

HEALTH UP!

NEWSLETTER 2

CO-FINANCED BY THE ERASMUS+ PROGRAM OF THE EU
PROJECT NUMBER: 2024-1-ES01-KA220-VET-000244614

SECOND MEETING IN ROME

Our consortium had the opportunity to meet **face-to-face** in Rome (Italy). During the meeting, we discussed the final version of the HEALTH UP! Guide, and we organised the following steps of the project.



HEALTH UP! GUIDE: FINAL VERSION SOON AVAILABLE

After extensive work, the **“Health UP! Educators’ Guide to Preventing Eating Disorders in VET Settings”** is approaching its final stage. The guide provides practical tools to support educators in the early identification of cases that require attention and their referral to the appropriate professionals.

More than 40 experts in the health and education fields contributed to the revision of the Guide. Following the completion of the external expert review, all feedback will be incorporated, resulting in the final version of the guide, ready for use across VET settings.

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OUR WEBSITE IS NOW READY

The HEALTH UP! Website is **now ready** to the public!

Check it to learn about the latest news of our project, meet our consortium partners, and put a face to the people who are developing the project results.

Furthermore, it will grant you **access to all of the project content**: the HEALTH UP! Guide, the HEALTH UP! Manuals, and the HEALTH UP! app.

CHECK IT OUT!



HEALTH UP!

PREVENTING EATING DISORDERS
IN VET EDUCATION



WHAT'S NEXT?



We are actively working on developing a set of practical **workshops** designed to help prevent eating disorders in VET settings. These activities promote nutrition awareness and healthy eating while also supporting physical activity, positive social interaction, and mental well-being as key protective factors.

Together, the workshops provide educators with **ready-to-use tools** to foster healthier lifestyles and early prevention in the classroom.

PROJECT PARTNERS



@universidaddezaragoza
www.unizar.es/



@mediterraneo.international
www.mediterraneoculinary.com



@EFADOfficialPage
www.efad.org



@kmop_org
www.kmop.gr



@lulacopsulting
www.lulaconsulting.eu

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