

Upesleju elementary school , Latvia
“Today a dreamer, Tomorrow a leader”
Project No. 2018-1-DE03-KA229-047207_2
C4 Short-term exchanges of groups of pupils, Latvia, 02/03/2020-06/03/2020

02/03	10:00 12:00 12:45 13:30 14:15 16:15 17:45	Meeting and Riga guided trip Bus to school Upeslejas Lunch in school Welcome ceremony and concert Tour around the school for teacher/ activities for children. Coffee/snack break Interactive folk program " How to become a Latvian? " Departure to Riga
03/03	09:45 10:30 11:30 12:30 13:30 14:30 15:45 18:30	Bus to school Metēni traditional celebration-outdoor event, pancake + coffee Presentations of each country (activities before meeting) Workshop Lunch in school Project work session for coordinators Outdoor activities (+ each country outdoor game) Departure to LIDO restaurant and leisure center. Traditional Latvian cuisine Departure to hotel
04/03	10:00 11:00 12:00 13:00 14:30 15:00 16:00 17:00	Start from Riga Trip - Sigulda/Turaidas castle Workshop “Visiting the Chief Judge of Turaida” Sigulda market and lunch –free choose Start to Līgatne Woodcraft Museum in the Vienkoču park Workshop- old time toys Departure to Riga
05/03	10:00 10:30 11:45 12:45 13:15 14:15 14:45 16:00 16:40	Meeting time in Old center Latvian National library trip Workshop (teachers helps children) Walking to Old center Lunch free choose in Riga (Mc Donald, KFC, Pizza, Dumpling) Walking to Galleria Riga ZINOO center + workshop Walking to National Art museum (interactive task) Free time
06/03	10:00 11:00 13:30 14:30 15:00	Bus to school Support program in rehabilitation center (salt room, audio-video relax room, paraffin hand treatment, coordination and balance physiotherapy , herbal teas,O2 cocktails). Coffee /snack break Badges workshop Delivery of the Certificates of Attendance. Evaluation of the work session, feedback. Lunch in school Departure to Riga.