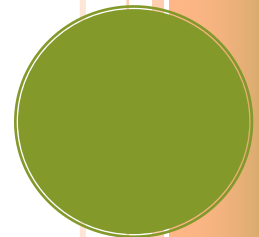




Erasmus+



ERASMUS+ TRIP TO AUCE, LATVIA



SUNDAY 14.05.17.

All participants from different countries arrived to Riga. The visitors from the Netherlands were met in the center of Riga. They came here on Saturday and had a great opportunity to spend one extra day in the capital city of Latvia. Then the visitors from Estonia were met at the International bus station in Riga but the visitors from Norway at the airport Riga. On the way to Auce they all had dinner in the cafe Dzirnavaņas.

The host families waited for students at Auce Secondary School. They came and picked up the students to their houses but the teachers stayed at school's hostel.



At last the Spanish visitors arrived to Latvia and they were taken to Auce Secondary school and their host families. They had their take-away dinner on the bus.

Monday 15.05.17.

The teachers came to school to have breakfast. All students came to school with their host students and attended the 1st and 2nd lessons while the teachers were having a meeting.

After that all participants went to the hall where the headmistress of school held a welcoming speech .

Then we stayed in the same school hall and watched all presentations about collaboration with regional and/or national organizations and different workouts each school had done.

After this we had a guided tour around the school as well as the teachers had a planning meeting while the students attended lessons. All participants had delicious lunch in the school's canteen.

After school the students went home with their hosts and had a family day for the rest of the day. The teachers visited several sites in the town Auce, such as Vecauce Castle and Lielaucē Lake, which were very beautiful. In the evening the teachers went to Dobeles to do water aerobics to see and experience possibilities how to keep fit and healthy.

Tuesday 16.05.17.

In the morning the students attended the first lesson and after that we went to the Lāči bakery to make our own healthy bread. Many students saw, baked and tasted real rye bread for the first time. The guide told about the nutritional value of different kinds of bread and everyone had their own loaf of bread to take home. All participants had a chance to buy other traditional and healthy products offered by Lāči bakery.



After that we went to the beach near Jurmala where we had a healthy lunch and had a short walk on the beach of the Baltic Sea.



Then we went to Riga for sightseeing and spent an hour in a shopping centre near Riga.



After this long but lovely day the students went home with their hosts and the teachers had a wonderful evening at a colleague's place. They had home made healthy meal in a very relaxed atmosphere and they also had a felt-making workshop. They were taught how to make a massage bar of soap.



Wednesday 17.05.17.

The students attended the first lesson. After this we had a 3km walk to a local bakery where we made healthy cakes and snacks. We also prepared typical Latvian cakes for the festive dinner on the next day.



There, we also had a nice picnic with healthy food and barbecue.

Here the students could also play football on a sports field. When we finished, the students were picked up by their hosts and were taken to the Tervete Nature Park. This park is the most popular park in Latvia where families can relax.

And it is also a place for international cooperation for several educational projects (climate, sustainability, environment and exploration). The teachers had a zumba lesson in the evening in the school gym. It was quite great and challenging.

Thursday 18.05.17.



The students attended the first two lessons and then they had different sport competitions and played dodge ball. All participants were awarded with a medal and a diploma. The local television came and recorded the event.

Then the teachers had a planning meeting and a lesson about good practices in ICT in Auce secondary school by the ICT coordinator.



In the evening there was a Mother's Day Concert which is held every year in May and a festive dinner for host families, students and teachers at school. During this event, we ate the cakes we made the day before and the healthy snacks the Latvian students made in home economics lessons. The cakes and snacks were fresh and delicious.

And while we were having this program, the local television journalist made an interview with the participants about the project and their stay here in Auce in Latvia.

During the festive dinner all participants got diplomas about the attendance the project visit in Latvia.

Friday 19.05.17.

The students attended the first lesson.

Then we had a degustation of succadas at a local manufacturer in Auce. The manufacturer showed all healthy products they produce from sea buckthorns and other local fruits and berries as well as other products - succadas, oil, vitamins, juice, ice-cream, frozen fruit and berries, jam.

Then we all had lunch with students and teachers at school.

After lunch we went to Dobele and visited the Garden-Museum of Grower and Selectionist Peteris Upitis. The guide told how the garden was planted, showed a part of the documentary about Grower and Selectionist Peteris Upitis.

There we tasted succadas and had healthy snacks made of fruits and berries grown in this famous garden.



Then we had an excursion in the lilac garden. As it was very cold spring, only a few lilacs were blooming there.

After that we went shopping, returned to Auce and the students had their farewell parties.



Saturday 20.05.17.

Everybody left Auce and went back home.

Have a safe trip home!



**Thank you all for the great time and the
great memories!**

You made our meeting unforgettable.

