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**Erasmus+project 2016-2018: Food and Health- It’s better to prevent than to cure**

4thGeneral meeting/ Students Exchange

In lyganuse Secondary School , Estonia , from 12th of February to 16th of February 2018

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| **Sunday 11th February** | * Arrival at Tallinn airport * Norway, The Netherlands and Latvia transfer to Lyganuse at about 17.30 (18.00) * Spain at about 23.00 * Students meet their host families at school, and they go to their host families |
| **MONDAY 12TH February** | * 08.00 Arrival at school * 8.00- 9.00 Welcoming ceremony, Presentations ( school canteen survey ) * 9.00- 10.00 a tour around the school, visiting the local shop (tasting carrot and beetroot chips) * 10.00-11.30 Lunch at school * 11.30- 12.00 a bus trip to Narva * 12.00- 15.00 visiting Narva Castle. Admiring Russia across the border. * 15.00- 16.30 Travelling back to Lyganuse. * Students go to their host families |
| **TUESDAY 13Th**  **February** | * 08.00 Arrival at school * 8.00- 8.30 Presentations (video about preparing one healthy dish and a short presentation) * 8.30- 10.30- Preparing healthy salads, presenting, degustating * Teachers` first meeting, Exchange of best practices T&L * 10.30- 11.00 Lunch at school * 11.00 Going to watch a Waterfall of Valaste * 12.30- 15.30 Shrove Tuesday at a farm of Tagavälja.(Estonian farm animals, making Estonian bread, having a sleigh ride) * Students go to their host families |
| **WEDNESDAY 14 TH**  **February** | * 8.00 Arrival at school * A bus trip to Tartu * A tour around the town, visiting Science Centre Ahhaa, visiting Upside down house, shopping * ±19.00 back at school * Students go to their host families |
| **THURSDAY 15 TH**  **February** | * 08:30 Arrival at school * 08.30 – 12.00 Sports lessons ( different sports games, playing floor hockey * Teachers` second meeting * 12.00- 13.00 Lunch at school. A bus trip to Estonian Mining Museum * 13.00 - 16.00 visiting Estonian Mining Museum * About 17.00 back at school * Students go to their host families |
| **FRIDAY 16 th February** | * 8.00 arrival at school * 8.00- 8.30 seminar about healthy lifestyle * 8.30- 10.00 Making posters about healthy lifestyle (mixed groups) * 10.00-12.00 Preparing healthy snacks * Teachers` third meeting (evaluation) * 12.00 lunch at school * 12.30- 15.00 A surprise activity (depends on the weather, warm clothes needed) * 15.00 Students go to their host families * 18.00 a concert ( The Republic of Estonia 100),a Farewell party with host families * After the party transfer to Tallinn (Norway and Spain) |
| **SATURDAY 17th February** | At about 11.00 Transfer to Tallinn ( Latvia and The Netherlands)  Departure |