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| Approximate start date | Activity description | TWINSPACE |
| October/ NOVEMBER 2015 | Activity 1:  Making the participants familiar with project aims.  Preparing a detailed work schedule, nominating teachers responsible for activities and list of students-courses willing to take part. Working with the twinspace | POwER POINT  Presentation of every country and students to the other countries : Pictures of the course in twinspace |
| NOVEMBER 2015 | Activity 2:  Gathering information about POPULAR RACES (history, benefits for health, kind of popular races, distance...) in each country  POPULAR RACES most famous in each country | POwER POINT  Presentation of the POPULAR RACES in your country (English and native lgs).  Put information about your country and region in twinspace |
| NOVEMBER | Activity 3:  Designing a project logo – school competitions  Preparing a POPULAR RACES in your country (English and native lgs). | PICTURES OF WINNERS LOGOS (3) OF EACH COUNTRY  Choosing the best logo of the project,  Logos exposition in TWINSPACE  TRAINING for the popular races |
| DESEMBER 2015 | Activity 4:  1st POPULAR RACE IN THEIR COUNTRY  Cursa dels nassos 10 km BARCELONA  OTHER COUNTRIES?? | POWER POINT-PDF  Presentation of the POPULAR RACES in your country (English and native lgs).  Put LINK in twinspace |
| JANUARY 2016 | Activity 5:  Training the students for hicking (preparing the exercises before and after running) | COMUNICATION WITH THE PARTNERS (SKYPE...)  Organizing the POPULAR RACES for the class  TALKING about the experience |
| JANUARY – FEBRUARY 2016 | Activity 6:  Planning the POPULAR RACES ( distance and time, days of training, ).  (English and native lgs) | A short description of the POPULAR RACES prepared by each school |
| MARCH - APRIL 2016 | Activity 7:  POPULAR RACES experience in every school  2ND POPULAR RACE  In their city :  Barcelona: Cursa del Corte Inglés (10 km ...april 2016)  OTHER COUNTRIES?? | POWER POINT AND PICTURES  Each school explain their experience in twinspace |
| April 2016 | Activity 8:  Exposition of the experience in the school (pictures, composition by students...)(English and native languages). | PICTURES OF THE ACTIVITY (PDF) /DIARY OR ARTICLE OF THE ACTIVITY  Exposition of the experience in Twinspace (pictures, composition by students...)(English and native languages). |
| April - MAY 2016 | Activity 9:  Conclusion of the experience  School project evaluations | REPORT OF EACH SCHOOL  Making a report in each school. |