



Erasmus+ KA2 Moving2Health

Programme Meeting in Italy

22-28 May 2018

ACTIVITIES	COSTS
Tuesday 22.05 Arrivals in Potenza	
Wednesday 23.05 h.8.30 Welcome Presentation of the weekly programme Presentations of schools/ countries / regions (videos/PPT) h.10.00 Visit of the school Short break h.11.30 yoga session in the school gym with an expert h.13.00 International lunch at school h.14.15 Bio dance session in the school gym with an expert h. 17.00 Visit to Potenza city centre (using escalators)	
Thursday 24.05 h.8.15 Departure by bus to Gallipoli Cognato Regional Park h. 9.15 Start of the activities at " Lucania Outdoor Park" (Orienteering competition) h.13.00 Lunch at the country restaurant "Il Farnetto" h. 14.15 Guided climbing activity on forest trees (different levels of difficulty) h. 18.30 Return to Potenza	 BUS € 6 per person €54 France/€54 Poland / €60 Romania € 15 per person (activities in the park) € 12 per student (lunch) € 18 per teacher

<p>Friday 25.05</p> <p>H 8.30/11.00 Tournaments and sport activities at the sport centre “ Principe di Piemonte”</p> <p>h. 13.00 Lunch at school</p> <p>h. 14.30 Presentations of partner works made at home</p> <p>h. 16.00 Teacher meeting</p> <p>free time for the students</p>	<p>€10 per person (lunch)</p>
<p>Saturday 26.05</p> <p>h. 7.00 Departure by bus to Policoro Aquarius Nautical Centre</p> <p>h.9.00 Presentation of programme and experts</p> <p>h. 9.30 Start of the activities (Sailing-Kayaking/Archery/ Beach volley/ Beach soccer)</p> <p>h.13 .00 Lunch break</p> <p>h.15.00 Laboratory of seamanship</p> <p>h.16.00 dancing goodbye party with music</p> <p>h.18.30 Departure to Potenza</p>	<p>BUS € 7 per person €63 France /€ 63 Poland/ €70 Romania</p> <p>€ 27 per person (activities and lunch)</p>
<p>Sunday 27.05</p> <p>h.9.00 Departure by bus to Matera(Unesco Heritage Site)</p> <p>h. 11.00 Guided tour of Matera</p> <p>h. 14.00 Lunch at restaurant “La Talpa” in the old part of the town</p> <p>free time</p> <p>h. 18.00 Return to Potenza</p>	<p>BUS € 7 per person €63 France/€63 Poland/ €70 Romania</p> <p>€ 40 per country</p> <p>€13 per person (lunch)</p>
<p>Monday 28.05</p> <p>Departures</p>	<p>Train/ Flixbus</p>