



Upesleju elementary school , Latvia

**Project Nr. 2019-1-LV01-KA229-060411\_1  
DON'T WASTE, SAVE ! THE EARTH IS YOURS**

**1<sup>st</sup> Short term joint staff activity program  
LATVIA , January 20<sup>th</sup> to January 24<sup>th</sup> 2020**

20/01	10:00 11:30 12:15 12:45 13:30 15:30 18:30	Meeting in hotel and Riga guided trip Bus to school Coffee break Welcome ceremony and concert Guided tour around the school Interactive folk program " How to become a Latvian? " and Latvian traditional dinner Departure to Riga
21/01	09:30 10:30 11:30 12:00 13:30 14:30 16:00	Bus to school Presentations of each country Coffee Break Workshops for teachers <u>Don't waste, save!</u> Eco green school Lunch in Azerbaidžan restaurant in Ulbroka Departure to Riga
22/01	10:00 12:30 14:00 15:00 17:30	Trip to Ligatne Paper Mill Paper workshop Visit to Zinoo center in Cēsis Medieval feast in Cēsis castle Departure to Riga
23/01	9:15 12:30 15:00 16:30	Eco trip to Getlini Visit to LIDO center in Rīga - Traditional Latvian cuisine Visit to madaracosmetics.com and workshop Departure to Riga
24/01	10:00 11:00 13:00 14:00 15:00 16:00	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, Nordic walking- depends from weather ). Coffee break. Badges workshop – memory about LV Lunch in school Preparation of the activities for the next meeting. Delivery of the Certificates of Attendance. Evaluation of the work session, feedback. Departure to Riga.