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Well-being4you: Sport & Mediterranean Diet

**WB4-SMD**

**Project 101089938**

**THE SECOND INTERNATIONAL PROJECT MEETING**

**Well-being4you: Sport & Mediterranean Diet**

29.08.2024-02.09.2024, KASTAMONU/TÜRKİYE



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## **FORMAL INVITATION**

### **FOR THE FINAL INTERNATIONAL PROJECT MEETING**

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Dear partners:

It is our great pleasure to formally invite your institution to participate in the final international meeting of Erasmus+ sport project: 101089938 “WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET” to be held in Kastamonu, TÜRKİYE from the 29.08.2024 to the 02.09.2024.

Details of the Agenda of this meeting are listed in the pages which follow.

We are looking forward to hearing from you soon, and sincerely hope to see you in our project meeting.

Sincerely yours



## International Final Project Meeting Minutes

# WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET

Project: 101089938

**Date:** 29.08.2024-02.09.2024

**Venue:** AKED Official Office Kastamonu/Türkiye

### Participating partners:

- SYLLOGOS EKPAIDEFSIS KAI ANAPTIXIS ATOMON ME IDIKES ANGKES (ASEDDEDIPE), Kavala/ Greece
- GIMNASTICKI KLUB KNIN, Knin/ Croatia
- AKADEMI KULTUR VE EGITIM DERNEGI (AKED), Kastamonu/Türkiye

**Head of meeting:** AKED, Kastamonu / Türkiye

**Minute takers:** All Project coordinators



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## **TIME, DATE & LOCATION**

29.8.-02.9.2024. in Kastamonu, Türkiye

## **PARTICIPANTS TRAVEL COSTS**

We have made arrangements for all participants to stay at Hotel Park Dedeman, ensuring a comfortable and convenient experience.

## **ACCOMMODATION**

Accommodations have been arranged at Hotel Park Dedeman a well-regarded establishment known for its hospitality and comfort. Located conveniently close to the meeting venue, Hotel Park Dedeman offers easy access to our event location and the heart of Kastamonu.

- Hotel Park Dedeman

Address: Saraclar Mahallesi Stadyum Caddesi N0 40/C Kastamonu/ TÜRKİYE

Tel: 0 850 283 29 29

## **ADDITIONAL INFORMATION**

- See Kastamonu Government Office, the Castle, the Clock Tower, Cumhuriyet Square, and Abdurrahmanpaşa High School which have been the witness of history in the city centre.
- Visit Kastamonu mansions, inns with historical traces, mosques and social complexes that are examples of aesthetic civil architecture, and drink water from the fountain of Nasrullah Kadı Mosque.
- Taste banduma (turkey meat cooked with phyllo dough), simit tiridi (simit dish with meat and yoğurt), ekşili pilav (sourrice), and etli ekmek (flat bread with meaty filling) which are some of the delicious local delicacies.
- Purchase pastırma (cured spiced beef), Çekme helva (traditional Turkish halva with flour, butter and powdered sugar) , siyez bulguru (einkorn wheat), Taşköprü garlic, a Kastamonu simit (ring-shaped bread), and a wood-printed tablecloth.
- Visit Valla Canyon in Kastamonu's Pınarbaşı district and enjoy the breathtaking views from the observation terraces.
- See Ilıca Waterfall after crossing Horma Canyon trail.
- Watch the sunset from the glass observation terrace in Çatak Canyon.
- See the unique beauty of Ginolu Bay, where lush green and blue are blended in Çatalzeytin, and Gideros Bay, an ancient harbour in Cide.
- Wander through the narrow streets and ochre-painted houses of Inebolu, which has the White Stripe Medal of Honor, and enjoy the view from Geriş Hill's highest peak.
- Ride a horse, gather mushrooms and enjoy nature at Daday equestrian farms.
- Take a tea and coffee break under the plane tree which has remained standing for more than five centuries in Bozkurt Beldeğirmeni Village.

**We are looking forward to a productive and enjoyable meeting in Kastamonu. Further details regarding the agenda, specific sessions, and other logistical information you can find under. If you have any inquiries or require assistance with your travel and accommodation arrangements, feel free to contact us.**

**AKED**

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**MEETING AGENDA, 29 August- 02 September 2024 in Kastamonu/Turkey**

29 August	30 August	31 August	01 September	02 September
<b>Arrivals</b>	<p><b>08:45-9:00</b> -Registration</p> <p><b>09:00-10:30</b> -Welcome &amp; Opening Statement -Review of Objectives -Agreement on Agenda -Introducing participants</p> <p><b>10:30-11:00</b> -Coffee Break</p> <p><b>11:00-12:30 Working session 1</b> -Project Success Overview -Review Project Goals &amp; Objectives -Review Project Completion and Success Criteria</p> <p><b>12:30-14:00</b> - Lunch</p> <p><b>14:00-15:30 Working session 2</b> Analysis of the achieved results, what's next?</p> <p><b>15:30- 16:00</b> - Coffee Break</p> <p><b>16:00-18:00 Working Session 3</b> - Project Management</p>	<p><b>09:00-10:30 Working Session 4</b> -Dissemination: state of art and further action!</p> <p><b>10:30-11:00</b> -Coffee Break</p> <p><b>11:00-12:30 Working Session 5</b> -Monitoring and Evaluation</p> <p><b>12:30-14:00</b> - Lunch</p> <p><b>14:00-16:00 Working session 6</b> -Impact -Next steps and obligations</p> <p><b>16:00</b> -Visit the Kasaba Koyu, Kastamonu</p>	<p><b>09:00-10:30 Working Session 7</b> - Budget and Economy. Questions &amp; Answers</p> <p><b>10:30-11:00</b> -Coffee Break</p> <p><b>11:00-12:30 working session 8</b> -Planning future project -Discussion and Final Remarks</p> <p><b>12:30-14:00</b> - Lunch</p> <p><b>14:00-15:30 Working session 9</b> -certificates and goodbye session</p> <p><b>20:00</b> - Evening dinner at Kursunlu Han, offering a social end to the day</p>	<b>Departures</b>



## Minutes:

- Documents required for the Kastamonu meeting: Participant list and photos
- Updating the previously prepared website and uploading all events to the website so that it will be fully functional by the end of October 2024
- Designing and printing brochures in four different languages (Greek, Turkish, Croatian and English).
- Analyzing and reporting the tests and surveys applied to young participants
- Archiving all events held in the previously created Google Drive and uploading all documents there.
- Concluding the events in the dissemination plan.
- Starting the final preparations for the completion of the project and preparing the necessary reports.
- Reviewing all events held in Greece and Croatia and examining and discussing the pictures, documents and plans related to them.
- Concluding the meeting.



## Decisions and Results

No.	Decisions / Tasks	Deadline	Responsible person, institution	Conclusion
1.	Creation of project website	30/11/2023	AKED	Done
2.	Creation of project Logo	31/12/2023	AKED	Done
3.	Publication of the announcement	31/12/2023	ASEDDEDIPE	Done
4.	Project folder in Google Drive	31/01/2024	ASEDDEDIPE	Done
5.	Monitoring tests	31/01/2024	ASEDDEDIPE	Done
6.	Evaluation forms	31/01/2024	ASEDDEDIPE	Done
7.	Creation of topics for the theoretical workshops for Croatia	31/01/2024	ASEDDEDIPE	Done
8.	Workshops in Croatia	21-27/02/2024	GKK	Done
9.	Workshops in Greece	3-9/07/2024	ASEDDEDIPE	Done
10.	Flyers	28/02/2024	AKED	Done
11.	Information brochure	31/08/2024	AKED	Done
12.	Analyzing and reporting the tests and surveys applied to young participants	30/06/2024	AKED	Done
13.	Final Reports and Analyze	31/10/2024	ALL PARTNERS	In Progress





## Discussion and Important Points

The final meeting report of the Well-being4you: Sport & Mediterranean Diet project encapsulates a comprehensive conclusion of the project's objectives, activities, and outcomes. This Erasmus+ initiative, aimed at promoting well-being through sports and the Mediterranean diet, involved multiple international partners and was hosted in Kastamonu, Türkiye, from August 29 to September 2, 2024.

### Summary of Key Activities and Outcomes:

The project's closing meeting discussed the results of workshops held in Greece and Croatia, which had earlier engaged young participants through sports activities and educational sessions on the benefits of the Mediterranean diet. Some of the meeting's primary points included:

#### 1. Project Completion:

- The project logo, website, and folders were successfully completed, providing a digital repository for project documents.
- The theoretical workshops held in Croatia and Greece were successful in conveying the educational components, with both sessions completed as per schedule.

#### 2. Analysis of Participant Data:

- One of the critical tasks was the final analysis and reporting of tests and surveys conducted with young participants. From this analysis, important conclusions were drawn which were presented in detail in a previous period's report.

#### 3. Cultural and Social Engagement:

- Participants were introduced to the cultural heritage of Kastamonu, including visits to historical landmarks and opportunities to experience local cuisine and traditions. This added a valuable cultural dimension to the project's objectives of promoting well-being.

#### 4. Closing Activities:

- The meeting concluded with a general evaluation of the project, distribution of participation certificates, and discussions about the dissemination of results.
- Final reporting and analysis of all gathered data are expected by October 31, 2024.

### Conclusions and Recommendations:

This final meeting of the Well-being4you project demonstrated that the initiative successfully achieved its primary goal of promoting well-being through sports and the Mediterranean diet. However, the project also highlighted key areas that require further attention and improvement in future initiatives:

#### 1. Impact of Cross-Cultural Exchange:

- The exchange of cultural experiences, as seen in the workshops and tours in Kastamonu, reinforced the project's educational objectives. Engaging participants with both physical activities and cultural heritage deepened the impact of the well-being concept beyond just diet and exercise.

#### 2. Sustainability and Long-Term Impact:

- To ensure the long-term impact of the project, it is recommended that follow-up activities be organized, focusing on how participants have integrated the lessons learned into their daily lives.
- Monitoring participants' well-being over an extended period post-project can provide insights into the sustainability of the project's outcomes.



### 3. **Data Analysis and Reporting:**

- The remaining task of analyzing the tests and surveys applied to participants is crucial for evaluating the project's success. Comprehensive reporting, combined with reflections on the methodologies used, will provide a blueprint for similar projects in the future.
- Ensuring a clear, transparent dissemination plan will be vital for sharing these findings with the broader community.

### 4. **Dissemination and Future Collaboration:**

- Given the success of this project, further collaboration between the participating institutions should be encouraged, potentially expanding the focus to other well-being initiatives.
- Publishing the results and findings from this project in multiple languages will enhance its visibility and create more opportunities for future Erasmus+ projects.

### **Overall Decision:**

1. The Well-being4you project effectively concluded with the fulfillment of most of its objectives. However, the final analysis and dissemination remain tasks of priority in the coming months. The project partners, under the leadership of AKED and coordination of Suzan Avanoğlu and Assoc. Prof. Dr. Adem Yılmaz, should continue to emphasize the dissemination of the project's outcomes and strive to expand its impact within the broader European community.
2. By leveraging the lessons learned, especially in the context of well-being and the Mediterranean diet, future initiatives can build on this foundation to create even more impactful programs. The inclusion of diverse partners from Greece, Croatia, and Türkiye exemplifies the importance of cross-cultural collaboration, which was a key strength of the project.
3. This final decision, drawn from the comprehensive discussions and activities held during the meeting in Kastamonu, concludes that the project was highly successful, with only minor aspects requiring further attention before the final report is submitted.
4. The next steps should focus on the analysis, final reporting, and extending the dissemination of findings across platforms.



## Photos:



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