



Erasmus+

Food & Health

It's better to prevent than to cure



Part 2



Part 2



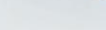
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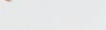
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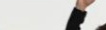
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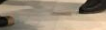
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ERASMUS+TRIP TO ROTA SPAIN 2018



Saturday 26th of June

Latvian students and teachers arrived at the airport of Málaga and were picked up by the Spanish headmaster. They travelled to Rota by car and the Spanish project coordinator met them in a parking near the school where the Spanish hostfamilies were waiting. Latvian students went home with their Spanish families and the project coordinator had dinner with the Latvian teachers in a typical place of Rota. After the dinner, Latvian teachers were brought back to their hotel.



Sunday 27th of May

Estonian students and teachers arrived at the airport of Seville and the headmaster picked them up. Meanwhile the Spanish project coordinator and Spanish students went to Malaga airport by bus to pick up the Norwegian and Dutch guests. They all travelled to Rota where the Spanish hostfamilies were waiting and took the guest students home and the teachers were accommodated in the hotel. The day was finished by having a nice dinner with typical Spanish food.



Monday 28th of May

On Monday morning the whole group went to the town hall where we had a welcoming ceremony and also an interesting guided tour of the building, which is an old castle.



After the tour the Spanish showed a video of all exchanges during the project so far. Then the students had their presentations where they showed the different sports and dancing activities from their schools. All the students and the teachers learned a Latvian folk dance. The final part of the visit in the town hall was a sensational flamenco performance.



The teachers had lunch in El Club Nautico. Here they got to eat a lot of typical and healthy food from the area. The students went to their host families for the rest of the day. The teachers had free time in the afternoon to go to the beach or to walk around town.



In the evening the teachers had dinner in a wonderful sea food restaurant called El Duque de Nájera.

Tuesday 29th of May

Today we all visited Cadiz. We had to go there by ferry, but due to the windy weather all the ferry rides were cancelled, so we went there by bus.

At first students and teachers had an interesting sightseeing tour around the old part of the city. The guide told a lot of interesting facts about the history of that city. We also visited a park, where there are a lot of plants from different areas of the world. After visiting the park we had a lovely lunch with tasting delicious seafood. After that we climbed to the Taverna Tower, where we had lovely views of the town. We also saw a fascinating demonstration of the Camera Obscura. After visiting the tower we had some free time for discovering the town by ourselves. Then we sat on a bus and rode back to Rota. The students went back to their host families and teachers had a lovely dinner in a local pub.



Wednesday 30th May

At 9.00 all participants arrived at school. Teachers as well as students visited IES ASTOROTH school in Rota and saw classrooms and other rooms in this school. Then students had different sports activities and teachers had first project meeting. After that students and teachers were divided in two groups. We had a seminar of olive oil with degustation of different types of olive oil and a workshop of making olive soap. Then students went home and teachers had lunch in a pizza restaurant.

In the afternoon all participants arrived at school to visit El Parque de los Toruños in El Puerto de Santamaria. Host families took all participants there by cars. In the park teachers and students enjoyed guided kayaking. Students had to cooperate two or three persons together. After the guided tour we went back to Rota. All teachers and students had free time to go to the beach, shopping or visiting the city. Before dinner teachers went to the local winery where they got information about its history and traditional wine of Rota. In the evening teachers had a very healthy dinner with best quality meat and traditional food. Students spent time together with their host families.



Thursday 31st of May

In the morning teachers started with a healthy walk to the school, where all the students were gathered. From there host families drove us to a farm near Rota, called El Bucarito.

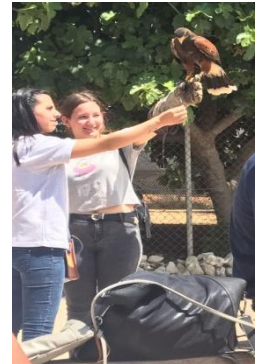
Before we got a guided tour at the farm we had a lovely healthy breakfast, with regional products and food made at that farm.

Then we first went to the place where the goatcheese was made. After a short explanation and demonstration of the process how goatcheese is made we have been making our own small cheese. When we finished we went to see all animals at the farm, starting with the goats, there were about a 400. Then we went along the pigs, lots of them were grown up but we also were allowed to see the real young ones. There were also some horses and different birds.

We finished with a nice show of birds and after that the students and teachers got a healthy degustation of farm products..

Then the students got home having a nice time at the beach or doing other activities such as going to the fair of Sanlúcar. The teachers had some free time too.

In the evening the teachers went to a Spa, in Rota, having some excercise and also relax with special attentions, such as fruit.



Friday 1st of June

Students and teachers went to school. Some of the students went to make paella, a typical Spanish mediterranean dish, in the Club Náutico of Rota. The rest of the students had flamenco dancing lessons, while the teachers had their second meeting. After the meeting finished, teachers joined the flamenco dancing classes with the students. Then we all were dressed up in typical flamenco clothing, accessories and had a photocall. Then we went to the Club Náutico to eat the paella. There we had a seminar of Mediterranean food and some students explained it to the rest of the countries. Some students also explained the recipe and some curiosities of the ingredients of the paella while other students were delivering a brochure with all this information.

After the paella lunch, students and teachers had free time. At night we had the farewell party with food from all the Spanish families. All the participants got the certificates of the exchange and some presents. Then one of the Spanish mothers sang flamenco with a guitar player. When the party finished everybody went home.



Saturday 2nd of June

In the morning

Norwegian, Latvian and Dutch teachers and students went by bus to the airport of Malaga to fly to their countries.

Later that morning

Estonian teachers and students were driven to the airport of Seville and flew to their country.

