

IES SOL DE PORTOCARRERO

ERASMUS+ IHMB 'INCLUSION THROUGH A HEALTHY MIND AND BODY'

ALMERÍA'18 'THE OLYMPIC GAMES OF HEALTH'

ITINERARY FOR THE FIRST EXCHANGE - MOB1_C1

DAY	SUNDAY 18/03/2018
TIME	ARRIVAL, PICK UP AND RECEPTION OF THE PARTICIPANTS
07:00	Flight to Málaga with the participants from Poland and Sweden.
12:30	
13:00	Reception upon arrival and pick up of the exchange participants in Málaga.
13:30	
13:30	Trip to Almería. Lunch en route.
17:00	
17:00	Meeting and distribution of the exchange students with their host families.
18:00	
18:00	Students: free time with their host families. Teachers: transfer to the hotel, check-in and rest.
20:30	"Tapas" dinner in Almería with the exchange teachers.
22:30	Arrival of participants from Germany at Airport of Almeria.

DAY	MONDAY 19/03/2018
TIME	OPENING CEREMONY OF THE ERASMUS + Almería'18 OLYMPIC GAMES
08:15	Reception for the exchange participants on behalf of the school's Principal and administrators. Presentation of the exchange activities programme.
10:15	
10:15	Break / breakfast.
10:30	
10:30	Students: Exchange participants will attend two classes at I.E.S Sol de Portocarrero.
12:30	Teachers: tour around school facilities. Visit some lessons.
12:30	Break
12:45	
12:45	Opening Ceremony of the Erasmus+ Almería'18 Olympic Games (by IES Sol de Portocarrero Drama Club – Basilio Romero and M ^a Paz Muñoz).
13:45	With the attendance of the Chief of Education for Almeria of the Regional Ministry of Education, Mrs. Francisca Lourdes Fernández Ortega.
14:00	Typical products tasting (Iberian ham, cured goat cheese, RAF tomatoes) provided by business sponsors.
16:00	14:45 - Students: Transportation home by school bus, lunch and free time with their host families. 16:00 – Teachers: free time. Dinner at Erasmus+ Project Coordinator's

	house (Alfredo).
DAY	TUESDAY 20/03/2018
TIME	DAY 1 OF THE ERASMUS+ OLYMPIC GAMES – TEAM SPORTS
08:15 10:15	Students: Exchange participants will attend two classes at I.E.S Sol de Portocarrero. Teachers: coordination teacher's meeting.
10:15 11:00	Break./ Healthy breakfast in conjunction with AMPA Almariya (Parents association)
11:00 14:30	Day 1 of the Erasmus+ Olympic Games Almería'18 – TEAM SPORTS at the school facilities organized by the teachers and students from TAFAD (Senior level professional training- Physical and Sports Activities)
14:45 15:30	Lunch at school.
15:30 18:30	Cultural visit of downtown Almería (historic city centre, Cathedral, Alcazaba Moorish Castle) with the exchange participants.
19:00	Arrival at the school.. Students: free time, dinner and stay with host families. Teachers: transfer to the hotel and free time.

DAY	WEDNESDAY 21/03/2018
TIME	CULTURAL VISIT OF THE CITY OF GRANADA
08:30	Departure by bus from I.E.S Sol de Portocarrero to Granada.
10:30 17:00	Tour of the city (Alhambra, Old City, Alcaicería, Plaza Nueva, Paseo de los tristes, Albaicín). Lunch in the city.
17:00	Return to Almería.
19:30	Arrival at school. Students to be picked up by their host families. Free time and dinner with their host families.

DAY	THURSDAY 22/03/2018
TIME	DAY 2 OF ERASMUS+ OLYMPIC GAMES - ATHLETICS
8:15 9:15	Students: Exchange participants will attend one class. Teachers: coordination teacher's meeting.
9:30 10:15	Visiting students and teachers reception at the Town Hall of Almería by Mr. Ramón Fernández-Pacheco Monterreal, Mayor of Almería.
10:15 10:45	Break time and transfer to the Stadium
11:00 14:30	Day 2 of the Erasmus+ Olympic Games Almería'18 – ATHLETICS at the Emilio Campra Stadium. Sessions organized by teachers and students from TAFAD (Senior level professional training- Physical and Sports Activities). Return to school by bus.
14:45	Arrival at school. Students: lunch and free time with host families. Teachers: free time, 'tapas' tour in Almería and concert in 'La Guajira' cultural centre.

DAY		FRIDAY 23/03/2018
TIME		HIKING AND KAYAKING TRIP AT THE CABO DE GATA-NIJAR NATURE PARK
	08:15	Transfer to the Cabo de Gata Nature Park and Kayaking trip (organised by Cabo de Gata Kayak)
	14:00	
	14:15	Paella (Lunch)
	15:30	
	15:45	Return to IES Sol de Portocarrero.
	16:30	Free time with their host families.
	20:30	
	20:30	Farewell party at school.
	23:00	
	23:00	Time with host families.

DAY		SATURDAY 24/03/2018
TIME		
MORNING		Departure of participants to their countries.