**REPORT**

For the 2ndErasmus + "Healthy steps to better future" meeting.

From 12 May 2019 to 17 May 2019, the 2ndmeeting of the project "Healthy steps to better future" under the Erasmus + programme took place at Medelynas progymnasium, Šiauliai. Our guests from 4 countries - Poland, Italy, Spain, and Greece - were welcomed and accommodated in Turnė Hotel.

On the following day - 13 May (Monday) - the official reception was attended by teachers and students at Medelynas progymnasium in Šiauliai. The guests were welcomed in an old Lithuanian custom - with bread and salt, and after a short greeting in the School Hall with the students’ programme with dances, music and songs, a school tour was held.After a healthy tea tasting we had a workshop with student presentations “The first visit to Italy“ and discussion on the project activities. Then our guests took advantage of their spare time to explore the town.

On 14 May(Tuesday), the new day started with active participation in the seminars.One of them took place in the school with topic “The first aid in case of an emergency“. Our guests were given some useful advices after such accidents as: bone, joint and muscle injuries, vascular injuries, removal of foreign bodies and after thermal injuries. Another workshop with the topic “The prevention of Irregular Posture” took place at Medical School, where lecturer provided a lot of information of the main problem of the students – the curvature of the spine, and what should we do to prevent diseases, how can we avoid that problem. After the workshops, guests had the opportunity to visit our unique place - Hill of Crosses and the monastery. After visiting the Hill of Crosses, the monk agreed to tell the story of its origin. The day ended with a visit to the chocolate factory “Rūta”, there the guests learned about the chocolate path to Lithuania.

On 15 May (Wednesday), the whole group visited Trakai and the capital of Lithuania - Vilnius. On the way to Vilnius, we had the first stop in Trakai, whichis well known for its unique lakes and the medieval castle complex, and tried local traditional food – “kibinai”. In the afternoonthe guests reached Vilnius and visited the main places of the capital: Presidental Palace, Town Hall, Cathedral, etc., walked the streets of the old town, admired the treasures in the museum.

On 16 May (Thursday), the day started with the workshop “Let's Move Healthy - For Body and Mind”. Having learned about Zumba, Pilates and Yoga, the guests tried various exercises using that kinds of sport. After a fun sports activity, it was time for the certificates and the presents. In the afternoon, guests hadthe opportunity to visit the regional park of Kurtuvėnai and learned the history of the place by visiting the church,the museum andtasting our traditional Lithuanian dishes.

May 15 was the last guest day in our country. It was a day for leaving to to their countries. It was a very successful meeting, a week full of emotions, nice impressions and good memories.

Done by Dalia Česnauskienė