

Project Erasmus+ 2HB Health and Safety
4th Lyceum Serres, Greece

C3 Serres meeting – Physical Health: Take Care of your Body
Programme 20 - 26 February 2022

DATE & TIME	ACTIVITIES	LOCATIONS
SUNDAY Feb 20th		
20:00	<p>Arrivals:</p> <ul style="list-style-type: none"> France : flight LH6442 at 15.20 Germany : flight LH1288 at 13.50 Portugal : flight LH 5928 at 14:50 Belgium : flight GQ388 at 21.30 Spain : flight A3 136 at 00.10 <p>Dinner for teachers</p>	<p>Thessaloniki <i>Makedonia</i> Airport</p> <p>France-Germany-Portugal: pick up bus to Serres at the airport.</p> <p>Spain: pick up van to Serres at the airport.</p> <p>Belgium: van arranged by Mr S. Flamand.</p>
MONDAY Feb 21st		
7:50 - 8:10	Self tests at school	School Amphitheatre
8:15 – 9:00	<ul style="list-style-type: none"> Welcomes Meeting the Headmaster 	
9:00 – 9:50	<ul style="list-style-type: none"> Presentations of the countries 1: present their school on a common interactive map Presentations of the countries 2: the consequences of Covid crisis on the different sub-topics of each country <p>(see the Guide: <i>C3 Preparation before Mobility</i>)</p>	
9:50 -10.00	<i>Break</i>	
10:00 - 11:35	<ul style="list-style-type: none"> Pilates class (Group A) Group A 10:00-10.45 Group B 10:55-11.35 Take care of your bike and your posture (Group B) Group B 10:00-10.45 Group A 10:55-11.35 <p><i>Alternative activity- Dance class: ethnic steps in rhythm (Greek dances)</i></p> <p>Teachers' meeting</p>	<p>School class</p> <p>School yard</p> <p>School library</p>
11:35 – 11:45	<i>Break</i>	
11:45 – 14:00	<i>Routes of the area</i> : Prefecture, Municipality, Bezesteni Museum, Bougatsa, Eleftherias square.	Sightseeing-City Centre
14:00	Students with families - Lunch for teachers. Free afternoon - evening for students	
20.00	Dinner for teachers	
TUESDAY Feb 22nd		

7:50 - 8:10	Self tests at school	
8:15 - 9:00	<ul style="list-style-type: none"> Presentations of the countries 3 / 1st Part 	School Amphitheatre
9:05 - 9:50	<ul style="list-style-type: none"> Students' workshop 1: <i>Soap factory</i> (Group A) Ergonomy in the classroom by Belgium (Group B) 	Science Lab School Amphitheatre
9:50 – 10:00	<i>Break</i>	
10:00 - 10:45	<ul style="list-style-type: none"> Presentations of the countries 3 / 2nd Part 	School Amphitheatre
10:55 - 11:35	<ul style="list-style-type: none"> Students' workshop 2: <i>Soap factory</i> (Group B) Ergonomy in the classroom by Belgium (Group A) <p>Teachers' Debriefing: Europass</p>	Science Lab School Amphitheatre School library
11:35 – 11:45	<i>Break</i>	
11:45 – 14:00	2HB Olympic games at school & Traditional games	School yard
14:00 - 15:00	Lunch with families - Teachers' buffet at school	
15:30 - 17:00	Orienteering with Serres Orienteering local Club Free evening for students	School yard
20:00	Dinner for teachers	
WEDNESDAY Feb 23rd		
7:50 - 8:10	Self tests at school	
8:15- 9:00	Recap of the Greek Survey on physical habits of all countries	School Amphitheatre
09:00 - 11:00	<ul style="list-style-type: none"> Day trip to Horse Riding Therapy Centre 	N.Skopos region
11:00 - 14 :00	<ul style="list-style-type: none"> Visit to Faculty of PE and Sport Science University Department: Conference and Praxis on Physical Health by a P.E. Professor 	Faculty of Physical Education and Sport Science
14:00 - 16:00	<p>"Routes of the area": Trekking to City Acropolis (snack offered by the Greek partners)</p> <p>Free evening for students</p>	St Anargyroi Valley
20.00	Dinner for teachers	
THURSDAY Feb 24th		
7:50 - 8:10	Self tests at school	
8:15 - 9:00	Students attend 1st hour school class Teachers debriefing	School library
9:00 - 14:00	Day Trip <ul style="list-style-type: none"> Visit to Amphipolis Museum Trip to Alistrati Cave 	Day trip to ancient Amphipolis & Alistrati
14:00 - 15:00	Snack prepared in advance by the host families	
17:00	Return to Serres Free evening for students	
20:00	Dinner for teachers	
FRIDAY Feb 25th		

7:50 - 8:10	Self tests at school	
8:15 - 9:50	<ul style="list-style-type: none"> Meeting local athletes: joy through kinesis. 	School yard
9:50 – 10:00	<i>Break</i>	
10:00 - 10:45	<ul style="list-style-type: none"> 40 minutes training with Julian (PE educator) Teachers' meeting	School yard School library
10:45 - 10:55	<i>Break</i>	
10:55 - 11:35 11:45 - 13:00 13:00 - 13:30	<ul style="list-style-type: none"> Dance like the Olympics: choreography from Greece Art creation & exhibition: team puzzle construction Speak to the local Press 	School amphitheatre
14.00 - 15.00	Students with families - Lunch for teachers	
20:00	Goodbye Dinner for teachers Goodbye meet for students	
SATURDAY Feb 26th		
	Departures <ul style="list-style-type: none"> France : flight LH2735 at 18.45 Germany : flight LH2735 at 18.45 Portugal : flight <u>LH 5929</u> at 15:35 Belgium : flight GQ383 at 09.30 Spain : flight A3 101 at 06.20 	Thessaloniki <i>Makedonia Airport</i> (2 hours before flight) France-Germany-Portugal: pick up bus to Thessaloniki airport Spain: pick up van to Thessaloniki airport Belgium: van arranged by Mr S. Flamand
End of C3		

IMPORTANT NOTICE: SUITABLE CLOTHES FOR ALL PHYSICAL ACTIVITIES ARE RECOMMENDED.