



SCHOOL TO SCHOOL-STRATEGIC PARTNERSHIP  
2015-1-AT01-KA219-005046

## **“MENS SANA IN CORPORE SANO”**

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

### **1. Cross students exchange**

#### **Focus “Diet”**

St. Paul im Lavanttal (Austria)

29<sup>th</sup> November – 05<sup>th</sup> December 2015



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### 1. Cross student exchange – Focus "Diet"

29<sup>th</sup> November – 05<sup>th</sup> December 2015, St. Paul im Lavanttal

## PROGRAM OVERVIEW

Lesson	Monday	Tuesday	Wednesday	Thursday	Friday
1	Project work	Classroom immersion (Physical Education)	Project work	Excursion Klagenfurt SANG/KAPA	Classroom immersion Workshop (Physics – Maths)
2	Project work	Classroom immersion (Physical Education)	Project work		Classroom immersion Workshop (Physics – Maths)
3	Project work	Project Work – Languages	Excursion Graz SANG/KAPA		Project work
4	Project work	Project Work – Languages			Project work
5	Project work	Classroom immersion (Geography)			Project work
6	Project work	Classroom immersion (History)			Project work
7	Excursion Wolfsberg SANG/KAPA	Workshop "An apple a day keeps the doctor away" (Biology - Chemistry)		Workshop "Cooking local recipes with the host families"	Preparations for the farewell event
8		Workshop "An apple a day keeps the doctor away" (Biology - Chemistry)			
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## DETAILED PROGRAM OVERVIEW

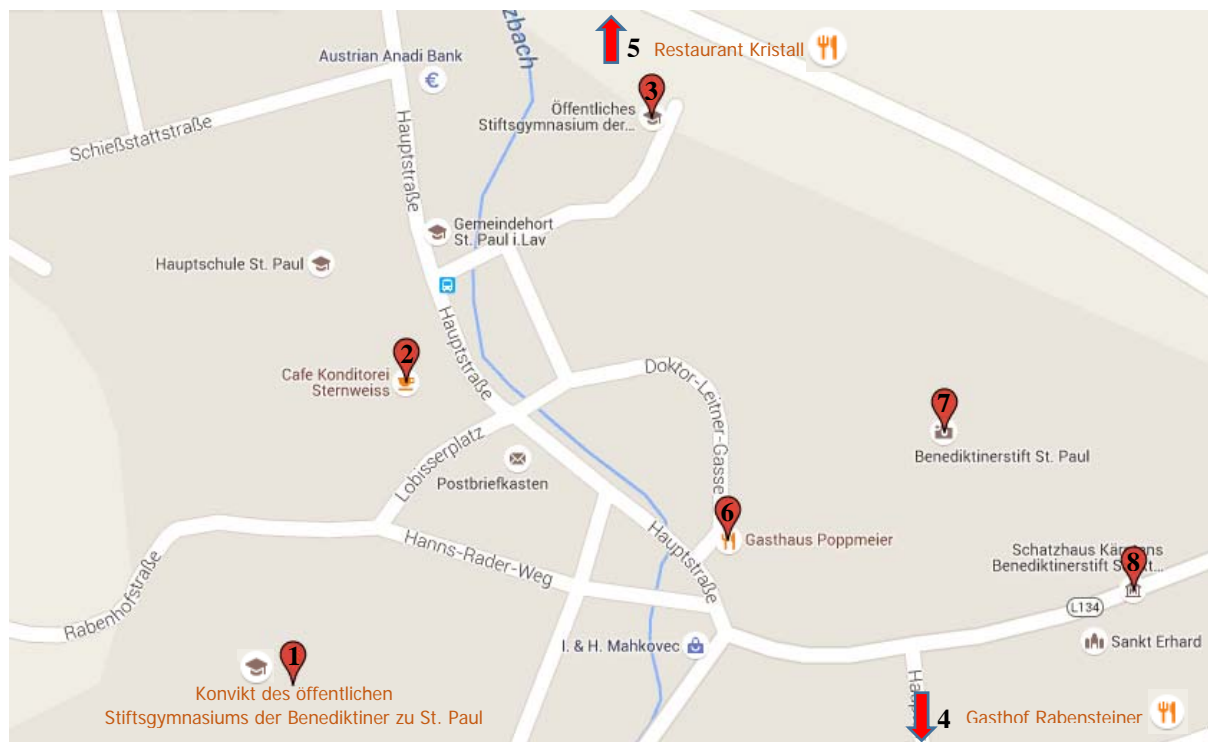
<b>Sunday 29<sup>th</sup> November</b>	Arrival of participants
<b>Monday 30<sup>th</sup> November</b>	<p>08h00 – 09h45: Project Work Icebreaking and socialising activities Visit of the school</p> <p>09h45 – 09h55: Break</p> <p>09h55 – 11h40: Project Work Poster of themselves Presentation of the partner schools</p> <p>11h40 – 11h50: Break</p> <p>11h50 – 13h35: Project Work Presentation “What is diet”</p>
	<p>15h00 – 18h00: Excursion Wolfsberg Museum Visit “Lavanthaus” City guide Free time</p>
<b>Tuesday 01<sup>st</sup> December</b>	<p>08h00 - 09h45: Classroom immersion (Physical Education)</p> <p>09h45 - 09h55: Break</p> <p>09h55 - 11h40: Project Work (Languages) Making a leaflet/dictionary with recipes of local dishes Create a multilinguistic and intercultural menu</p> <p>11h40 – 11h50: Break</p> <p>11h50 – 13h35: Classroom immersion (Geography and History)</p>
	<p>13h35 – 14:15: Break</p>
	<p>14h15 - 17h00: Workshop (Biology – Chemistry) “An apple a day keeps the doctor away”</p>
<b>Wednesday 02<sup>nd</sup> December</b>	<p>08h00 - 09h45: Project Work (Evaluation)</p> <p>09h45 - 09h55: Break</p>
	<p>09h55 – 22:30: Excursion Graz City guide Free time Visit of the Christmas markets</p>
<b>Thursday 03<sup>rd</sup> December</b>	<p>07h30 - 14h15: Excursion Klagenfurt Visit of the Benedictine Market City guide Free time</p>
	<p>from 15h00: Workshop Cooking local recipes with the host families</p>
<b>Friday 04<sup>th</sup> December</b>	<p>08h00 - 09h45: Classroom immersion (Physics and Maths)</p> <p>09h45 - 09h55: Break</p> <p>09h55 - 11h40: Project Work (Evaluation)</p> <p>11h40 – 11h50: Break</p> <p>11h50 – 13h35: Project Work (Preparations for the farewell event)</p>
	<p>13h35 – 14h15: Break</p>
	<p>14h15 – 16h40: Preparations for the farewell event</p>
	<p>from 18h30: Farewell event in the dining room of the Konvikt Presentation and prize giving of the project outcomes</p>
<b>Saturday 05<sup>th</sup> December</b>	Departure of participants

## DETAILS ON FULL BOARD

<b>Sunday</b> <b>29<sup>th</sup> November</b>	Dinner	Café Konditorei Sternweiß Lobisserplatz 1, 9470 St. Paul im Lavanttal
<b>Monday</b> <b>30<sup>th</sup> November</b>	Breakfast	Café Konditorei Sternweiß Lobisserplatz 1, 9470 St. Paul im Lavanttal
	Lunch	Dining room of the Konvikt Stiftsgymnasium St. Pau
	Dinner	Restaurant Kristall Sportplatzsiedlung 16, 9470 St. Paul im Lavanttal
<b>Tuesday</b> <b>01<sup>st</sup> December</b>	Breakfast	Café Konditorei Sternweiß Lobisserplatz 1, 9470 St. Paul im Lavanttal
	Lunch	Dining room of the Konvikt Stiftsgymnasium St. Paul
	Dinner	Gasthaus Poppmeier Hauptstraße 4, 9470 St. Paul im Lavanttal
<b>Wednesday</b> <b>02<sup>nd</sup> December</b>	Breakfast	Gasthaus Poppmeier Hauptstraße 4, 9470 St. Paul im Lavanttal
	Lunch	Graz
	Dinner	Graz
<b>Thursday</b> <b>03<sup>rd</sup> December</b>	Breakfast	Gasthaus Poppmeier Hauptstraße 4, 9470 St. Paul im Lavanttal
	Lunch	Klagenfurt
	Dinner	Gasthof Rabensteiner Unterhaus 3, 9470 St. Paul im Lavanttal
<b>Friday</b> <b>04<sup>th</sup> December</b>	Breakfast	Gasthaus Poppmeier Hauptstraße 4, 9470 St. Paul im Lavanttal
	Lunch	Café Konditorei Sternweiß Lobisserplatz 1, 9470 St. Paul im Lavanttal
	Dinner	Dining room of the Konvikt Stiftsgymnasium St. Paul
<b>Saturday</b> <b>05<sup>th</sup> December</b>	Breakfast	Café Konditorei Sternweiß Lobisserplatz 1, 9470 St. Paul im Lavanttal

- Breakfast from 07h00.
- On Monday and Tuesday lunch is served in the boarding school at 13h45 (drinks are included).
- Dinner starts at 20h00 (one drink is included).
- Special meals (allergies, vegans, vegetarians, special diets, medical background etc.) can be catered for. This menu must be ordered 24h in advance.

## EXCHANGE PLACES



<b>1. Konvikt des Stiftsgymnasiums St. Paul</b>	Teacher accommodation during the exchange	
	Lunch	Monday, 30 <sup>th</sup> November 2015 Tuesday, 01 <sup>st</sup> December 2015
	Dinner Farewell event	Friday, 04 <sup>th</sup> December 2015
	Dinner	Sunday, 29 <sup>th</sup> November 2015
<b>2. Café Konditorei Sternweiß</b>	Breakfast	Monday, 30 <sup>th</sup> November 2015 Tuesday, 01 <sup>st</sup> December 2015 Saturday, 05 <sup>th</sup> December 2015
	Lunch	Friday, 04 <sup>th</sup> December 2015
	<b>3. Stiftsgymnasium St. Paul</b> Grammar school – main building	
<b>4. Gasthof Rabensteiner</b>	Dinner	Thursday, 03 <sup>rd</sup> December 2015
<b>5. Restaurant Kristall</b>	Dinner	Monday, 30 <sup>th</sup> November 2015
<b>6. Gasthaus Poppmeier</b>	Breakfast	Wednesday, 02 <sup>nd</sup> December 2015 Thursday, 03 <sup>rd</sup> December 2015 Friday, 04 <sup>th</sup> December 2015
	Dinner	Tuesday, 01 <sup>st</sup> December 2015
<b>7. Benediktinerstift St. Paul</b>	Monastery	
<b>8. Schatzhaus Kärntens Benediktinerstift St. Paul</b>	Museum of the Monastery	