



Erasmus+

**MOVING2HEALTH**  
**2017-1-FR01-KA219-037133\_4**  
**REPORT OF THE FOURTH TEACHER-TRAINING- LEARNING -ACTIVITY**  
**CHATEAU THIERRY (FRANCE) 1st-5th APRIL 2019**

The partner teachers and students from Romania, Italy and Poland, met at EPLE Lycee Polyvalent Jules Verne in Chateau Thierry from 1st to 5th April 2019, according to the pre-established and previously shared programme of the visit. A wide range of project activities have been made as well as many cultural and social activities, as described below.

### **Monday 1st April**

Arrival at school and welcome of the school principal.  
Visit of the school and meeting with some members of the school staff.  
Presentation of our own towns, regions and schools by the students.  
Group picture and the visit to the Townhall where we were seen by the local authorities.  
Visit of the old castle.  
Presentations: How sport and the view of human body has changed over time and sciences in high-level sports.  
The meeting with a nutrition specialist (former student) + doctor of a Sport-Health organisation.  
Presentations : Sports Women (2 per country)  
Visit of the exhibition of women in sport at the library and at the canteen

### **Tuesday 2nd April**

A day trip to Paris:  
- visit to the Science Museum- exhibition "The body and sport"  
- visit of Paris by bus  
- stop at Trocadéro place-walking down to the Eiffel tower  
- mini-cruising on the Seine with comments / famous monuments of Paris

### **Wednesday 3rd April**

Presentations: Olympism history and Olympic Champion interview.  
Workshop: integrating as many sporting activities as possible on a single day which can be daily activities.  
List of Training Application programs on Smartphones.  
Visit of a Champagne House.  
Sport Center - sport activities : zumba and bodycombat  
**Working time for teachers:**  
Checking of the project advancement  
Information given by the coordinator about the management of the Mobility tool.  
Discussion of the final report and its dates in each country.  
Discussion of the final evaluation surveys: general and healthy ones.  
Final product preparation.

## **Thursday 4th April**

Visit to the cryotherapy center.

Visit to the University of Sport and Physical Education.

Guided visit to the cathedral in Reimes.

Visit to the ice skating rink.

## **Friday 5th April**

Physical activities at the sport centre : individual assessment of fitness level

Guided visit of the american monument and its museum.

Free time.

Farewell party at school involving students, teachers, school staff, families. Each partner country cooked / brought a traditional dish.

Karaoke with traditional and modern songs of each country.

## **Names of the partner teachers**

Italy : Croce Anna, Italia Caggiano

Poland : Kujawska Małgorzata, Małgorzata Matuszak

Romania: Cristina Bancescu, Anca Mustata, Aspazia Olar