



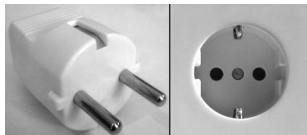
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## Erasmus+ project “FIT FOR SCHOOL - FIT FOR LIFE“ the first short-term students exchange (C3) at Ridala Primary School, Estonia, September 23<sup>rd</sup> – 27<sup>th</sup>, 2019.

Project code: 2018-1-IT02-KA229-047970\_2

Saturday, September 21 <sup>st</sup>	Sunday, September 22 <sup>nd</sup>	Monday, September 23 <sup>rd</sup>	Tuesday, September 24 <sup>th</sup>
<p><b>13.40</b> Team of Spain arrives I will be waiting at the airport.</p> <p><b>15.15</b> Leaving to Haapsalu from the Tallinn bus station on the bus by Lux Express.</p> <p><b>16.55</b> Arriving to Haapsalu and going to our hotel. After that we will make a little walk in Haapsalu and eat our dinner.</p> <p>My phone number: +372 5392 5981</p> <p>The currency in Estonia is euro. Power plugs and sockets are exactly the same as in Austria and Spain.</p> <p>Italian type L plugs with 3 pins in a row  won't fit and will need an adapter.</p>	<p><b>8.00-8.45</b> breakfast at the hotel</p> <p><b>9.00</b> leaving to Tallinn</p> <p><b>11.30</b> team of Italy arrives</p> <p><b>12.00</b> visiting Tallinn Zoo with Spanish and Italian team</p> <p><b>17.05</b> team of Austria arrives</p> <p><b>17.15</b> leaving to Haapsalu</p> <p><b>19.30</b> dinner</p>	<p><b>7.00-8.00</b> breakfast at the hotel</p> <p><b>8.30</b> walking to Haapsalu City Government</p> <p><b>9.00-9.45</b> visiting Haapsalu City Government</p> <p><b>9.50</b> leaving to Ridala Primary School</p> <p><b>10.15</b> welcome at school, guided tour through the building, visiting kindergarten</p> <p><b>11.15</b> lunch at school</p> <p><b>11.50-12.35</b> relaxing workshop</p> <p><b>12.50-14.50</b> workshop P16: Online game “<i>Healthy Eating</i>”</p> <p><b>15.00-16.00</b> workshop <i>Erasmus Rap</i></p> <p><b>16.10</b> light meal</p> <p><b>16.20</b> leaving to Haapsalu</p> <p><b>17.30</b> guided tour in Haapsalu, <i>Treasure Hunt</i></p> <p><b>20.00</b> dinner</p>	<p><b>7.00-8.00</b> breakfast at the hotel</p> <p><b>8.00</b> leaving to Tallinn</p> <p><b>10.00</b> a guided tour in Tallinn</p> <p><b>13.30</b> lunch</p> <p><b>15.00</b> visiting Estonian Health Care Museum</p> <p>*workshop <i>Unseen world</i></p> <p><b>17.00</b> Ferris wheel</p> <p><b>18.00</b> leaving to Haapsalu</p> <p><b>20.00</b> dinner</p>



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Project code: 2018-1-IT02-KA229-047970\_2

Wednesday, September 25 <sup>th</sup>	Thursday, September 26 <sup>th</sup>	Friday, September 27 <sup>th</sup>	Saturday, September 28 <sup>th</sup>
<p><b>7.00-8.00</b> breakfast at the hotel  <b>8.10</b> leaving to Ridala school  <b>9.00-10.35</b> the 1<sup>st</sup> part of our Olympic Games in the sports hall (sportswear and sports shoes are required)  <b>11.15</b> lunch at school  <b>11.35-12.20</b> workshop P18: Boardgame  <b>12.30</b> leaving to Haapsalu  <b>13.00-14.00</b> fencing (sportswear and sports shoes are required)    <b>14.20-14.50</b> light meal  <b>15.00-17.00</b> a guided tour in the castle  <b>17.10-17.50</b> walking on the promenade, observation tower  <b>18.00-19.00</b> Bowling    <b>20.00</b> dinner</p>	<p><b>7.00-7.50</b> breakfast at the hotel  <b>8.00</b> leaving to Ridala  <b>8.30-9.50</b> workshop P17: Wallpaper “<i>Healthy Eating</i>”    <b>10.00</b> workshop: making Healthy Estonian Salads  <b>11.15</b> lunch at school  <b>11.45-14.00</b> playing disc golf  <b>14.30-15.45</b> finishing boardgame  <b>16.00-17.30</b> workshop: “<i>A Funny Dice Game</i>”, eating pancakes  <b>17.45</b> leaving to Haapsalu  <b>18.00-19.30</b> free time for students, Coordinator Meeting    <b>20.00</b> dinner</p>	<p><b>7.00-8.00</b> breakfast at the hotel  <b>8.10</b> leaving to Ridala  <b>8.30-9.00</b> practicing for Erasmus+ evening  <b>9.05-10.00</b> playing online game “<i>Healthy Eating</i>”  <b>10.05</b> lunch at school  <b>10.20</b> the second part of our Olympic Games: hiking marathon 10 km. Light meal.  <b>13.30</b> leaving to Haapsalu  <b>14.00-15.00</b> preparations for the evening  <b>15.20-16.30</b> light meal  <b>17.00</b> leaving to Ridala  <b>17.30-19.00</b> Erasmus+ evening and disco  <b>19.10</b> leaving to Haapsalu  <b>20.00</b> dinner</p>	<p><b>8.00-9.00</b> breakfast at the hotel    Leaving to Tallinn:    <b>5.00</b> Spanish team. Their flight is at <b>8.15</b>.    <b>9.30</b> Austrian and Italian team. Austrian flight is at <b>13.55</b>.    Team Italy stays in Tallinn for one extra night and will leave on the 29<sup>th</sup> of September.</p>