



Programme of Second Project Meeting of “Eat well, Move more, Live better”
Project Nr. 2020-1-DE-03-KA229-077068_2

	Day	Activities
Sunday 08.05	Arriving day	
Monday 09.05	Welcoming ceremony at Cesis Berzaines pamatskola	Grand tour of the school and campus Lunch Visiting Cesis castle and trip around Cesis Dinner in restaurant
Tuesday 10.05	Sports day	Project meeting and working sessions for teachers Attend lessons for students Lunch Activities with young guards (military games) Salt room and sensory room Free time
Wednesday 11.05 9:00 11:00	Food Factory “Good Roots” Bread house	Food Factory “Good Roots” masterclass Baking bread and pies Lunch at bread house Traditional Latvian food

		Visiting ancient Latvian lake castle and trade house Trip to cliffs Zvartes iezis Free time for partners
Thursday 12.05	Riga	Visiting capital city (Excursion around old Riga) Lunch in restaurant "LIDO" (Paid by partners themselves) Activity park "Ramkalni" Free time
Friday 13.05 9:00 11:00	Latvian countryside	Latvian garlic factory masterclass making different food with garlic Concert at school The Last Bell for 9th graders Lunch at school Every country should prepare performance (song or dance or poem) Meeting with town's mayor Dinner at restaurant "Lasso"
Saturday 14.05	Departure to Rigas airport	

Headmaster

Z. Ozols