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ŠIAULIŲ MEDELYNO PROGIMNAZIJA

Biudžetinė įstaiga. Birutės g. 40, 76192 Šiauliai.

Ištaigos duomenys: Birutės g. 40, 76192, tel. (8-41) , tel./faks.(8-41) 524138, el. p. medelpm@splius.lt

The programme of the second „Healthy steps to better future” project meeting in Šiauliai/Lithuania 13-16 May 2019

Day 1: May 12th (Sunday) –Arrivals

Transfer participants from the bus/train stations in Šiauliai to the hotel.

Day 2: May 13th (Monday)

09:00 Official welcoming at the host school

10:00 Guided visit of the host school

10:35 Healthy tea tasting

11:00 **Workshop - Student presentations „The first visit to Italy“, discussion on the project activities**

13.00 Lunch

14:00 Sightseeing in the city

19:00 Dinner

Day 3: May 14th (Tuesday)

09:00 **Workshop „The first aid in case of disaster“**

11:00 **Workshop „The prevention of Irregular Posture” (place - Medical School)**

13:00 Lunch

14:00 Visiting Hill of Crosses

16:00 Visit to Factory „Rūta“

19:00 Dinner

Day 4: May 15th (Wednesday)

07:00 Guided trip to Trakai / Vilnius

11:00 Lunch in Trakai

16:00 Dinner in Vilnius

Day 5: May 16th (Thursday)

9:00 **Workshop „Let's Move Healthy - For Body and Mind“ (Zumba, Pilates, Yoga)**

12:00 **Workshop – Discussion on the next project activities. Certificates of attendance ceremony.**

13:00 Lunch

14:00 Visit to Kurtuvėnai

19:00 Dinner

Day 6: May 17th (Friday) – Departures

Transfer participants to the bus/train stations in Šiauliai from the hotel.

Done by the Lithuanian team

10.04.2019

Šiauliai, Lithuania

Headteacher

I. Mazrimienė

