



## Gender EQuality, HEalth and LeadershiP through Sport «EQ HELPS» - KA210-SCH- Small-scale partnership

### Who is it for? (TARGET)

14-16 year old students (2&3 Year)  
Troubled students with social, economical and family problems, including dropouts, disabled students and those in search of their identity.  
Teachers that are new to ERASMUS.

### How long does the project last?

Two year project with 4 partners (4 mobilities) and 60,000 Euro budget.

### What does the project want to achieve?

Increase competences in a foreign language, digital and leadership skills, promote inclusion, acceptance and well-being, through sport.  
Improve eating habits and environmental awareness.  
Gain passion to learn and succeed.



### What is the project about?

The project deals with 3 main topic: Gender equality, Health and Leadership

#### Topic 1 in Italy

Awareness of gender inequality and how to fight it.

#### Topic 2 in Portugal

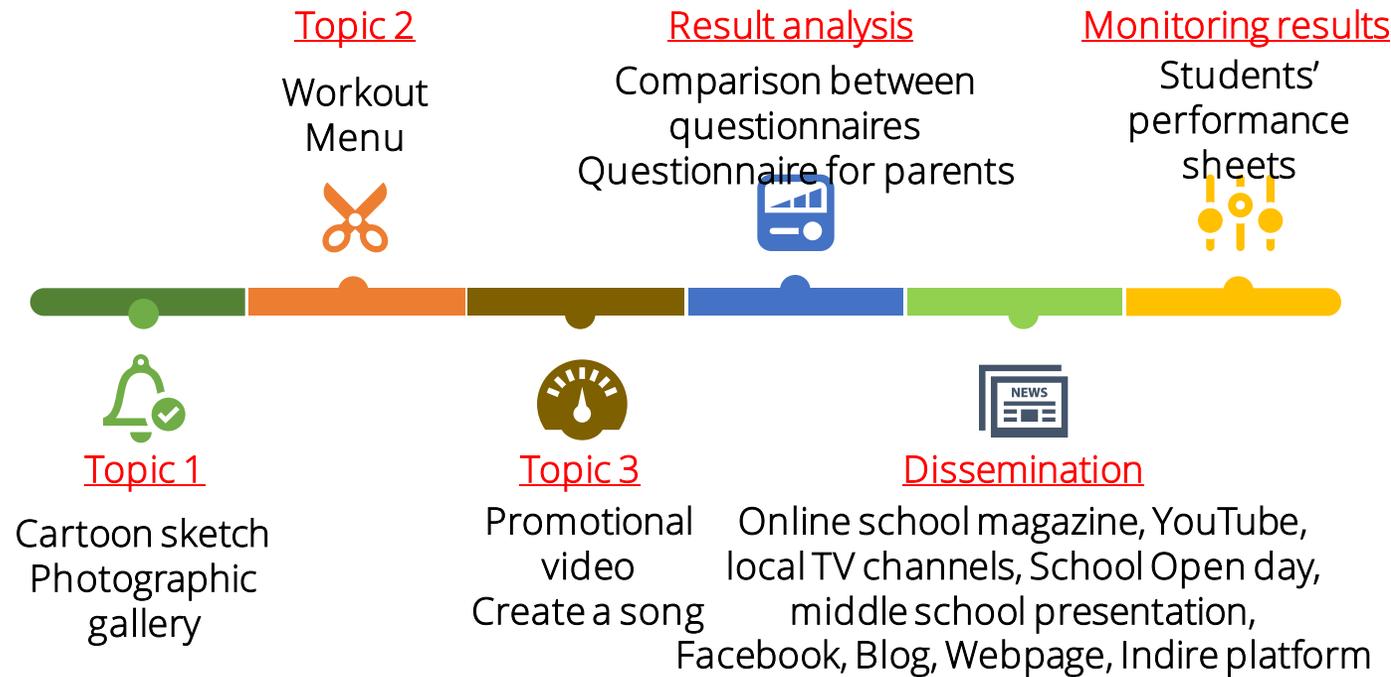
Awareness of the link between food and performance. Find solutions to improve.

#### Topic 3 in Spain

Awareness of how leadership skills are useful in society and how to develop them.



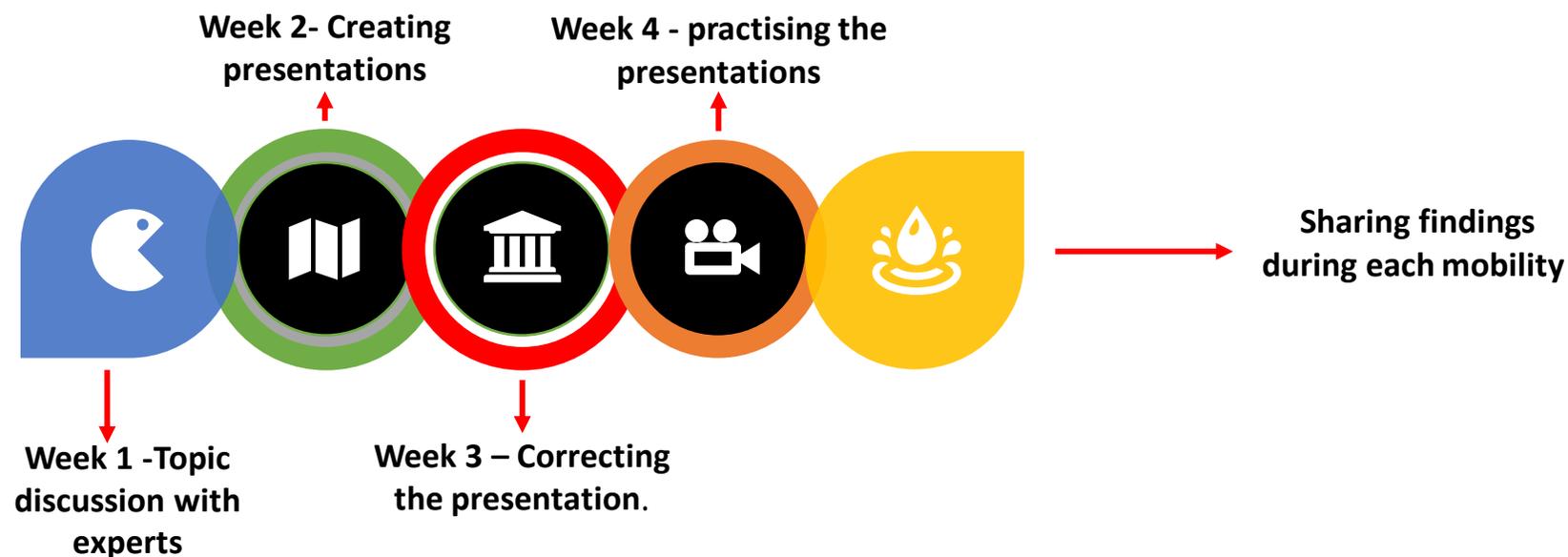
## Activities on the mobilities





## Workshops and activities before each mobility

Workshops with:  
Photographers  
Nutritionist  
Personal trainers  
Local leaders  
Data Analysis experts





## How the theme of inclusion was addressed in project activities

- Cartoon sketch activity about gender equality
- Mixed football competition
- International menu with workout plan (sitting down, more or less active levels)
- Cooking contest (Greek Feta cheese, Sicilian Oranges, Portuguese Bacalao and Spanish olives)
- Managing a Horse (leadership)
- Trust activity in the woods (introverted took command, extroverted students were guided).
- Google forms - analysing data and displaying results - (Peer to Peer)



## Impact and dissemination of results

Students and participants have:

- Changed their mentality regarding gender inequality and became more openminded.
- Improved their English fluency.
- Learnt the importance of a healthy lifestyle – eating habits have changed and sport activities have become a routine.
- Gained travelling skills and opportunities
- Acquired leadership skills
- Increased their technological skills
- Gained passion for the subjects
- Gained more acceptance of diversity

Introvert students have become more self-confident and outgoing, and extrovert students have accepted guidance.



## Contact information



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<https://erasmus-plus.ec.europa.eu/projects/search/details/2021-2-IT02-KA210-SCH-000048171>