**During the meeting in Norway, matters of Health problems related to excessive Internet use;**

1. Physical problems (headache, back problems, eyes problems etc.)

2. Mental issues (isolation, depression, concentration etc.)

3. Sleeping problems

4. Eating and exercising issues

**The program is shown in this link:** [**http://www.sifaplus.eu/en/item/10-2nd-short-term-exchanges-of-groups-of-pupils**](http://www.sifaplus.eu/en/item/10-2nd-short-term-exchanges-of-groups-of-pupils)

**More details are shown in the extra file.**

**The following products were produced during the meeting:**

Videos made by each of the four groups of students

Sleeping disorder:

[**http://www.sifaplus.eu/en/health/results/item/225-sleeping-disorder**](http://www.sifaplus.eu/en/health/results/item/225-sleeping-disorder)

Depression/social isolation:

[**http://www.sifaplus.eu/en/health/results/item/222-movie-from-group-number-3**](http://www.sifaplus.eu/en/health/results/item/222-movie-from-group-number-3)

Eating and exercising issues:

[**http://www.sifaplus.eu/en/health/results/item/221-movie-on-internet-addiction**](http://www.sifaplus.eu/en/health/results/item/221-movie-on-internet-addiction)

Physical problems:

[**http://www.sifaplus.eu/en/health/results/item/137-sifa-physical-problems**](http://www.sifaplus.eu/en/health/results/item/137-sifa-physical-problems)

**Extra File:**

**Information and proof of activities from Progress Report file of Norway**

|  |  |  |  |
| --- | --- | --- | --- |
| C3 C4  **Norway** | Sunday 8- Saturday 14 February 2015 | **Second pupil exchange in Norway:**  Matters concerning health:  Internet addictions create both physical as well as mental issues  ·          Social Isolation  ·          related to lack of sleep problems  ·          mood disorders  ·          insomnia  ·          Depression  ·          learning problems  ·          Obesity  Activities such as:  - Presentations of students and teachers participating in the meeting  - Statistics concerning the matters of the meeting presented by partners  - Discussion comparing the phenomena in the countries of the project  - Discussion concerning policies that could help reduce the problems encountered  - Searching for solutions to reduce the problems (workshop)  - Making decisions about activities following-up the meeting (workshop to prepare material)  - Making decisions about results of the meetings and material posted on the SIFA site  - Activities in order to know the culture of the country where the meeting is held  - Assessment of meeting (questionnaires) | |
| C3 C4  Norway | 8th - 14th February 2015 | Teachers and other staff involved during the week in Norway:  Tone Hadler-Olsen, Mona Stigen Heggeland, Lisbeth Holst, Stig Thomas Boge, Johan Henrik Lassen, Audhild Tveiterås, Randi Øvreeide, Kjellaug Bartz-Johannesen, Olav Tveiten, Anne-Marie Ytredal  Students involved during the week in Norway:  Malene Kristin Hetleflåt, Kamilla Lindborg, Anita Andal Særvold, Stine Marie Bogevik Rønnestad, Thomas Dale, Gjøa Øvredal, Mariell Hagevik, Eirik Tysseland, Lars Ulvar Auganes, Dorte Holen, Nina Hadler-Olsen, Christina Forstønen Bruarøy, Hans Christian Espelund | |
| C3 C4  Norway | 11th February 2015 | Media coverage of the visit in Norway about the project and the Safer Internet Day we had during the week in Norway. | <http://www.midtsiden.no/eit-tryggare-internett> |
| C3 C4  Norway | 9th February 2015 | Monday in Norway students got to do activities to get to know each other and the Headmaster of Os vgs welcomed the visitors. | <http://www.sifaplus.eu/en/health/activities/item/162-get-to-know-activities> |
| C3 C4  Norway | 9th February 2015 | Presentation of results from special questionnaire for Norway by Athina (Greece) for all the participants. | <http://www.sifaplus.eu/en/health/activities/item/165-presentation-of-results-from-the-special-questionnnaire-for-norway> |
| C3 C4  Norway | 9th February 2015 | We had a visit from Ståle Pallesen, a professor from the University of Bergen, who had a lecture about addiction and health problems related to this. | <http://www.sifaplus.eu/en/health/activities/item/168-lecture-by-prof-stale-pallesen>  <http://www.sifaplus.eu/en/health/activities/item/230-dr-stale-pallesen> |
| C3 C4  Norway | 9th February 2015 | Monday afternoon the students watched a film to the topic and ate pizza, while the teachers had a lecture about local building and then a dinner. | <http://www.sifaplus.eu/en/health/activities/item/207-monday-afternoon> |
| C3 C4  Norway | 10th February 2015 | Tuesday was Safer Internet Day and we had a gathering about this in our cafeteria with some of the school’s students. | <http://www.sifaplus.eu/en/health/activities/item/173-safer-internet-day> |
| C3 C4  Norway | 9th -13th February 2015 | During the week the students worked in groups to make films about their topic. At the end of the week they presented their topic and film. During some of this time the teachers met to discuss and make decisions about the project. | <http://www.sifaplus.eu/en/health/activities/item/171-workshops>  <http://www.sifaplus.eu/en/health/results/item/225-sleeping-disorder>  <http://www.sifaplus.eu/en/health/results/item/222-movie-from-group-number-3>  <http://www.sifaplus.eu/en/health/results/item/221-movie-on-internet-addiction>  <http://www.sifaplus.eu/en/health/results/item/137-sifa-physical-problems> |
| C3 C4  Norway | 10th February 2015 | Some of the teachers and students went on a mountain hike. | <http://www.sifaplus.eu/en/health/activities/item/234-mountain-hike> |
| C3 C4  Norway | 11th  February 2015 | The teachers and students spent the day in Bergen city with tour of the city and school and museum visits. | <http://www.sifaplus.eu/en/health/activities/item/242-bergen-city> |
| C4  Norway | 12th February 2015 | Thursday the teachers went on a regional meeting for eKoordinators - this is a person the schools in our region has and this person is responsible for making ICT work easier for teachers. | <http://www.sifaplus.eu/en/health/activities/item/243-meeting-with-ekoordinators> |
| C4  Norway | 12th February 2015 | Thursday the teachers went to Troldhaugen - the home of famous Norwegian composer Edvard Grieg. | <http://www.sifaplus.eu/en/health/activities/item/244-troldhaugen-and-er-an-diner> |
| C3 C4  Norway | 13th February 2015 | Friday everyone went Oseana, our community and art house, for lunch and a visit to the art gallery. After this we walked to Oselvarverkstedet and received a lecture about the Oselvar (traditional boat, the national boat of Norway) and we got to see the workshop where they had some boats. | <http://www.sifaplus.eu/en/health/activities/item/245-oseana-and-oselvarverkstedet> |
| C3 C4  Norway | 13th February 2015 | Students went to Bergen for dinner and a movie Friday night.  Teachers went to Tone’s house for dinner. | <http://www.sifaplus.eu/en/health/activities/item/246-friday-night-students-and-teachers> |

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Our SIFA project has officially ended. Yet, we relevant follow up activities will continue for at least two more years and especially dissemination activities for the results and products that have been created. We would like to thank all students, teachers, parents, organisations and scientists/guests that participated in some way and helped us during the project implementation.

The project is now under evaluation by the Greek National Agency and the products presented might be submitted to some change. Yet, meanwhile, we would like to present the Final Products of this 2 year collaboration, for which we are proud of and have been produced by all participants in SIFA. If they are submitted to changes, the current version will be updated by the revised versions.

Anybody can use the material produced during SIFA implementation, as long as they mention the Erasmus+ Project SIFA and that the products have been created by EU Erasmus+ funding.

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