



AUGU UZTURS UN SPORTS.

VAI TĀ IR ILGTSPĒJĪGAS NĀKOTNES UN
LABKLĀJĪBAS ATSLĒGA?

ERASMUS+ KA2 PROJEKTS



ELVIS BINDERS-ČODERS, 14.12.2023 (RĪGA)



A close-up photograph of a person's hand holding a small white rectangular card. The person is wearing a dark blue suit jacket, a white dress shirt, and a dark blue patterned tie. The card is held horizontally and features the text "Elvis Binders-Čoders" written in a black, serif, italicized font. The background is a plain, light-colored wall.

Elvis Binders-Čoders







Funded by
the European Union



VENTSPILS



Institut de
l'esport
de Barcelona

Alfa-college

INFORMĀCIJA PAR PROJEKTU UN PARTNERĪBU



 **PLANT BASED NUTRITION AND**
SPORTS 
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



KA2 MAZĀS PARTNERĪBAS PROJEKTS (2021)

Erasmus+

EU programme for education, training, youth and sport

Small-scale partnerships

Small-scale Partnerships are designed to widen access to the programme to small-scale actors and individuals who are hard to reach in the fields of school education, adult education, vocational education and training, youth and sport. With lower grant amounts awarded to organisations, shorter duration and simpler administrative requirements compared to the Cooperation Partnerships, this action aims at reaching out to grassroots organisations, less experienced organisations and newcomers to the Programme, reducing entry barriers to the programme for organisations with smaller organisational capacity. This action will also support flexible formats – mixing activities with transnational and national character although with a European dimension – allowing organisations to have more means to reach out to people with fewer opportunities. Small-scale Partnerships can also contribute to the creation and development of transnational networks and to fostering synergies with, and between, local, regional, national and international policies.

Objectives of the Action

- **Attract and widen access for newcomers, less experienced organisations and small-scale actors to the programme.** These partnerships should act as a first step for organisations into cooperation at European level.
- **Support the inclusion of target groups with fewer opportunities**
- **Support active European citizenship and bring the European dimension to the local level**

In addition, the main objectives of Cooperation Partnerships also apply to Small-scale Partnerships, proportionally to the scope and volume of each project:

- **Increasing quality in the work and practices of the organisations and institutions involved,** opening up to new actors not naturally included within one sector;
- **Building capacity of organisations** to work transnationally and across sectors;
- **Addressing common needs and priorities in the fields of education, training, youth and sport;**
- **Enabling transformation and change** (at individual, organisational or sectoral level), leading to improvements, in proportion to the context of each organisation

PARTNERĪBA



VADOŠAIS PARTNERIS
VENTSPILS TEHNIKUMS



PARTNERI
BARSELONAS SPORTA INSTITŪTS



ALFA KOLEDŽA



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



BUDŽETS: 60 000 EUR
PERIODS: 18 MĒNEŠI



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PROJEKTA IDEJA



 **PLANT BASED NUTRITION AND**
SPORTS 
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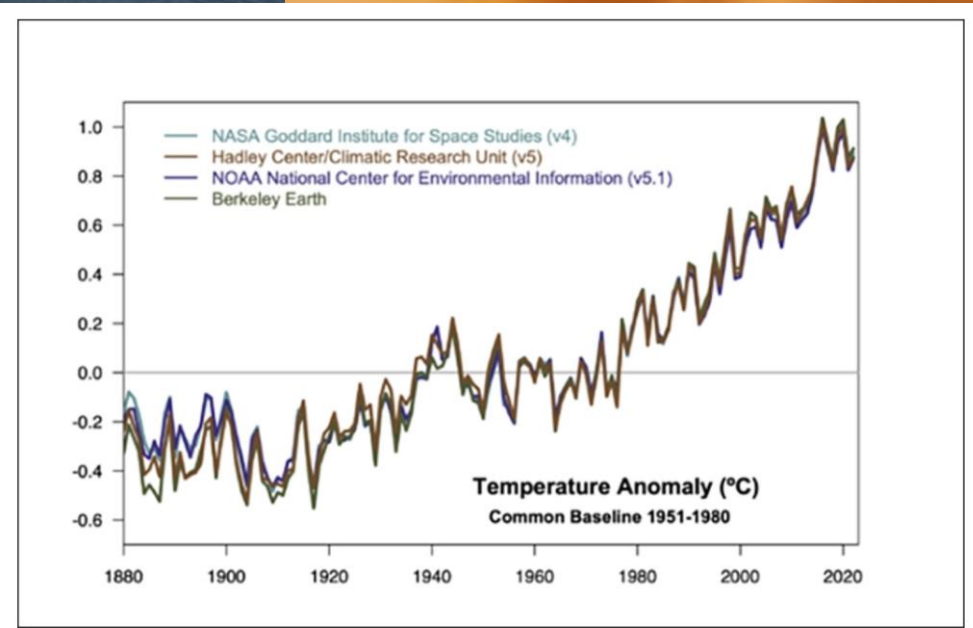




Scientific Consensus: Earth's Climate Is Warming



GLOBĀLĀ KLIMATA SASILŠANA & PĀRMAIŅAS



Temperature data showing rapid warming in the past few decades, the latest data going up to 2022. According to NASA, 2016 and 2020 are tied for the warmest year since 1880, continuing a long-term trend of rising global temperatures. On top of that, the nine most recent years have been the hottest. Credit: NASA's Goddard Institute for Space Studies

ZAĻĀ DOMĀŠANA..



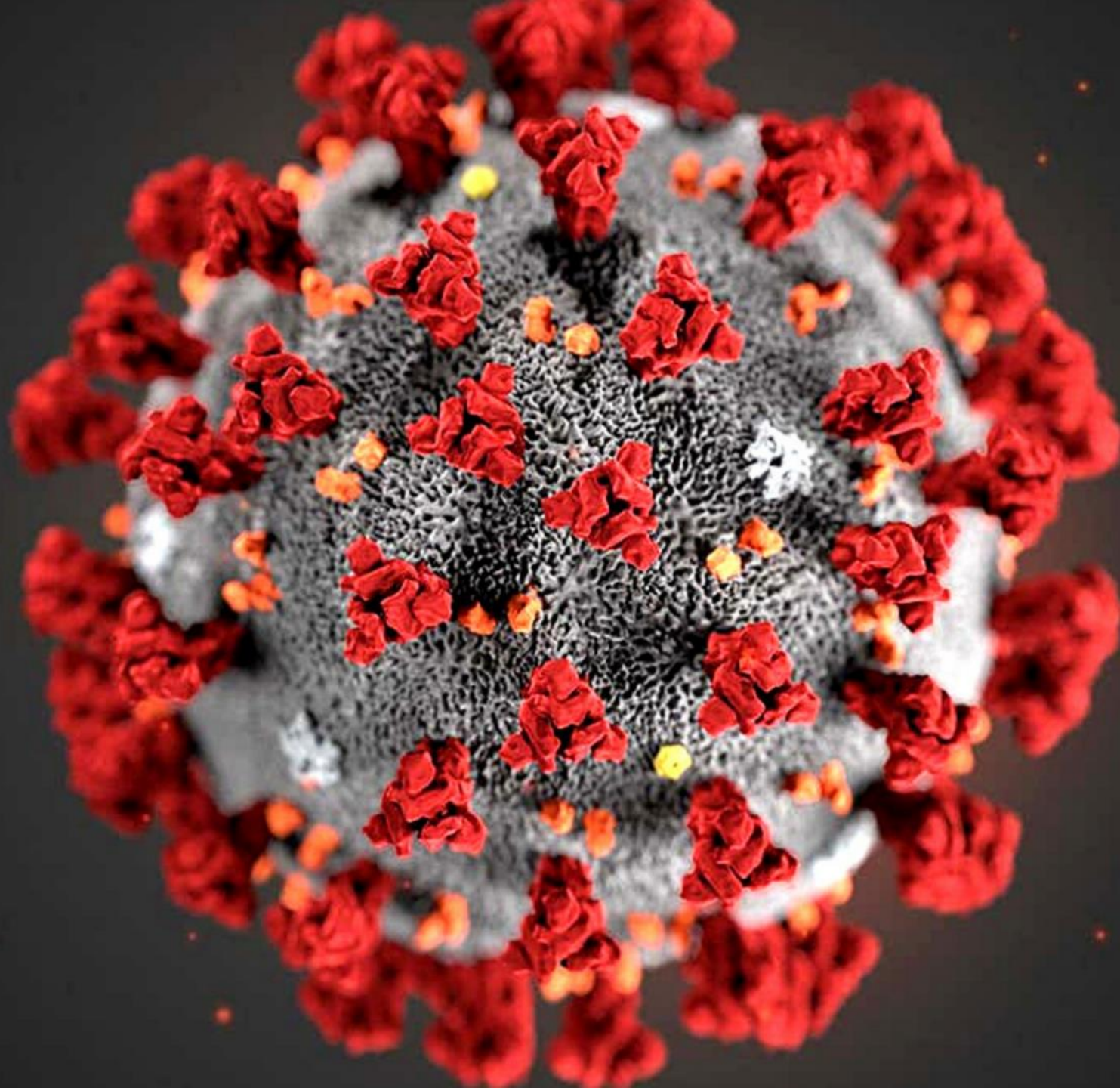
ZALĀ RĪCĪBA!

IEMESLS NR.1



COVID-19

IEMESLS NR.2





**ATTĀLINĀTĀ
DARBA/MĀCĪBU
GAIŠĀS PUSES..**





**ATTĀLINĀTĀ
DARBA/MĀCĪBU
NEGATĪVĀS PUSES..**





OPPORTUNITY



PERSONĪGĀ MOTIVĀCIJA

IEMESLS NR.4

leaves all
snimy
my-self /maɪ'self/
-
y
n/
ss

~. I can do it (all
out. I ~ said so.
not feeling so well



GO VEGAN
GO VEGAN
GO VEGAN

PLANT
BASED
MEAT 



ADVERTISEMENT

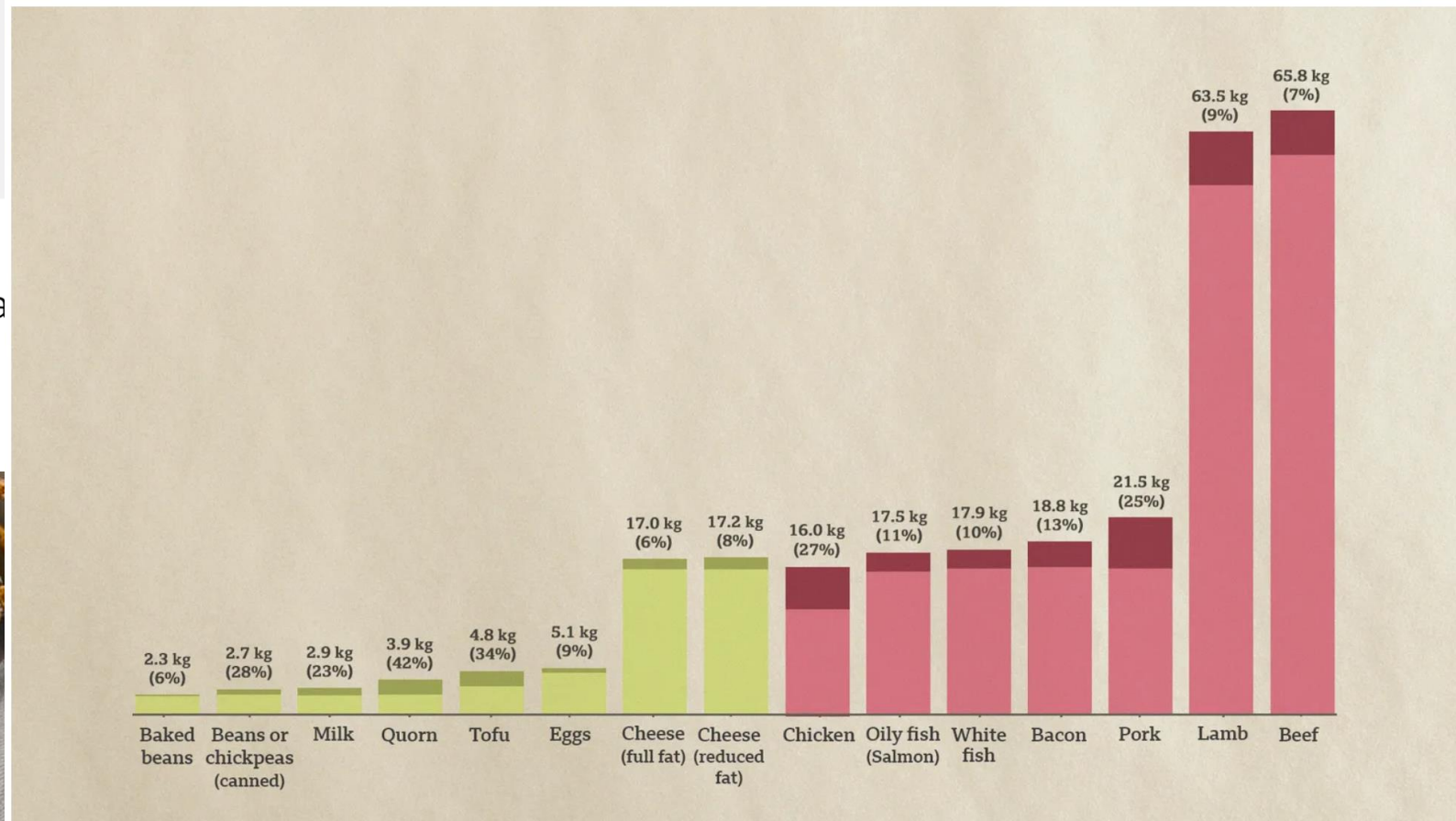


SUSTAINABILITY ON A SHOESTRING | FOOD

The climate benefits of veganism a



(Image credit: Alamy)



The total climate impact (in kg CO2e per kg of food cooked) ranges widely between foods (Source: Angelina Frankowska et al., Nature Food, 2020)

ZAĻĀ RĪCĪBA

IEMESLS NR.1



COVID-19

IEMESLS NR.2



VIENLĪDZĪGAS IESPĒJAS

IEMESLS NR.3



PERSONĪGĀ MOTIVĀCIJA

IEMESLS NR.4





MĒRĶGRUPAS



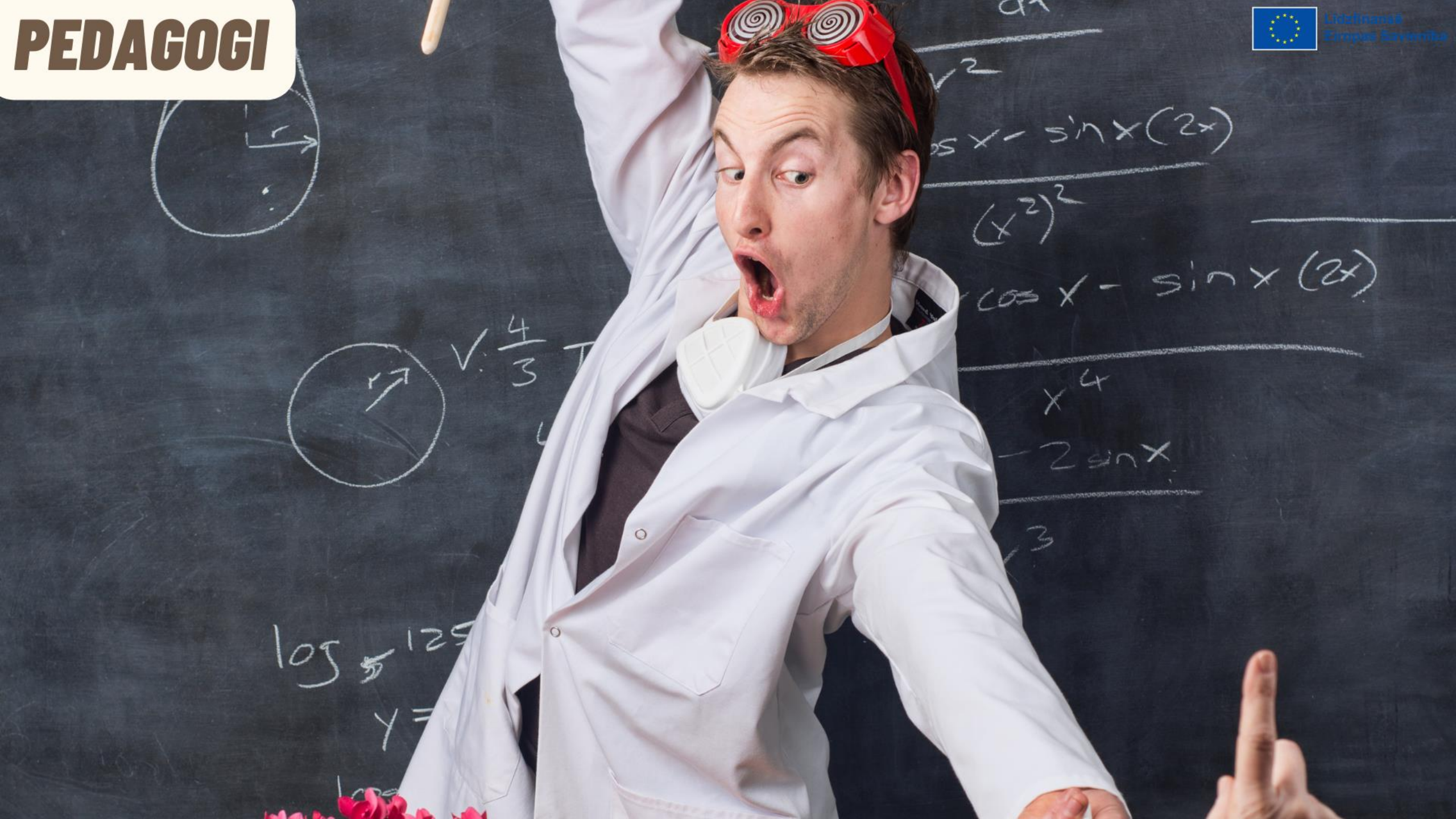
PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



IZGLĪTOJAMIE



PEDAGOGI





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PLANT BASED NUTRITION AND
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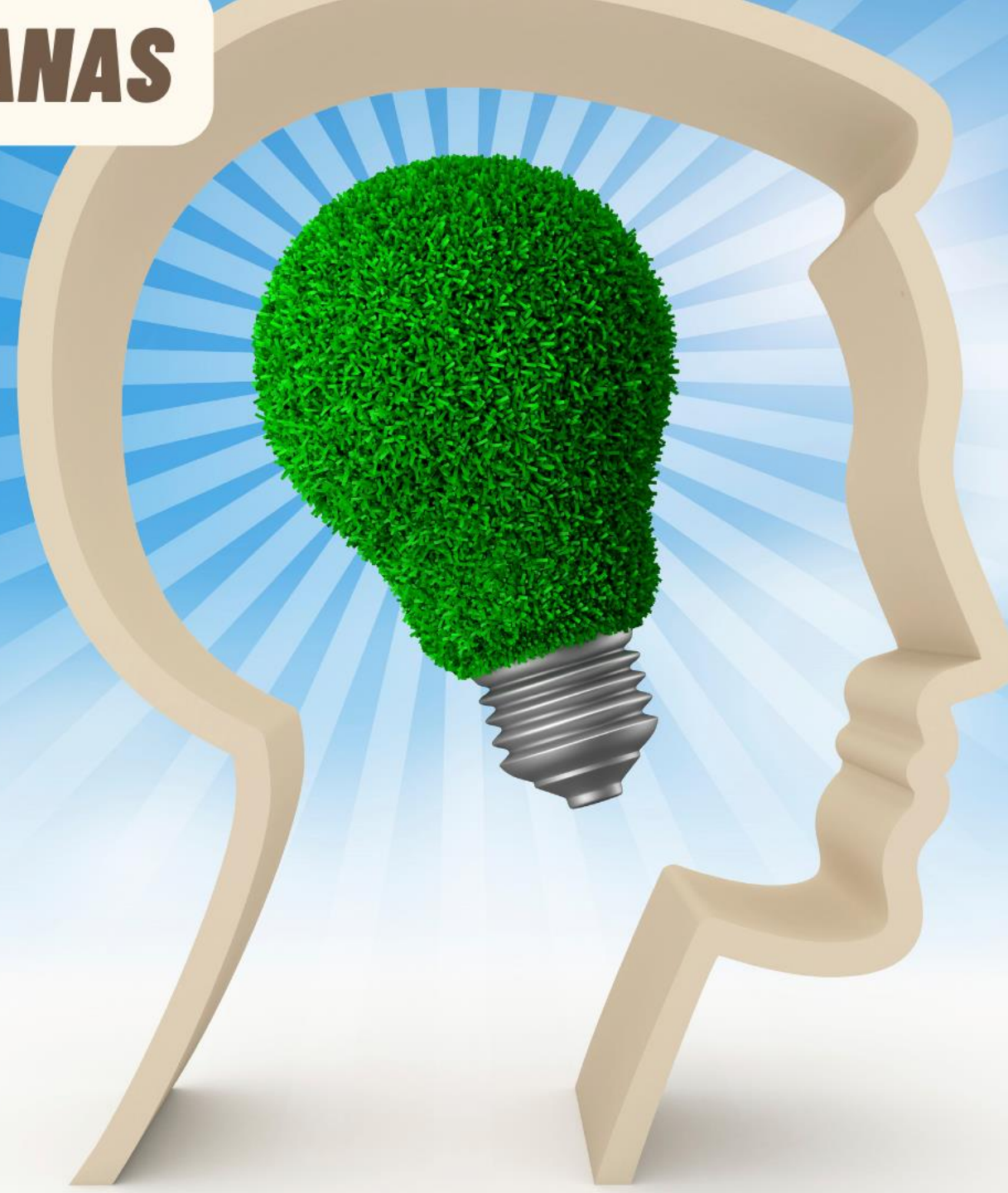
PROJEKTA MĒRĶI



AKTUALIZĒT TĒMAS



VAIROT ZINĀŠANAS

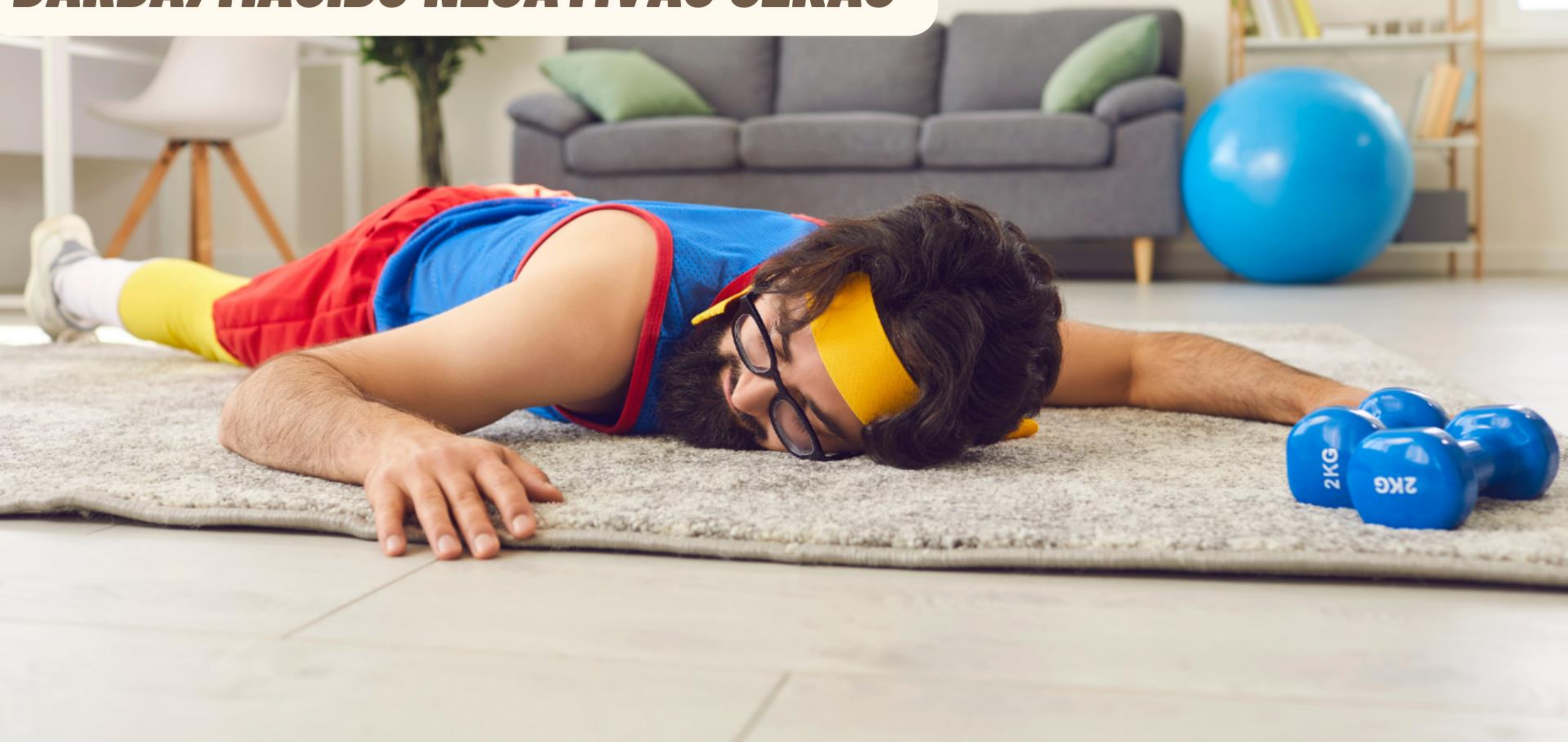


SAMAZINĀT SLIKTOS IERADUMUS

BAD HABITS



SAMAZINĀT ATTĀLINĀTĀ DARBA/MĀCĪBU NEGATĪVĀS SEKAS



SAMAZINĀT NEGATĪVO IETEKMI UZ VIDI UN KLIMATU



POPULARIZĒT ĀRPUS SKOLAS SPORTA AKTIVITĀTES



POPULARIZĒT AUGU UZTURU



MAINĪT DOMĀŠANU UN RĪCĪBU



IM

POSSIBLE

VEIDOT JAUNAS DRAUDZĪBAS





PROJEKTA AKTIVITĀTES



PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



PROJEKTA ATKLĀŠANAS PASĀKUMS VENTSPILĪ

MAIJS, 2022



PROJEKTA ATKLĀŠANAS PASĀKUMS VENTSPILĪ

MAIJS, 2022



PROJEKTA ATKLĀŠANAS PASĀKUMS VENTSPILĪ

MAIJS, 2022





PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?

KONFERENCE





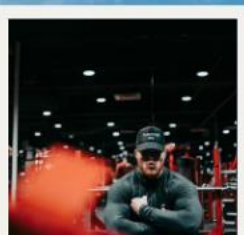
AUGU UZTURS UN SPORTS.

VAI TĀ IR ILGTSPĒJĪGAS NĀKOTNES UN LABKLĀJĪBAS ATSLĒGA?

konferences

EKSPERTI

SPORTS



Elvis Krūze



Sandris Ādminis

VIDE

UZTURS



Guna Bīlande



Marina Sokola-Nazarenko

PSIHOLOGIJA

KONFERENCE

PAR UZTURU, LABBŪTĪBU, SPORTU UN PLANĒTU

5. OKTOBRIS

11:00 - 14:00



LIVE

TIEŠRAIDE

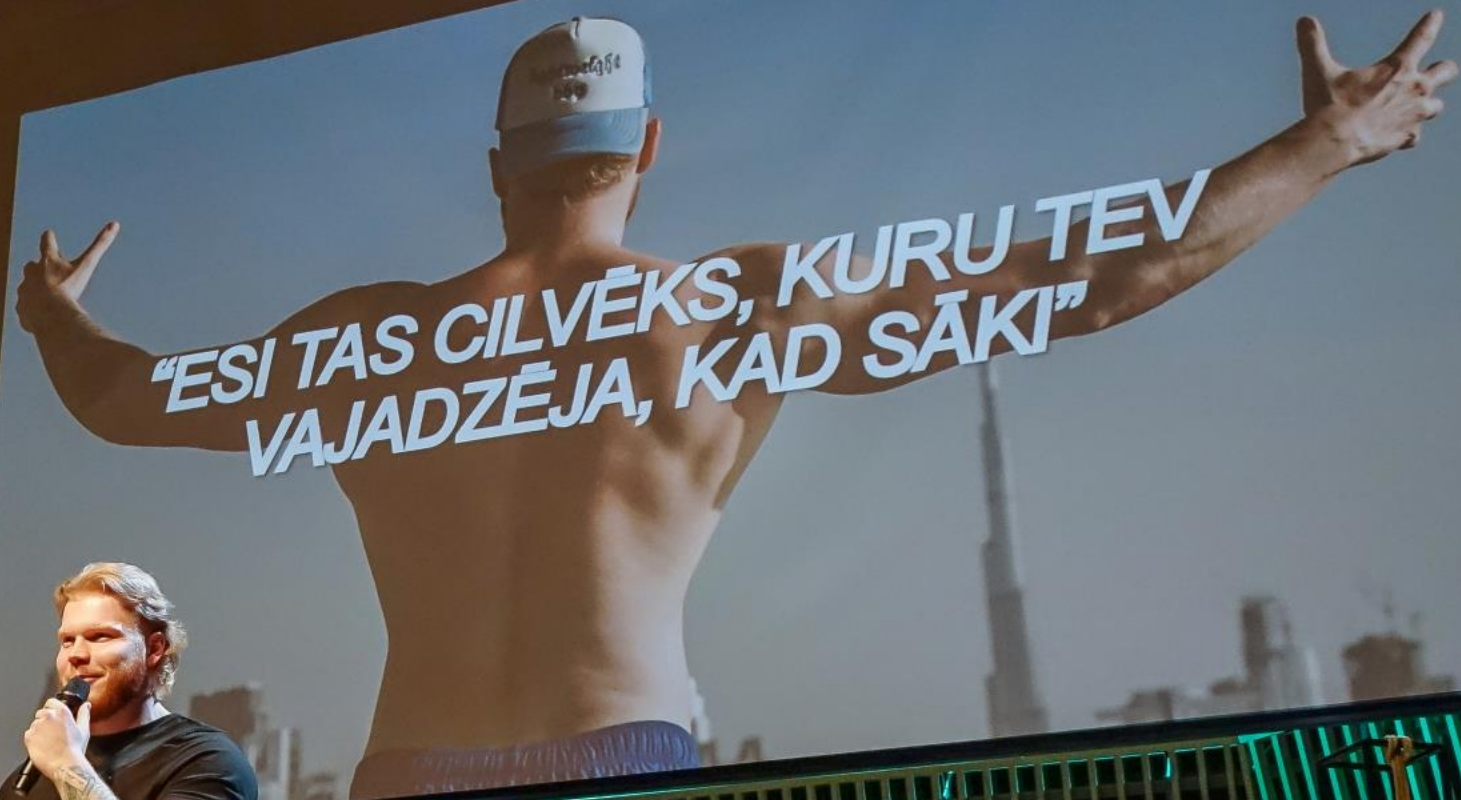


Līdzfinansē
Eiropas Savienība



Elvis Krūze

Influenceris, sporta treneris,
uzņēmējs





Marina Sokola-Nazarenko

Sertificēta klīniskā psiholoģe
(Ziemeļkurzemes reģionālā
slimnīca)



Sandris Ādminis

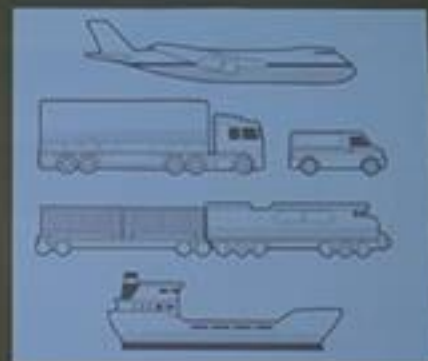
Dzīvnieku tiesību
aktīvis, lektors, radio
raidījumu vadītājs un
publicists





Līdzfinansē
Eiropas Savienība

Sekas: SILTUMNĪCAS EFEKTA GĀZES





Veselības riski

Guna Bīlande

Latvijas Diētas un Uztura
Speciālistu Asociācijas valdes
priekšsēdētāja, lektore LU un RSU



500+ KLĀTIENES DALĪBNIKI



100 000+ SKATĪTĀJI TIEŠSAISTĒ/TV



PROGRAMMA RAIDĪJUMI TIEŠRAIDE KONTAKTI

SESTDIENA, 26. NOVEMBRIS

01:45	Kērlinga turnīrs "Latvia International 2022". Pusfināls
04:15	Kērlinga turnīrs "Latvia International 2022". Fināls
06:35	Optibet hokeja līga: DLSS/Dinaburga - 7.bet Hockey punks
09:00	Sarunu festivāls "Lampa 2022". Diskusija "Iekļaujošs darba tirgus - kā cilvēkiem ar invaliditāti iespējams aizvien pilnīgāk iekļauties darba tirgū Latvijā un Ziemeļvalstīs"
10:05	Konference "Augu uzturs un sports"
12:30	Preses konference: "Vai Rīgā un Pierīgā būs vēl viens atkritumu poligons?"
12:54	Tiešraide! Optibet hokeja līga: HK Prizma - Kaunas City
15:06	Tiešraide! Optibet hokeja līga: HK Mogo/LSPA - Airwell Energija (3. periods)
16:00	Raidījums makškeriem "Copes garša". 2022. gada sezonas 11. raidījums
16:50	Tiešraide! Pafbet Latvijas-Igaunijas basketbola līga: BK Ventspils - BC Prometey
18:57	Tiešraide! Pafbet Latvijas-Igaunijas basketbola līga: Valmiera Glass Via - Tartu Ülikool
21:00	Raidījums par mūsdienu lielajiem jautājumiem "RUNA:JAM!". 4. epizode "Gēniji"
21:35	Labāku lēmumu detektīvs - raidījums "Ikdienas izvēles". 3. epizode "Zaļa ēdienkarte". 1. daļa
22:00	Sarunu raidījums "Šovs 8os"
23:48	Šodien! Optibet hokeja līga: Dinamo Rīga - DLSS/Dinaburga



TV CHANNEL



Erasmus+ konference "Augu uzturs ...



Ventspils Tehnikums - 1 no 6



Līdzfinansē
Eiropas Savienība



Erasmus+ projekta konference
"Augu uzturs un sports"

Ventspils Tehnikums



Sports – atslēga sevis
pilnveidošanai un panākumiem...

Ventspils Tehnikums



Stress, mentālās veselības
izaicinājumi un labbūtības...

Ventspils Tehnikums



Kā mēs apēdam planētu? |
Sandris Ādminis

Ventspils Tehnikums



Augu uzturs - veselībai un jaudai |
Guna Bīlande

Ventspils Tehnikums



Paneldiskusija "Augu uzturs un
sports"

Ventspils Tehnikums



MOBILITÄTES



PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



LATVIJĀ





5.
VINGROJUMS PLECU JOSLAS MUSKULĀTŪRAI

IR NEPĒCĪSĀNS ATBALSTS
PRET KOKU VAI PARTNERI!

SĀKUMA STĀVOKLIS:
Stāvis, rokas taisni uz priekšu
plecu augstumā balstā pret
koku vai ar plaukstām pret
partnera rokām

UZDEVUMS:
Izvelga spīd tālā
rokas pret koku vai
partnera rokām,
ieelpā atbrīvo rokas

VEIKLĪBĀS VEICAMĀS
VEIKLĪBĀS VEICAMĀS
VEIKLĪBĀS VEICAMĀS

LATVIJĀ



LATVIJĀ



LATVIJĀ



SPĀNIJĀ



SPĀNIJĀ



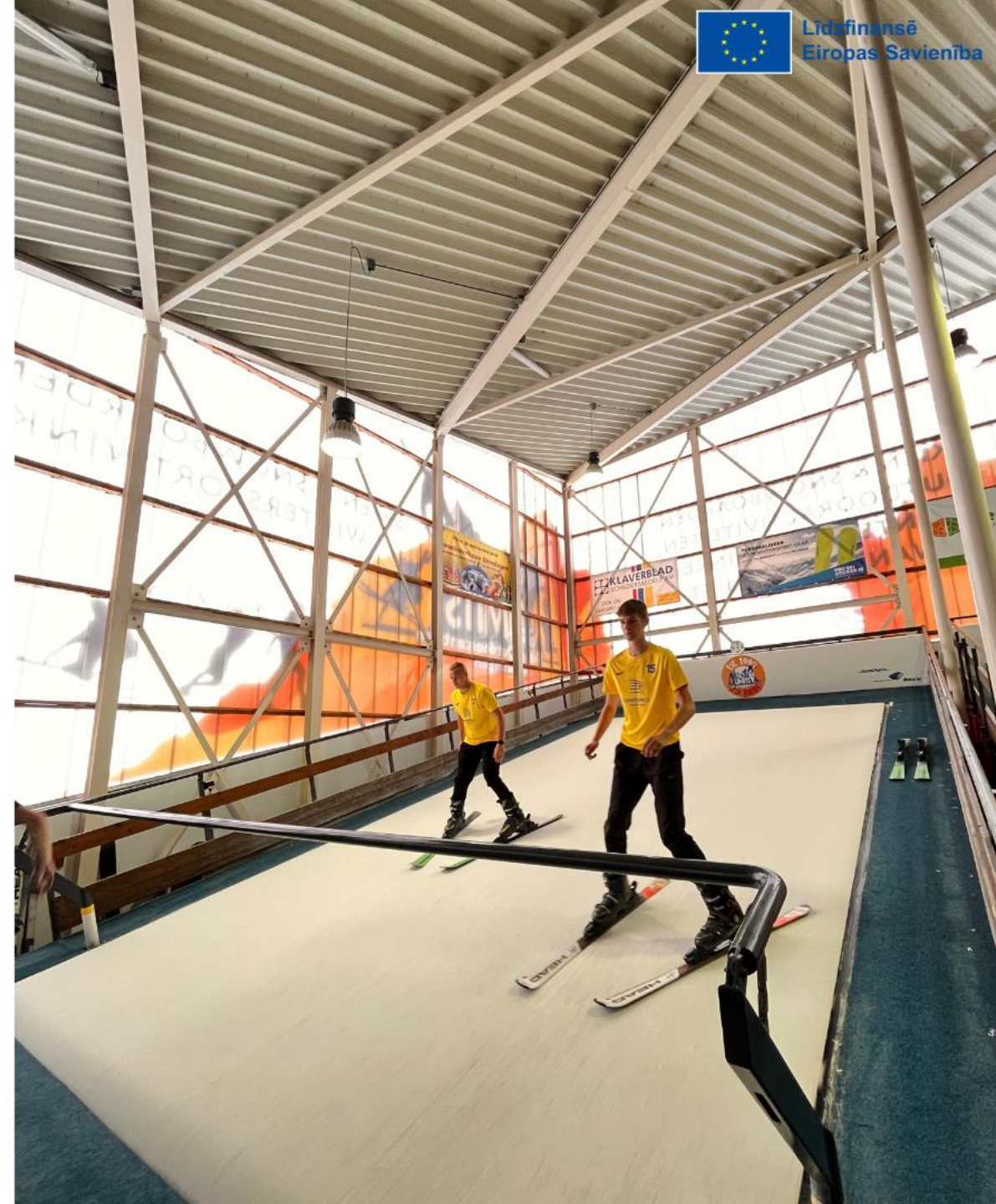
NĪDERLANDĒ



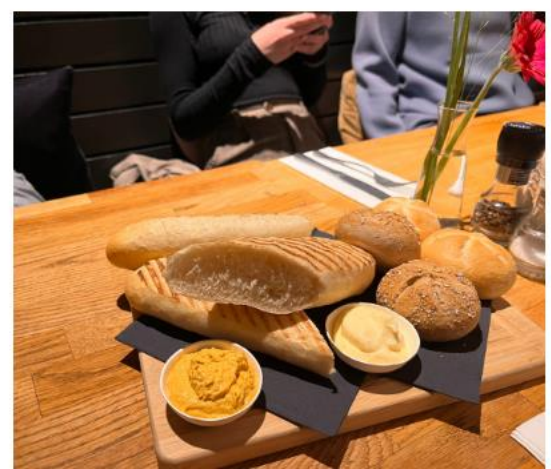
Universiteitsbibli



NĪDERLANDĒ



NĪDERLANDĒ



PĒTĪJUMA ZIŅOJUMS

“

Lielākā daļa izglītojamo (aptuveni 80%) apzinās, ka uzturam ir ietekme uz viņu labbūtību un ikdienas pašsajūtu.

”

“

Vairāk nekā 60% jauniešu ir gatavi mainīt savu uzturu uz videi draudzīgāku un ilgtspējīgāku.

”

“

Galvenie iemesli, kāpēc jaunieši nenodarbojas ar sportu ir laika trūkums, motivācijas un treniņu partneru neesamība.

”



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SURVEY NO 1. REPORT

Project details	
Project	Erasmus+ KA2 (2022), "Plant based nutrition and sports. Is that a key for a sustainable future and well-being?"
Project No.	2021-2-LV01-KA210-SCH-000049347
Lead partner	Ventspils Vocational Technical School (Latvia)
Partners	Sports Institute of Barcelona (Spain)
	Alfa-college (Netherlands)
Survey details	
Survey topics	Nutrition, Sports, Well-being
Respondent count	1206 (Latvia - 423; Spain - 366; Netherlands - 416)
Surveying period	From September 20th until October 25th, 2022
Development of report	From November 9 th , 2022 until January 10th, 2023
Topics & Partners	
Nutrition	Ventspils Vocational Technical School (Latvia)
Sports	Institute of Barcelona (Spain)
Well-being	Alfa-college (Netherlands)
Conclusions	
1. Most of the students (around 80%) acknowledge that nutrition has an impact on their well-being and every day feeling.	

DIGITĀLĀ ROKASGRĀMATA



4 WEEK PLAN FOR HEALTHY & SUSTAINABLE LIFESTYLE



DAY 1

MEALS

Meal recipes and photos provided by https://www.pinterest.com/

BREAKFAST. OAT PORRIDGE WITH CARAMELIZED BANANAS

INGREDIENTS
100 g of whole grain oatmeal
400 ml plant milk of your choice
1 Tbsp. of coconut oil
2 Tbsp. of maple syrup
2 bananas
2 Tbsp. of almond butter
Blueberries

PREPARATION
Boil milk in a pot.
Add oatmeal. Cook on low heat for 15 mins.
Leave to simmer under the lid.
Heat the pan, melt the coconut oil.
Fry bananas cut lengthwise, pour syrup over them and let them caramelize. When one side is ready, turn the bananas to the other side.
Porridge is served with caramelized bananas, almond butter and blueberries.

LUNCH. BEET GRUBOTTO

INGREDIENTS (2 PORTIONS)
400 g of fresh, peeled beets
150 g of pearl quinoa
1 onion
1/2 tsp. of thyme
1 tsp. of nutmeg
1 Tbsp. of Santa Maria Pesto Spices
500 ml beets (~ 200 ml + 300 ml)

PREPARATION
Grate the beets on a fine grater. Chop the onion.
In a pan, fry the onion in oil until it remains transparent. Then add the grated beets and fry for another two minutes.
Meanwhile, grill all the spices in a pan. You can skip this step, but it will make the food more enjoyable.
Add the quinoa and spices (beet) to cold water, etc.
Pour 500 ml of water, cover and let it simmer on medium heat. After that, simmer until the quinoa is ready and if necessary, add additional water to prevent the quinoa from burning 200 ml after ~ 15 min and 100 ml after another 5 min. At the end, let it simmer for another ~ 5 min.
Remove from heat, leave to infuse for another 5-10 minutes. Serve.

DINNER. CRISPY TOFU

INGREDIENTS (2 PORTIONS)
100 g of tofu (regular or with flavor of your choice)
1 Tbsp. of oil

PREPARATION
Dry the tofu by wrapping it in a paper towel or a clean kitchen towel and gently squeezing it in your hands.
Soak the tofu into pieces - first in half, then each side in half again and so 2-3 more times, until you get pieces of tofu about 1-2 cm in size.
Heat 1 Tbsp. of oil in a pan, and add the tofu pieces. Bake ~ 5 min, stirring occasionally until the pieces are golden brown on all sides. If necessary, add another 1 Tbsp. of oil.
When the tofu pieces have become golden, remove the pan from the stove and add the soy sauce. Stir continuously until the sauce is absorbed. The crispy tofu is ready! Serve with optional side-dishes such as peas and salad.

EXERCISES

Arms in width of shoulders. Keep body tight and straight. **2 x 10**

Feet in width of shoulders or a little wider. When doing a squat, knees move in the same in the direction as fingertips. **2 x 10**

Keep the body straight and in one level. **2 x 10**

The weight should be put through heels, when in top hold for 1 second. **2 x 10**

Controlled movement. **2 x 10**

Hold the body tight and in one level. Legs in width of shoulders or a little wider. Do not move legs. **2 x 10 each arm**

Full amplitude, controlled movement. **2 x 10**

Upper legs fingertips pointed upwards. Movement is slow and controlled. **2 x 10**

DAY 28

MEALS

Meal recipes and photos provided by https://www.pinterest.com/

BREAKFAST. BANANA PANCAKES

INGREDIENTS (8-12 PCS.)
1 medium banana (~80 g)
160 ml plant milk
1 tsp. vanilla sugar for sweetness (optional)

PREPARATION
90 g oat flour
1 tsp. baking powder
Cinnamon (optional)
Put the banana in a bowl, squeeze it wet with a fork.
Add the rest of the ingredients + flour, baking powder, vegetable milk. Mix everything thoroughly. It's okay if there are still pieces of banana in the dough - it will be delicious when eaten!
Bake on a preheated pan.
Eat as is or with blended or fresh berries, jam, nut butter.

LUNCH. HEALTHY SALAD BOWL WITH NATURLI FALAFEL

INGREDIENTS
Favorite salad
Steamed beets
Cooked quinoa
Cucumber, tomatoes
Red onion, avocado

PREPARATION
Hummus
Naturli falafel pieces
Oil for frying
Sprouts (optional)
Pomegranate seeds (optional)
Grate beets, cut cucumber, tomatoes, onion and avocado.
Prepare the falafel following the instructions on the package.
Put all the ingredients in a bowl and sprinkle with pomegranate seeds.

DINNER. SPLIT PEA PANCAKES

INGREDIENTS
500 g split peas
100 g of bread crumbs
1 clove of garlic
1 1/2 Tbsp. soy sauces
Bunch of parsley or ~ 75 g
2 Tbsp. Turkish pea flour
1 Tbsp. tomato sauces
2 Tbsp. olive oil
2 Tbsp. curry
2 tsp. salt

PREPARATION
Soak split peas in cold water for 4 hours.
The soaked peas are thoroughly rinsed and boiled in cold water at a high temperature.
When the water boils, reduce the temperature to medium and skim the foam, if any. Leave the peas to boil until they are ready (~ 30 mins).
When the peas are cooked, drain them and set them aside.
Heat a little olive oil in a pan and fry finely chopped onion and garlic at a low temperature, at the very end add 1 tsp. soy sauce.
Place half of the split peas in a food processor along with the fried onions and garlic, parsley, remaining soy sauce, olive oil, tomato sauce, salt and curry. Grind until a mass of homogeneous consistency is obtained.
Put the resulting mass in a large bowl, add the remaining peas, Turkish pea flour, breadcrumbs and mix thoroughly.
Put the score mass in the freezer for 15 minutes.
Heat the oven to 200 °C, put baking paper in the pan. Form small scones (~ 5 cm in diameter and 1 cm thick), place on baking paper. Brush the scones with olive oil or coconut oil.
The scones are baked for ~ 10 min, then they are turned upside down and coated with oil again. Bake for another 10 minutes, take out of the oven and eat.

EXERCISES

Arms in width of shoulders. Keep body tight and straight. **3 x 20**

Feet in width of shoulders or a little wider. When doing a squat, knees move in the same in the direction as fingertips. **3 x 20**

Keep the body straight and in one level. **3 x 60s**

The weight should be put through heels, when in top hold for 1 second. **3 x 20**

Controlled movement. **3 x 20**

Hold the body tight and in one level. Legs in width of shoulders or a little wider. Do not move legs. **3 x 15 each arm**

Full amplitude, controlled movement. **3 x 20**

Upper legs fingertips pointed upwards. Movement is slow and controlled. **3 x 10**



KUR MEKLĒT REZULTĀTUS?



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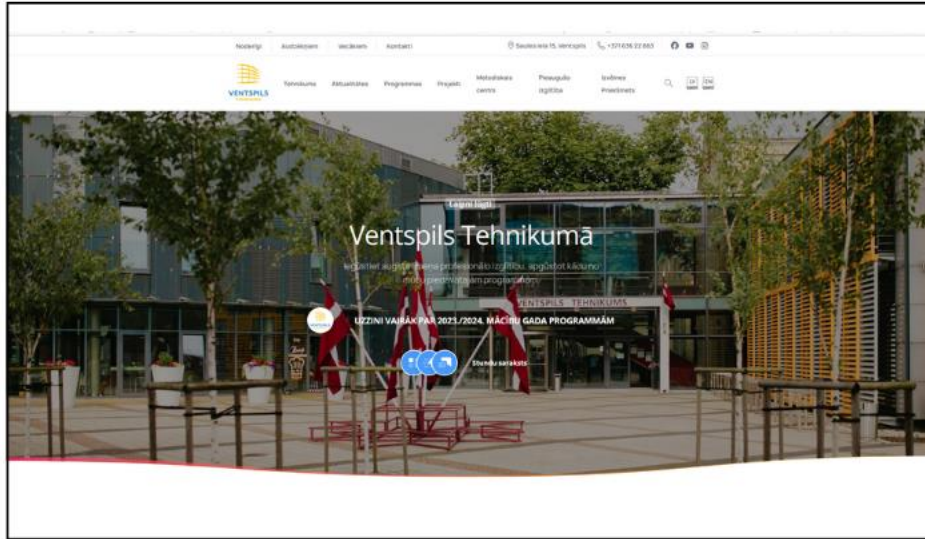
Alfa-college

PLANT BASED NUTRITION AND
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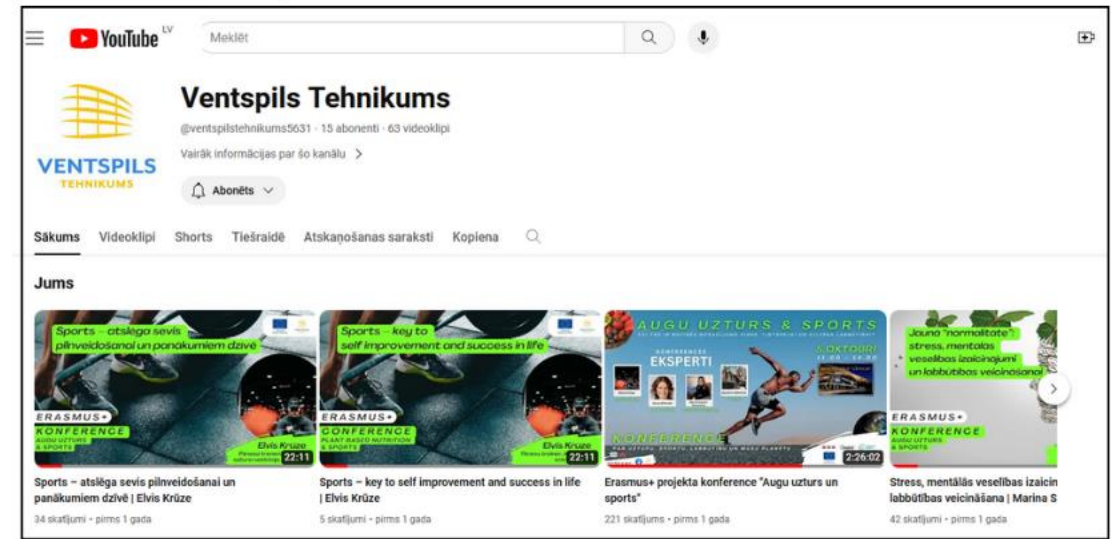


PROJEKTA REZULTĀTI

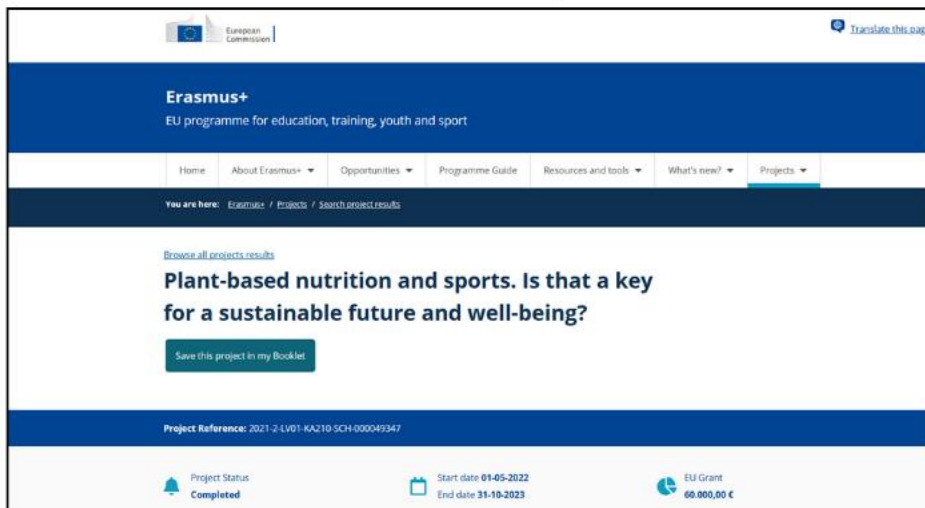
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-  **DIGITĀLAIS BUKLETS**
-  **KONFERENCES VIDEO IERAKSTS**
-  **PĒTĪJUMA REZULTĀTI**
-  **PUBLIKĀCIJAS PAR MOBILITĀTĒM**





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ERASMUS+ KA2 PROJEKTS



ELVIS BINDERS-ČODERS, 14.12.2023 (RĪGA)



AUTOCOVE 2.0

Automotive Engineering Education



Greening Europe





Auto-Cove 2.0 konsorcija mērķis ir uzlabot Eiropas profesionālās izglītības un apmācību ekosistēmu, lai tā atbilstu atjaunīgo resursu transportlīdzekļu nozares pieprasījumam.



AUTOCOVE 2.0
Automotive Engineering Education

+  

Greening Europe



by 2035 zero CO2 emissions in transport market



ECOCITY



GREENING EUROPE

Welcome to the digital home of Auto CoVE 2.0 project!

1 WWW.AUTO COVE.EU



News

01 DEC **AUTOCOVE 2.0**
Newsletter 1
[Image of newsletter cover with 'GREENING EUROPE' text]

3 **GENERAL, NEWSLETTERS**
Newsletter 1
AUTO COVE 2.0 NEWSLETTER NO.1 Project kick-off and 1st Transnational Meeting in Finland On Sep...
[CONTINUE READING](#)

- NEWS CATEGORIES**
- General
 - Project start

- NEWS BY TAGS**
- Newsletters

21 SEP **AUTOCOVE 2.0**
Greening Europe
[Image of project kick-off meeting]

GENERAL, PROJECT START
Project kick-off in Finland
Kick-off of the Face-to-Face meetings! Erasmus+ project Auto Cove 2.0 consortium Steering Commit...
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