



Erasmus + project
The Challenge to a Healthy Life
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Co-funded by
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Croatia, Osijek 25.09.2023. - 29.09.2023

	MONDAY 25.09.	TUESDAY 26.09.	WEDNESDAY 27.09.	THURSDAY 28.09.	FRIDAY 29.09.
8:00 – 9:00	Welcoming program at school	Departure for Kopački rit - national nature park in county Baranja Info museum	Five keys to safer food – Jasenka Petrić, Croatian Health Department	Workshop on the harmfulness of energy drinks – Gabrijela Kolarić, pedagogue	Lecture on warming up muscles – Alen Imširović, dr.
10:00	Departure to Kopika, breaking ice games	Boat tour of nature park- the boat starts with tour at 10:00	Masterchef - national teams	Trip to Jankovac – nature park	Warming up
11:00	Games	Tikveš - presentation and education center	Masterchef – held by Darija Cik, Rahela Janson Lozančić	Hiking in nature park Jankovac- guide Vera Bilandžić	City tour to the city central, cathedral ZOO
13:00 - 14:00	Lunch on the grass (lunch packages)	Picnic on the gras in nature park	Lunch – they eat healthy lunch that they make in Masterchef	Lunch at mountain lodge	Lunch in city center
14:00 - 15:00	Quadrilla, Part I.	Quadrilla II part	Zumba on the Square -	Quadrilla III part	Walk back to school by the river Drava
15:00 - 16:00	Tour of the Fortress and old city of Osijek	Croatia Quidditch	Quadrilla Part III	Going back to Osijek	Quadrilla farewell, party
16:15	Students-at families Teachers - free time	Students-at families Teachers - free time	Students-at families, Teachers - free time, dinner at Project 9	Students-at families Teachers - free time	Students-at families Teachers - free time

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