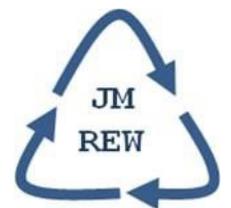




MINISTRY OF EDUCATION
AND SCIENCE OF UKRAINE
NATIONAL UNIVERSITY
OF FOOD TECHNOLOGIES
NATIONAL ERASMUS+ OFFICE IN UKRAINE
EUROPEAN STUDIES PLATFORM



PROCEEDINGS
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EUROPEAN DIMENSIONS OF
SUSTAINABLE DEVELOPMENT



MAY 5-7, 2025, KYIV

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PROMOTING SUSTAINABLE DEVELOPMENT THROUGH HEALTH-PRESERVING EDUCATIONAL TECHNOLOGIES

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Sustainable development is a fundamental priority for the modern world, aiming to balance economic growth, social well-being, and environmental protection. Education plays a crucial role in achieving the Sustainable Development Goals, particularly Goal 3 – "Good Health and Well-being" and Goal 4 – "Quality Education." Education equips individuals with the knowledge, skills, and values for healthy living and sustainable development, making health-preserving educational technologies vital for well-being, resilience, and lifelong learning.

«... In scientific discourse, human physical and mental health is analyzed as a global phenomenon that constitutes the subject of scholarly investigation. ... Researchers are unanimous in their belief that human health is inextricably linked to lifestyle and its quality» (Plachynda et al., 2024). In this context, a key priority for higher education institutions is the integration of health-preserving educational technologies into the educational process in order to develop conscious, physically and mentally healthy professionals oriented toward driving effective societal change in line with the Global Goals for Sustainable Development.

Health-preserving educational technologies are built upon several key principles that align with the goals of sustainable development. These principles include the prevention of health risks, the promotion of physical activity, the support of psycho-emotional well-being, and the development of digital health literacy. Key types of such technologies include the integration of physical activity into the learning environment, interactive digital resources for cultivating healthy habits, and social-emotional learning programs that strengthen students' emotional resilience and social competencies.

The implementation of these technologies directly supports the achievement of the Sustainable Development Goals, particularly by fostering a sustainable, health-conscious lifestyle among the younger generation. By enhancing quality of life, improving productivity, and strengthening social resilience, health-preserving educational technologies contribute to building sustainable societies (United Nations, 2015; UNESCO, 2023).

Thus, the integration of health-preserving educational technologies is a crucial component of building a sustainable future. By promoting physical activity, supporting mental health, and enhancing digital health literacy, educational institutions contribute significantly to the formation of resilient, socially responsible individuals.

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