HYGGE
Healthy Youth Going Green in Europe
Karl Rehbein School
Erasmus Coordinator: Etienne Emmert
Why HYGGE? Background Information

**Unitadvent**
- The only advent calendar that will get you and the EU fit through Corona
- Students of the KRS wanted to help their classmates health in the Corona Pandemic
- Project is nominated for der Media Surfer Price
HYGGE- Healthy Youth Going Green in Europe means

- To obtain the skills and knowledge to live a fit and healthy lifestyle.
- To help others achieve their own health and lifestyle goals.
- To know the historical, social and natural environment of the area.
- To discover the range of attractions, adventure sports and outdoor activities.
- To strengthen European collaboration among –past, present and future– participants.
Project: **HYGGE 2021-2022**

Short Term Mobility between Germany and Greenland

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**Karl Rehbein Schule**  
Hanau, Hesse/ Germany  
**Students:** 1850  
**Teacher:** 160  
**Main Focus:** Music, Physical Education, Mint

**Atuarfik Hans Lynge School**  
Nuuk, Greenland  
**Students:** 494  
**Teacher:** 49
Project: HYGGE- Our Project Goals

**Connected Europe**

**Social Europe**

**Greener Europe**

**smarter Europe**

**Blended Mobility:**
- combine physical meeting with digital working via eTwinning

**intercultural encounter:**
- despite a supposed cultural difference being part of a community
- achieving great results in cooperation

**Healthy Lifestyle**
- Sport at School
- Walking to the Sights
- Using public transport

**Healthy Nutrition**
Breakfast, Cooking and Backing with regional products and without sugar and flour

Co-funded by the European Union
Project: **HYGGE**

**Progress:**

- Contact with Jan *Ole Pederson*? via eTwinning
  - Looking for Projectpartner
  - First Steps: Meeting with School and Aims of Project

- Discussion about
  - Project aims
  - Number of Participants!!!!
  - Time management

- Waiting for confirmation (May 2021?)

- Challenges: Corona & Contact with an Erasmus Coordinator
Project: HYGGE – Going Green in Europe

Healthy Lifestyle

- Only Walking, Cycling
- Driving by Bus or Train
- ....and Airplane 😊

- Car
- Airplane

6 km green sightseeing tour in Hanau

Greener Europe
Project: HYGGE – Going Green in Europe

Aims:

• Healthy Nutrition
  • Breakfast at school with regional products from weekly market
  • Prepare a

• Backing with no sugar and flour with Students

Eat Smarter!
Project: HYGGE – social and intercultural Experience

Ronneburg

Schloss Philippsruhe

Wilhelmsbad

Frankfurt

Climbing Forest

Social Europe
Project: HYGGE

Digital Goals:

• Analyze their own nutrition and sports culture, interact with the partner students and interviews with local residents

• Promotional message for a healthier lifestyle
  • Creating small promotional videos
  • Designing posters or
  • Posts for social media

• Using eTwinning for results in Germany and Greenland
HYGGE- Healthy Youth Going Green in Europe

Thank you for your attention

https://www.youtube.com/watch?v=m3RF_uPBfVg