

Our team:

- 35 teachers
- Most students
- IES Blas Infante
- Zakladní Skola Pacov
- Czech Republic

BRUSSELS WORKSHOP 23RD June 2018

ERASMUS+ KA219

IES Blas Infante. Córdoba. Spain. Inmaculada Gañán

SMART WELLNESS:

**HEALTHY YOUTH THROUGH DIGITAL TECHNOLOGY,
SCIENCE AND ENTREPRENEURIAL CULTURE**



What we are doing:

- Women in science and special diets
- Interactive **scientific women exhibition**, a smart tree and mock congress
- 10 **lectures**: Women with Science and glass ceiling
- App Local Restaurants** for different dietary needs
- Recipe book** for special diets
- A **cooking minienterprise** by special needs students



<http://www.smart-wellness.eu>

career. So, she had to study the growth of nerve fibres in chicken embryos in a hidden laboratory she had at home.

Achievements:

Her most important contribution was the discovery of the tools that the human body uses to control cellular growth and the construction of neural nets. The Nerve Growth Factor is used to repair nerves harm, skin wounds or corneas, accelerate recovery after surgery and cultivate cells for autotransplants for burns patients. Her work has helped to a better understanding of cancer, birth illnesses, Alzheimer and Parkinson.

Recognition/ awards:

Among many others, she got the Nobel Prize on Physiology or Medicine in 1986.



professionnels, où elle a voulu manifester que le talent n'est pas une question de genre. Avec Mussolini, les juifs sont privés de droits fondamentaux. Alors, elle va réaliser ses premières expériences sur la croissance de fibres nerveuses dans un laboratoire de fortune aménagé dans une chambre à son domicile de Turin.

Réussites:

L'apport le plus important a été la découverte des outils que le corps humain utilise pour diriger la croissance cellulaire et la construction de réseaux nerveux. Le facteur de croissance nerveuse est utilisé pour réparer les nerfs, les blessures cutanées ou les cornées, accélérer la récupération après la chirurgie et cultiver des cellules pour faire des autogreffes pour les personnes brûlées. Son travail a aidé à mieux comprendre le cancer, les maladies congénitales, l'Alzheimer ou le Parkinson.

Reconnaissances / Prix: Entre plusieurs autres:
1986: Prix Nobel Physiologie ou Médecine.

Marcos Conchón, Carmen León, Javier Castaño, Dario Sosa, 4º ESO D

Why we are different:

- Plurilingual school
- Czech partner
- Students exchange
- Feeding schools
- Special needs students

Contribution to our community:

- Interactive exhibition to be lent
- Our city will have an App
- Our school communities a recipe book with special dietary needs.
- Our special needs students offer balanced menus every Friday.



Raviolis de rabo de toro



Ingredientes:

- Un rabo de toro
- 5 hojas de raviolis
- Una cebolla
- Una zanahoria troceada
- Medio pimiento rojo y medio verde
- Media botella de vino tinto
- Laurel
- 20 ml tomate frito
- Harina
- Aceite oliva
- Sal

Instrucciones:

1. Trocearlo dejarlo en remojo con el vino tinto durante un día para que se marine bien. Después escurrir el rabo y enharinarlo bien.
2. Sofreír las verduras y reservar.
3. Freírlo en aceite de oliva. Mojar la preparación con el vino tinto y el tomate frito. Cocer a fuego lento hasta que la carne quede melosa y dejar reposar.
4. Desmigar la carne para hacer el relleno del ravioli.
5. Reducir el caldo y usarlo como salsa de los raviolis.
6. Poner agua a calentar y escaldar brevemente las hojas de los raviolis para que queden modelables pero sin pasarse para que no se deshagan al trabajarlas con la masa.
7. Rellenarlas con la carne guisada y salear con el fondo del guiso.



Idea Inteligente: Para los celíacos comerlo, hacerlo con pasta sin gluten y harina de maíz en lugar de harina de trigo





Facing problems and solutions. Recommendations.

- ▶ Our partner school has not the same technical skills. We have organised workshops and tutorials during exchange meetings.
- ▶ Inkscape, the software we have used for the banners, has been too difficult for younger students: cooperative teams and teachers monitoring.



Our Achievements:

- STEM Discovery Week
- Brussels 23rd Science Workshop
- Lectures at Teachers' centre computing programming
- Day of Europe by Europe Direct
- Our school innovation Projects Minicongress (FEI)
- Entrepreneurship Fair June 2018
- **Project support:** our school community including families and our school Exposcience, feeding schools, Local Government, Teachers' centre, Lecturers, Córdoba University, IMIBIC and CSIC (local, national and European science and research institutions)

