



Co-funded by the Erasmus+ Programme of the European Union

ERASMUS+ KA 229 SCHOOL EXCHANGE PARTNERSHIP
2018-1-DE03-KA229-047309_6
"SOS SUSTAIN OUR SOULS"



ISTITUTO DI ISTRUZIONE SUPERIORE "AUGUSTO RIGHI" TARANTO

SHORT TERM SCHOOL EXCHANGE OF PUPILS
"HEALTHY EATING , THE ART OF EATING"
TARANTO 8-12 April 2019

MINUTES OF THE 3rd INTERNATIONAL MEETING

Erasmus Plus KA 229 School Exchanges Partnerships
"S.O.S SUSTAIN Our Souls" 2018-1-DE03-KA229-047309_6
SHORT TERM EXCHANGES OF PUPILS
HEALTHY EATING "THE ART OF EATING"
Taranto, Italy
8-12 April 2019

Saturday 6th and Sunday 7th April 2019: Arrival of Delegations

On Saturday 6th april 2019 and on Sunday 7th april 2019 the delegations were welcomed at the airport of arrival by hosting students, families and school teachers including the project coordinator. Teachers were accomodated at "Hotel Plaza", in the centre of Taranto.

LIST OF PARTICIPANTS TO THE 3rd INTERNATIONAL MEETING

8th -12th April 2019 Taranto, Italy

Organizations	Participants	Country
Drei-Burgen-Schule Felzberg	<p>Teachers</p> <ol style="list-style-type: none"> 1. Mr Frank Schmidt (project coordinator) 2. Mrs Sandra Bürger. <p>Students</p> <ol style="list-style-type: none"> 3. Victoria Bauer 4. Maria Bonkowski 5. Timm Heise 6. Alexa Hellwig 7. Ann-Kristin Henze 8. Melchior Jacob 9. Noa Marie Weinberger 	Germany
1st EPAL Trikalon Trikala	<p>Teachers</p> <ol style="list-style-type: none"> 10. Mrs Falagkara Theodora (coordinator) 11. Ms Sakka Maria <p>Students</p> <ol style="list-style-type: none"> 12. Anastasopoulos Nikolaos 13. Bletsas Evangelos 14. Cekrezi Vlebian 15. Gkoniaris Lampros 16. Polla Marjo 17. Shyti Mario 	Greece
XLII Liceum Ogolnokształcące Kracowie	<p>Teachers</p> <ol style="list-style-type: none"> 18. Mr Łukasz Brzeziński (coordinator) 19. Ms Małgorzata Juszczyk <p>Students</p> <ol style="list-style-type: none"> 20. Anastazja Bolmatenko 21. Bartosz Buta 22. Iga Giercarz 23. Emilia Jaworska 24. Olaf Kucharski 25. Andrea Lino 26. Mikołaj Nowakowski 	Poland
Liceum de Arte "Ionel Perlea Slobozia	<p>Teachers</p> <ol style="list-style-type: none"> 27. Mrs Militaru Nicoleta Marilena (coordinator) 28. Mrs Grecu Iulia Magdalena <p>Students</p> <ol style="list-style-type: none"> 29. Avrămiță Mara 30. Bănică Bogdan 31. Tocileanu Beatrice Cornelia Denisa 32. David Cristiana 33. Ivan Liana Cristiana 	Romania



	34. Pătru Ștefan Daniel	
IES Terra do Xallas Santa Comba	<p>Teachers</p> <p>35. Ms Ana Isabel López Novo (coordinator)</p> <p>36. Mr Marcos Iglesias Gago</p> <p>Students</p> <p>37. Iria Antelo Gómez</p> <p>38. Paula Antelo Lado</p> <p>39. Nerea Ferreiro Couto</p> <p>40. Ainhoa González Baña</p> <p>41. Maitena Lois Rieiro</p> <p>42. Uxía Pensado Flores</p> <p>43. Paula Vila Lois</p>	Spain
I.I.S.S.”Augusto Righi” Taranto Italy (IT) Host Partner	<p>Teachers</p> <p>44. Mrs Iole De Marco (Headmistress)</p> <p>45. Mrs Maria Luisa Cusumano (coordinator)</p> <p>46. Mrs Rita Bianchi</p> <p>47. Ms Emanuele Lo Savio</p> <p>48. Mrs Carmen Caputo</p> <p>49. Mrs Angela Doria</p> <p>50. Mrs Paola Langella</p> <p>51. Mrs Antonella Sibilio</p> <p>52. Mrs Angela Valente</p> <p>53. Mr Claudio Barnaba</p> <p>54. Mr Daniele Luzzi</p> <p>Students</p> <p>55. Amodeo Martina</p> <p>56. Amoruso Alessio</p> <p>57. Antonante William</p> <p>58. Bongiovanni Luca</p> <p>59. Carafa Pasquale</p> <p>60. Caputo Rossella</p> <p>61. Cisternino Mirko</p> <p>62. Di Noi Gianluca</p> <p>63. Giosa Andrea</p> <p>64. Giove Salvatore</p> <p>65. Guarini Giulio</p> <p>66. Ingenito Gabriele</p> <p>67. Nicoletti Domenico</p> <p>68. Padovan Nadia</p> <p>69. Pavone Lorenzo</p> <p>70. Petrosillo Gianmarco</p> <p>71. Petruzzi Gianmarco</p> <p>72. Sacchetto Edoardo</p> <p>73. Sangermano Luca</p> <p>74. Scarcella Martina</p> <p>75. Scarciglia Danilo</p> <p>76. Sgura Marco</p> <p>77. Solito Simone</p> <p>78. Taurino Francesco</p>	

	79. Tedesco Lorenzo 80. Vadacca Giovanni 81. Vinci Marco	
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DAY 1

Monday 8th April 2019

Venue: IISS “Augusto Righi” Taranto

Morning Session

TIMING	PROGRAMME	RESPONSIBLE OF ACTIVITIES
08.00-08.45	Students in classes	
08.45.hrs	Arrival of delegations and welcome at school	Mrs Maria Luisa Cusumano
09.00-9.15 hrs	Welcome address of the Headmistress, of I.I.S.S.Righi, Mrs Iole De Marco Welcome address of the Major of Taranto Municipality	Headmistress Mrs Iole De Marco Mrs Maria Luisa Cusumano
09.15-09.30 hrs	Presentation of S.O.S project by the general project coordinator Mr Frank Schmidt Program of the week by the Italian project coordinator	
09.30-10.30 hrs	Expert talk “The Mediterranean Diet as a Model of Healthy Eating” Ph. Mauro Magno Chief of the Food Science Department and Dietary Councelling at “Santissima Annunziata” Hospital in Taranto	
10.30 -11.00hrs	Coffe Break	
11.00-12.30 hrs	Presentation of the partners’ schools and educational systems Presentation of research about “ Eating habits in our countries ” from students of partner schools	All delegations

12.30-13.00 hrs	Tour of the school	Mrs Carmen Caputo
13.00-14.00	Italian Style Lunch Buffet at School	
Afternoon		
15.00-16.00 hrs	Reception at Taranto City Hall	
16.00- 18.30hrs	Cultural Visit to the Aragonese Castle, the "MARTA" National Archeological Museum of Magna Grecia.	Mrs Maria Luisa Cusumano

Description of the activities

08.45- 09.00 hrs: Welcome reception at school.

All participants were given their credentials and a T-shirt with stamps of the name and logo of the project the logo of Erasmus+ , and the flags of all partner countries. Teachers were also given a folder with a map of Taranto, tourist leaflets about Apulia, the poster of the meeting the program of the week ,a notepad and a pen.

9.00 -09.30. hrs The project meeting officially started in the Conference Room of the Istituto di Istruzione Superiore " Augusto Righi".



At the opening ceremony, conducted by the coordinator of the project in Italy, Mrs Maria Luisa Cusumano, the Headmistress of Augusto Righi , Mrs Iole De Marco, officially welcomed the participants.

Then, the representative of the City Council Mr Michele De Martino (City Councilor for Public Education) gave the delegations warmest regards from the Mayor who was out of Taranto for attending an institutional meeting in Rome. He welcomed the participants and underlined in his speech the

importance of Erasmus plus projects and cultural exchanges among young people as a mean to know the warm hospitality of Southern Italy which offers a valuable cultural heritage too.



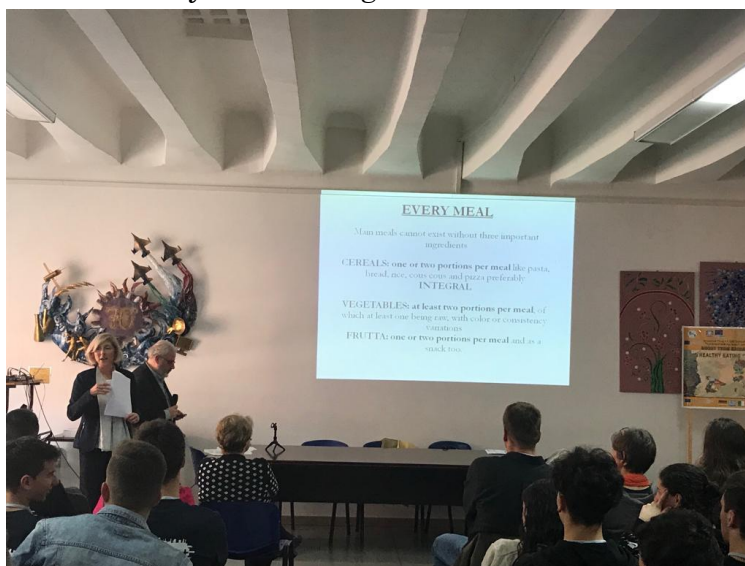
Then the International Coordinator of the Erasmus+ Project from Germany ,Mr Frank Schmidt, presented the project SOS . He pointed out the importance of enabling the students and teachers to interact with people from other countries The activities of year one were shaped as a journey through learning methodologies for teachers in Greece,the environment and natural disorders in Spain, and the cultural value of food and its importance for a healthy life style among young people in the present international meeting. The fil rouge is the recovery of our common past history, culture and traditions by filling the gap between the old and the new generation. Information about the program and activities to be carried out through the week was given by the Italian coordinator.



09.30-

10.30hrs : In his detailed lecture on the “Mediterranean Diet between traditional foods and Human Health,”, Ph Mauro Magno reported the

history, culture, identity and heritage of this culinary model which is well represented by the traditional cuisine of the Puglia Region, During the presentation, the Mediterranean Diet was considered in its holistic sense made from tangible and intangible aspects and values which integrate the past with the present. Then Ph Magno pointed the nutritional and healthy characteristics of this lifestyle in contrast with the excessive consumption of sweets, bakery products and salted snacks which have contributed to an increased risks of deficient intakes of vitamins and to obesity. Tips for a healthy diet were given to students too.



The first part of the meeting was attended by stakeholders ,journalists and local tv broadcast stations.

After the coffee break

11.00-12.30 hrs

Students from each delegation delivered presentations about their schools and educational systems.

In the second part the presentations focused on the eating habits, meals and healthy recipes from each partner country. This activity allowed participants to be aware of the similarities and differences among their lifestyles, traditions and cultures from different points of view .





12.30-13.00 hrs

The delegations,, spilt into two groups, visited the school accompanied by teachers and students.

13.00-14.00

Italian style lunch buffet at school made by teachers and parents

Afternoon

15.00-16.00hrs Reception at the Town Hall

The delegations were welcomed by the Deputy Major Mr Giuseppe Ricciardello at the Town Hall in the Sala degli Specchi (Mirror Room) and were donated the crest of Taranto Municipality



16.00-18.30hrs: Cultural visit to the Aragonese Castle, and the National Archeological Museum MarTA .

Objective: The objective of this tour was presenting Taranto's tangible Cultural Heritage with a holistic approach, putting monuments , churches and museums in a wider context, and relating them to the history of the town.

Description of the Activity

The Aragonese Castle, also known as Castel Sant'Angelo, marks the boundary between the old and the new part of the town.

At the Aragonese Castle, the participants learned about the main fortification in Taranto and its history.. Since 2003, the Italian Navy, custodian of the castle from 1883, has begun the systematic restoration of the interior of the fortress with the intent of bringing back the Aragonese configuration and identifying the previous Greek, Byzantine, Norman, Swabian-Angevin structures which the students could see in the guided visit.



At the MarTA Museum which boasts one of Italy's most important archeological collections, participants could see the collection , starting from the 5th millennium B.C. from Sparta's colonization of the Gulf of Taranto with everyday objects relating to worship and funerary rituals in Greek Taranto to the Roman age with a wide display of sculptures and terracotta figurines, as well as utensils and gold objects of every type, statues and mosaics.

DAY 2

Tuesday 9th April 2019

TIMING	PROGRAMME	RESPONSIBLE
0.9.00hrs-14.30hrs	Environmental and kilometer zero products field trip “ Be a researcher for a day” with Ionian Dolphin Conservation	Mrs Rita Bianchi Mrs Maria Luisa Cusumano

15.00hrs- 17.30hrs	Workshops in the multimedia laboratories and the chemical laboratory :	Mr Daniele Luzzi Mrs Rita Bianchi Ms Emanuela Lo Savio Mrs Maria Luisa Cusumano
15.30hrs-17.00hrs.	Project meeting session for project coordinators Project revision and implementation Planning the meeting in Poland Decision list	All project coordinators

Description of the activities

Morning 9.00-14.30 hrs

In partnership with Jonian Dolphin Conservation, this activity constituted an integral part of a broader project of Citizen Science geared towards promoting activities of environmental education emphasizing the importance of the conservation of the marine heritage of the Jonian costs. Participants were delivered a science lesson about the flora and fauna of Taranto's two Seas and in Mar Piccolo (Little Sea) they learned about the " citri" submarine, karstic freshwater springs that have determined the development of intensive mussel aquaculture. Sea food aquaculture and fishing are an important sector of local economy.



Afternoon session at school

15.00-17.30

After the morning field trip the delegation were taken by coach to I.I.S.S Augusto Righi for the second part of the scheduled activities..Students had already been spilt into international groups before the meeting according to their preferences and interests.

Workshop 1 E- Book Editing (Multimedia Lab 1)

Group 1: Analysis of the “Eating Habit Questionnaire” designed by Italy and filled out by the project students of each partner school as a preparatory activity for Taranto meeting.

Students analyzed the results of the questionnaire and wrote their comment. This work will be part of the e-book

Group 2: Editing the e-book

The e-book frame had already been prepared by I.I.S.S. “Augusto Righi”. ScribaEpub was used. Students gave their materials and worked to the uploading of texts.

Group 3: design the cover for the e-book

Students designed three covers and chose the one to be used.

Workshop 2: Design a poster and a brochure for the Healthy Eating Campaign for Young people (Language Multimedia Laboratory)

Phase 1: Brochure for the Healthy Campaign among Teenagers

During the workshop each group made a version of the brochure for healthy eating campaign,, then the brochures were presented and students decided together by vote the ones which were more appropriate for the “Art of Eating” theme. They used Canva for expressing ideas concerning the brochure. They also discussed about the promotion of the campaign.

Phase 2 : Poster for the Healthy Eating Campaign

During the workshop students were first presented with the poster that was created by the students of I.I.S.S. “Augusto Righi” in order to use it as a model. Ideas and examples for the poster layout and content were collected and each delegation gave handmade paintings and collages which were used to create different posters.



Workshop 3 : Chemical lab: Food Recognition : What's on the plate?

Chemical Analysis of Proteins in Milk, Starch recognition, Metals recognition in Food. Flame test. Analysis of Olive Oil

The teacher, Miss Emanuela Lo Savio, explained the properties of the chemical solutions and the instruments to be used in the experiments and their importance for determining the quality and freshness of some food such as milk, bread etc. Then the students were guided to make 4 different experiments which were relevant for the topic Food. It wasn't possible to make the analysis of olive oil owing to the absence for health problems of the chemistry teacher responsible for this activity.



15.30hrs-17.00hrs Project meeting for project coordinators.

Revision and implementation of the project and preparation of the next LTTA in Polonia.

1 Revision of SOS: Monitoring the state of Art of the project

On behalf of I.I.S.S. Augusto Righi Taranto, the project coordinator,,Mrs Maria Luisa Cusumano reported about the preparatory activities carried out before the meeting in Italy as follows.

1. research , presentations, videos about
 - a) brief history of national/local cuisine in partners' local areas
 - b) The menu for special occasions and festivities
 - c) Eating habits (Breakfast – Lunch – Dinner Eating out)
 - d) Description of local fresh products (Kilometer zero products)
 - e) Healthy Recipes from partner countries with nutritional values (5 recipes).
- .2. Questionnaire about Eating Habits among Young People : survey in each partner school (100 answers each)

https://docs.google.com/forms/d/e/1FAIpQLSdYliRHLjWR3we4Q_b5y49py9DTRLtSUDN2vGUZUNf5t1z8w/viewform?usp=sf_link

The products for Italy meeing are

1. e-book
2. healthy campaign for healthy eating among teenagers (poster and brochure)
3. video of the experience

1.E-book: Italy designed the e-book which has been updated with partners project work and will be ready for publishing after the project coordinators' common revision, Deadline end of May.

2. The healthy eating poster and brochure for the healthy eating campaign in partner schools, drawn by project students during the workshops, will be uploaded on pbworks and by Italy by the end of April.

4. The video of the experience will be uploaded onto pbworks by I.I.S.S."Augusto Righi" by the end of April 2019

Project Implementation carried out during the 3rd meeting in Taranto

The project directly impacted :

-The whole school community: students representatives ,class students representatives,, school staff attended the meeting

High Schools in the area: an invitation letter for the opening ceremony with project details was sent to all schools of the Province;

Other target students: a partnership was established with the IISS Mediterraneo Pulsano, Taranto which was actively involved in the project and was responsible for the important event “The international lunch buffet”. This activity has constituted an effective implementation as the students of the partner school have known directly about the project in the preparatory meetings with the Italian coordinator and have lived the intercultural experience during the activity . Our project has been publicized on the italian partner school with a video of the event too.

The local community : Participants were welcomed at Taranto City Hall and The Pro Loco Statte was a partner in the project . After the end of the international meeting the project and the cooking lab for orecchiette and scarcelle were presented to a vast public during a cultural event for the celebrations of Taranto’s Easter traditions.



2 Preparation activities for the fourth meeting in Poland

Ltta C3 Student Short Term Exchange of Pupils Kracow Poland

- The scheduled date is 21-25 October 2019 . All partners agree
- Poland is asked to detail the program of the scheduled LTTA for year two. The project coordinator for Poland Mr Lukasz Brzeziński confirms that the program will include a one day trip to Auschwitz and the industrial area where "Schindler’s List" took place. Warm clothes are advisable, owing to the high humidity of the place.
- The detailed program will be sent to partners by 30th September 2019
- The preparation activities to be carried out are: Power Points and/or videos (5 minutes each) about :
 - 1 Historical and natural places in our area;
 - 2 Evolution of technology in our area.
- The deadline for sending the names of students to the hosting school is 30th September 2019

DAY 3 Wednesday, 10th April 2019

.TIMING	ACTIVITY	RESPONSIBLE
08.30 hrs- 17.30hrs.	Study visit to - Local Dairy and Olive Oil manufacturing Eco Farm House: Masseria del Duca Cultural visit to the Valle d’Itria and Alberobello	Mrs Maria Luisa Cusumano



Fresh Food and kilometer zero Apulian Products: Masseria del Duca Crispiano (TA)

Description of the activities

Objectives: “ Kilometer Zero is the conscious choice to respect the Environment and our Health. Secondly, Zero Km Food supports the rare and unique food species which should be kept and not lost”

The aims of this activity were

- promote local agricultural heritage which ensures fresh, healthy and seasonal food;
- encourage the use of local organic food in preparing healthy home meals ;
- promote the idea of the Kilometer Zero’s shopping and encourage direct purchase to the small producer located in a nearby area;
- teach life skills related to food and well being and provide an example of Sustainable Economy;

Dairy farmers’ production systems are an excellence in Southern Italy and especially in Apulia. The visit to the dairy farm, as the primary producers in the supply chain, gave the participants the opportunity to learn about Apulian kilometer zero products linked to the Mediterranean Diet .

The eco farmhouse “Masseria Del Duca” was chosen as it combines professionalism in the sector with the responsibility of protecting human health, animal health, animal welfare and the environment.

The educational laboratories provided the participants with a hands-on experience of history, activities and traditions of the Apulia region too.

They visited the historical farm that uses organic and natural products, making cheese from the collection of livestock milk, including sheep, cows and goats and experienced practical, dairy farming practices with two laboratories for the production of cheese from milk,

In particular in the “Laboratorio del Casaro” they watched and took part in first person in the original hand milking process, of “Mozzarella” cheese making and in the the milk laboratory for making “Primo Sale” cheese, the participants were guided to make cheese from milk.



They discovered that the advantages of home made cheese is that it has a different flavor than the ones sold in the stores, and you know exactly how is made of and which ingredients contains as real cheese is only made with milk, sodium chloride, rennet and cultures. The “primo sale” cheese can be a healthy snack to be enriched with fruit or savoury herbs according to tastes



DAY 4

Thursday 11th April 2019

TIMING	PROGRAMME	RESPONSIBLE
09.00hrs-17.30hrs	Cultural visit to Otranto and Lecce	Mrs Maria Luisa Cusumano
20.30 hrs	Pizza evening for teachers and students	

Description of the activities

09.00hrs-13.00hrs

Set on a rocky spur on Italy's most easterly coastline, Otranto is about 45km away from Lecce on the Salento peninsula's Adriatic coast. Otranto's ancient city centre ("Borgo antico di Otranto") has been recognized by UNESCO as a "Culture of Peace Messenger Site"



."We started our visit by walking along the Lungomare degli Eroi (Heroes' Promenade), at the foot of the ancient city centre and head down the stairs through the Porta Alfonsina to the Old Town surrounded by imposing defensive walls. After a short visit to the Castello Aragonese (Aragon Castle) and the Cathedral, with its precious mosaic floor and the relics of 800 martyrs killed by the Turks in 1480, participants were given free time to stroll around the narrow streets of the old city centre . Pocket lunch was provided by families. In **Lecce** the participants were guided to the discovery of the baroque city by an english speaking guide who gave interesting information about the history of the town,..In piazza Santo Oronzo the participants could admire the Roman amphitheatre , built in the second century AD and had a capacity of 25,000 and the statue of the patron Saint Oronzo. Walking through ancient alleys the tour included the Cathedral ,originally built in 1144 and the magnificent Baroque church of Santa Croce with its elaborately decorated.



DAY 5

Friday, 12th April 2019

TIMING	ACTIVITY	RESPONSIBLE OF ACTIVITIES
08.00hrs--10.30hrs	Workshops in the multimedia lab to finalise project work	Mr Daniele Luzzi Digital team students
09.00hrs--10.30hrs	Project coordinators' meeting for preparation of Poland meeting and eTwinning project workshop	Mrs Nicoleta Milutaru and Ms Ana Isabel López Novo eTwinning project founders and coordinators
11.00 hrs-13.00 hrs	Study visit to the Hotel and Catering school "Mediterraneo" in Pulsano (TA)	Mrs Maria Luisa Cusumano I.I.S.S."Mediterraneo"
13.00hrs- 14.00hrs	International lunch buffet	I.I.S.S.Mediterraneo
1500-17.00 hrs	Football and basketball activities for students at Righi school	Mrs Paola Langella
17.00-18.30	Traditional Apulian Food Orecchiette and Scarcelle cooking laboratory	Mrs Maria Luisa Cusumano with Pro Loco Statte Taranto
18.30-19.00	Evaluation Presentation of Certificates	Headmistress Mrs Iole de Marco
19.00-19.30	Farewell buffet of sweets made by families	

Description of the activity

8.00-10.00 hrs

Workshops: end of project work. The students prepared a report of what they had done during the workshops The poster and brochure for the healthy eating campaign will be part of the e-book



09.00hrs–10.30hrs Project meeting for project coordinators:

Further details about Poland meeting and eTwinning workshop by Mrs Nicoleta Militaru



eTwinning workshop

During the meeting Mrs Nicoleta Militaru project coordinator from Romania, responsible for eTwinning project with Ms Ana Isabel López Novo, project coordinator from Spain, presented the steps done so far to implement the eTwinning project .

The new activity “Important memories” has also been opened on the platform for improving students’ collaborative works.

Then the other coordinators made suggestions about the next activities and it was decided to open another activity on eTwinning “ Eating Habits in the past and in the present”. Students will investigate on the way of eating in the past with a comparison with the present. This activity is linked to the “Draw my life” video of Spain and is also a preparatory activity for the next meeting in Poland as the recollection of eating habits of the past will follow a historical development, starting from the first industrial revolution , to the war periods to nowadays..

The deadline for these eTwinning activities is set at 7th June 2019

We also established that the partners should upload different materials on the eTwinning platform in order to have access to everything that was done before, during and after the mobilities.

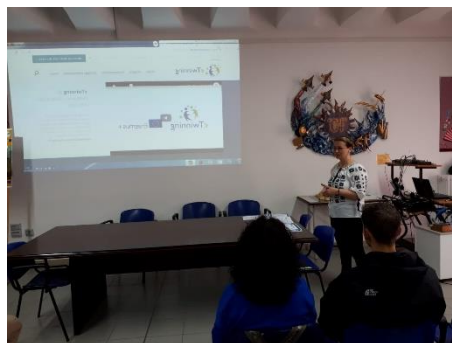
4th international Meeting in Poland

During the mobility in Poland the program will include a 2 hours' session to work on the eTwinning project steps.

eTwinning workshop by Mrs Nicoleta Militaru

Project dissemination : Personal Profile in eTwinning

Finally in the workshop session, Mrs Nicoleta Militaru trained the participants on how to update one's own profile on eTwinning with information about the project



Decisions and tasks during the 2nd Meeting in Taranto

REFERENCE	TASK	DEADLINE	RESPONSIBLE
Output of the Teacher Learning Training in Italy E-book	Coordinators will check and eventually revise the e-book designed during the meeting	30th May 2019	Italy with all partners
Output of the Teacher Learning Training in Italy Video of the experience	Italy will make the video	30th April 2019	Italy
eTwinning 1 Important moments: National days- celebrities-important events Padlet 2 eating habits in the past and present. Research, interviews, videos	All partner schools will upload materials on the Project platform	7th June 2019	All partners
E Twinning	All materials , videos and products will be uploaded onto the e-Twinning project space		All partners

Decision for the next meeting in Krakow Poland,	XLII Liceum Ogólnokształcące is responsible for hosting this meeting	Meeting dates 21-25 October 2019	Poland
Decision for the next meeting in Krakow, Poland.	All partners must send the exact number and the names of teachers and students that will take part in the 4th meeting to XLII Liceum Ogólnokształcące	30th September 2019	All partners
Decision for the next meeting in Krakow Poland,	Invitations and program of Krakow meeting.	30th September 2019	Poland
Decision for the next meeting in Krakow Poland	Tasks 1. Historical and natural places in each partner school's area 2. Inventions and evolution of technology in our areas		All partners
Documents for the students for Poland meeting	Create an info page for each student participating in the meeting. It will also contain a parents' solemn declaration in which it is certified that we have their consent to share info about their child only for this project (dissemination activities etc)	30th September 2019	All partners

11.00-13.00 hrs Study visit to the Hotel and Catering High School “Mediterraneo” Pulsano (TA)



Learning how to cook is one of the most important skills a person can have. When you cook for yourself you learn to enjoy healthy foods.

Description of the activity

Objectives:

- Provide opportunities for reflections on the Science of Food and Cooking.
- Explore the vast food cultures of our different countries in Europe
- Learn healthy cooking methods

The participants were welcomed at IISS Mediterraneo, with which IISS Augusto Righi had formed a partnership and, split into groups they participated in culinary demonstrations for the preparation of the international dishes as well as brief hands-on culinary lessons.



Then, in the beautiful location of the Castle of Pulsano, they learned the healthy cooking techniques presented by the students of the IISS “Mediterraneo” with the teachers Gabriella Pace and Chiara Sgobba.



The participants were also donated the crest of Pulsano Municipality and some gifts from the school.

13.00 hrs The International lunch buffet.

Each partner country had previously chosen a traditional healthy dish to include in the menu as preparation for the event.

The dishes were displayed in the Castle hall and participants could taste the delicious food prepared by the expert chefs of the school and their students.



15.00-17.00hrs: Back to IISS Augusto Righi some students took part in the optional sport activities Basketball and Football organized by the school.

17.00-18.30hrs Cooking class at IISS Augusto Righi: home made pasta” the orecchiette” and the local traditional Easter sweet “Scarcella”.

Description of the activity

In Taranto we have very special grandmothers who are proud to teach, to anyone who is looking to learn, how to make the typical fresh pasta from Puglia .In partership with Pro Loco Statte Taranto,,the partecipants learned to make “orecchiette”, the typical handmade pasta of Puglia with the shape of ears . Making real Italian pasta was a unique experience .



The “Scarcella” is the most typical Easter sweet of the Apulian tradition. It is a sort of big cookie that can have different shapes and is usually decorated with sprinkles and little chocolate eggs..It is also customary to place a hard-boiled egg at the centre of the cookie: the egg is a very symbolic element connected with Easter, as it represents birth and new life. The video of the experience and the history of scarcella will be part of the e-book.

The participants could see how Apulian Easter sweets are usually prepared with simple ingredients, as their recipes derive from the cooking traditions of simple, country people who used what the territory could offer, but they are all the same extremely delicious!



All participants were given scarcelle and orecchiette to bring home and share this Apulian tradition with their families.

18.30-19.00 hrs At the end of the project meeting the invited participants in Taranto were asked to fill in an evaluation sheet. The results will be presented in another document.

Certificates presentation to the participants.



Saturday 13th April 2019: departure of delegations

DISSEMINATION

<https://www.tarantoindiretta.it/i-i-s-s-augusto-righi-progetto-erasmus-ka229-s-o-s-sustain-our-souls/>

<http://www.corrierepl.it/2019/04/05/i-i-s-s-augusto-righi-a-lezione-di-dieta-mediterranea/>



Quotidiano di Taranto Monday 8th April 2019

Quotidiano di Taranto Tuesday 9th April 2019

Taranto Buonasera Thursday 11th April 2019



ANNEX I