

## eTwinning project registration

This certifies that

**SIMRU PAMUK**

Betül Can Anadolu Lisesi, Turkey

joined the project

**WELLNESS 4 EATING , EDUCATION, EXERCISING &  
EMOTIONAL LEARNING**

07.12.2020

Teachers per country involved in the project:

**ALBANIA (2), DENMARK (1),  
FRANCE (1), GREECE (1),  
ITALY (3), LITHUANIA (1),  
PORTUGAL (2), SERBIA (1),  
TURKEY (9), UKRAINE (1)**



**Mehmet Fatih Döğ**  
National Support Service  
Turkey



## Wellness 4 Eating , Education, Exercising & Emotional Learning eTwinning Project



W4 is based upon connectedness. Our wellbeing & its interconnection with our life style. The life of human is connected to body & mind, moral & mortal, mental & material, emotional & artificial intelligence. Our motivation lays on the right agency & action of people to drive change for themselves & for the world. Our strategy provides inspiration for the whole people. The primary subject of education is the human being. If we make the world better for kids, we make it better for everyone. On achieving this our major goal is to respond to contemporary global challenges. We try to transform lives, design a healthy learning atmosphere create subjective well being, quality education. On the contrary we try to prevent violence, failure to drive a sustainable development. Our methodology is updating the education curriculum via The big5model, 'Conscientiousness, Extraversion, Openness

to experience, emotional stability, Agreeableness ' We promote; Eat healthy, exercise regularly, manage stress via W4.

Bedensel, manevi ve sosyal sađlık iin gndelik pratiklerimizin planlandığı ve mutlu, huzurlu bir hayat srmenin pf noktalarının arařtırılacağı uluslararası projede ortaklarımızla kltrel iletiřim ierisinde đrencilere pandemi dneminde nasıl sađlıklı kalırız sorusunun cevaplarını vereceđiz.

