computers. I really reinforced my knowledge about it. I learned about addictions' causes and consequences. I already know:

1. What smoking does to our lungs and brain, how to help people give up smoking...
2. What alcohol does to our liver and brain and how to avoid it...
3. What drugs do to our internal and external organs and how to resist from trying them...
4. How smartphones, computers and virtual world change people, what harm they does and how not to get addicted...

DOMANTAS MAŽRIMAS



'It is also an opportunity to know the world and to find wonderful friends.'

UGNIUS POPOVAS

1. It's an opportunity to get acquainted with other people's cultures. It is also an opportunity to know the world and to find wonderful friends.

2. I learned about there are over 200 addictions in the world and nearly everyone has an addiction, even me. I found out that sport, music, food, TV, friends also can become addictions and I am a little bit nervous about it. I also learned that addictions are inherited.

JONAS RINGYS

1. ERASMUS for me was a project that opened my eyes to other countries and helped me to find amazing people. It helped me better to know other countries .

2. I got a lot of knowledge about addiction and what there capable of doing to you and the people around you. I understood what causes an addiction to appear and how to prevent it from happening. I also understood that my body isn't a trashcan and that what I put into my body is very important for my health.



KAMILĖ PETROŠIŪTĖ

1. What is Erasmus project for you in general?

Erasmus project for me is way to meet new people and to find new friends, also to see more different cultures.

2. What knowledge are you getting on the topic from this Erasmus project ?

About food I knew that people actually can be addicted to food or also don't eat food at all. I knew before about alcohol, drugs, smoking and how people change and try to get rid of it. Before I didn't know anything about addiction to social media , but now I know what it is and how some people have this addiction.



Success Stories II

LITHUANIA

VIRGINIJUS JOKŠAS

Participation in Erasmus international project is giving me the opportunity to get acquainted with colleagues from other partner schools, to learn more about the educational authorities in the participating countries.



DANUTĖ VITKUVIENĖ

I was happy to contribute to a healthy lifestyle education by taking part in Erasmus project. It also gave me the opportunity to develop my English skills, to visit partner schools, to find new friends in other countries and to learn more about different teaching systems.



URTĖ KUBILIUTĖ

1. Erasmus project for me is the way to get new friends and to know more about healthy life. This project was the best decision in my life, because I found so much sweet and friendly people who changed me in a good way.

2. I started to know more about the damage unhealthy life does. I heard about addictions to alcohol, cigarettes, drugs, social media and food. I have seen the graphs from our and other countries and now I know how many addictions children have and how bad it is.

VAKARĖ ANDRIEKUTĖ

1. Erasmus+ project for me is a good opportunity to meet new people and to learn new skills about language and communication. You can experience a lot of adventures. I will never forget this amazing people I have met.
2. I have learned about addictions on smoking, alcohol, drugs, fast food and Internet. Now I know about there are big problems, but we can change it and make our world better. There are a lot of reasons why people become addicted for something. I realized that we have to be with other people and to share our problems with them.



LINAS STRAGYS

Participation in the international project motivates me to learn English and other foreign languages. At the same time I am grateful to all participants for encouragement, support, confidence and patience with me, because I have so far only a beginner's English .



DAIVA MAŽRIMIENĖ

Participation in Erasmus project gave for me the opportunity to learn more about students addiction to the consumption of unhealthy food in other partner schools.



LORETA ŠAKALIENĖ

The activities carried out during Erasmus project allowed me to become acquainted with the prevention of different addictions in other partner countries. By using the methods applied during the project, I'll try to make my work with the students more effective and more interesting.

100th Anniversary





Team building

Hi! My name is Jonas and I've been playing basketball for 5 years, and in those 5 years I learned and still learning how to build a good team. The main thing that has to be done is in order for it to be successful, everyone has to find their place in the team. It took some time for me and the others to understand but when we got that out of the way we started to play much better and more efficient. The second thing that we had to overcome was that we had to start to stand up for one another and build a trust. Because when a stressful game situation came we trusted each other, we the last game shot. The third thing that we ~~understand~~ learned is that we had to understand one another

and not disagree.

So by my experience I ~~can~~ can say these are one of the most important things to have in a team to be successful.

TEAM BUILDING

THOSE

HELLO, I AM DOMANTAS MAIRIMAS FROM SKUODAS (AND I AM A TEACHER IN SKUODAS BARTUVA PROGYMNASIJUM.) I TEACH STUDENTS FOR 2 YEARS AND I UNDERSTAND THE IMPORTANCE OF THIS JOB SO I SEARCH FOR NEW METHODS, THAT WOULD HELP STUDENTS LEARN MY SUBJECT. ONE OF ~~THESE~~ METHODS IS ~~FEA~~ WORKING IN A TEAM. IT HELPS STUDENTS TO COMMUNICATE AND TO DEVELOP CREATIVITY. OTHER TEACHERS ALSO USE THIS METHOD AND I DON'T WANT TO LOOK WORSE. LEARNING IN THIS WAY IS EASIER. SO LAST LESSON I DECIDED TO CREATE SOME TEAMS AND WORK IN THEM, BECAUSE THE TOPIC OF THE LESSON WAS FAVORABLE TO IT. SO I STARTED TO GETTING READY A DAY BEFORE THE LESSON. THE MOST IMPORTANT THINGS POINTS, THAT HELP TO CREATE GREAT TEAMS ARE:

1. THE MOTIVATION DURING THE LESSON.
2. THE AVERAGES.

SO I CREATED MY OWN TEAM BUILDING METHOD. IN ONE GROUP THERE HAVE TO BE 5 STUDENTS. THERE HAS TO BE AT LEAST ONE PERSON, WHOSE AVERAGE IS 8-10 AND AT LEAST ONE MOTIVATED PERSON. THEY HELP TO UNDERSTAND THE TOPIC FOR THOSE, WHO ARE WEAKER IN STUDIES, SO LEARN NOT ONLY THOSE, WHO LIKE IT, BUT THOSE WHO ARE WEAKER IN STUDIES LEARN, TOO. IT JUSTIFIED. I WAS VERY HAPPY, THAT EVERYONE WENT EXITED THE ROOM WITH SMILES IN THEIR FACE. IT WAS MY AWARD. I WILL APPLY THIS METHOD (TEAM BUILDING) MORE OFTEN.

Sucess
Stories
IV

LITHUANIA

Hello, my name is Simas and today I will tell you a story about my friend Bob and his addiction.

At that time I was 7 years old. These weird things called phones started getting popular. I did not like ~~it~~ because I saw how people used these things more and more, that meant they were addictive.

My friend Bob bought the newest Samsung Galaxy S2 and he took it everywhere he went. He even used it in lessons! Then, as it wasn't enough, he found out about Facebook. Bob spent about 5 hours a day of his life scrolling down. His grades got worse, he stopped going to music school. And me, as a good friend, knew, that I had to do something.

That's when I went to Bob's parents. They took it very seriously, but they did not want to make sudden moves. At first, they just talked to him, but it didn't work. Then they restricted the usage of his phone, he was very sad and angry for about 2 weeks, but when he got through the addiction recovery, he was very happy, he started playing football and he made a lot of new friends. I'm happy for him and I hope more people will consider fighting the addiction.

ALCOHOL

Hi, my name is Ugnė and today I want to tell you a successful story of my friend Yanie, who was addicted to alcohol when she was sixteen. She lost her dad when she was at the age of fourteen. After her father died she felt lost and depressed so she started to search a way to forget her problems. Until during ~~a~~ a party she met ^{an} older guy from her school. He made her out of her way and I was very worried about her. She started drinking every day. I tried her to make her understand that she has a problem, but she said to me that she ~~doesn't~~ didn't care about herself enough to stop drinking. One

One night at the disco she drank too much and she fell in coma. When she woke up and she realized that she had a problem. Finally at the end she decided to go into a rehab. Today she is a happy person who lives her healthy life.

Sucess Stories V

LITHUANIA

Hi, my name is Marta and I had one friend who used to do drugs. A lot of drugs! She was using drugs almost everyday and everything started when in our class came a new student from other school. He she looked like a rock star cause she was using drugs. Her name was Mite. They quickly became friends because Mite was very friendly. After a couple of days Marta's friend found out, that Mite is doing drugs. So they started doing drugs together. Other classmates didn't like that so they decided to do something. They invited them to athletics practice and after one month their legs because of the damage drugs did to them. Marta's friend and Mite liked athletics sports and because of this they didn't use drugs anymore.



Charmian, Mark, Mark, Mark, Mark, Mark, Mark, Mark, Mark, Mark, Mark

Success Stories

LATVIA

Friendship never ends

During the 'Erasmus +' project we were visited by many delegations from many countries. But we, Latvians, had a really special relationship with the Lithuanian students. As we are close neighbours, we visited them after the project had ended. We still keep a great relationship between us.

Kristers and Valts



“ .. opportunity to meet and get to know new people from different countries ”

Welcome my young friends from the project Erasmus+ HealthyMinds for Healthy!

I had the opportunity to meet and get to know new people from different countries. Get to know new traditions and countries.

I very hope that we will ever meet again in a new projects.

Respectfully, Ilze Klimbe-Kārklīņa.

Erasmus + project in Spain was one of the best experience in my life. I learned a lot of new things, I saw how students study there. Of course I met a lot of new friends and I'm keeping in touch with them. Everyone in Spain was smiling all the time and that made me so happy. Also my family was very nice and I'll never forget them. I really really liked this Project!!

Rebeka Rimma

Together & Happy

LIVE



LEARN

FRIENDS

This is my first exchanges project. In February I was in Spain. I lived with a girl-Lucia. She was lovely and friendly. Her family was very nice. We still keep in touch. And we share our adventures. And now I have friends from other countries too.

Spain is a very beautiful country. There are big and beautiful mountains. Walking around the streets everywhere were palms. In Spain mostly speak Spanish. I remember some words in Spanish like buenas noches That means good night.

Irita, Latvia

Erasmus+



'One of the best experience in my life'

When I went to Greece the first impression was very good. When we went to the school for the first time everybody was waiting for us cheerfully and wanted to meet us. We could see how students in Greece study. Every day after school we went on a sightseeing around the city which lays near the sea and we were eating interesting food which I had never tasted before.

The family who hosted me was wonderful, very kind and did the best for me to feel good. The time flew fast but it was interesting and exciting.

Annija Reijere

The Erasmus project in Greece was an amazing journey. I became more familiar with the Greek folk culture living in the Greek family. I got new impressions, new friends and I had such amazing time. Part of my heart will always be in this project and I will always remember it. In these pictures are my favourite moments.

Emīlija Anete Ozoliņa



Experience got

Really hot

Active days

Sun, sand, sea and other ways

Miles and miles

Unknown gets known

Speaking, laughing, talking, learning....

Santa Līgute



While being in Italy I met new friends. I am glad, that I participated in this project because I had an opportunity to see and feel how Italian students learn and live. It was interesting to compare study process in Italy to our Latvian lessons.

Laura Freimane

Success Stories II

LATVIA

The project gave an opportunity to meet different cultures, lifestyles and health habits, as well as examples of education in this area. It also was a great opportunity to flourish the language, communication and friendship skills. We gain an insight at various ways how to lead the learning process of young people. It was real brainstorming and kind a looking from besides to our lifestyle and culture, influence of written and unwritten rules of society. Hope to meet our partners as soon as possible. Good luck and bright minds!

Inta Ekte

Inese Ķepale

“I will never forget this project”

WORKING



‘Opportunity to meet different cultures, lifestyles and habits...’



Erasmus family

Everyone in Spain was smiling

Erasmus + project in Spain was one of the best experience in my life. I learned a lot of new things, I saw how students study there. Of course I met a lot of new friends and I’m keeping in touch with them. Everyone in Spain was smiling all the time and that made me so happy. Also my family was very nice and I’ll never forget them. I really really liked this Project!!



‘I had the best family to live in for a week.’



forget this project and in these pictures are just some of my favourite moments.

Madara Treimane,

Latvia



Erasmus project in Spain was the best experience in my life! I met so many new people and we became friends, I learned new things and I got to know the world.

I can’t choose my favourite memory because i have sooooo many! I had the time of my life and it’s indescribable how amazing this project is. I had the best family to live in for a week, i got really good friends and had a perfect time. I will never

Being together

ENJOYING



LEARNING



Course program " How to Fight Addictions"

Nr.	Theme	Aim of the theme	The knowledge learners will acquire during the theme	Cocepts that will be used	Number of lessons	Notes
1.	Healthy food	To get to know the basic principles of healthy eating	The basic principles of healthy food; how to balance one's food; how to avoid harmful food.	Anatomy, physiology, psychology.	6	Individual work, group work, games.
2.	Smoking	Danger of smoking; how to quit smoking; passive smoking	What kind of harm smoking does to the body. What spheres does smoking affect and its effects on society as a whole; the effects of passive smoking.	Physiology, health, psychology.	6	Individual work, group work, games.
3.	Drugs	Drugs and their harmful influence; drugs as addiction; involvement of the society; educational work.	Addiction as bio - psycho - social illness What happens to human body physiologically, psychologically under the influence of drugs.	Cognitive abilities; health emotional health.	6	Individual work, group work, games.
4.	The basis of cognitive psychology	Senses as a part of cognition process		Feelings, types of feelings, characteristics.	2	
5.	Emotional sphere	To teach how to express and not to hide one's emotional experiences.	Emotions and feelings.	Emotions. Feelings. Communication. Asthenic emotions.	2	Scale of emotions p. 47
6.	Team work	To promote students' interest about themselves, other people and relationships.	The concept of people's mutual perception, stereotypes un prejudice in relationships, aggression, conflicts and their solutions in relationships. Psychological distances, people's mutual influence.	The concept of ME. The image of ME. Social attitudes, life positions, prejudices.	6	My tree.