

Day 1

Tuesday 09 October 2018

- Arrival of the Polish and Romanian group
- 18:30 Dinner
- 19:00 – 20:30 Integration meeting (games: charades, puzzles on time, taboo, quizzes) in mixed international groups

Day 2

Wednesday 10 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- 10:00 – 11:30 Welcome meeting at school
- Familiarization with the host school and city (presentation of the hosting school, Sora town and Italian educational system)
- 11:30 Power Point Presentation about Italian, Romanian and Polish eating habits and traditional food
- 13:00 Lunch
- 14:30 Questionnaire about eating habits
- 15:30 A walk to the city centre and free time at the main street
- 18:00 – 19:30 Folkloristic dance at the hotel
- 19:00 Buffet at the hotel

Day 3

Thursday 11 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- 10:00 Questionnaire: How healthy is your diet?
- Culinary workshops aiming at preparing healthy and attractive meals for physically active youngsters
- 11:30 Seminar and workshops with a sport dietician who works for ARGOS VOLLEY, the most famous sport society in Sora. Nutrition, healthy life style and influence on the sport outcomes will be the topics of the meeting
- 13:00 Lunch
- 15:00 Project seminar “ Diseases of the modern World” (Flu, AIDS, Cancer), and the ways of preventing them
- Working on the project – students, in mixed international groups, will prepare a healthy guidebook
- 18:30 Dinner

Day 4

Friday 12 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- 8:30 Cultural trip to Montecassino and Gaeta. The students as guides

- 18:00 – 19:00 “Stress – killer of the XXI century” lecture and workshop devoted to stress and its connection with the phenomenon of disadvantaged pupils. Determination of the factors
- 19:30 Dinner

Day 5

Saturday 13 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- 10:00 – 11:00 Brainstorming – classes in 5 person mixed groups that will work on the health issues
- 11:00 – 13:00 Cooking competition (3 students of each country preparing a healthy and attractive meal for physically active youngsters)
- 13:00 Lunch
- 14:30 Addiction to the 21st century – a lecture on new forms of youth addiction
- “Aphrodite and Apollo 1” A balanced diet and its influence on the figure. Presentation and workshops.
- 16:00 Cultural trip: Visiting Ciociaria – Isola del Liri, Casamari Abbey and Boville Ernica
- 19:00 Dinner

Day 6

Sunday 14 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- 8:00 – 19:00 Cultural trip to Rome
- Visiting the main historic sites and Vaticano City. Students as guides
- 19:30 Dinner

Day 7

Monday 15 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- 10:00 – 12:00 Sport competition
- 12:30 Quiz about Italy
- 13:00 Lunch
- 14:30 Summary and evaluation meeting
- Discussing the created products and reached results
- 19:00 Dinner + good bye meeting (diplomas, prizes and good bye kisses)

Day 8

Tuesday 16 October 2018

- 6:30 – 10:00 Breakfast at the hotel
- Departure of the groups

Important Numbers in Italy
Project Coordinator, Iole: 0039 3392411444
Hotel Valentino: 0039 0776831071
General emergency number: 118
Police: 113



Agenda of the 2nd project meeting (C1)

learning/teaching/training activities: short term exchange of groups of pupils

**within the project
“SHS: Sporty, Healthy, Safe”**

Programme : Erasmus+
Action: Strategic Partnership
Project Nr: 2017-1-PL01-KA219-038662
Place: I.I.S. “C.Baronio” Via Ariosto n.1 IT
Date : 09-16 October 2018