

Pharmacy Students Against Obesity

Zagreb, Croatia, 17th – 24th November 2010

How was the idea of organizing this Quatrino born? Well, the idea of organizing a Twinnet Programme was in our minds for some time and when we were presented the Youth in Action grant we decided not to miss that chance. This was the first big project of CPSA's new Executive Board. With the full collaboration of the ex-Executive Board, we proposed a programme for our exchange and got the grant. Using all means possible, LS group and personal contacts, we found our partners for this event: Lithuania, Malta and Turkey.



November 17

After months of preparation, the first day of our project arrived. Through the whole day our guests were arriving to Zagreb. After dinner, we all had a small meeting, where we discussed our plans for next few days and used the opportunity to get to know people that were going to spend the next amazing six days with.

November 18 and 19

These 2 days were dedicated to workshops about food supplements, consequences of different diets, body activity and impacts from different diets. All of these workshops were held by members from different countries. We discussed about food habits

in our countries and came to the conclusion that the food we eat doesn't match our physical activities. We also had short presentations about each country, where we presented natural beauties, customs and food. The evenings were a chance for our guests to enjoy Zagreb's nightlife, shopping and ice-skating.

November 20

Saturday was reserved for our trip to a Croatian National Park, the Plitvice Lakes. We spent all day sightseeing, enjoying beautiful waterfalls, lakes and nature in its purest form. At the end of our walking tour we had a small workshop on the amount of calories burned during our tour and made some posters about the nutritional information in different food. We came back to Zagreb in the afternoon and used the rest of the day to sightsee Zagreb and hang out with our new friends in a private atmosphere.



November 21

Sunday morning we went to a local school gym where we played basketball, volleyball, badminton, etc. The goal of this part of our programme was to show that physical activities can be very fun, which our guests later confirmed. Since we spent whole Saturday walking and Sunday morning in different sport activities we decided to spend a Sunday evening in a more relaxed tone.

We prepared ourselves for the obligations yet to come. We distributed a questionnaire about eating habits and we made a brochure that was given to Zagreb's citizens. The main purpose of the questionnaire was to see how eating habits change during student life. The brochure contained all the knowledge that we gathered in the prior days about obesity, unhealthy food, genuine lack of physical activities and we also offered solutions to these problems.

November 22

On Monday we went to Zagreb's Student Center and asked students questions from the questionnaire, gave them our brochures, measured their body mass index and fat percentage and explained them the importance of a healthy and balanced diet. The Croatian National Television crew also came there and made a feature for their programme about our Quatrino. We spent the rest of the day making a video for the kids in kindergarten about the importance of a healthy diet and analyzing the student's responses to our questionnaire. In the evening we organized a search for planet's models that make an artistic installation called "Zagreb's solar system" spread in different parts of Zagreb and after that our guests from Malta made us a fantastic dinner.



November 23

On the last day we finished the video for children and gave a presentation to high school students on how their eating habits will probably change when admitted in university. We also gave them some advice about how to prevent that. In the evening we organized an International Night. Every country brought food and drinks that are characteristic for their homeland and

we spent part of the night tasting everything. We spent the other part partying at a night club and using the last moments to enjoy ourselves with our new friends.

November 24

The last day of our project, the 24th of November, came quickly, we said goodbye to our new friends and thanked them for this great experience. We hope to see them again!



As the organizers of Twinnet Program, we feel very happy for the success of this event and would recommend to every association to undertake a mobility project: it surely is a unique way to meet fellow students, learn and have fun. We are eagerly waiting for our partners to call us to their countries so we can continue this amazing project!

Jelena Banjac

LS for CPSA (Croatian Pharmacy and Medical biochemistry Students' Association) 2010/2011