



**i-Learn
4 Health**

Newsletter
February, 2025

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PROJECT NO: 2021-1-EL01-KA220-SCH-000034496

Welcome

to the Final iLearn4Health Newsletter!



As we reach the conclusion of the iLearn4Health project, we are excited to share the latest updates and key achievements from the past five months. Since our last newsletter, the project has made significant progress including the piloting phase of the Online Training Program and the Digital Educational Games, the successful completion of Multiplier Events across partner countries, and the dissemination of scientific publications showcasing our work.

In this edition, we highlight the impact of our digital tools in classrooms, the valuable feedback from educators and students, and the final steps towards ensuring the sustainability of the project's results. We extend our gratitude to all partners, teachers, and stakeholders who have contributed to this journey, helping us promote health education through innovative, game-based learning approaches.

Enjoy reading & thank you

for being part of the iLearn4Health community!

Explore the Project's Open-Access Deliverables

We are proud to share iLearn4Health key deliverables, now freely accessible on the project's website. These innovative tools are designed to enhance health education through Digital Game-Based Learning (DGBL), supporting both students and educators in making learning more engaging and impactful.

**Electronic
Diagnostic
Tool**



**Digital
Educational
Games**



**Online
Training
Program
for Teachers**



Access the resources here:
<https://ilearn4health.eu/results/>

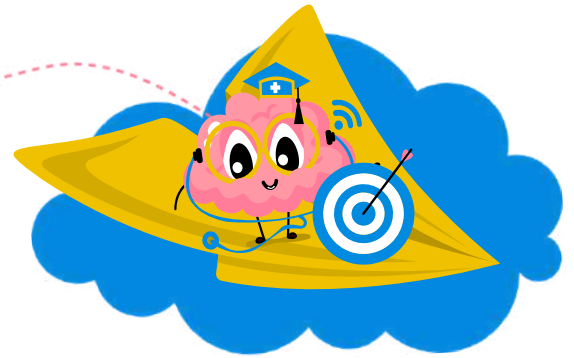


Piloting Phase

Over the past months, the iLearn4Health digital educational games and online training program were piloted across all partner countries, engaging teachers and students in real classroom settings. Educators explored the integration of Digital Game-Based Learning (DGBL) in health education, while students actively participated in game-based activities designed to enhance critical thinking and healthy habits. In this section, we present the piloting experiences and key insights from each country.

Cyprus

A student research group in Ayia Napa Primary school in Cyprus piloted the Digital Games of iLearn4Health project. The aim was to explore balanced nutrition, the benefits of physical activity and gain essential knowledge about their bodies and relationships in a safe and engaging way. Additionally, the games aimed at encouraging critical thinking about gender norms and social biases, fostering inclusivity and self-awareness.



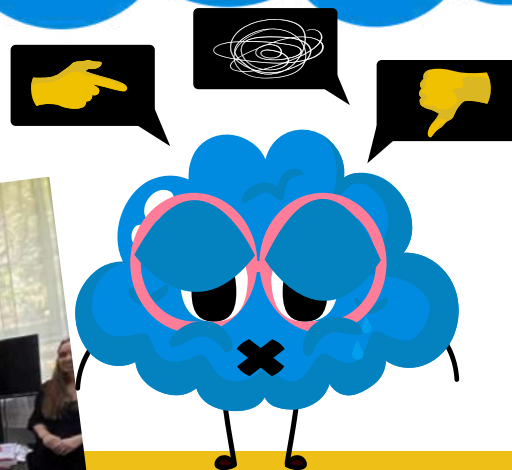
The games were piloted with a total number of 49 students in five different age groups:

- 7 years old: 15 students piloted the games on Healthy Eating Habits and Be Active
- 9 years old: 8 students piloted the games on Stereotypes and Accidents
- 10 years old: 17 students piloted the games on Stereotypes and Accidents
- 11 years old: 6 students piloted the games on Internet Addiction
- 12 years old: 3 students piloted the games on Internet Addiction

By integrating play with learning, the project overall aimed to enhance children's health literacy while making education more interactive and enjoyable.



Romania



The piloting phase of the iLearn4Health educational games in Romania was conducted through two approaches: independent testing, where 23 students played the games from home, and classroom testing, where 372 students participated using iPads and tablets under teacher supervision.

The games most played were "Accidents" and "Stereotypes", particularly among 8-10-year-olds, as they helped develop critical thinking skills and fostered engaging classroom discussions. For students aged 11-12, the most accessed topic was Internet safety, which successfully raised awareness on responsible online behavior and self-protection. Feedback from teachers highlighted increased student engagement and improved understanding of complex concepts through game-based learning.

Spain

The pilot of the iLearn4Health project at Centro San Viator has been a resounding success, with an extremely positive response from both teachers and students. The educators' training will enable them to effectively integrate innovative tools, such as digital games, into the classroom, demonstrating how these can be valuable resources for teaching well-being and healthy habits in a playful and accessible way.

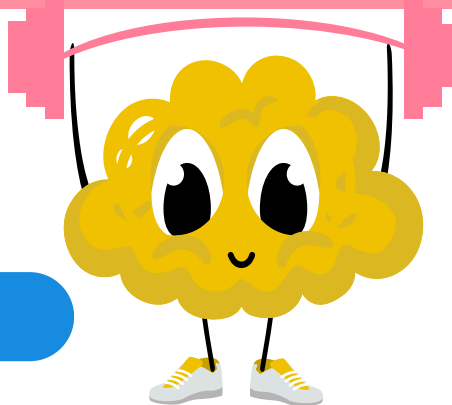
As for the students, their participation in the games designed to address key topics such as healthy eating, accident prevention, and sexual health was highly enthusiastic. The children showed great interest in learning through these interactive platforms, which highlighted the potential of digital games to engage young people in health topics in a dynamic and fun way. This pilot has emphasized the effectiveness of combining online teacher training with digital tools, enhancing students' understanding and application of health concepts, marking an important step toward educational innovation in the field of health.



Greece

The piloting phase in Greece took place from December 20, 2024, to February 14, 2025, engaging teachers in the iLearn4Health online training program and digital educational games. Teachers completed the training program and gave very positive feedback on the content, finding the topics both informative and engaging. The most popular modules for classroom implementation were those of diet, active living, and internet addiction.

Following the training, teachers tested the digital educational games, first exploring them independently and then introducing them to their students in the classroom. Students from all age groups (6-12 years old) participated in the testing, with the majority being 8-9 years old. They showed great enthusiasm and the feedback was overwhelmingly positive. They found the games easy to navigate and highly engaging, reinforcing key health education concepts in an interactive way.



Poland

Between January and February 2025, a pilot test of the iLearn4Health project was conducted in Poland in two schools from the region. Teachers first tested the training program independently, following provided instructions. They then explored the digital games asynchronously. Two teachers introduced the games in the classroom. During these lessons, these teachers presented the game topics, explained the objectives and facilitated student participation. The feedback was positive - teachers appreciated the structured guidance and the certification for completing the training, while students engaged enthusiastically with the games.



Multiplier Events

To maximize the impact of iLearn4Health, partners organized Multiplier Events and dissemination activities in their respective countries. These events brought together teachers, education professionals, and policymakers, fostering discussions on the importance of gamification in health education. Here, we highlight the successful events held across Europe, showcasing the enthusiasm and engagement of participants in adopting innovative teaching approaches.

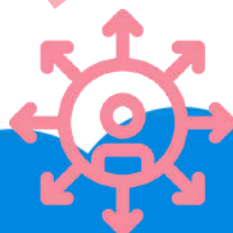
Greece

Two Multiplier Events were held in Greece, by the Hygiene Laboratory of the University of Patras, highlighting the power of digital educational tools in enhancing the learning experience.

The first event, titled "Health education in primary schools through gamification" took place on December 5, 2024. More than 30 children of various ages explored the iLearn4Health educational games and interacted with the robotic voice assistant, Pepper. The event highlighted the connection between education and technology. Both the young participants and the 38 adult attendees were highly engaged, demonstrating how educational games make learning more interactive and enjoyable while fostering the development of healthy habits from an early age.



On February 8, 2025, the second event focused on health promotion in schools through gamification and digital tools. Participants attended presentations by academics and experts, discussing key topics such as childhood obesity, active lifestyles, mental health and a presentation of the project's results. The event provided an opportunity for teachers, researchers, professionals to exchange ideas and best practices, supporting the integration of innovative teaching methods. The positive feedback from participants confirmed the importance of organizing similar initiatives in the future to further promote health education in schools.



Cyprus

On the 17th of February 2025, the Cypriot partner CENTRE FOR COMPETENCE DEVELOPMENT CYPRUS (COMCY) organized and hosted a successful dissemination event for our project, which was held in Nicosia, gathering more than 35 teachers, educators, and stakeholders from across the educational sector.

The event provided a great opportunity to present the project's goals, activities, and key results, including the development of innovative educational tools and resources designed to promote health literacy and well-being among students through game-based learning. Participants were introduced to the educational games and materials produced during the project, and engaged in interactive discussions on how these tools can be integrated into classroom practice to enhance health education. Moreover, the event served as a platform for active dialogue, where attendees had the chance to share their own experiences, feedback, and recommendations on the applicability and relevance of the iLearn4Health outcomes in different educational contexts. Special attention was given to exploring ways to sustain and expand the use of these resources beyond the project's lifetime, ensuring a lasting impact on schools and the wider educational community.



The input and suggestions provided by the educators will be instrumental in shaping the next steps for dissemination, exploitation, and sustainability of the project's innovative outputs.

Romania



On February 18, 2025, the iLearn4Health multiplier event in Bucharest brought together 53 educators, NGO experts, and school managers to explore the use of digital tools in health education. Hosted at the Federation of Free Trade Unions in Education (FSLI) headquarters, the event featured Sorin ION, State Secretary in the Ministry of Education, who emphasized the government's commitment to integrating digital educational games into schools. Participants discussed the impact of digital learning, the Electronic Diagnostic Tool, and online teacher training in improving health education for primary school students. Teachers who piloted the games and training shared positive experiences, reinforcing the project's potential to enhance student engagement, health literacy, and overall well-being.

Poland

On the 11th of February 2025, the multiplier event in Poland, organized by OIC POLAND Foundation of WSEI University, took the form of a conference for educators, school specialists, and psychologists. Focused on student health - particularly children's mental well-being - the event provided practical strategies for teachers and parents to foster a supportive environment. Experts shared insights on psychological well-being, while the conference also highlighted the iLearn4Health project and its results, which enhances health education through digital games. With 84 participants, the event was a great success, fostering networking and collaboration in the education sector.



Spain

The iLearn4Health multiplier event at Centro San Viator on February 24, 2025, successfully brought together educators, experts, and members of the educational community to explore health education through digital game-based learning. The event featured a keynote speech by Eurne Ruiz, who emphasized the benefits and strategies of game-based learning in early childhood education, sparking lively discussions among participants.



A key highlight was the "Creation of an Educational Game" activity, where attendees engaged in hands-on learning, fostering creativity and collaboration. The event concluded with a strong emphasis on the importance of integrating digital tools in education, leaving a lasting impact on participants.

The high level of engagement, including spontaneous participation from unregistered attendees, demonstrated the growing interest in innovative teaching methodologies. Overall, the event was a great success, reinforcing the significance of iLearn4Health's mission in transforming health education.

Partners



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