  

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 | 10:00  11:30  12:15  12:45  13:30  15:30  18:30 | Meeting in hotel and Riga guided trip – ‘’Meet and get to know Riga’’  Bus to school  Coffee break  Welcome ceremony and children concert  Guided tour around the school – our education system and our school and kindergarten  Interactive folk program '' How to become a Latvian? “ and Latvian traditional dinner  Departure to Riga |
| 21/01 | 09:30  10:30  11:30  12:00  13:30  14:30  16:00 | Bus to school  Presentations of each country ( 15 min each max )  Coffee Break  Workshops for teachers Don’t waste, save!  Eco green school guest lecturer, coordinator of Adazi Ecoschool  Lunch and Don’t waste area in Ulbroka  Departure 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 12:30  15:00  17.00 | Eco education trip to Getlini  Visit 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 | 10:00  11:00      13:00  14:00  15:00  16:00 | Bus to school  Support 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 school  Badges workshop – memory about LV  Preparation of the activities for the next meeting.  Delivery of the Certificates of Attendance.  Evaluation of the work session, feedback.  Departure to Riga. |