  

Upesleju elementary school , Latvia

Project Nr. 2019-1-LV01-KA229-060411\_1 DON'T WASTE, SAVE ! THE EARTH İS YOURS

1st Short term joint staff activity program - LATVIA January 20th to January 24th 2020

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| 20/01 | 10:0011:3012:1512:4513:30 15:30 18:30 | Meeting in hotel and Riga guided trip – ‘’Meet and get to know Riga’’Bus to schoolCoffee breakWelcome ceremony and children concertGuided tour around the school – our education system and our school and kindergartenInteractive folk program '' How to become a Latvian? “ and Latvian traditional dinner Departure to Riga |
| 21/01 | 09:3010:3011:30 12:00  13:30 14:30 16:00  | Bus to schoolPresentations of each country ( 15 min each max )Coffee BreakWorkshops for teachers Don’t waste, save!Eco green school guest lecturer, coordinator of Adazi EcoschoolLunch and Don’t waste area in UlbrokaDeparture to Riga |
| 22/01 |  10:00 14:00 15:00 17:30 | Trip to Ligatne Old paper fabric . Paper workshop ‘’Don’t waste!’’Visit to Zinoo center in Cēsis Cultural visit -Medieval feast in Cēsis castle Departure to Riga |
| 23/01 | 09:15 12:3015:0017.00  | Eco education trip to GetliniVisit to LIDO restaurant and leisure center- Traditional Latvian cuisine in nature style with eco matertials.Visit to madaracosmetics.com and workshop ‘’Save nature!’’Departure to Riga |
| 24/01 | 10:0011:00   13:00 14:00 15:00 16:00  | Bus to schoolSupport program in rehabilitation center (salt room, audio-video relax room, paraffin hand treatment, coordination and balance physiotherapy , herbal teas,O2 cocktails, Nordic walking- depends from weather )Lunch in schoolBadges workshop – memory about LVPreparation of the activities for the next meeting.Delivery of the Certificates of Attendance.Evaluation of the work session, feedback.Departure to Riga. |