

**GIVE 5 Project - Be Well - LTTA Portugal - WEEK TIMETABLE – 14<sup>th</sup> to 20<sup>th</sup> January**

**AGRUPAMENTO DE MOURE E RIBEIRA DO NEIVA**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSHDAY	FRIDAY	SATURDAY
9:00	<b>ARRIVAL</b>	Welcome meeting: Introduction to school and staff and school tour	Warm - up activities	Warm-up activities	Visit to a centre (related to wellbeing) – Casa do Povo de Ribeira do Neiva	Warm-up activities	<b>DEPARTURE</b>
9:15			Workshop: Social Skills, relationships	CLIL lesson - body language		Presentation of Be Well activities during LTTA– by students	
10:15		<b>MORNING BREAK</b>	<b>MORNING BREAK</b>	<b>MORNING BREAK</b>	<b>MORNING BREAK</b>	<b>MORNING BREAK</b>	
10.45		Presentation of the school work on BE WELL – by each country	Teambuilding, building positive attitudes towards each other	Integrating and team activities for students	Team activities for students – preparing presentation for the next day	Coordination meeting- preparing LTTA in Italy and Good Practices for BE ECO	
12:30		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	
14:00		Reception in Vila Verde Town Hall - Meeting with Councillor for Education, Culture and Social Action	Visit to a sports centre (related to wellbeing) – Clube Náutico de Prado	Workshops: Coping with stress	Cultural activities - Porto	Cultural activities - Braga	
14.30		Workshop in Vila Verde- House of Knowledge					
16.10		Returning to school	Returning to school	Returning to school	Returning to school	Returning to school	
16:50		Students’ returning to host families	Students’ returning to host families	Students’ returning to host families	Students’ returning to host families	Students’ returning to host families	
19.30		Dinner in Braga - Teachers	Dinner in Vila Verde - Teachers	Dinner in Braga - Teachers	Dinner in Porto - Teachers	<b>CLOSE OF MEETING:</b> Farewell dinner in Vila Verde and certificates	