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**AGENDA**

**SHORT-TERM EXCHANGE OF GROUPS OF PUPILS**

**IN POLEŠOVICE, CZECH REPUBLIC (4. – 8. 11. 2019)**

**The host school:** Základní škola Polešovice, Czech Republic

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| **DAY** | **TIME** | **ACTIVITIES** |
| **Monday**  **4. 11. 2019** | 9.00 – 10.00 | Welcome ceremony, PP presentation about the Czech Republic held by host pupils, speech of the Polešovice school headmaster, school choir, each coordinator introducing his/her project team |
| 10.00 – 11.00 | Tour around the school and adjacent outdoor area |
| 11.00 – 11.15 | Break |
| 11.15 – 12.15 | Ice-breaking activities – getting to know each other |
| 12.15 – 13.00 | Lunch |
| 13.00 – 14.00 | Logo voting |
| 14.00 – 15.45 | Workshop related to S.H.A.P.E. – typical food and drinks of each partner country, typical school snack – each team presenting at an exhibition stand (healthy and unhealthy trends in national cuisines) |
| **Tuesday**  **5. 11. 2019** | 7.35 – 9.15 | Pupils attending classes |
| 8.30 – 9.15 | Teachers - discussion about the project web page, TwinSpace, eBook, FB communication |
| 9.15 – 10.15 | Visiting the nursery school in Polešovice – discussion with the headmistress about healthy lifestyle in pre-school education |
| 10.15 – 10.30 | Break |
| 10.30 – 11.30 | Visiting the municipal office, meeting the mayor and deputy mayor of Polešovice – PP presentation of Polešovice held by host pupils |
| 11.30 – 12.30 | Lunch |
| 12.30 – 16.30 | Workshop related to S.H.A.P.E. – Let´s Move - sport activities, indoor and outdoor competitions of project teams, presentation of popular sports in CR |
| 17.00 | Local cinema – a movie related to S.H.A.P.E. |
| **Wednesday**  **6. 11. 2019** | 8.30 | Departure to Moravský kras (Moravian Karst) |
| 9.30 - 14.30 | Workshop related to S.H.A.P.E. – outdoor activities (active lifestyle, prevention, education, environment protection) – Holštejn, Punkevní jeskyně, Macocha (hike, educational route, cave, abyss) |
| 14.30 – 17.00 | Brno – visiting the town |
| 17.30 | Arrival in Polešovice |
| **Thursday**  **7. 11. 2019** | 7.35 – 10.20 | Attending classes - pupils |
| 8.30 – 10.20 | Attending classes - teachers |
| 10.20 – 10.45 | Break |
| 10.45 – 12.30 | Creating the project corner in the school – mural activity (footprints on the wall), photos, messages, impressions |
| 12.30 – 13.30 | Lunch |
| 13.30 – 15.30 | Workshop related to S.H.A.P.E. – harmony of body and mind (hand craft, music therapy, aroma therapy, antistress techniques) |
| 17.00 – 19.30 | Get in Shape party in the local Sokol gym – for all participating pupils, teachers, host families and local authorities |
| **Friday**  **8. 11. 2019** | 9.30 | Starting the project meeting in the restaurant Fabrika |
| 9.30 - 10.30 | PP presentation by the host school – Education in CR and our school with the emphasis on Healthy Lifestyle – presenting our subjects and school projects focused on healthy lifestyle (what topics at what age, in what subjects) |
| 10.30 – 11.30 | Evaluation of the meeting, awarding the certificates of attendance |
| 11.30 – 12.30 | Lunch |
| 12.30 – 13.00 | Farewell |