



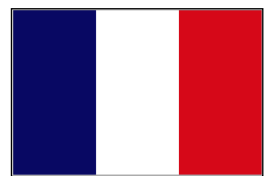
Erasmus+

MANY COUNTRIES ONE GOAL  
DEVELOPMENT THROUGH SPORT



Our bookelt of proverbs

Poland Turkey Spain France Italy



**ERASMUS +**  
**Cooperation for innovation and Exchange of good practices**

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## **WHAT IS A PROVERB?**

**PROVERB IS A SIMPLE AND CONCRETE SAYING THAT EXPRESSES A TRUTH BASED ON COMMON SENSE OR THE PARTICAL EXPERIENCE HUMANITY.**

**HERE SOME PROVERBS ABOUT HEALTH AND SPORT, THAT ARE WELL KNOW IN POLISH, FRENCH, ITALIAN AND SPANISH LANGUAGES**

# POLAND



I AM WHAT I EAT

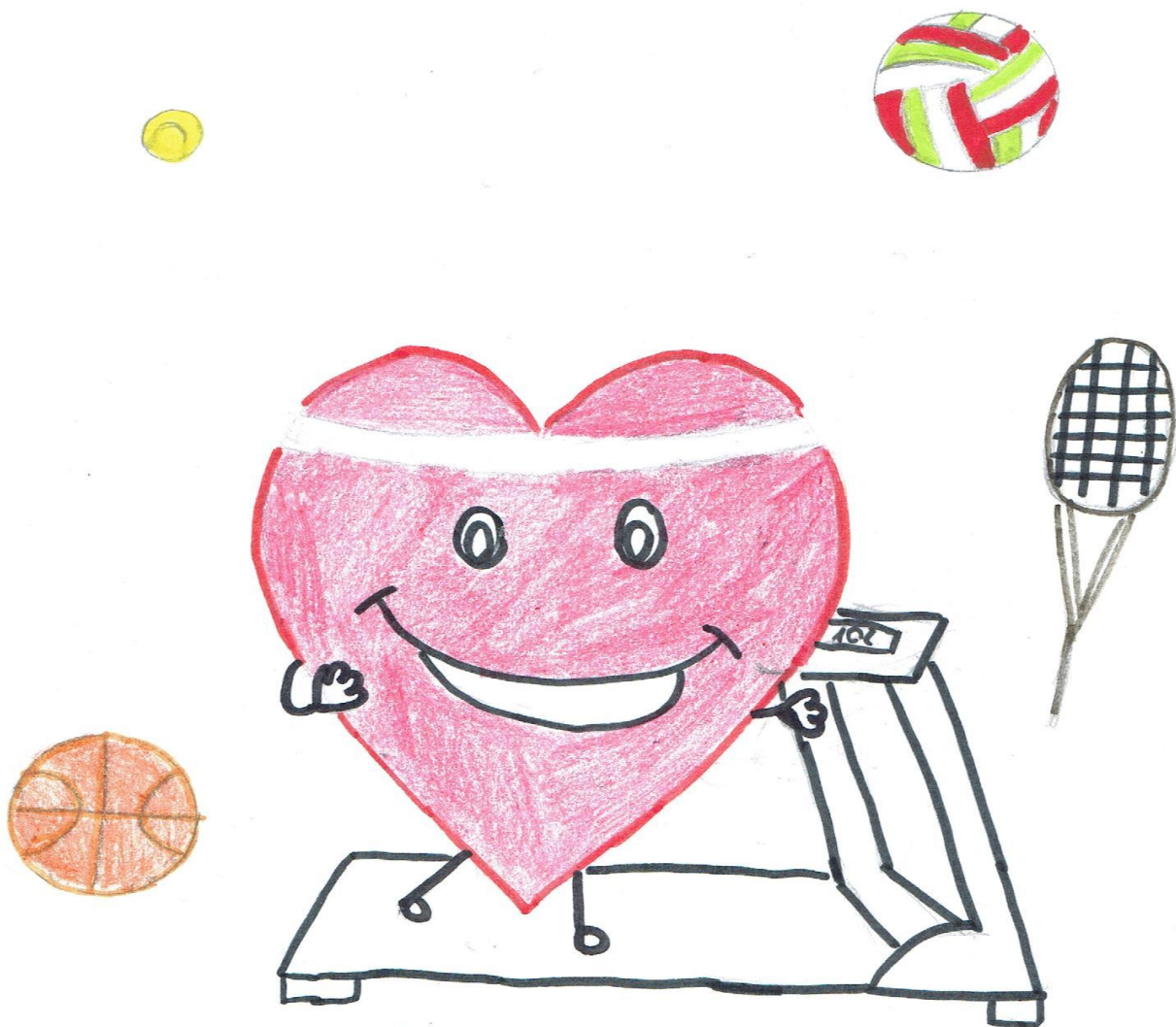


JESTEM TYM CO JEM

# POLAND



## SPORT IS HEALTH



## SPORT TO ZDROWIE

# POLAND



A sound mind in a sound body



W zdrowym ciele zdrowy duch

# TURKEY



**A GOOD LAUGH IS THE BEST MEDICINE**



**EN İYİ İLAÇ GÜZEL BİR GÜLÜŞTÜR**

# TURKEY



EAT TO LIVE, NOT LIVE TO EAT



YEMEK İÇİN DEĞİL,  
YAŞAMAK İÇİN YE.

# TURKEY



A SOUND MIND IN A SOUND BODY



SAĞLAM KAFA SAĞLAM  
VÜCUTTA BULUNUR



# SPAIN



***Doing sport gives you energy.  
Eating well helps you to grow***



***Hacer deporte te da energía.  
Comer sano te ayuda a crecer***

# SPAIN



***Sport is as important in your life  
as a good diet***

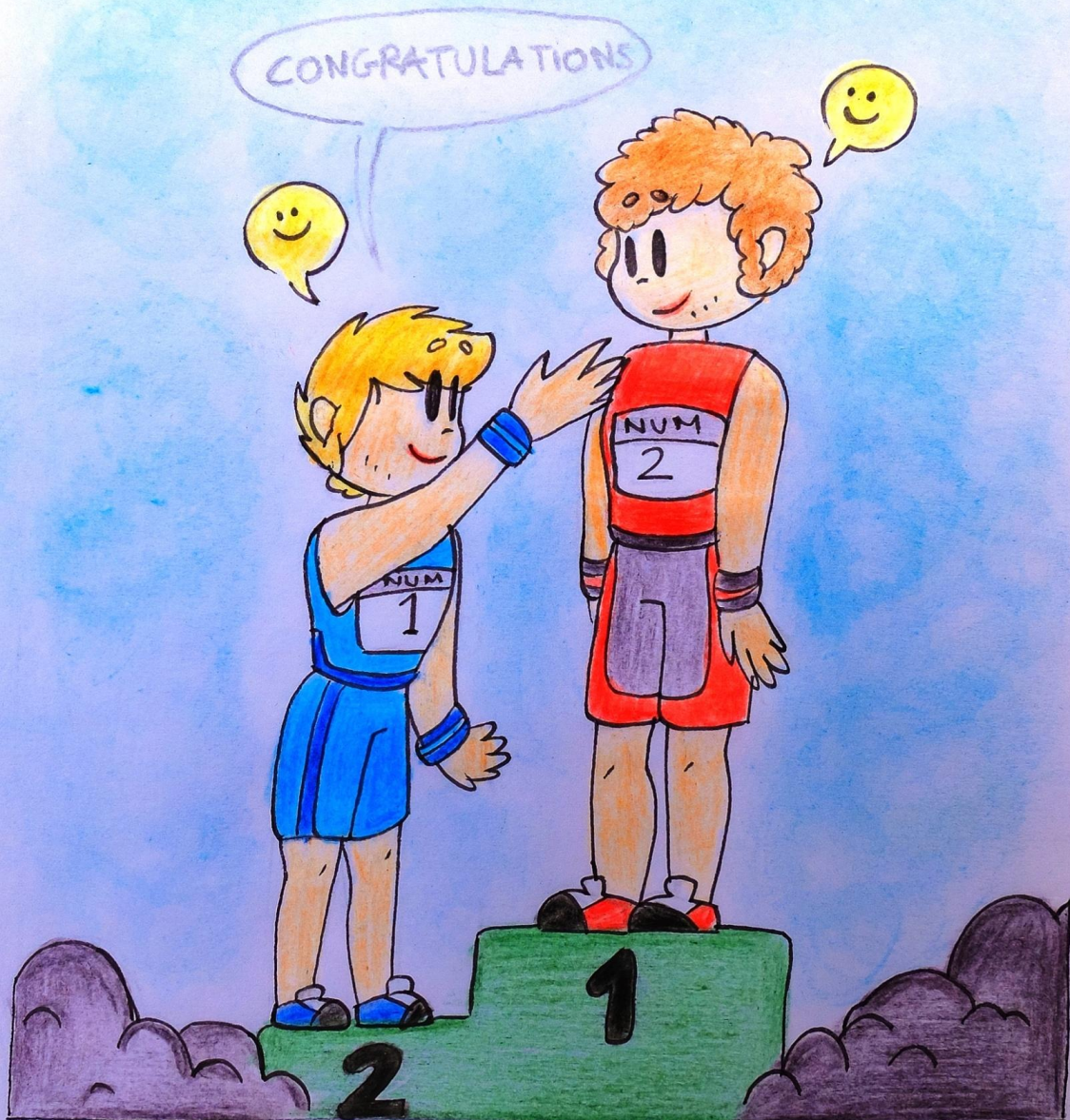


***El deporte es tan importante en tu vida  
como una buena dieta***

# SPAIN



***Good sportspeople show themselves in the game  
when they win and especially when they lose***

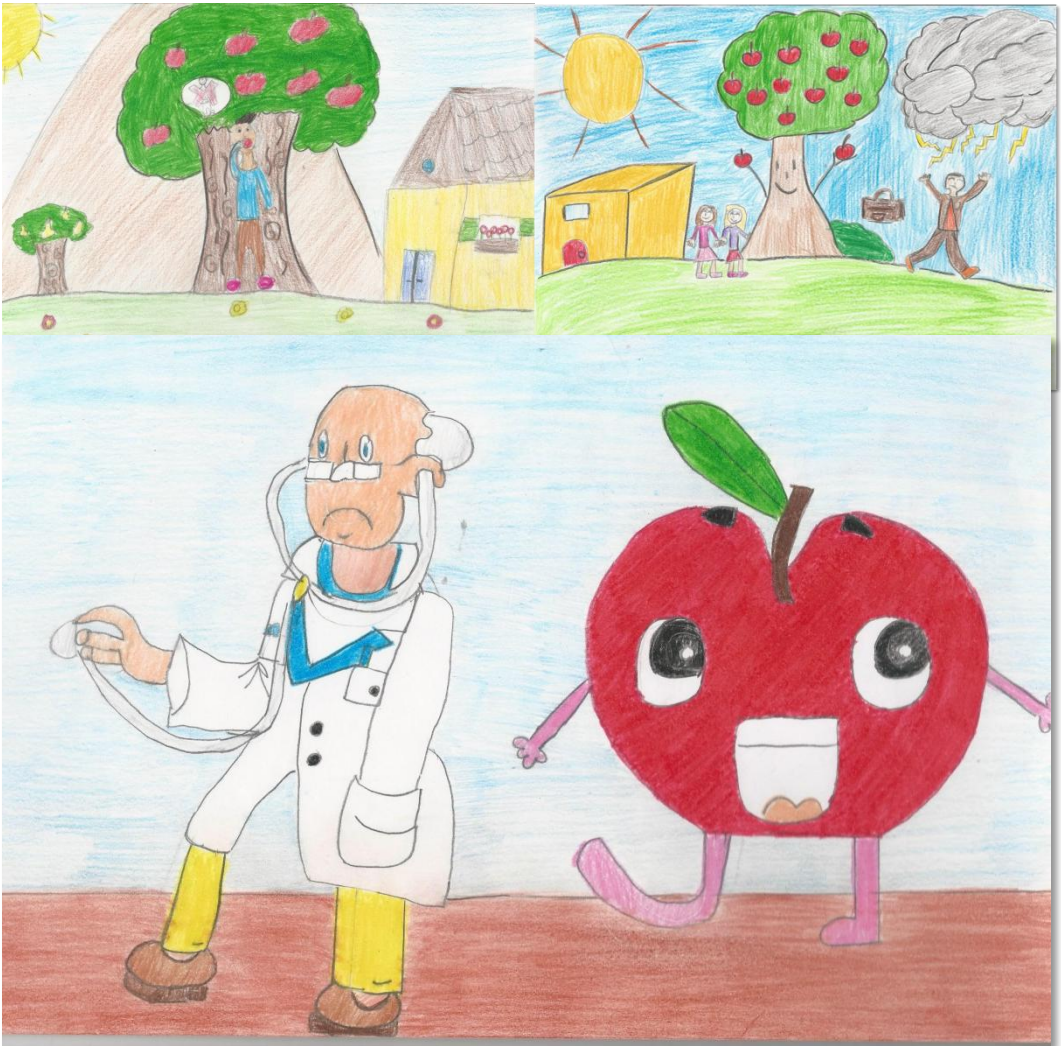


***Un buen deportista se demuestra en el juego,  
cuando gana y sobre todo cuando pierde.***

# ITALY



*An apple a day keeps the doctor away*



*Una mela al giorno toglie il medico di turno*

# ITALY



Drink water in the morning is half medicine



Bere acqua la mattina è già mezza medicina

# ITALY

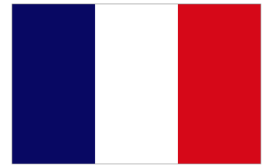


If you want to be *healthy* strong and beautiful you should go in for sport!!



Se vuoi vivere sano, forte e bello fai sport che è meglio!

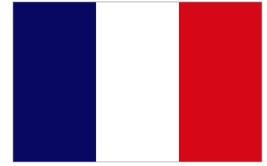
# FRANCE



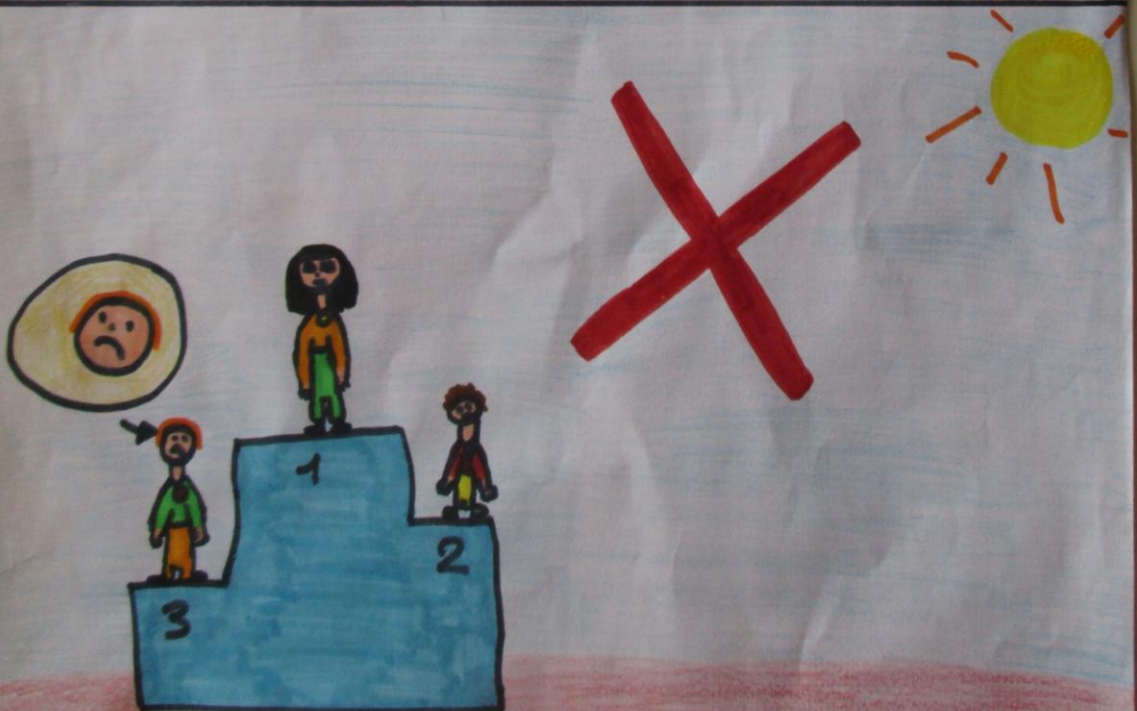
Sport is health !!!

Le sport, c'est la santé !!!

# FRANCE



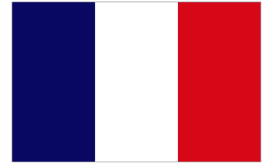
Having fun is more important than winning !!



L'important, c'est de participer !!



# FRANCE



Pose ta tablette, mets tes baskets !!

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