

Erasmus+ Meeting



Pro Healthy Lifestyle with your Mobile Phone

Nocera Umbra, Italy, 17-23 March 2019

17 March 2019 – Sunday

Arrival

18:06: Arrival at the Nocera Umbra train station: Italian teachers and families welcome guest students and take them home

20:30 Teachers' Dinner @ the Hotel Europa

18 March – Monday

Dress code: Sportswear and sport shoes white t-shirt

8:20 Arrival at school

8:30 Welcome to our school in the Aula magna

8:45 Friendship games in the school gym

10:00 Pro healthy breakfast – Aula Magna

10:15 (Only students) Games: knowing each other (Middle school)

10:15: (Only teachers) Workshop on the state of the project

11:50 Pro healthy breakfast – Aula Magna

12:00 (Only students) Games: stereotypes (Middle school)

13:25 Students go to their hosting families

13:30 Teachers' lunch @ Ristorante Il Tartufaro (Valtopina)

15:30 Meeting with the Mayor of Nocera Umbra

16:00 Guided tour: Nocera museums and Tower

17:30 Free time

20:00 Students and teachers welcome Party @ Ristorante Pennino with music and dancing

19 March – Tuesday

Dress code: swimming clothing and spare parts

8:20 Arrival at school

8.30 Departure by bus to **VALNERINA** (Norcia)

9:30 Arrival in Serravalle (Norcia)

10:00 Adventure path on the trees

11:00 Breakfast

11:10 Rafting

12:00 Mountain bike in Norcia on the old former railway

13:00 students – Packed lunch

13:00 Teachers' Lunch @ Restaurant Bianconi / Nemo

15:00 Return to Serravalle

15:30 Archery competition

16:30 Badminton tournament

18:00 Departure to Nocera Umbra

19:00 Arrival in Nocera Umbra

Ore 20:00 Teachers' Dinner @ Ristorante Piazza Grande

20 March – Wednesday

Dress code : sportswear

8:20 Arrival at school

8:30 Friendship games in the school gym

9:00 Polish Workshop

9:30 Greek Workshop

10:00 Pro healthy breakfast in aula magna

10:15 Walk to the sports-hall

10:30 Team Sports: Dodgeball game

13:26 Students go to their families

13:30 Teachers' Lunch @ ristorante la Roccia

15:30 City game

18:00 Students go to their families

18:00 teachers go to Foligno at @ Lorena's house

18:30 Pasta handmade workshop

Ore 20:00 Teachers' Dinner

21 March – Thursday

Dress code : sportswear and trekking

8:20 Arrival at school

8:30 Bus to Bagnara

8:45 Arrival in Bagnara

9:00 Welcome and presentation of the Bagnara community

9:15: Italian workshop

10:00: Short walk into the woods “Il sentiero del carbonaio”
(the charcoal trail)

12:00 The very great international football match

13:00 Lunch offered by the Bagnara’s Community

15:00 Shuttle to the school

15:30 yoga in the gym

17:30 students go to their families

18:00 Free time

20:00 dinner @ Ristorante Cinicchia

22 March – Friday

World Water Day

8:20 Arrival at school

8:35 Presentation of the World Water Day

9:30 Participation and visit to the various events.

10:30 Workshops of Italy, Poland and Greece on Water.

13:25 Students go to their families

13:30 Teachers' Lunch @ pizzeria trattoria Il Borgo

15:00 Free time

Dress code : ELEGANT CLOTHES

21:00 Erasmus+ School Party at school

Deliveries of the Erasmus+ certificate

Dinner, dance, greetings and goodbye

23 March – Saturday

Departure

5:00 Polish group leaves by bus from the square in front of the school

10:24 Greek group leaves by train from Nocera Railway Station

See you in Thessaloniky!

