



# NEWSLETTER

SUMMER 2023



**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**

Our project is entering its final implementation months! We are currently finalizing all of our results and planning our last steps as the SHH team.



In June the partners met in person in Athens, Greece. The first day of the meeting the team worked on the project results, reporting and communication strategy, while on the second day we visited the environmental NGO "Organization Earth" and had a workshop on local cooking ingredients! After the workshop, we cooked a sustainable meal together.

**The meeting in Greece**



Working on the project results



Visiting Organization Earth



After the completion of the 2nd day's Workshop

**PROJECT PARTNERS**

