

IZOLA - ERASMUS+ - SPORTS-FOOD - LTT - MEETING PROGRAM

Meeting point:	SCHOOL RESTAURANT	All the activities and departures start from the meeting point
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Sunday 21st January

Time	Activities	Note
19.00	Arrival of participants from Italy and accommodation at the boarding school/hotel	
19.30	Arrival of participants from Spain and the Netherlands and accommodation at the boarding school/hotel	
20.00	Welcome dinner at the school restaurant	
21.00-22.00	Preparing for the bedtime, at 22.00 lights off and bedtime	

Monday 22nd January

Time	Activities	Note
7.00-8.00	Breakfast for students in school self-service restaurant	
8.15	Departure for the gym - sports games	indoor sport equipment for students and teachers obligatory
11.00	Visit of the school premises	
12.00	Lunch in the school restaurant	
13.00	Participant's school presentations and analyses of students' eating habits in the multiple-purpose room	10min+10min per school
15.00	Guided tour of Izola	
19.00	Dinner at school restaurant	
21.00-22.00	Preparing for the bedtime, at 22.00 lights off and bedtime	

Tuesday 23rd January

Time	Activities	Note
7.00-8.00	Breakfast for students in school self-service restaurant	
8.15	Workshop 1 - Mediterranean food (Slovenian and Primorska dishes) and healthy snacks Workshop 2 - Smoothies and healthy drinks	
10.30-11.00	Snack time with healthy snacks and drinks prepared	
11.00	Activities in workshops	

11.00-13.00	Meeting of project coordinators and teachers in the multipurpose room (project work, selection of logo ...)	
13.00	Lunch at the restaurant with dishes and drinks prepared at the workshops	
15.00	Hike to Koper, a guided tour of Koper. Free time for purchases	sports shoes recommended
19.00	Bus departure from Koper to Ankaran - dinner followed by international bowling competition	
22.30	Arrival in Izola and bedtime	

Wednesday 24th January

Time	Activities	Note
7.00-8.00	Breakfast for students in school self-service restaurant	
8.30	Departure for a full-day excursion to the Škocjan Caves	hiking shoes recommended
13.00	Lunch at the farm Pri Andrejevih in Narin	
15.00	Visit of the Farm pri Petrovih in Narin - baking of bread within the program "From grain to bread" (supported by the national project Eko School as a way of life)	
19.00	Dinner at school restaurant	
21.00-22.00	Preparing for the bedtime, at 22.00 lights off and bedtime	

Thursday 25th January

Time	Activities	Note
7.00-8.00	Breakfast for students in school self-service restaurant	
8.15	Workshop 1 - Mediterranean food (Slovenian and Primorska dishes) and healthy snacks Workshop 2 - Smoothies and healthy drinks	
8.30-10.30	Meeting of project coordinators and teachers in the multipurpose room (project work)	
10.30-11.00	Snack time with healthy snacks and drinks prepared	
11.00	Activities in workshops	
13.00	Lunch at the restaurant with dishes and drinks prepared at the workshops	
15.15	Departure for Piran, a guided tour of Piran and a visit of Mediadom Pyrhrani (cultural center and multimedia museum)	
19.00	Farewell dinner at school restaurant	
21.00-22.00	Preparing for the bedtime, at 22.00 lights off and bedtime	

Friday 26th January

Time	Activities	Note
6.45-7.15	Breakfast for students in school self-service restaurant	

7.20	Departure for a full-day excursion to Bled, Radovljica and Ljubljana	waterproof winter shoes and warm clothes recommended
9.30	Visit of Bled	In January in Bled air temperature is from 5 to -5, till -10 degrees
12.00	Lunch	
13.30	Visit of the Beekeeping Museum in Radovljica	
16.00	Visit of Ljubljana	
20.30	Dinner at school restaurant	
21.30-22.00	Preparing for the bedtime, at 22.00 lights off and bedtime	

Saturday 27th January

Time	Activities	Note
6.00	Departure of participants from Spain to the airport	
8.00-9.00	Breakfast in self-service restaurant for the rest of the participants	
11.15	Departure of participants from Italy to the railway station in Trieste	
13.00	Departure of participants from the Netherlands to the Marco Polo Venice airport	