

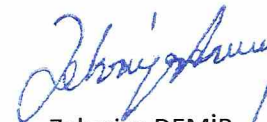


SCHEDULE OF THE ERASMUS+ PROJECT "FiTTeR, HeaLTHieR, HaPPieR" IN ISTANBUL, TURKEY
13th -17th December 2021

SUNDAY	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Arrival	08:30-10:00	Opening ceremony	Talk from a nutritionist: "Types of Diets" and "Atkins Diet" (blended activity)	Outdoor activities / bicycle tour /	Probiotics: "making yoghurt and kefir" (blended activity)	Introducing mobility tool to the inexperienced partners (blended activity)	Departure
	10:00-10:20	Coffee Break	Analyzing the results of the initial surveys	Coffee Break	Coffee Break	Coffee Break	
	10:20-12:30	Presentations of my country /city /school (blended activity)	Conference: "Fundamentals of Healthy Life" (blended activity)	Seminar: "Well-being and playing an Instrument" (blended activity)	Cooking class	Ts: Arranging the agenda for the next LTTA Ss: Attending host school's classes (blended activity)	
	12:30-13:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	13:30-14:00	A short tour of the school	Gardening activities and healthy eating	A visit to the Historical Peninsula	Local herbs and products presentation (blended activity)	Mobility week evaluation	
	14:00-16:00	Seminar: "Diabetes Among the Young"	Cultural visits: Eyüpsultan and Pierre Loti Hill		Folk remedies	Ceremony for certificate of attendance	
	16:00-17:00	Archery workshop	Friendly competitions	Free time	Friendly competitions	Farewell dinner	


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