

## VIENNA

### OCTOBER 2013



### O: This is very important for us:

- Free development of the individual
- advancement of individual responsibility
- learning from each other
- working, playing and laughing together
- tolerance and understanding
- Awareness of health-conscious behavior
- Environmental awareness
- Developing all kinds of talents

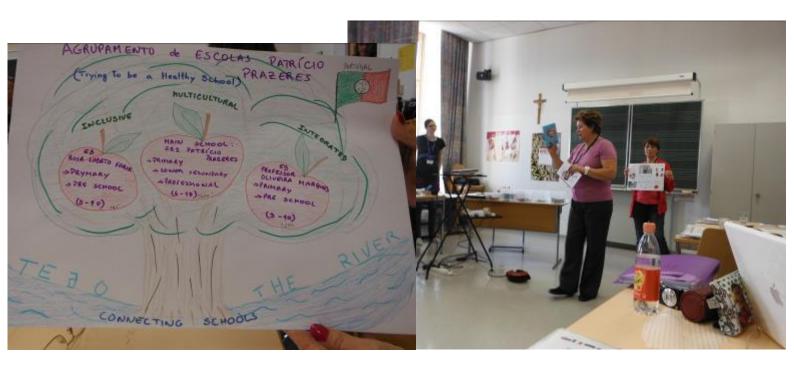




Visiting the school Volksschi Rötzergasse



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Portugal

Croatia

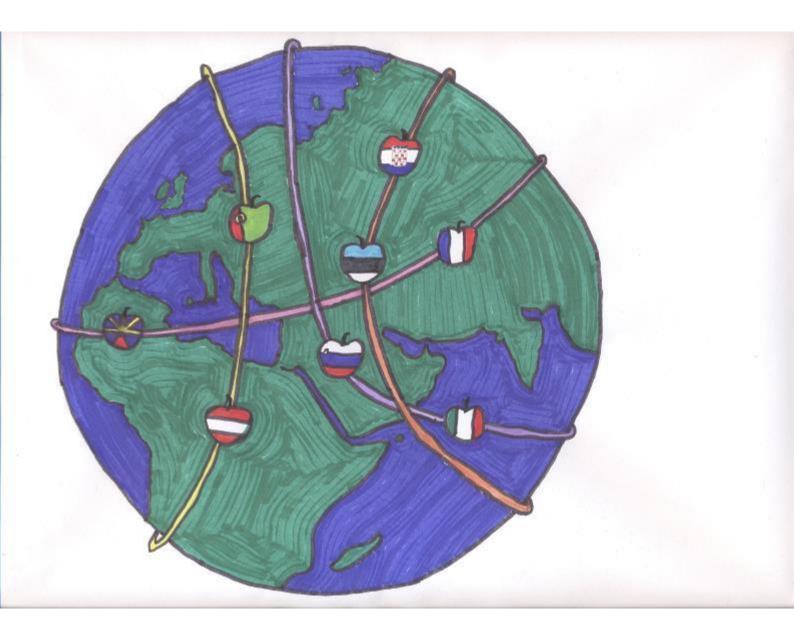
# Presenting our schools

Estonia

La Reunion







## Croatia won: this is the logo of our project Healthy PICNIC



Healthy PICNIC

#### QUESTIONNAIRE ABOUT YOUR LIFESTYLE

#### Do you eat in the morning?

□ Yes

□ No

#### If yes, what do you eat in the morning?

 $\hfill\square$  fruit and vegetables

 $\square$  sweets

 $\hfill\square$  dairy products

□ bakery/sandwiches

 $\Box$  crisps

□ other(s): .....

#### How many times a day do you eat fruit and vegetables?

- $\square$  None
- $\square$  1-2 times

 $\square$  more

#### What do you usually drink?

- □ water
- 🗆 tea
- $\square$  milk
- juice
- $\square \text{ soft drink}$
- energy drink
- □ other:.....

#### What do you usually eat at home?

□ selfcooked food

 $\square$  other:.....

#### How many times per week do you exercise after school?

 $\square$  None

 $\square$  1-2 times

 $\square$  more

#### How many hours do you usually sleep?

 $\hfill\square$  Less than 6 hours

 $\square$  6-8 hours

 $\hfill\square$  more than 8 hours

#### What do you do with your family in your freetime?

□ have meal(s) together

□ shopping

□ do sports

travel

watch TV

□ play (games)

□ we don't do anything together

 $\square$  other:....

#### Do you sort out litter?

Yes

Sometimes

 $\square \ No$ 

The questionnaire about healthy lifestyle was worked out during the meeting in Vienna