



Erasmus+

PEALS

PHYSICAL EDUCATION – ACTIVE LIFESTYLE

PROGRAMME

Date	Time Place	Program for all	Program for teachers	Program for students
12 May Sunday	Hungary, Czech Republic, Greece – at the airport Latvia – at “Vepriai camp”, Vepriai	Arrival – meeting guests. Exploring the place of Vepriai, surroundings. Lunch and dinner at the living place. https://m.facebook.com/vepriu.stovykla		
13 May Monday	9.15 – 10.00 Hall	Welcoming. Meeting the school’s acting headmistress. School presentation/Video: “Lithuania. Gelvonai. Gymnasium”.		
	10.00 – 10.15	Coffee break	School museum	Math classroom
	10.20 – 11.15	Presentations/videos “Sport and Nature”		
	11.20 – 11.50	Lunch at school canteen		
	12.00 – 18.00	A trip to Kernave. Visiting mounds, ancient town. On the way we will stop in Čiobiškis (visiting a Kneipp Path and a cable river-driving ferry on the Neris river). http://www.kernave.org/		
	19.00 – 19.30	Dinner at school canteen.		
	19.35	Going back to Vepriai.		
14 May Tuesday	9.30 – 10.15		Attending PE lesson.	Taking part in PE lesson together with the students from 10th class.
	10.20 – 10.30	Coffee break	School museum	Math classroom
	10.30 – 11.30		Meeting with PE teachers from other schools. Discussions about PE programme, activities in our region.	Orienteering in Gelvonai with Lithuanian students.
	11.40 – 12.00	Lunch at school canteen.		
	12.10 – 14.00 Gym			Sport activities. Relay and sport games.
	14.10 – 20.00	A trip to Trakai.		
	15.30 – 17.30	Leisure time at Trasalis Trakai Resort&Spa. http://www.trasalis.lt/en		
	17.40 – 18.30	Dinner at “Senoji kibinine”.		





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		http://www.kibinas.lt/		
	18.30 – 20.00	Walk around Trakai, visiting the Trakai Island Castle. http://www.trakaimuziejus.lt/en/		
	20.10	Going back to Vepriai.		
15 May Wednesday	9.15 – 18.00	A kayak trip in the Sirvinta river. Sport activities. Lunch. Meals will be made on a campfire.	Take an extra cloths set in case you will be wet after kayaking.	Take an extra cloths set in case you will be wet after kayaking.
	18.10- 18.20	Going back to Gelvonai. Dinner at school canteen.		
	19.00	Going back to Vepriai.		
16 May Thursday	8.15 – 10.00	A trip to Kaunas		
	10.00 – 12.00	Visiting Žalgiris Arena: Arena tour. https://zalgirioarena.lt/en/		
	12.10- 13.00	Lunch at “Akropolis”. https://akropolis.lt/en/kaunas		
	13.30 – 15.00	Visiting Lithuanian Sport Museum. http://www.lietuvos sporto muziejus.lt/viewpage.php?page_id=11		
	15.00- 18.00	A long walk around the Open-air Museum of Lithuania in Rumšiškės with a guide. http://www.llbm.lt/en/		
	18.10- 19.30	Going back to Vepriai.		
	19.40	Dinner.		
17 May Friday	9.10 -9.55 10.05 – 10.50		Attending lessons/Meeting for coordinators.	Taking part in lessons with Lithuanian students.
	10.55 – 11.30	Lunch at school canteen.		
	11.30 – 13.00 Hall	Feedback “My days in Lithuania”. Certificates.		
	13.15 – 14.30	A trip to geographical centre of Europe. https://www.facebook.com/TheGeographicalCenterOfEurope		
	14.30 – 18.30	A trip to Vilnius. A short walk in the Old town. Free time.		
	19.00 - 21.00	https://akropolis.lt/en/vilnius	Farewell dinner. Free time.	Pizza and bowling. Free time for shopping.
	22.00	Going back to Vepriai.		
18 May Saturday		Departure – farewell to guests.		

