







The challenge to a Healthy life

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



| From 6-10 march 2023 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--|
|  | 08:00-10:00 Welcome ceremony! | 07:00 -09;30 Popova Shapka ski resort | 08:00-09:00 games | 08:00-09:00 traveling to Ohrid | 08:00-09:00 Challenge 10:00 -11:00 The mayor of the city Kicevo Fatmir Dehari |
|  | 09:45:10:45 -Forming mixed nationality groups -ice-breaking games School | 09:30-10:30 Presentation - Balanced diet - Mediterranean Diet – presentation prof. d-r Vancho Pop Petreski/prof Daniela Shukova | 09:30-10:30 Former teacher Bedjo Trpeski - presentation about the importance of tea 10:30 -bicycle polygon | 09:00-11:00 hiking with tour guide Old town, Lower gate, Church Saint Sofija,tasting food organic food at Papas optional Ohrid theater, Samoil fortress,Plaoshnik, Saint Kaneo | 09:00-10:30 Fake news presentation 11:00- 12:00 kahoot quiz |
|  | 11:30-12:30 -guided school tour as treasure hunt or orienteering | -10:30-13:30 Teachers from Academy of sport of N. Macedonia sport games Lunch in restaurant 14:30-16:00 Victorian heights | -presentation about the importance of tea consumption -tasting different types of teas | 11:30-12:30 Food and Nutrition: The truth behind the headlines workshop cooking healthy traditional food and tasting at school Vancho Pitusheski | -12:30-13:30 Visiting Monastery of Immaculate Holy Mother of God 13:45-14:40 House of Art |
|  | 12:30-13:30 Lunch offered from school 14:00-15:30 traditional games Kale fort | Lunch in restaurant 14:30-16:00 Victorian heights | 13:00-14:30 Lunch offered from school | 12:30-14:30 Lunch at Secondary School Vancho Pitosheski 15:00-17: 00 free time | 14:50-16:00 Lunch offered from school 16:00 Party |
|  | 15:40-17:30 -Festival food cooking -Cooking healthy meals Sessions | 16:30 Visit Painted Mosque 17:00-18:30-traveling back to Kicevo | 14:40-17:00 polygon games vortex, bicycle school (green transport) presentation and workshop | 17:00-18:00 -traveling back to Kicevo | -17:00 Certificates |
|  | Students dinner at families/ teachers at hotel/ | Back to school Students dinner at families/ teachers at hotel | Back to school Students dinner at families/ teachers at hotel | Back to school Students dinner at families/ teachers at hotel organized party celebrating 8 March International Women's Day/ | Students dinner at families/ teachers at hotel |





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By participating in these activities all students will:

understand the principle of Mediterranean Diet,

will be aware of the danger of misinformation and disinformation when choosing the ingredients for food,

will develop skills for cooking healthy meals, new physical activities

will improve competence in English language, intercultural communication, media literacy, critical thinking

