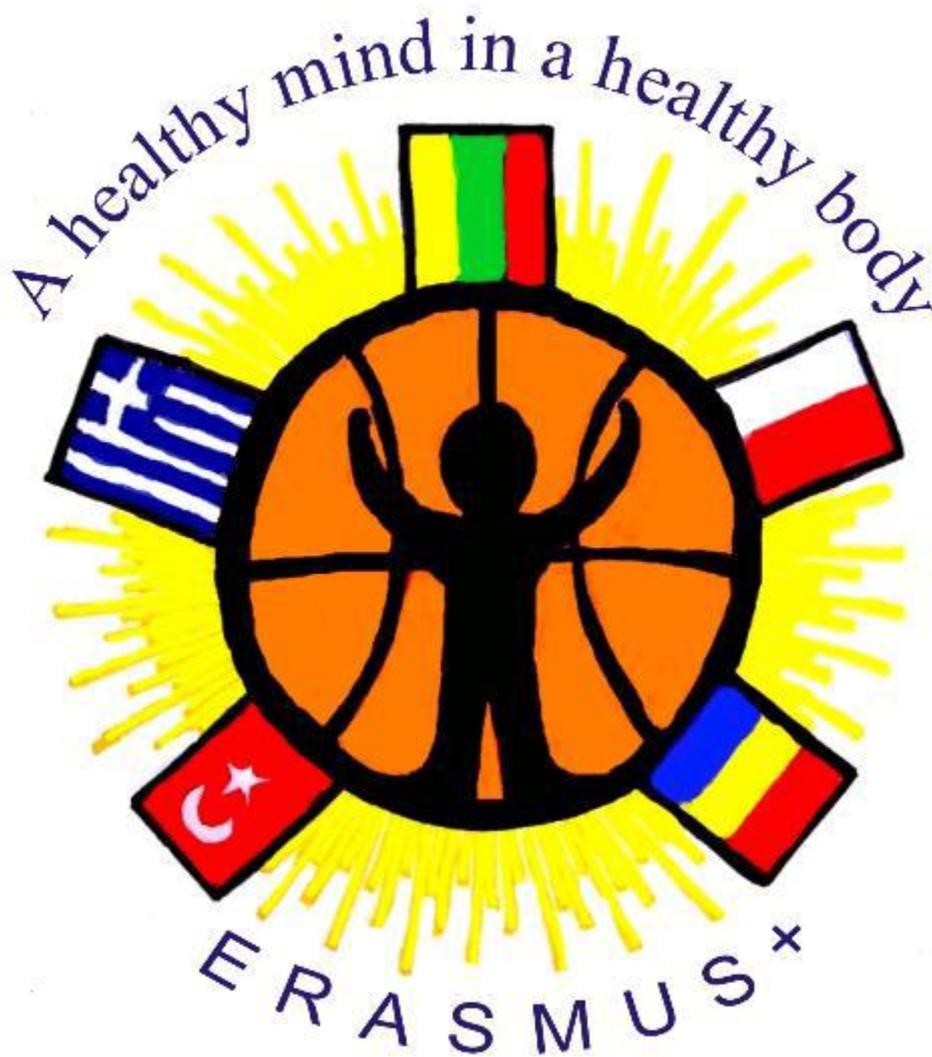




Erasmus+

No. 3 May- June 2016



**SIGN**

**SCHOOL INTERNATIONAL  
GENERAL NEWSPAPER**



Erasmus+

## **A healthy mind in a healthy body**

### ***Project Description***

The motivation behind the project subject is the awareness of the deteriorating physical condition of Young Europeans and the necessity to counteract the situation by way of encouraging young people to take the road leading to a healthy lifestyle, inter alia, by shaping their proper eating habits, by inspiring pupils to follow a balanced diet, to do sports and spend their free time in a more active manner. A lot of children in Europe struggle with obesity, with many of them – of their own or their parents' will – resigning from Physical Education classes. By means of project tasks we are planning to help young people to take good decisions regarding their diet and spending their free time. We wish to guide the children to alternative ways of active and creative leisure, which could replace long hours spent in front of the computer or a TV-set. We are also aiming at shaping attitudes of conscious and appropriate choice of meals beneficial to their health and taking care of their own health by exercising. Through contacts with

children from other countries another goal will be achieved, namely increasing language competence in English and European languages. The tasks envisaged in the project will be included in school curricula and syllabuses of particular subjects. One of the goals is also to acquaint participants with ICT techniques as used for browsing, selecting, making available and promoting knowledge. Participants will use ICT in their everyday work, learning and teaching, as well as in developing their interests, also in the area of healthy lifestyle and various forms of active leisure, including various sports. It is hoped that the project will considerably enhance students' knowledge and skills in the areas outlined above. Even more importantly, individual tasks will be so designed as to raise students awareness of their own health-related needs as well as of those involved in the project. The rich variety of European cuisines, having their roots, inter alia, in the cultural richness of The Old Continent, will be used as a means of making participants sensitive to the lifestyles of their peers from other countries, developing their tolerance and opening their minds to new tastes. The project will contribute to integration of partner schools and will consolidate school environments



within each of the partner school. Use of modern ICT techniques will effect in better skills, which could be used not only for project tasks, but also in other educational contexts utilized by partner institutions and also by individual participants (pupils, teachers, etc.). The project envisages the following end-products: newsletters, competitions, recordings, photographs, folders, maps, posters, menus, a website, e-learning courses with dedicated e-applications, multilingual dictionaries, and a cookbook titled „Regional cuisines of Europe”, all of which will enrich the store of didactic tools in the area of healthy diet and lifestyle, which could be used long after the project has ended (creation of Teaching Aids Repository). The project is a challenge for all participants as it binds together tradition with modernity and novelty, primarily by means of modern technologies used in communication, teaching, learning and all tasks planned. Besides the end products listed above, also the knowledge and skills (including ICT ones) acquired in the project will prove useful in further learning and teaching endeavors as well as in everyday lives of participants and will help eliminate the phenomenon of social and digital exclusion, which could potentially lead to premature end of the learning process.

#### **4<sup>th</sup> Meeting in Braila,ROMANIA- Scoala Gimnaziala**



On 18th April 2016 all the partners of our project was in Romania. On 19th April 2016 we were in Romanian Gymnasium School Cazasu Village. All the parts of the school was seen and we had a workshop in the meeting room. Romania hosted the teachers from Poland, Lithuania and Greece. During the visit, the teachers took part in training on using and uploading information on the project's website and how to prepare the questionnaire about healthy diet and how to make a healthy nutrition pyramid with the sports activities. Also the partners informed about the next fifth meeting in May.

On 20th May 2016, The partners visited the Mayor of Cazasu and they got some information about the Cazasu.

During the visits, students of Cazasu presented their own local dances and the other dance shows. The delegations watched the music lesson and the children sang songs and danced. In the afternoon the guests attended in school activities with the students and they presented dance show.

The guests visited the History Museums and a textile atelier.

On 21st May 2016 the visitors went on a trip with the students on the Danube River by a boat. And they visited the

Botanic Park. Finally, all the partners returned home and they will meet on 30th May 2016 in Turkey.



## 5<sup>th</sup> Meeting in Trabzon, TURKEY- Kireçhane Ortaokulu



The Mobility of Turkey  
From 30th May to 3rd June, Kireçhane Secondary School in Trabzon, Turkey hosted 18 teachers from Poland, Romania, Greece and Lithuania - the participants of an international cooperation project Erasmus + “Healthy mind in a healthy body”

On 30th May 2016 all the partners of our project met in Trabzon, Turkey. On 31st May our guests were in our school, Kireçhane Primary and Secondary School. All the parts of the school was visited and then had lunch. After lunch we had a workshop in The Teacher's Room. Turkey hosted the teachers from Romania, Greece, Lithuania and Poland. During the meeting, the teachers were informed about questionnaires and their results, conclusion and recommendation. We visited Çukurçayır kindergarden.

After the meeting, our guests visited Atatürk's Pavillion. The visitors went to Ayasofya (Hagia Sophia) Museum. They walked around Boztepe.

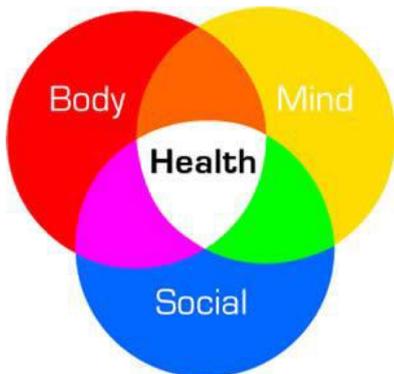
On 1st June, The partners came to our school and watched a show programme in the meeting room and they took their certificates. Then they made the art of Ebru with our Technology and Design Teacher Süreyya Kocaman. After visiting school, we visited to Akçaabat Ortamahalle's historical houses and then we went to Uzungöl (Longlake) and walked around the lake, took photos.

On 2nd June, we visited Kanuni's house and Trabzon museum and then went to Sumela Monastery in Maçka. We climbed there on foot.

In the evening, they joined the school graduation ceremony in the last night of the year.



# Questionnaire



In order to avoid bad habits, provide first aid in accidents and evaluate our project ;we created questionnaires which students answered. There are three questionnaires about addictions, first aid and project evaluation.

The aim is to encourage the young person to protect their health, save their lives and provide to join the project.

We encouraged all our project participants to fill questionnaire regarding addiction aspects. The students fill the questionnaire.

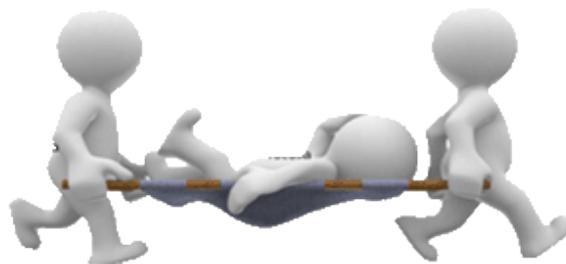


## QUESTIONNAIRE ABOUT ADDICTIONS



[https://docs.google.com/forms/d/1dHn6dX2m8kFglBYQ2cULQfSrtm3TzYRkB7u2ftm7u\\_c/viewform](https://docs.google.com/forms/d/1dHn6dX2m8kFglBYQ2cULQfSrtm3TzYRkB7u2ftm7u_c/viewform)

## FIRST AID ASSISTANCE QUESTIONNAIRE:



[https://docs.google.com/forms/d/1Ht5JnbcYac9FaktdpUy\\_sG-0mgpZl1d1E4JQZr7ccWQ/closedform](https://docs.google.com/forms/d/1Ht5JnbcYac9FaktdpUy_sG-0mgpZl1d1E4JQZr7ccWQ/closedform)

## PROJECT EVALUATION QUESTIONNAIRE:

Project Evaluation Questionnaire



[https://docs.google.com/forms/d/13cERvmVzb5BhiRWtnq8k8Ap-MJ4WjAuiZrAohaS\\_Gwk/viewform?c=0&w=1](https://docs.google.com/forms/d/13cERvmVzb5BhiRWtnq8k8Ap-MJ4WjAuiZrAohaS_Gwk/viewform?c=0&w=1)



# INTERNATIONAL SPORTS DAY-2016



In the scope of Erasmus+ Project we celebrated International Sport Day.

Our students prepared games for the international sports day. We sent to our partners the video about the games and they sent their own games and we all played these games.

In our school we presented traditional games from our country. Students celebrate Youth and Sports Festival on May 19th every year. Because our leader, the founder of Turkish Republic Mustafa Kemal Atatürk started the Independence War in Samsun in 1919. This is the important date for our nation. Atatürk gave us this day for a gift, especially for young people. So students had an opportunity to play different various games in the country. Our school participated in the international Erasmus + Project " A Healthy Mind in A Healthy Body. So on the 19th of May we had an International Sports Day at school. All students played different games.

Our Physical Education Teacher, Ali Güven organized the games. The students enjoyed this sports event. Our students played funny games. Below you can find the youtube video of our activities:

Link: <https://youtu.be/GaCTHhZJQN8>





# POLAND



Video

Link: <https://youtu.be/Z5GrIjPOZL8>



# ROMANIA

INTERNATIONAL SPORTS DAY, 2016,  
Cazasu School, Romania

On 14th of June our school organized the International Sports Day with the games learned from all school partners in the project. A lot of good physical exercises and a lot of fun as you can see!!

Youtube link:

<https://www.youtube.com/watch?v=dftuUXPg71A&feature=youtu.be>



# LIITHANIA

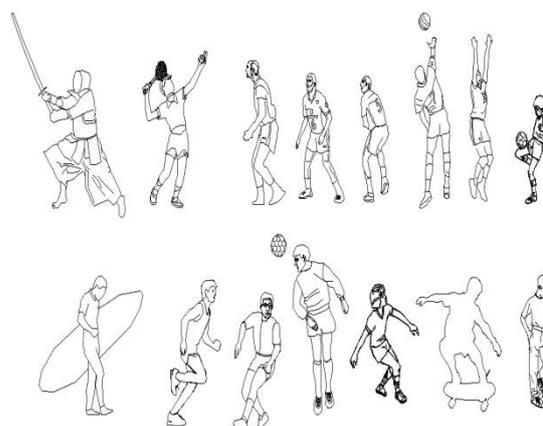
“INTERNATIONAL SPORT DAY 2”

On the 23<sup>rd</sup>, May 2016 during almost the last week of the school year, students and teachers had “International Sport Day 2”.

Sports competitions were prepared by students from Poland, Greece, Turkey, Romania and Lithuania. Short movies were prepared by each country. It was almost the last activity of our ERASMUS+ project “A healthy mind in a healthy body”.

Students and teachers are very satisfied that they have such a good chance to participate in the International project. It was a good opportunity to do physical exercises and get accustomed to tradition games from other European countries.

<https://www.youtube.com/watch?v=rbjDVFjSWJc>





Today, on Monday 13th of June our school organized the International Sports Day with disciplines of all countries members. The students really enjoyed this Sports event.

Link: <https://www.youtube.com/watch?v=bY21G5U5xLs&feature=youtu.be>





## Meeting with Mr. Krzysztof Brzozowski



Mr. Krzysztof Brzozowski is an amateur cyclist and an excellent table tennis player. The aim of the meeting was to make students aware that sport and physical activity should be practiced in all ages, not just when you're a kid :-). During the meeting Mr Krzysztof also talked about the safety of cycling. How important it is to wear a helmet for children and for adults. The participants were also witnesses of a mini tournament in table tennis, where Mr Jacek Bochenek, Mr Igor Sysojew-Osinski and students from classes 4-6 tried their hand at the game with Mr Krzysztof. We are very thankful to Mr Krzysztof that he has found time for us.



## Meeting with Mr. Muzaffer Altuntaş

On the scope of Erasmus Project on May 27th Friday Muzaffer ALTUNTAŞ and his wife Şaduman ALTUNTAŞ visited our school. They meet our students .

He is 68 years old and he does kickbox and athleticism. Muzaffer ALTUNTAŞ has a healthy body. He does sports and eats regularly. Also he started doing sport at the age of fifteen. He has got three medals in Athletism and two medals in Kickbox. This year in traditional marathon he was the first between veterans in 24 February Marathon .

He has never smoked and drunk alcohol in his life . He emphasized the importance of success in sports and academic life.

After the meeting with the students ,our school 's student is Emirhan HEKİMOĞLU and Muzaffer ALTUNTAŞ did warming up and then they presented us a Show match. We thank Muzaffer ALTUNTAŞ a lot .





## Meeting with Grandparents

At the beginning of June 2015, the 5<sup>th</sup> grade students from Cazasu School, Romania, were visited by our Chemistry teacher, Elena Matetovici's parents -in-law .These eighty-old special guests, retired from their interesting jobs(Mr Mihai Matetovici worked as a mechanical engineer and Mrs Gabriela Matetovici as a doctor) ,having no health problems and being full of energy gladly shared our students their "lifestyle recipe", namely: "our body and soul must be fed with the best food: very high quality and moderate in quantity food, having best friends whom you very often meet, being busy with work, but at the same time, spending our leisure time as beautifully as possible."



## Meeting with a psychology and social health

Eleni Rintou expert on issues psychology and social health visited one more time our school. She discussed with the students for the need and the importance of creation social relations. With this way she tried to present the virtue of sociability. Moreover she discussed with the students for the effect self-esteem in the social relations. The aim of meeting was the projection of correct social models and the reproduction of equitable social attitudes.





## Meeting with a health specialist

### A step to health

This year, on the 8th of February, in Saugos Jurgis Miksas Basic school, for students from 7 – 10 grades and teachers, a lecture was held called „A step to health“. This is one of the events in the international project.

The lecturer – a health specialist, Neolife company member, Algirdas Zigmantas started the lecture with a formula: I exercise + I eat + I'm happy = I live. The students were interested to hear what determines our health, what affects frequent illnesses, why just halfway through the day we lose energy.

During the lecture, with the help of our students, a lot of questions about a healthy lifestyle were answered. The health specialist said, that if you want to be healthy you need to control your weight, exercise and eat right. Lecturer asked a question, which phrase do you hear more often from your parents: „You got two – you're not allowed to be outside today!“, or „Turn off the computer and go outside!“? The answers were very different...

The health specialist urged us to walk more by foot, play active games, and of course eat a lot of vegetables, fruit, fish, whole-grain oatmeal, and drink water instead of , childrens favorite, sweet drinks. If you get ill often, the lecturer advises to use the Neolif food supplements, which are made from natural products.

Algirdas Zigmantas ended the lecture by cheering one of the students, who answered correctly to the lecturers question. The girl got a Neolif bar, which contains all necessary vitamins that are needed throughout the day.

The international project „A healthy mind in a healthy body“ continues since 2014. Partnership with schools in Greece, Poland, Turkey and Romania, inspires us to be more interested in a healthy lifestyle. „A step to health“- an educational event, was very interesting and useful for our school students and teachers.



## Fruit and Vegetables Calendar-2016



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One of our project activities related to the subject of the healthy diet was to prepare the “Fruit and vegetables calendar”. Each partner school had its own approach, used different techniques and the final result reflects both creativity and personal perception of the key role of fruit and vegetables in the daily diet. *The students prepared Fruit and vegetable Calendar in December and January.*



## Turkey Calendar:

[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/2010459\\_calenderturkey.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/2010459_calenderturkey.pdf)

## Poland Calendar:

[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/2010459\\_fruits\\_calendar\\_poland\\_slupsk.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/2010459_fruits_calendar_poland_slupsk.pdf)

## Romania Calendar:

[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/2010500\\_romaniancalendar.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/2010500_romaniancalendar.pdf)

## Lithuania Calendar:

[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/2010459\\_kalendorius\\_2016\\_.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/2010459_kalendorius_2016_.pdf)

## Greece Calendar:

[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/2010500\\_.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/2010500_.pdf)



# Free time activities places



## Lithuania

Our school participates in the International Erasmus+ project "In a Healthy body – Healthy mind". One of the project activities was to create and make a leaflet "Free time activities places". Some students decided to make it. It was quite difficult task, because there are just some free time activities places in our area. But the students enjoyed making such an interesting task.

Miglė Toleikytė, a student from 9<sup>th</sup> grade.

### *Silutes fitness and fitness center "Athens"*

This sports complex, allowing each to practice in different ways.

Its choice of physical exercises, applied to make all your body stronger. These exercises are more than an exercise, it's a kind of way of communicating with your child.



One of most popular exercises in Lithuania is - training with bicycle, which is performed in our club. It's excellent dose of mood and burned calories.

This group exercise professional modern bikes, use various drive tools. The workouts are during the dance to the most



popular music in the world, which not only will start and u will get a huge dose of mood, but also fun and burn 1000 calories in the one workout.

### *"Athens" offers:*

- Group training ;
- Treniruokliai ;
- Fitness Bike ;
- TRX Hanging belt system ;
- Zumba Fitness ;
- Joga ;
- Gydomoji Exercise for seniors;
- *Slimming program.*



To your children there is specially installed children room, while they play with their friends, when you train. Our qualified staff will gracefully give you all information you need.



### *„MONKEY BEACH“*

On July 30, Silutes forest enterprises organized the resort opening festival in the place which is called "Monkey Beach" by local people.



Silutė District Municipality Mayor Vytautas Laurinaitis welcomed this new initiative Silutes directorial "I am glad

that new traditions are created, a new recreation area is made. Thank you for your enthusiasm for the sake of Silutė district community," our Mayor V. Laurinaitis said.



In order to protect themselves from the uncultured vacationing a new portable camcorder has been installed to record the cases of environmental degradation.

## „PAINTBALL“

Especially popular with both adults and children's favourite active recreation skip way-paintball. It's full of surprises, tension and emotional game. This active game gives the opportunity not only to exercise in the fresh air, but also helps to reveal the human potential, develop the ability to make decisions quickly. This adventure develops strategic thinking, team spirit inciting, delete psychological tension pastime that wants both in winter and summer.



This game provides on opportunity to enjoy they leisure time, to celebrate the birthday, stag, hen parties and other occasions. Challenges, good humour and adrenaline guaranteed.



Information collected:

Miglė Toleikytė  
Erika Dragenytė

Corrected text:

Teacher Vaida Vytuvienė

ERASMUS+  
"A Healthy mind in a healthy body "



ŠVIETIMO  
MAINŲ  
PARAMOS  
FONDAS



*Freetime*  
*activitiesplaces*

# Romania

Strategic Partnership for school education, Erasmus + Programme  
Project: 2014-1-PL01-KA201-003564\_3  
"A healthy mind in a healthy body"  
Cazaca, Braila, 2014 - 2016

**LEISURE PLACES  
IN BRAILA, ROMANIA**

A healthy mind in a healthy body  
ERASMUS+

BY ACTIVELY AND RESTORATIVELY SPENDING FREE TIME  
YOU WILL ARRIVE TO  
**A HEALTHY MIND IN A HEALTHY BODY!**

This publication reflects the views only of the author. NA and the European Commission cannot be held responsible for any use which may be made of the information contained therein.

Link:[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/22125431\\_leisureplacesbookletromanya2.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/22125431_leisureplacesbookletromanya2.pdf)

# Poland

Slupsk Erasmus+

**"A healthy mind in a healthy body"**  
**"W zdrowym ciele, zdrowy duch"**

A healthy mind in a healthy body  
ERASMUS+

Spend your time actively.  
Enjoy yourself in sports!

Take advantage of the places in our city, which are used for different forms of leisure activities

Projekt Programu Erasmus+: „A healthy mind in a healthy body”  
- „W zdrowym ciele, zdrowy duch”

Link:[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/22125430\\_komplekssportowy\\_ulotka\\_angielska\\_poland.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/22125430_komplekssportowy_ulotka_angielska_poland.pdf)

# Turkey

Sağlam kafa sağlam vücutta bulunur

A healthy mind in a healthy body  
ERASMUS+

Places To Spend Your Free Time Actively And Effectively  
**BOŞ ZAMANLARIN AKTİF VE ETKİLİ GEÇİREBİLECEK YERLER**  
TRABZON

Erasmus+ Hayri Gür Spor Salonu

Trabzon Petroler Salonu 7.500 kişi kapasiteli spor salonudur. Salon EYOF Trabzon 2011 yıl yarışmaları kapsamında Öncüleri Salonu 5.000 kişi kapasiteli salması planlanmıştır, daha sonra bu salon 7.500'e genişletilmiştir. Salon Trabzon'un Petroler Salonu EYOF Trabzon 2011 basketbol müsabakaları bu salonda düzenlenmiştir. Trabzon Basketbol Ligi Trabzonspor Medical Park Trabzonspor maçları bu salonda düzenlenmiştir.

Petroler located in a capacity of 7500 people in the gym. The hall has been started for EYOF 2011 Trabzon. Before the hall is also planned to have a capacity of 5000 people, this figure was later increased to 7500. The hall is located in the district Petroler. EYOF 2011 Trabzon basketball competitions were played in this hall. From Turkey Basketball League of teams their games play in this hall.

Link:[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/22125431\\_brur.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/22125431_brur.pdf)

# Greece

**KATERINI**  
A city you must visit!

KATERINI IS A POPULAR TOURIST DESTINATION

KATERINI IS BUILT BESIDE FROM OLYMPUS, THE MOUNTAIN OF 12 GODS OF ANCIENT GREECE

KATERINI

Link:[http://kirechaneoo.meb.k12.tr/meb\\_iys\\_dosyalar/61/01/720701/dosyalar/2016\\_06/22125431\\_touristicbrochure.pdf](http://kirechaneoo.meb.k12.tr/meb_iys_dosyalar/61/01/720701/dosyalar/2016_06/22125431_touristicbrochure.pdf)

## HEALTHY NUTRITION PYRAMID

The students created posters about healthy nutrition pyramid with sports and games. Then our school has organised an exhibition of the posters. Their works were taken photographed and sent Erasmus + coordinators in Poland. Later, schools' website by placing posters in other countries will take place in online vote for the best poster. Three posters joined the competition from five countries. The team of students: Maja Jabczyńska, Klaudia Kozłowska, Wiktoria Kaczke won the competition from Poland. The second was Poland and the third one was Greece.

**Theme of the competition:** Poster promoting healthy nutrition.

**Purpose of the competition:** Choosing the best poster promoting healthy nutrition. Below you can see the results of the competition.

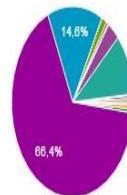


## 1645 answers

[View all replies](#) [Publish statistics](#)

### Summary

Which pyramid is the best for you? Choose and click the appropriate Return number of pyramid.



1	7	0.4%
2	2	0.1%
3	11	0.7%
4	11	0.7%
5	1090	66.4%
6	239	14.6%
7	1	0.1%
8	22	1.3%
9	8	0.5%
10	4	0.2%
11	53	3.2%
12	171	10.4%
13	3	0.2%
14	9	0.5%
15	10	0.6%

## SPORTS POSTER COMPETITION

Students from all schools invited participating in Erasmus+ project "Healthy mind in a healthy body" to take part in another task, which is to design a poster promoting favourite sport discipline. Three posters joined the competition from five countries. The team of students from Poland: **Katrzyzna Matis, Iwona Mikulska, Anita Kurdunowicz, Agata Perońska** won the competition. The second was Turkey and the third one was Turkey and Poland.

**Theme of the competition:** Poster promoting favourite sport discipline.

**Purpose of the competition:** Choosing the best poster promoting favourite sport discipline.



### 146 replies

[View all replies](#) [Publish statistics](#)

#### Summary

Which sport poster is the best for you? Choose and click the appropriate Return number of

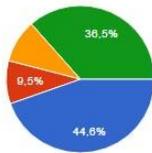


1	2	1.4%
2	10	6.8%
3	5	3.4%
4	17	11.6%
5	3	2.1%
6	2	1.4%
7	17	11.6%
8	4	2.7%
9	1	0.7%
10	7	4.8%
11	8	5.5%
12	6	4.1%
13	20	13.7%
14	27	18.5%
15	17	11.6%



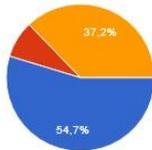
# First Aid Questionnaire Analysis

1. What are the correct steps in lending somebody the first aid : 1: providing the first aid immediately; 2: estimating the condition of the victim's health; 3: taking all due measures; 4: asking for 112 help.



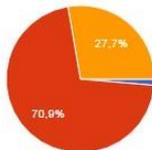
4, 3, 2, 1	66	44.6%
3, 2, 4, 1	14	9.5%
1, 2, 3, 4	14	9.5%
4, 1, 3, 2	54	36.5%

2. In case of a deep burn, when the skin is blistered, what must you do?



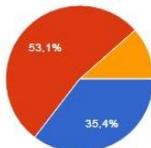
grease the burnt skin with any kind of ointment salve;	81	54.7%
prick the blisters;	12	8.1%
don't prick the blisters.	55	37.2%

3. In case of a head, neck or back injury, what's the first due measure to be taken?



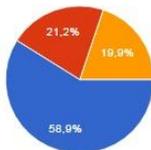
help the victim to raise to his/her feet;	2	1.4%
call 112;	105	70.9%
calm the victim and convince him/her not to move.	41	27.7%

4. In case of a bleeding wound, what is the first aid to be lent?



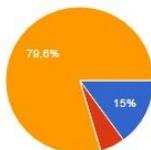
cover the wound with a compress;	52	35.4%
stop the bleeding wound;	78	53.1%
splash cold water over the wound.	17	11.6%

5. If one of your schoolmates swallowed the wrong way and he/she is stiffing without being able to speak, what is the most important first aid to be lent?



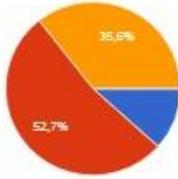
beat the victim on his back for about five times;	86	58.9%
take the victim outside;	31	21.2%
put the victim on his/her back.	29	19.9%

6. In case of noticing poisoning symptoms, what's the first step in lending the first aid?



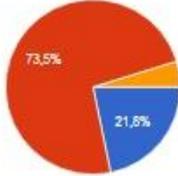
give the victim a little water to drink;	22	15%
give the victim a little milk;	8	5.4%
call 112.	117	79.6%

**7. When do people use "mouth to mouth" first aid?**



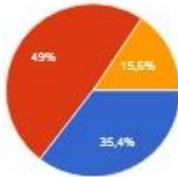
when the victim stifles after an incorrect swallow;	17	11.8%
when the victim can't breathe, but he/she has his breathing apparatus free;	77	52.7%
when the victim can hardly breathe.	52	35.6%

**8. In case of an electrocution accident, the first aid to be lent is :**



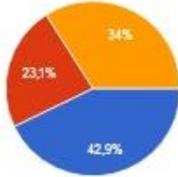
put the victim far away from the place where the accident took place;	32	21.8%
switch off the electricity from the switchboard;	108	73.5%
splash water on the victim.	7	4.8%

**9. In case of breaking a leg, without any bleeding, we need to:**



If the bone is out of place, replace it using a bandage;	52	35.4%
cool the affected area with a cold bandage;	72	49%
advice the victim to move the affected leg.	23	15.6%

**10. In case of a schoolmate suffering from a nasal bleeding, you'll advise him/her :**



to lie with his head bending down;	63	42.9%
to lie on his/her back;	34	23.1%
to strongly press the nose.	50	34%

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