



Istituto di Istruzione  
Secondaria Superiore  
**LUIGI RUSSO**  
Monopoli (Ba)



Erasmus+



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## ERASMUS<sup>+</sup> “EUDAIMONIA” – ITALY 2017

Programme 1st – 7th October 2017

Some activities can be changed or dates/timetables can be altered

Day	Teachers Program	Students Program
<b>Sunday 1st October</b>	Arrival of the delegations at Monopoli Train Station where students will be picked by the hosting families and Italian teachers.	Arrival of the delegations at Monopoli Train Station where students will be picked by the hosting families.
<b>Monday 2<sup>nd</sup> October</b>	<p><b>08:00</b> Teachers will be picked up from hotel by Italian teachers .</p> <p><b>08:15</b> Arrival at IISS”L.Russo” school. Meeting the delegations(students and teachers) introducing the Italian teachers and Headmaster.</p> <p>Welcoming partners in the school concert hall: Headmaster’s speech and presentation of our school.</p> <p>Music performance of medley of all countries’ national anthems by the School Orchestra of “Luigi Russo”.</p> <p><b>10:00</b> Tour of the school (students and teachers).</p> <p><b>Coffee break.</b></p> <p><b>11:00 -12:00</b> Teachers’ meeting .</p> <ul style="list-style-type: none"> <li>•Introducing the program/update on the project.</li> <li>•Collecting all Wellbeing materials produced from each country to be edited on our Eudaimonia videos (photos, exercises, goodpractices, videos,...)</li> <li>•Organizing&amp;exchanging ideas about the making/ editing of the videos.</li> </ul> <p><b>12:30</b> Meeting the Mayor</p> <p><b>14:00</b> Street-food lunch in the Historical Center of Monopoli offered by our</p>	<p><b>8:00</b> Students arrive at school.</p> <p><b>08:15</b> Meeting the delegations,(students and teachers) introducing the Italian teachers and Headmaster. Welcoming partners in the school concert hall: Headmaster’s speech and presentation of our school.</p> <p>Music performance of medley of all countries’ national anthems by the School Orchestra of “Luigi Russo”.</p> <p><b>10:00</b> Tour of the school (students and teachers).</p> <p><b>Break.</b></p> <p><b>11:00 to 12:00</b> Rowing activity in the school gymnasium .</p> <p><b>12:30</b> Meeting the Mayor.</p> <p><b>14:00</b> Street-food lunch in the Historical Center of Monopoli offered by our</p>

Monopoli (BA)

→ Via C. Beccaria, n.c. – Tel. e Fax 080.9303948 – Liceo Artistico e Liceo Musicale

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Istituto ProfessionaleM.A.T. e Servizi socio-sanitari - Liceo Artistico

	<p>school.</p> <p><b>15:00-16:00</b> Monopoli Sightseeing: Guided tour in English around the Historical Center by students of our school.</p> <p><b>Free time:</b> The Old Town is full of lovely shops, little squares and nice places to have a drink or eat something so just enjoy and ... relax!</p>	<p>school.</p> <p><b>15:00-16:00</b> Monopoli Sightseeing: Guided tour in English around the Historical Center by students of our school.</p> <p><b>Free time:</b> The Old Town is full of lovely shops, little squares and nice places to have a drink or eat something so just enjoy and ... relax!</p> <p><b>Evening</b> with host families.</p>
<b>Tuesday 3<sup>rd</sup> October</b>	<p><b>08:00</b> Teachers will be picked up from hotel by Italian teachers .</p> <p><b>08:30</b> <i>Pilates</i> for teachers and students.</p> <p><b>09:30</b> Students and teachers attend Lesson N. 1 on video making and editing by our audio-video expert.</p> <p><b>Coffee break.</b></p> <p><b>11:00</b> trip to local Botanical Garden where you can visit the hundreds of species of plants, flowers and trees enjoying nature and the silence.</p> <p>Yoga exercises.</p> <p>Relaxation exercises Finnish style with Psychology &amp; Wellness teacher Ms Saija Hongisto-Peltomaa.</p> <p><b>13:00</b> lunch.</p> <p><b>Afternoon and evening free.</b></p> <p><b>20:00</b> Dinner offered by our school in Monopoli historical centre.</p>	<p><b>8:00</b> Students arrive at school.</p> <p><b>08:30</b> <i>Pilates</i> for teachers and students.</p> <p><b>09:30</b> Students and teachers attend Lesson N. 1 on video making and editing by our audio-video expert.</p> <p><b>Break.</b></p> <p><b>11:00</b> Students attend lessons with Italian students.</p> <p><b>14:00</b> Lunch: families will prepare packed lunch (picnic on the beach depending on the weather) or lunch at host families.</p> <p><b>Afternoon and evening</b> free with families.</p>
<b>Wednesday 4<sup>th</sup> October</b>	<p><b>08:00</b> Teachers will be picked up from hotel by Italian teachers.</p> <p><b>08:30</b> Students and teachers attend Lesson N. 2 on video making and editing by our audio-video expert.</p> <p><b>Coffee break.</b></p> <p><b>10:30</b> Charity Concert in school auditorium. Info about <i>Accordiabili</i> Association: music center for disabled children.</p> <p>Money will be collected to allow disabled children to develop and practice their artistic and musical skills, caring about</p>	<p><b>8:00</b> Students arrive at school.</p> <p><b>08:30</b> Students and teachers attend Lesson N. 2 on video making and editing by our audio-video expert.</p> <p><b>Break.</b></p> <p><b>10:30</b> Charity Concert in school auditorium. Info about <i>Accordiabili</i> Association: music center for disabled children.</p> <p><b>Money will be collected to allow disabled children to develop and practice their artistic and musical skills,</b></p>

	<p>their wellbeing too.</p> <p><b>12:00</b> Teachers meeting.</p> <p><b>13:00</b> Lunch.</p> <p><b>Afternoon</b> free.</p> <p><b>20:00</b> For teachers <i>slow-food</i> dinner in Masseria Torre Luce: “a taste of Puglia”.</p>	<p><b>caring about their wellbeing too.</b></p> <p><b>12:00 Art class: wellbeing through color and material.</b></p> <p><b>14:00</b> Lunch.</p> <p><b>Afternoon and evening</b> with host families.</p>
<b>Thursday 5<sup>th</sup>October</b>	<p><b>08:00</b> Arrival at IISS “L.Russo” school: excursion to the most famous Apulian attractions: Castellana Grotte (the Caves of Castellana), the trulli of Alberobello, a trip around the Valle d’Itria sightseeing Ostuni and/or Locorotondo.</p> <p><b>Evening</b> free.</p>	<p><b>08:00</b> Arrival at IISS “L.Russo” school: excursion to the most famous Apulian attractions: Castellana Grotte (the Caves of Castellana), the trulli of Alberobello, a trip around the Valle d’Itria sightseeing Ostuni and/or Locorotondo.</p> <p><b>Evening</b> with host families.</p>
<b>Friday 6<sup>th</sup>October</b>	<p><b>08:00</b> Teachers will be picked up from hotel by Italian teachers .</p> <p><b>08:30-10:30</b> Students and teachers attend Lesson N. 3 on video making and editing by our audio-video expert.</p> <p><b>Coffee Break.</b></p> <p><b>11:00</b> Teachers meeting: evaluation of the project and questionnaire for teachers to complete.</p> <p><b>13:00</b> Lunch.</p> <p><b>Afternoon</b> free. We suggest a trip around Bari city center ideal for shopping and a visit to Bari’s Old Town, the Historical Centre. You can go by train – it’s fast and cheap.</p> <p><b><u>Finnish partners depart from Bari airport at 15:25.</u></b></p> <p><b><u>Portuguese partners depart from Monopoli at 12:19.</u></b></p>	<p><b>08:00</b> Students arrive at school.</p> <p><b>08:30-10:30</b> Students and teachers attend Lesson N. 3 on video making and editing by our audio-video expert.</p> <p><b>Break.</b></p> <p><b>11:00- 13:00</b> P.E. activity (sport/dancing)</p> <p><b>13:00</b> Attending class.</p> <p><b>14:00</b> Lunch.</p> <p><b>Afternoon</b> free with host families.</p> <p><b><u>Finnish partners depart from Bari airport at 15:25.</u></b></p> <p><b><u>Portuguese partners depart from Monopoli at 12:19.</u></b></p>
<b>Saturday 7<sup>th</sup>October Sunday 8<sup>th</sup> October</b>	<p><b>Departure.</b></p> <p>UK partners depart at h. 12:55.</p> <p>Hungarian partners depart at h. 12:35 from Bari.</p>	<p><b>Departure.</b></p> <p>UK partners depart at h. 12:55.</p> <p>Hungarian partners depart at h. 12:35 from Bari.</p>