



# NEWSLETTER

AUTUMN 2022



**SUSTAINABILITY**

**HERITAGE**

**HEALTH**



## SUSTAINABILITY, HERITAGE, HEALTH

### The project

Sustainability, Heritage, Health (SHH) is an Erasmus Plus project, in key action category "Cooperation for innovation and the exchange of good practices", in the field of Strategic Partnerships for adult education.

The main goal of this project is to connect European cultural heritage with human and environmental health. The objective of the project is to define walking routes and a recipe book to highlight European culture, promote exercise, mindfulness, nutrition, and work towards sustainability goals. The walking routes, the recipe book and all the activities associated with the project will be put into a mobile application and onto an online platform that people will be able to access from anywhere.

The NHS recommends regular exercise, including at least 150 minutes of moderate-intensity activity a week - this project wants to link exercise with cultural exercise and also a healthy diet. Walking is low in terms of the environmental impact of the people who take part in it, as people are spending their time walking rather than other forms of transport, therefore encouraging wider sustainability goals. Walking is also an opportunity to practice mindfulness to foster mental wellbeing. The NHS states that mindfulness can lead to greater mental wellbeing. Walking is considered a form of mindfulness practice. Through the creation of a recipe book and participation in cooking workshops, participants will explore nutrition and sustainable food systems.

Click the icons below to follow us online:



<https://www.facebook.com/SustainabilityHeritageHealth>



<https://shh-project.eu/>

## Information about the project

### Duration:

Autumn 2020 - Summer  
2023

### Project number:

2020-I-UK01-KA204-  
078914

### Products (Intellectual Outputs):

-IO1: Walking Program

-IO2: Food Recipe Book

-IO3: Online Interactive  
Platform & Mobile  
Application

-IO4: Handbook

### Website

<https://shh-project.eu/>

**Stay tuned for more!**



## CURRENT PROGRESS

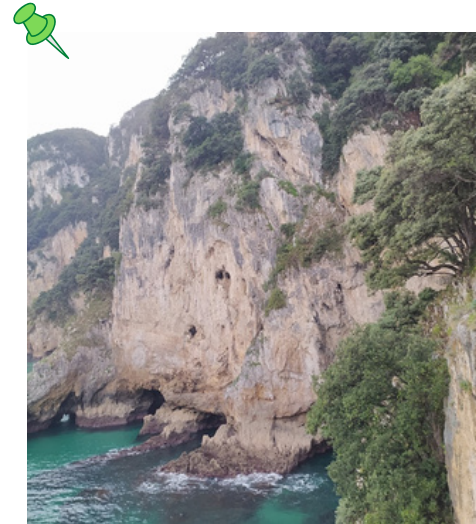
We are currently finalizing our first 3 Intellectual Outputs and we will soon move on to the 4th, the SHH Handbook.  
Next stop: Athens, Greece for our final Transnational Project Meeting!



## MOBILITY IN NORTHERN CANTABRIA, SPAIN

In October 2022 we had our second mobility, focusing on testing Intellectual Output 2 (the Recipe Book). Our hosts (the Abrazo House team) led workshops about sustainable food systems, took us to a mountain hike and focused on mindfulness and health in general.

## LTTA in Spain (Abrazo House)



Planting, gathering and peeling acorns. We then prepared and tasted the nutritious and delicious acorn bread!

Hiking to Faro del Caballo in Santona, after visiting the Wetland Museum



Wild Plants Workshop: how to cook with wild plants and how to prepare a body balm

The local wetland in Colindres, home to many species of flora and fauna

## PROJECT PARTNERS

