


“MENS SANA IN CORPORE SANO”

FOOD, NUTRITION, EATING HABITS, HEALTH AND DISEASE AT EUROPEAN SCHOOLS AS AN (INTER)CULTURAL MIRROR

3rd Cross Students Exchange: Focus on “Healthy/Unhealthy
Eating Habits”

 Sevilla (Spain) 24th -30th April 2016

PROGRAMME OVERVIEW

Lessons	Monday-25	Tuesday-26	Wednesday-27	Thursday-28	Friday-29
08:00-09:00	Visiting the School Mrs. Amalia Oliver	Cultural Visit: “Knowing our city” Visit to Seville (main neighborhoods, monuments, museums and parks)	Classroom Immersion (Biology & Chemistry) Mr. Marcos Rodríguez Mr. Jesús Muñoz	Environmental Concerns: “Knowing Our National Parks”	Project Work (PPT Presentation) Mr. Marcos Rodríguez
09:00-10:00	Welcome & Icebreaking Activities Mr. Simón Pérez Ms. Karen Livingstone		Project Work Workshop: “Dancing Is Healthy: Learning Flamenco I & II”	Visit to the “Doñana” National Park (Huelva).	Project Work (PPT Presentation)
10:00-11:00	Project Work Workshop: “Don Quixote” Mr. Fernando Hidalgo	Ms. Karen Livingstone Mr. Fernando Hidalgo Mr. José Ruiz	Ms. Karen Livingstone and some students.	Ms. Karen Livingstone Mr. Marcos Rodríguez Mr. Simón Pérez	Mr. Simón Pérez Classroom Immersion (Geography)
BREAK	BREAK		Workshop: “Sport Is Healthy II” Training Canoeing.		Mrs. Amalia Oliver BREAK
11:30-12:30 12:30-13:30	Classroom Immersion (Spanish Language) & Workshop: “Eating Healthy”		Visit to the Center for High Performance in Rowing and Canoeing		Project Work (Workshop: “Making Healthy Dishes”)
13:30-14:30	Mr. Fernando Hidalgo Classroom Immersion (English Language)		Mr. Simón Pérez Ms. M ^a Inmaculada Castro.		Mr. Fernando Hidalgo Ms. Karen Livingstone Ms. Amalia Oliver
Afternoon	Mr. Manuel Ramos & Mrs. Trinidad Infante				Classroom Immersion (Physical Education)
	FREE	FREE	FREE	FREE	Mr. Marcos Rodríguez 18:00 Farewell Event Party.

DETAILED PROGRAMME OVERVIEW

<p>Sunday 24th April</p>	<p>Arrival of participants. We will pick you up at the airport to bring you to the families you will stay with and to your hotel. Please tell us the exact time of your arrival.</p>
<p>Monday 25th April</p>	<p>08:00-09:00 Visit to the school Teacher Responsible: Mrs. Amalia Oliver</p> <p>09:00-10:00 Welcome to the School and Icebreaking activities. Teachers: Mr. Simón Pérez and Karen Livingstone. Place: Assembly Hall</p> <p>10:00-11:00 Project Work (Workshop: “Don Quixote”). We are currently celebrating the 4th centenary of the death of Miguel de Cervantes, the famous Spanish writer, who wrote the famous novel “D. Quijote de la Mancha”.</p> <p>Teacher: Mr. Fernando Fernández Place: Assembly Hall.</p> <p>11:00-11:30 Break (Students go to the playground and they can buy some sandwiches at the school cantine)</p> <p>11:30-13:30 Classroom Immersion (Spanish Language) (Workshop: “Eating Healthy/Unhealthy”). They will work with a typical menu in Seville. They will understand the way we eat (tapas) and will recognize the different dishes we have, their ingredients and how they are made. Teacher Responsible: Mr. Fernando Hidalgo Place: Classroom 10</p> <p>13:30-14:30 Classrom Immersion (English) Teacher: Mr. Manuel Ramos & Mrs. Trinidad Infante Place: Library and Classroom 17</p> <p>AFTERNOON FREE to stay with the families and Spanish friends.</p>
<p>Tuesday 26th April</p>	<p>08:00-18:00 Excursion: Cultural Visit “Knowing Our City”</p> <p>Walking around the streets of the Seville City Centre. We will go by bus to the heart of the City and we will have the first contact with it, walking its streets and visiting its main monuments (Royal Alcazar, Cathedral, Town Hall, Santa Cruz Neighborhood, Plaza de España, etc.)</p> <p>Pictures Information about the city Plaza de España. Archeological Museum. Open time (15:00-20:00). Free for E.U. visitors. Popular Arts Museum. Open time (15:00- 20:00). Free for E.U. visitors. María Luisa Park</p> <p><u>The students will eat at the María Luisa Park with the packet lunch prepared by their families.</u></p> <p>Teachers: Ms. Karen Linvingstone</p>

DETAILED PROGRAMME OVERVIEW

	Mr. José Ruiz & Mr. Fernando Hidalgo
<p>Wednesday 27th April</p>	<p>08:00-09:00 Classroom Immersion Biology & Chemistry. Teachers: Mr. Marcos Rodríguez and Mr. Jesús Muñoz Place: Biology Lab.</p> <p>09:00-11:00 Workshop “Dancing Is Healthy: Learning Flamenco I and II”</p> <p>Students will learn our traditional and internationally known dance “flamenco”. This activity will be a preparatory class for the performance they will give at the Farewell and Concluding Remarks on Friday.</p> <p>Teacher: Ms. Karen Livingtone Place: Assembly Hall.</p> <p>11:00-15:00 Workshop: “Sport Is Healthy II” Training Canoeing.</p> <p>Visit to the Center for High Performance in Rowing and Canoeing where the students will try this sport in the Guadalquivir River with the guidance of experts.</p> <p>Students must wear sport clothes and shoes for this activity, that is: shorts, T-shirt, summer shoes (sandals or similar). There are changing rooms at the sport centre.</p> <p>This activity is FORBIDDEN for students who can’t swim.</p> <p>Place: Center for High Performance in Rowing and Canoeing (Seville) Teacher: Mr. Simón Pérez</p> <p>AFTERNOON FREE to stay with the families and Spanish friends.</p>
<p>Thursday 28th April</p>	<p>08:00-17:00 Environmental Concerns “Knowing Our National Parks”</p> <p>Visit to the “Doñana” National Park (Huelva).</p> <p>This is an environmental activity in the well-known Doñana National Park. See some Pictures. Here the students will have a first contact with nature in its wild state, we will do some activities in the park, and we will also visit the nice beaches near the Park.</p> <p>Students should wear comfortable clothes and shoes for the visit. They also might bring their swimsuits if they want to go for a swim or sunbathe on the Atlantic Ocean.</p> <p>AFTERNOON FREE to stay with the families and Spanish friends.</p>

DETAILED PROGRAMME OVERVIEW

<p>Friday 29th April</p>	<p>08:00-10:00 Project Work (PowerPoint Presentation)</p> <p>Students will present their work focused on Healthy/Unhealthy Diets by using a PowerPoint presentation that they will project and read.</p> <p>Teachers: Mr. Marcos Rodríguez and Mr. Simón Pérez Place: Assembly Hall.</p> <p>10:00-11:00 Classroom Immersion (History and Geography) Teacher: Mrs. Amalia Oliver Place: Classroom 3</p> <p>11:00-11:30 BREAK</p> <p>11:30-13:30 Project Work (Workshop: “Making Healthy Dishes”) Teacher: Mr. Fernando Hidalgo Place: School cantine</p> <p>13:30-14:30 Classroom Immersion (Physical Education)</p> <p>Teacher: Mr. Marcos Rodríguez Place: Playground</p> <p>Students must wear sport clothes and shoes for this activity. They can change their clothes in the bathrooms.</p> <p>18:00-19:30 Farewell Event & Concluding Remarks</p> <p>We expect that all the students participating in the project (local and foreigners) will perform a show about what they have learned in this week. We will display the videos, photos and other final results related to the activities we have carried out.</p> <p>For this event we will invite some groups of students from our own school but also from other schools nearby. We will also invite the parents who have hosted foreign students and the media.</p>
<p>Saturday 30th April</p>	<p>Departure of the Participants.</p> <p>The best way to reach the Airport is by a bus called “Especial Aeropuerto” (EA). For teachers, you have one stop at the corner of the Corte Inglés in Nervión. There is another bus stop in San Pablo Sport Pavilion (near the students’ houses). All of you have to stay at the bus stop at 04:30 a.m. The bus will pick up the teachers first and then the students.</p>

DETAILED PROGRAMME OVERVIEW



MEAL PROGRAMME

	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Lunch		With us.	With us.	FREE	With us.	FREE
Dinner	Welcome Dinner(*)	FREE	With us.	With us.	FREE	Goodbye Dinner(*)

(*) Welcome and Goodbye Dinner is free for you.

The rest of the meals will be paid by each participant. If you need a receipt, it is important to ask the waiters before, so that they have time to prepare it.

Welcome Dinner: It will be held just in front of your hotel, "Taberna Azafran", Luis Montoto Street, number 148. Time. 21:00 h.

Monday, 25th. We will have lunch near the school, in the "Restaurante La Jarana",. Kansas City Avenue, number 92. Time. 15:00 h.

Students can eat at the bars near the restaurant (which are cheaper than the restaurant), or they can go back to the hotel and have lunch there.

Free time to have dinner.

Tuesday, 26th. Lunch will be in one of the restaurants near the "Plaza de España". Students will have their packet lunch to eat in the park.

Dinner will be not too far from your hotel at "Casa Paco". Time. 21:00 h.

Wednesday, 27th. Lunch will take place after the visit to the Sport Centre. The bus will leave you near your hotel on the way back, and you can go and have lunch where you would like.

Dinner will be following the traditional Sevillian way of "eating tapas". We will go to the old centre of town, and there we will taste different "tapas" as we walk around the nice "Santa Cruz" neighborhood.

Thursday, 28th. Lunch will be at the "Matalascañas" beach, where we will look for a restaurant. Students will be invited by the project.

Free time to have dinner.

Friday, 29th. Lunch will be for you to choose. You can go back to the hotel and have lunch there, have a rest, and get ready for the farewell party.

Goodbye dinner. It will be held at "Casa de la Memoria", Cuna Steet, number 6. Time 20:00 h. We will have dinner and enjoy a flamenco show.

DETAILED PROGRAMME OVERVIEW



TRANSPORT PROGRAMME

COMING FROM AND GOING TO THE SEVILLE AIRPORT:

There is a bus service between the Airport and Seville. This bus is called the **EA BUS** ("Especial Aeropuerto"), and there is a bus every 15-30 minutes.

We will pick you up at the Airport and take you to the families meeting point. We will take the **EA BUS** at 19:45, or 20:08, or 20:31.

To go back to the Airport on Saturday, 30th. The best way to reach the Airport is by the same bus "Especial Aeropuerto" (**EA BUS**). For the teachers staying at the Hotel, they have one stop at the corner of the Corte Inglés Department Store, Nervión. (Check for it before Saturday.) For the students, there is another bus stop on Kansas City Avenue, at the corner of the San Pablo Sport Pavilion. This is the same stop we will use when you arrive in Seville on Sunday, 24th. (Check for it again before Saturday.)

All of you have to be at the bus stop (Corte Inglés Department Store or San Pablo Sport Pavilion) at **04:30 am**, the day of your departure. The bus will pick up the teachers first and then the students. **If you miss this bus you have another one at 05:00 am and another at 05:30 am.**

GOING FROM THE HOTEL TO THE JOAQUÍN TURINA HIGH SCHOOL:

You have three options: On foot (about 30 minutes), By Seville City Buses numbers 21 or 28 (15-20 minutes). Ticket price: 1,40 €. You can buy the tickets in the bus, ask for it to the driver.

BUS 28:

You have to turn right when you leave your hotel and then go along the street and cross to the other side to take the bus at the stop on the corner of the "Corte Inglés Department Store" (near the Airport Bus Stop). Your stop is the second after passing "San Pablo Sport Pavilion" on your right. The name of the stop is "Avda. Kansas City (Edificio Gran Vía)". The high school is just behind this stop, and behind a set of apartment buildings. Do not go past the Edificio Gran Vía.

You can see the route at: <https://goo.gl/maps/AbyXuuiBtNp> or <https://goo.gl/maps/V2V96dPhrPs>

BUS 21:

You can get to the bus stop you need near the exit of your hotel, turning left on the second street called Tomás Morube Street, and then walking down to find the corner with Agustín Moreno Street. It's just 3 minutes walk. Take the 21 bus and your stop is "Pedro Romero (Antioquía)". The school is not far from here.

On foot:

I think it is easy to follow the route on your mobile GPS (Google Map). It is the same route that the 21 bus takes (Tomás Morube Street) and then keep going along "Avenida del Greco" and finally when you reach the big avenue called "Avenida de Kansas City", you have to turn right and follow this street till you get to the school in about 15 minutes more.

You can see the route at: <https://goo.gl/maps/Sm7iF6CTppk>