



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. <b>Team work</b> School councilor - games	Presentation: <b>Service Learning project- The safe route</b>
8-9		Practical activity #2 <b>-On the footsteps of Count Dracula</b> – hike to Frumușaua, participants will apply what they have learned from Salvamont	Practical Activity #4 <b>101 to ...different sports</b> A proper designed workout/training <b>Challenge #3 Funny pictures</b>	At 9 am, by bus to Colibita lake Practical activity #5 <b>Hike on the trail from Dealul Pușcă</b> Activity with <b>Salvamont</b> (Mountain Rescue Team) at Colibița	<b>Practical activity #6 La Antenă – Romanian Safe route</b> 2 groups: 8 km/3 km Second group return to school and play in the Gym –
9-10	<b>Opening ceremony</b> - Meeting in the school (RED GYM) Workshop: <b>Team work</b> 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 <b>Challenge #5 Steps</b>
14-16	Salvamont presentation: <b>Safety First</b>	Practical activity #3 Hike - to the Monastery for Mountains Panorama (belvedere) 2-3 km <b>Challenge #2 gather km for the team</b>	Free time in Cluj Napoca	Video recording for <b>Challenge #4</b>	14-16 free time Practical activity #7 – <b>Cooking workshop</b> Practical Activity #8 <b>Basketball competition</b> Silviu Onciu
16-18	Practical Activity#1 : <b>Games of CNLR</b> in Schullerwald: Orienteering Physical Games with New Art of Body Gym and TRIATLON <b>Challenge #1 (gather points for the team)</b>				
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, <b>Farewell dinner</b> at the school cafeteria

