C7

On 7-13 October 2018, an Eco-week was held in Latvia, in which all partner schools participated. The main theme of the Eco-week was the 4 thematic area of our project - Health. On the first day, after receiving the delegation from the partner schools from the airport, we all went to the centre of the capital city of Riga, where we could observe a very modern construction of the National Library, and then with a guide we went through all floors of the library, where we were introduced to the thematic book collection, including the ecological one. After visiting the library we went by bus to the hotel in the vicinity of the Natural Park Tervete.

On the second day of the Eco-week an official welcome was given to all partners participating in the Eco-week. The Latvian school has prepared an artistic part with the participation of the students of its school. After the completion of the artistic part of the school, students under the supervision of teachers went to a nearby kindergarten, which is a part of the school. Students had the opportunity to visit kindergarten rooms, where wood (ecological product) was used as the basic material for furnishing the rooms. Kindergarten children presented their skills in the artistic part. After returning to school, workshop classes were held for students who, under the guidance of teachers, made pictures on polystyrene with the use of ecological materials (canvas, cotton, etc. ). After lunch, the pupils and their teachers went to a meeting with the Duma of Tervete County Council. After the meeting, the students went to the bakery, where the owner talked about and presented the process of bread baking technology with an old medieval recipe. Then the pupils went to a private mint producer, where the owner talked about the cultivation of the mint and how to use it in the production process in their private plant to produce soap, biscuits, tea and juices. Then the students took part in workshops during which they created soap with herbs. After the workshop, the students went for dinner and then to the accommodation, to the hotel.

On the 3rd day of the Eco-week there were lessons related to the 4th Theme - Health, which were conducted in English with the use of ICT. The first lesson was taught by teachers from Latvia with the participation of students from all partner schools, including Latvian ones. After the first lesson there were lessons in international groups led by teachers from the Netherlands, Poland, Italy and Slovenia. After the lessons, students from all partner schools presented in English proposals for healthy weekly home-made menus and presentations prepared by students on health issues. After lunch, students in international groups presented, played and exchanged ecological health games imported from their countries. Then the pupils went to a nearby bakery where, under the supervision of teachers and employees, they watched the production process of bread, rolls and cakes, and then they prepared the bakery products themselves, which were baked in ovens and distributed to the pupils for consumption. From the bakery, the students and their teachers went to the factory, which produced various types of candles, including scented candles. From the candle factory the whole group went to the Institute of Horticulture, where the students were introduced to a presentation on the activities of this institute and the products it produces. Students had the opportunity to try every product. After the visit everyone went to dinner and then to the hotel to stay overnight.

On the fourth day of the Eco-week the pupils spent the whole day in the ecological natural park TERVETE, where they had the opportunity to participate in culinary workshops and in the production of ecological key rings. They played a field game with students from the oldest classes of the Latvian school. They had the opportunity to demonstrate their efficiency in the rope park in the Tervete park, to use bicycles and visit the 38 hectare park, to take a train ride in the park, to take advantage of ecological playgrounds. The pupils also covered a distance of about 3 km to see a wooden reconstruction of a medieval settlement made of wooden logs. The all-day stay in Tervete Park ended in the evening. Everyone went to dinner and then to the hotel to stay overnight.

The fifth day of the Eco-week is a sports day combined with an Ecological Happening. The Latvian school has prepared a rich sports programme for the students. International teams of students were created and competed for the palm tree of precedence. Each group consisted of students from each partner school. These were games in which students had to demonstrate agility, agility, dexterity, manual and running skills. After lunch, the students had the opportunity to listen to a music concert prepared by the students of the high school, and then they were handed certificates of participation in the Eco-week by the president of the local Duma (district office) to all the participants from the partner schools. Then the pupils went to one of the classes (practical-technical workshop), where the pupils prepared healthy regional dishes and then served them to each other, as well as to teachers and school staff. At the end of the day the students, under the supervision of teachers, went to a nearby factory where drinking acid is produced and healthy water is bottled. Students could see the technological process of acid production and the way of bottling the products produced there. The last point of the day was dinner, and then the students went to the hotel to stay overnight.

The sixth day of the Eco-week is a full-day trip to the Latvian capital Riga. The first point of the programme was the production of sugar-free juices and jellies. Students participated in workshops and were able to make lollipops in the form of jelly from a semi-finished product prepared by the owners. After leaving the juice and jelly factory, the students went to the centre of Riga, to the Old Town, where they visited the Old Town with a guide in English, at the same time taking part in a city game prepared by the guide, which aimed to record the information provided by the guide. After visiting the Old Town, the whole group went to the viewing point (TV Tower), where students from a height of almost 100 m could see the panorama of Riga, and above all the green and recreational areas of the city. Then the whole group went for late lunch to the LIDO entertainment centre. Late in the evening, the pupils returned to the hotel to stay overnight.

On the seventh day of the Eco-week after breakfast, the pupils took a walk through the Tervete National Park and then went to Riga airport, from where they flew away to their countries. The aims of the project have been fully completed.

**In addition to the programme included in the project in the C7 visit to Latvia, an additional programme was added:**

Excursions to 2 bakeries, excursion to a farm producing mint and its related product factory, i. e. tea, cake, soap. Excursion to the Institute of Horticulture, acid and water production plant, candle factories and to Riga and creative activities for students.

C8

On 7-13 October 2018, an Eco-week was held in Latvia, in which all partner schools participated. The main theme of the Eco-week was the 4 thematic area of our project - Health. On the first day, after receiving the delegation from the partner schools from the airport, we all went to the centre of the capital city of Riga, where we could observe a very modern construction of the National Library, and then with a guide we went through all floors of the library, where we were introduced to the thematic book collection, including the ecological one. After visiting the library we went by bus to the hotel in the vicinity of the Natural Park Tervete.

On the second day of the Eco-week an official welcome was given to all partners participating in the Eco-week. The Latvian school has prepared an artistic part with the participation of the students of its school. After the completion of the artistic part, the teachers went to a nearby kindergarten, which is part of the school. Teachers had the opportunity to visit kindergarten rooms, where wood (ecological product) was used as the basic material for furnishing the rooms. Kindergarten children presented their skills in the artistic part. After returning to school, a teachers' meeting was held at which the deputy director of the Latvian school presented the educational system in Latvia. After the presentation combined with the lecture there was a discussion among teachers. After lunch, the teachers went to a meeting with the Duma of Tervete County Council. After the meeting, the teachers and students went to the bakery, where the owner talked about and presented the process of bread baking technology with an old medieval recipe. Then the teachers went to a private mint producer, where the owner talked about the cultivation of mint and how it was used in the production process in their private plant to produce soap, biscuits, tea and juices. Then the teachers had the opportunity to visit the farm and its facilities. After visiting the farm, the teachers went to dinner and then to the hotel to stay overnight.

On the 3rd day of the Eco-week there were lessons related to the 4th Theme - Health, which were conducted in English with the use of ICT. The first lesson was taught by teachers from Latvia with the participation of students from all partner schools, including Latvian ones. After the first lesson there were lessons in international groups led by teachers from the Netherlands, Poland, Italy and Slovenia. After the lessons, teachers from all partner schools took part in a meeting during which students presented in English proposals for healthy weekly home-made menus and presentations prepared by students on health issues. After lunch, the teachers participated in a meeting during which the lessons were discussed, followed by a coordinators' meeting during which the tasks to be carried out in the 3rd year of the project were discussed. Due to organisational difficulties, the meeting in the Netherlands, which was to take place at the turn of May and June with the consent of all the coordinators, was postponed until March. Therefore, the Polish coordinator asked the partners to meet the new deadlines and the Slovenian partner to send the Ekopedia project by the end of December 2018, and bring the finished Ekopedia in electronic form to a meeting in the Netherlands. The Polish coordinator prepared a roadmap for the 3rd year of the project and discussed how to fill in the Mobility Tool correctly. He sent the discussed road map of the 3rd year of the project electronically to all coordinators. After the coordinators' meeting, the teachers and students went to the factory, which produced various types of candles, including scented candles. From the candle factory, the whole group, including teachers, went to the Institute of Horticulture, where students and teachers were introduced to a presentation about the activities of the institute and the products it produces. Teachers had the opportunity to try every product. After the visit everyone went to dinner and to the hotel to stay overnight.

On the fourth day of the Eco-week the teachers spent the whole day in the ecological park TERVETE, where they had the opportunity to participate in culinary workshops and in the production of ecological key rings. They had the opportunity to demonstrate their efficiency in the rope climbing park in the Tervete natural park, to use bicycles and visit the 38 hectare park, to take a train ride in the park. The teachers also covered a distance of about 3 km to see a wooden reconstruction of a medieval settlement made of wooden logs. The all-day stay in Tervete Park ended in the evening. Everyone went to dinner and then to the hotel to stay overnight.

The fifth day of the Eco-week is a sports day combined with an Ecological Happening. The Latvian school has prepared a rich sports programme for the students. Teachers had the opportunity to observe the rivalry of students from the sports hall stands. After lunch, the teachers had the opportunity to listen to a music concert prepared by the students of the high school, and then they were given certificates of participation in the Eco-week by the president of the local Duma (district office) to all the participants from the partner schools. Then the teachers taking care of the students went to one of the classes (practical-technical workshop), where students prepared healthy regional dishes and then offered them to each other, as well as to teachers and school staff. Other teachers participated in a lecture on how to treat certain diseases by touching the appropriate receptors on the human body, and then they presented practical ways of treating them. At the end of the day the teachers went to a nearby factory where drinking acid is produced and healthy water is bottled, they could see the technological process of acid production and how the products produced there are bottled. The last point of the day was dinner, and then the teachers went to the hotel to stay overnight.

The sixth day of the Eco-week is a full-day trip to the Latvian capital Riga. The first point of the programme was the production of sugar-free juices and jellies. Teachers participated in the workshops and were able to make lollipops in the form of jelly from a semi-finished product prepared by the owners. After leaving the juice and jelly factory, the teachers went to the centre of Riga, to the Old Town, where they visited the Old Town with a guide in English. After visiting the Old Town, the whole group went to the viewing point (TV Tower), where teachers from a height of almost 100 m could see the panorama of Riga, and above all the green and recreational areas of the city. Then the whole group went for late lunch to the LIDO entertainment centre. Late in the evening the teachers returned to the hotel to stay overnight.

On the seventh day of the Eco-week after breakfast, teachers and students took a walk through Tervete National Park and then went to Riga to the airport, from where they flew away to their countries. The aims of the project have been fully completed.

**In addition to the programme included in the project in the C8 visit to Latvia, an additional programme was added:**

Excursions to 1 bakery, excursion to a farm producing mint and its related product factory, i. e. tea, cake, soap. Excursion to the Institute of Horticulture, acid and water production plant, candle factory and to Riga. Lecture on the treatment of certain diseases by means of touch by compressing the appropriate receptors on the human body.