

LTTA in Italy Report

This mobility took place in Italy from **Mon 23.05.22** to **Fri 27.05.22** and was about Italy's Task, **Cycling**, although it also strove hard to touch all other aims on the Challenge project: instruction on proper planning/setting goals, proposing challenges, focusing on healthy eating, promoting Special Days/Events, reproducing activities already proposed in other mobilities (or anticipating them). The mobility was attended by **43 guests (14 teachers +29 students)** and by LSG Teachers and Students taking part in the project. Guest Students were accommodated in Italian families. Information about the mobility was circulated in the **LSG School Magazine (Zaki)**, the local newspapers, a TV Report (the Project joining and contributing a wider national event) and an occasion for **dissemination with another school**, since the **Event on Mediterranean diet** was hosted by another school in the area (The Principal of the **IC Gioiosa Ionica**, had, voluntarily, took part to the Teachers Induction Mobility in Turkey for that specific purpose).

First day - Mon 23.05.22.

The morning focused on welcoming the guests, with a Ceremony, Partners' National Anthems prepared by the school choir, greetings from the Principal and Local Authorities (The Mayor of the town, who was also one of the guest families for the project).

Welcoming activities continued with ice-breaking activities with all participating students (forming **mixed nationality groups**), to let the students get to know each other and start collaborating among nationalities, and each group began a special **school tour** imagined as **orienteering** (one of the most interesting contributions from the Turkey mobility that we happily wanted to replicate).

In the afternoon, activities on the specific sport specialty began, by inviting experts from a local biking association (**Bicittanova**) who offered free advice on bike set up, the basics on suspension and other physical arrangement on the mountain bike and guided a demonstration also encouraging participants to take part in a first **challenge (a bike trial)**.

Second day - Tue 24.05.22.

After a general review of advice offered on the previous afternoon (fundamental exercises, choice of trajectories, passage of obstacles, choice of gears, position on the saddle, weight change, pedalling rhythm, search for fluidity, warming-down exercises) in an **interactive workshops** also aided by **University Experts (Muscles involved in riding a bike: biomechanics aspects)**, another **challenge in cycling** practice took place, and along with it, a discovery of the local setting and an occasion for external dissemination was proposed to the guests: going on a **Bike tour of the town**, joining a national event in the centre (with a **RAI TV news service**), concluding with a **guided tour of the beautiful Town Gardens (The Villa)**.

In the afternoon, after workshop activities meant for a reflection on **How to design a proper workout** ("What should I improve in cycling?"), still held as mixed nationality groups of discussion (also led by **mixed nationality teachers**), all participants were welcomed to a demonstration of the typical Calabrian dance (Tarantella), with explanation from a local Master, and then to take the **challenge** of trying themselves a **Tarantella and other dancing** proposed by guests (similarly to what our Turkish guests had done for us).

Third Day - Wed 25.05.22, was meant to promote (as one of the general aims of the project) an **Event (a Local Mountainbiking Day)** with a bike tour heading to **local mountain surroundings**, a pleasant **mountain barbecue** (matching the school barbecue at the Turkish school) and final free biking slope back to the town.

In the afternoon, a **nationality challenge** was proposed as a workshop (“**Planning and promoting a Local Mountain biking Day in your area**”), and school classrooms and ICT labs were made available for research.

A Table Tennis Demonstration – from Professional Players and some other **Sports Games** for free trial took place eventually.

Fourth Day -Thur 26.05.22. LSG promoted a **Special Day on healthy eating, “From Ionian to Tyrrhenian Coast: A Special Day of Mediterranean Diet”**, with a **lecture from a Nutritionist hosted at another school** on the Ionian side of Calabria (Gioiosa Ionica), a chance for **disseminating projects aims and practices to the school network**, and an opportunity, finally, of enjoying the beauties of Calabria, with an afternoon **trip to Tropea, a talk with a local expert** on a peculiar food for Mediterranean Diet (the **special onion from Tropea**) and a **final swim in the stunning sea**.

Fifth Day - Fri 27.05.22, in the morning some time was used by students to complete their handouts, as needed, administration was cared for their teachers and after the signing all **Certificates** were given to participants with a final ceremony. The meeting was followed by a **lunch party** offered by the host families with food and refreshment especially prepared by them. All guest groups were assisted by LSG teachers and families until respective departures, taking company to them and accompanying them to the arranged leaving places.

Every evening, teachers from LSG did their best to keep company to guest colleagues at dinner time, advising on local food specialties, taking them to typical restaurants when they wanted, with a view to encouraging socializing among all the national delegations.