

A HEALTHY TASTE OF INCLUSION

2019-1-SK01-KA229-060653



**PROJECT MEETING IN THE CZECH REPUBLIC
PLZEŇ, 21st – 25th October, 2019**



Draft: 3. 10. 2019

DAY	PROGRAMME	EXPECTED COSTS NOTES
<p>Monday 21st October, 2019 PLZEŇ (Pilsen)</p>  <p><i>Mgr. J. Uhrová Mgr. D. Kovtunová Mgr. N. Ščerbová Mgr. H. Bartošková Mgr. H. Šťastná Ing. M. Mertl Bc. T. Ulč</i></p>	<p>7:30 Breakfast at the hotel 8:30 Departure from the hotel - going by Number 4 tram to the Medical School (SZŠ a VOŠZ), Karlovarská 99 9:00 MEETING AT SCHOOL- classroom 219 Welcome SCHOOL AND PROJECT PRESENTATIONS – exchange of specific knowledge about gastronomy and culinary of each country 11:00 INTERNATIONAL LUNCH Presentations of national food – learning by sharing and tasting - Teachers' room 12:30 Leaving school 13:00 PILSEN GUIDED TOUR 15:30 PILSEN BREWERY – excursion 17:30 Dinner at the restaurant “Na Spilce”</p>  	<p>Take ISIC cards with you</p> <p>Bring some national food for the international lunch (Monday)</p> <p>All lunches / dinners - 10 Euro per person maximum</p> <p>Public transport in Pilsen: single ticket – 18.- CZK daily ticket 60.- CZK</p>
<p>Tuesday 22nd October, 2019 SCHOOL ACTIVITIES</p>  <p>COOKING SESSION</p> <p><i>Mgr. J. Uhrová Mgr. D. Kovtunová Mgr. H. Šťastná Mgr. H. Bartošková Bc. T. Ulč</i></p>	<p>7:30 Breakfast at the hotel 8:30 Departure from the hotel 9:00 MEETING AT SCHOOL – classroom 219 UNDERSTANDING NUTRITION – presentation given by students of Nutritional therapy branch (Healthy food, nutrients, super foods, types of diets...) 9:30 Coffee break 9:45 – 11:15 Activities in SCHOOL EDUCATIONAL CENTRES: Nutritional therapy – In-body measuring Dental hygiene – Importance of nutrition on healthy teeth, cleaning techniques Nursing and First aid – Demonstration and practical training 11:30 Lunch at the restaurant “U Lochoty” – near school 13:00 – Leaving for Bus station (CAN) – by tram 14:00 – Departure to Újezd nade Mží 39 – by bus 14:30 – 16:30 COOKING SESSION– farm ŽINAVA Learning how to prepare traditional regional food - Bread baking</p> <p style="text-align: center;"> „From a grain to a loaf of bread“</p> <p>Excursion in the farm (voluntary) 17:40 – Departure to Plzeň – by bus Dinner: free (or organized)</p> 	<p>Pilsner Urquell excursion in English – 150.- CZK students / 250.- CZK teachers per person</p> <p>Cooking session – bread baking – 120.- CZK, excursion in the farm – 40.- CZK.- per person</p>

Wednesday

23rd October, 2019

Visit of spa town – MARIÁNSKÉ LÁZNĚ



*Mgr. D. Kovtunová
Mgr. H. Šťastná
Mgr. N. Ščerbová*



6:30 Breakfast at the hotel

7:00 Departure from the hotel - by tram to the train station, buying tickets (each group extra)

8:00 Departure to MARIÁNSKÉ LÁZNĚ (MARIENBAD) - by train

9:00 GUIDED TOUR - Walking in the footsteps of healing mineral springs –sightseeing in famous West-bohemian spa town

12:00 Lunch at the “SECONDARY HOTEL SCHOOL” in Mariánské Lázně- Dining and flambéing demonstration

14:00

Tasting spa wafers

Free time

16:55 (18:55)

Return to Pilsen

by train

Dinner: free (or organized)



Transport to
Mariánské Lázně
and back (by train)
– 250.- CZK per
person

Thursday

24th October, 2019

Visit of the capital city PRAGUE



*Mgr. H. Bartošková
Ing. M. Mertl*



6:30 Breakfast at the hotel

7:00 Departure from the hotel - by tram to the train station, buying tickets (each group extra)

8:00 Departure to PRAGUE – by train

9:30 Buying tickets (Metro) - each group extra –

24 CZK/1 person, transfer to Malostranská station

10:00 – 12:00 GUIDED CITY TOUR

- Sightseeing - Prague Castle, Saint Vitus Cathedral, Charles Bridge, Old Town, Astronomical Clock, Wenceslas Square
- Discovering famous Prague restaurants, cafés, bars, pubs



13:00 Lunch at the restaurant “U Medvídků”

Free time

15:30 Café Imperial, Na Poříčí 15 (Wish of the Slovak team)

Return to Pilsen by train

(together or separately, trains depart every half an hour)

Dinner: free



Transport to
Prague and back
(by train) – 400.-
CZK per person

Prague – Café
Imperial (Slovak
team) –300 – 600.-
CZK

Friday

25th October, 2019

SCHOOL – PROJECT OUTCOMES



*PhDr. I. Křížová –
headmistress of school
Mgr. J. Malata
+ project team*

7:30 Breakfast at the hotel

8:30 Departure from the hotel

9:00 – 11:00 FINAL SCHOOL

MEETING - classroom 219

Project presentations created during the whole mobility – given by students of team

Their posting on eTwinning

Handing over CERTIFICATES - Headmistress of school, Czech project coordinator

Coffee break

Coordinators' meeting

Free lunch

Free time - shopping...



Country	Participants Teachers + students	Transport	Arrival – Departure Time, flight number...	
Slovakia	3 + 5	Train	20 th October – Sunday – afternoon/evening	26 th October – Saturday morning
Croatia	3 + 5			
Italy	2 + 6			
Foreigners	8 teachers + 16 students			
Czech Republic	3 + 4 (changeable)	-	-	-
Totally (?)	11 teachers + 20 students			

Please,

- complete the table with means of transport and arrival/departure time to Prague, Pilsen
- send us the list of participants in mobility in the Czech Republic
- possible dietary needs (vegetarians, allergy...)

TASKS FOR TEAMS - RELATED TO THE MEETING TOPICS (Introduced on Monday)

SCHOOL AND PROJECT PRESENTATIONS – each team will shortly introduce the country/school and give presentation about gastronomy and traditional national cuisine – totally no more than 15 minutes

INTERNATIONAL LUNCH – Czech students will set tables and arrange the meals in teachers' room. Each team will (shortly) introduce its products.

COMMENTS/NOTES

- **Accommodation** – Hotel BAYER, Borská 609/7, tel. 377 423 681, 3 km from school, 15 minutes going by tram
- **MONDAY at 8:30 o'clock** – member(s) of the Czech team will pick the foreign teams up at the hotel and accompany them to school
- **Take ISIC cards with you**, please.
- Bring some **national food** for the international lunch (Monday).
- As for sightseeing tours in Prague and Mariánské Lázně – we will be strolling towns (going on foot) – so **comfortable shoes** are recommended.
- Each team should take some **small gifts** to exchange with other teams.