

Report for Healthy Wave Mentor visit Floreşti & Baciu

Project: Healthy Wave (Implementing Healthy Meal for all)

Dates: 19-20 May 2025

Location: Floreşti & Baciu

Day 1: 'Let's meet the stakeholders'

Date: May 19, 2025 **Location:** Floreşti town hall, 1st floor (Avram Iancu 170, Floreşti) **Target group:** Healthy Wave consortium and stakeholders **Actual number of participants:** 15

Summary:

The day started with a word of welcome by GAL and the participants were introduced. All participants mentioned their name, their role and why they were present. After the welcome and introduction, Almada gave a presentation about the way they organise their school lunch as a mentor partner. The aim of this was to inspire the stakeholders from the mentee partner and give them the opportunity to ask questions. Stakeholders were impressed by the organisation of school lunches in Almada. This would set the tone for the rest of the visit.

After this it was time for GAL to present their action plan. They presented their plan to implement a course at the school about healthy lifestyle and healthy nutrition. The nutritionist who designed the course presented how she developed the course.

After the presentations it was time to work on the action plan together with the stakeholders. The workshop was facilitated by the researchers from the EMC. The goal was to collect feedback, input and insights from the stakeholders on the different goals and actions in the action plan. The group was divided in two and each group was responsible for one goal. After the session in smaller groups, there was time for a plenary discussion. The feedback on the goals would be used in the workshop on the second day to finalise the action plan.

Then it was time for lunch at a restaurant where the group was treated with traditional Romanian dishes. In the afternoon, various cultural activities were planned to learn more about Romanian culture and the context in which the action plan would be implemented. After a reflection on the first day and Q&A session it was time for dinner and this concluded a successful first day of the mentor visit.

Key activities:

- Welcome and introduction
- Presentation of best practice and action plan
- Workshop with local stakeholders
- Cultural site visits

Dinner: The participants gathered for a project dinner at Armonia, facilitating informal networking and discussions.



Day 2: Field Visit

Date: May 20, 2025 **Location:** Baciu school **Target group:** Healthy Wave consortium **Actual number of participants:** 15

Summary:

The day started with a site visit to the school where the action plan would be implemented. The participants got a tour through the school by the principal. We could join an English lesson where the children gave presentations about healthy food. Thereafter, we visited a kindergarten to see their cantina where the children have their lunch. This kindergarten was fairly new and therefore had facilities to provide a lunch unlike the school which was older and did not have such facilities. Visiting the school and kindergarten gave the participants a good idea about the current status of offering school lunches and where the region wants to go.

After lunch, it was time to discuss the lessons that were learned and to give a summary of the past days. Then there was another workshop in which the action plan of GAL was being finalised. The group was split up in two groups, one with the mentee and one with the mentor and facilitator. The mentee got the chance to incorporate the findings during the study visits and the changes that were necessary in their action plan. The mentor and facilitators gave advice on improving the action plan, but also gave tips and tricks for the upcoming implementation phase. At the end, both groups had a discussion on the outcomes. Then it was time for the last cultural activity and project dinner before the mentor visit would officially come to an end.

Key activities:

- Site visit to the school and kindergarten
- Workshop on finalizing the action plan

Dinner:

The participants gathered for a project dinner at Tamás Bistro (Săvădisla), facilitating informal networking and discussions

Conclusions:

The Healthy Wave study visit to Floreşti & Baciu was successful in improving the action plan and providing clear vision of where the area wants to go in the coming years to facilitate healthy school meals. The event was well organised with a great mix of engaging sessions and interesting visits. It provided a solid foundation for the upcoming implementation of the action plan.

