



NEWSLETTER

Greece and Cyprus collaborate for huge SUGAPAS Online Event

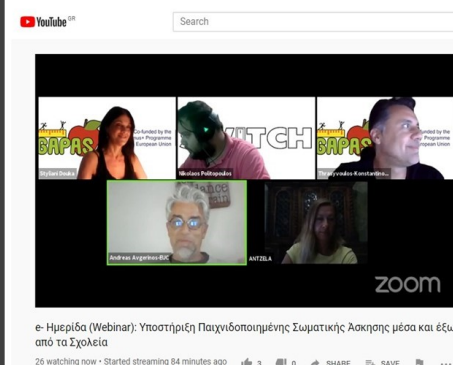
On Wednesday 24 June 2020 the SUGAPAS Multiplier Sport Event organized by the Aristotle University of Thessaloniki in cooperation with the European University Cyprus took place. The two hour webinar was targeted at parents, physical education teachers and students and attracted more than 300 participants from Greece and Cyprus.



The first hour of the Online Event was used to inform the participants about the project SUGAPAS and gave some insights on people's dietary habits, the use of technology for supporting physical activity as well as asynchronous education nutrition training.

During the second part, the audience was invited to pose questions and discuss the topics and propositions presented.

All participants were asked to fill out a short survey about the need for the improvement of physical activity, nutrition and a healthy lifestyle. Altogether more the 300 surveys were collected thanks to the event.



<http://sugapas.csd.auth.gr/>



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More than 170 participants on SUGAPAS event in Lithuania

The Lithuanian Sports University organized the first SUGAPAS Multiplier Sports Event online on 22 June 2020. The event titled „Healthy lifestyle and technologies. How to change adolescents' physical activity and eating habits?“ aimed to inform teachers, parents and students about the project SUGAPAS. Furthermore, nutrition challenges of young adults, motivation and obstacles of adolescents' physical activity and an example of how to implement e-physical education was given.

More than 170 people from Lithuania took part in the event. You can find a record of the event in Lithuanian under the following link: <https://www.youtube.com/watch?v=u2RGxrQ4srU>

**„SVEIKA GYVENSENA IR TECHNOLOGIJOS.
KAIP PAKEISTI PAAUGLIŲ FIZINIO AKTYVUMO
IR MITYBOS ĮPROČIUS?“**

2020 M. BIRŽELIO 22 D. 18 VAL.



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Linksmosios užduotys

Pamokų aplinka

Žaidimo tikslas

Supažindinti mokinius su sveikos mitybos įpročiais ir sveika gyvensena.

Tai mobiliojo telefono aplikacija – viktorina, kurioje mokiniai galės įvertinti savo valgymo įpročius, bei daugiau sužinoti apie sveiką mitybą.

Aplikacijoje naudotojai atsakinės į klausimus susijusius su:

All information about SUGAPAS at a glance:

If you missed our Multiplier Events or just no event was carried out in your language, you will find all information about SUGAPAS, its aims, methods and background in our newly designed leaflet.

You can download the leaflet under: <https://sugapas.csd.auth.gr/useful-material/>



Next Events

The first Multiplier Sport Events will introduce the aims and concept of SUGAPAS. As the events are held online anyone can join from anywhere in the world. Check our social media pages for more infos and the links to the presentations.

UCAM Catholic University of Murcia

17 December 2020

<http://sugapas.csd.auth.gr/>



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