



Erasmus+ project The Challenge to a Healthy Life
2021-1-RO01-KA220-SCH-000024460



Learning Training and Teaching Activity – April 24-28, 2023 – Bistrița, Romania: Healthier than Yesterday

	Monday	Tuesday	Wednesday	Thursday	Friday
7-8			UBB- Faculty for Physical Education Cluj Napoca	Workshop. Team work School councilor - games	Presentation: Service Learning project- The safe route
8-9		Practical activity #2 -On the footsteps of Count Dracula – hike to Frumușaua, participants will apply what they have learned from Salvamont	Practical Activity #4 101 to ... natation, voley, tenis A proper designed workout/training	At 9 am, by bus to Colibita lake Practical activity #5 Hike on the trail from Dealul Pușcă Activity with Salvamont (Mountain Rescue Team) at Colibița (60 km away from Bistrița, by bus) 2 groups: 3km hike/1,5km hike	Practical activity #6 La Antenă – Romanian Safe route 2 groups: 8 km/3 km Second group return to school and play in the Gym –
9-10	Meeting in the school (Sala roșie) Opening ceremony Workshop: Team work Alina Creț				
10-11	A visit in our campus				
11-13	The tour of our town				
13-14	Lunch in school cafeteria	Lunch at Pensiunea Găbița	Lunch in Cluj Napoca – Orthodox Seminar	Lunch at Păstrăvărie	Lunch in school cafeteria Challenge #5 Steps
14-16	Salvamont presentation: Safety First	Practical activity #3 Group 1 Hike - on Via Transilvanica Group 2 Walk from Tașuleasa to the Monastery for Mountains Panorama (belvedere) 2-3 km Challenge #2 gather km for the team	Free time in Cluj Napoca At 17 – going back to Bistrița Challenge #3 Funny pictures	Video recording for Challenge #4	14-16 free time Practical activity #7 – Cooking workshop Practical Activity #8 Basketball competition Silviu Onciu
16-18	Practical Activity#1 : Games of CNLR in Schullerwald: Orienteering Trainings with Maria and Games with Virgil Challenge #1 (gather points for the team)				
18-	Students- at families Teachers – free time	Students- at families Teachers – free time	Students- at families Teachers – free time	Students- at families Dinner for teachers	From 19, Farewell dinner at the school cafeteria

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