**SOS4Love Project**

**Final Action Plan Report**

**Please complete & email to** [**info@sos4loveproject.com**](mailto:info@sos4loveproject.com)

**during the 4th Week Report, 5th to 11th of February**

**School/Country:……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**Teacher/Facilitator: Name & Last Name-Subject taught in class:……………………………………………………………………………………………………………………………………………………………………………………………………………….**

**1)** **Please provide answers to the following questions**:

a) Define the CHALLENGE/problem that inspires/inspired your heart to take action and explain why it inspires/inspired you.

b) Organise the steps of your SOS4Love Action Plan to contribute to the solution of the challenge/problem that you have chosen. **What is the specific SDG or SDGs (it can be one or more ) that you support and is connected with your Action?**

Be sure to describe:

* your IDEA (how you think you can or have already contributed to the SOLUTION of the     challenge/problem?
* the STEPS (what actions you will take or have taken to turn your idea into positive ACTION)
* the  DIFFICULTIES (the specific problems you may face or have anticipated and how you have or plan to overcome them)

(Week 1 Report was the same with this question. Please Copy and past your answer from Week 1 Report here too.)

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1. Which steps will you follow/have you followed to make it happen?

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**2) Share the results of your SOS4Love project**. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3) Share your feelings and reflections on your experience throughout the SOS4Love project**.

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Thank you for Acting 4Love World-Changers! Looking forward to seeing you next school year in the SOS4Love Project again, to Keep Changing the World Together with #Pedagogy4Love!

**SOS4LOVE PROJECT WEEK 1**

**we can ensure our 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 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**

**Week 4 Final Report**

**During the 4-week period of the project we managed to do the following: We informed the students about the 17 SDGs and we explained why we decided to support and work on Goal 4 Health and Well-Being. \*We planted seeds of herbs that are abundant on Samos island and now we can see them sprouting! \* With junior classes we worked on making a list of healthy and unhealthy food and presented it with real – life food to our classmates. \*One mind map was also used to highlight the importance of keeping fit and healthy and how of course we can achieve this. \*Another mind map was created so as to stress the benefits of Samian herbs like marjoram, sage and rosemary. \*The movie ‘’ Supersize me ‘’ was watched by almost all**

**students and then we discussed why people should definitely avoid junk food. \*Mr Vasiliou,a doctor, was invited to the school and talked about our eating habits and how careful we must be with what we eat. \*Information about the Walking and Climbing Clubs in Samos was searched and found. \*This information will be posted on the BLOG we created and which is called “Health and Well Being Maria Lyberi Fl School”. The blog is currently being enriched and we are hopeful that soon a lot of people will able to read and see the work of our students. \*An article on obesity in Greece will be posted on the blog too.This is information found by some students who searched and found out about the survey conducted by WHO(World Health Organisation). \*A video was also created by some of our students. They took the initiative to interview friends and classmates at the end of a High School day and at the end of our own classes. \*Finally, a student had the idea and the initiative to conduct a survey on the eating habits of teenagers.The results of her work/research are amazing and they will also be posted on our blog soon.**

**Unfortunately, we were not able to organize the street event because of lack of time and because of the difficult weather conditions( too windy and rainy). Despite this, we hope to able to organize this sometime in spring or early summer. We must admit that we are happy and proud to have managed all these in such a little time without missing much of our classes either! We feel that we made our students and families more aware of the importance of leading a healthy lifestyle.What is one more time proved is that when you Love, you can do ANYTHING. When you LOVE, you CAN change your life, you can change the WORLD and make it a BETTER PLACE.**