

LEARNING, TEACHING AND TRAINING ACTIVITY IN ICELAND

Travelling Day 15/08 - Rest and home cooking

DAY 1 16/08

Trip on theme of project - Trip to Reykjavik

Exploring the Icelandic nature and culture

Etwinning - Project materials

Assignment : Cooking healthy and nutritious lunch recipes from different countries

DAY 2 17/08

Culture and trip day

Famous sights, hot springs and beautiful nature

Assignment : Working on visual materials re healthy life style (Icelandic good practices)

DAY 3 18/08

At school – social meeting with Icelandic coordinators

Online project session with all partners - review of the project progress

Assignment : Icelandic ideas for wellbeing and healthy lifestyle

DAY 4 19/09

Culture and trip day

A trip in Borgarfjörður

Famous sights, hot springs, natural geothermal bath and nature.

Light exercise - walking and Spa

Assignment : visual materials re project

DAY 5 20/08

Working session at school: peer 2 peer discussion on the project results

Working sessions : Cooking workshops on healthy meals. Summary/final report.

Assignment about healthy living and healthy food.

Travelling Day – back to KEF, Icelandic attractions on the way.