

## **SOS4 LOVE PROJECT WEEK 1**

**The students of the Foreign Language School MARIA LYBERI,SAMOS are writing this report to inform everyone involved in the SOS4LOVE project about one of the 17 Sustainable Development Goals,HEALTH AND WELL-BEING,which calls for immediate action,plan and solution.**

**Greece is a country renowned for its great history,civilization,culture and archaeological sights.However,it is certainly not only this.Greece is a country known for its sunshine,its flora and fauna,its Mediterranean cuisine and its lush vegetation.What we intend to do is make everyone realize that we can all be healthy and we can ensure our well-being by leading a healthy lifestyle.**

**Our ideas in order to raise people's awareness and motivate them to live healthily are described in the following steps.We are going to:**

**STEP1:show students the movie "SUPERSIZE ME"to make them realize that junk food is UNHEALTHY.**

**STEP2:Create a BLOG called "SOS4love Health and Well-Being".This will be enriched with articles(e.g.MediterraneanCuisine/diet,Ikaria Island and longevity,roof tops and their planting),recommendations from experts,talks,etc on a daily basis.**

**STEP3:Inform local press,schools and authorities about our blog.**

**STEP4: Get in contact with WHO (World Health Organisation) in order to get information about the problems our country is facing, e.g. high rates of obesity.**

**STEP5: Organise a Street Event. We can offer people some tasty but healthy snacks made by the students and give out flyers informing people about our blog and the project in general.**

**STEP6: Get students to plant seeds of Greek herbs and talk about the benefits of them. The activity will be posted on the blog.**

**STEP7: Get in touch with the local Cycling and Climbing Clubs to find out how students and parents can join in.**

**STEP8: Organise day trips to nature or to a greenhouse or local farm to initiate students into loving nature and leading a healthy life.**

**PROBLEMS/DIFFICULTIES: We may face problems with finding the right venue to organize a talk by a specialist or to find the right time for the movie. Weather conditions may not be appropriate for the street event or the day trips to nature. Not all students may be free to join the day trips or any other activity**