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**ERASMUS\***

VI Liceum Ogólnokształcące

Bydgoszcz

**Code du projet: 2023-1-PL01-KA121-SCH-000127337**

**Short term group Mobility Catanzaro, Italia from 18 to 25 March 2024**

 **Hosting school : Istituto d’Istruzione Superiore « Giovanna De Nobili », Catanzaro Italia**

**Sending school:**

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| **Quand** | **Monday****18 March** | **Tuesday****19 March** | **Wednesday****20 March** | **Thursday****21 March** | **Friday****22 March** | **Saturday****23 March** | **Sunday****24 March** | **Monday****25 March** |
| **Activities** | ArrivalCatanzarocartina-calabria | **Liceo Linguistico, delle Scienze Umane ed economico-sociale,****Liceo artistico****8 :00-8 :8 :15 School visit** **8:15-9:00****Lessons****9:00-9:30 Break** **9 :30-12 :00 Headmaster’s welcome M. Angelo Gagliardi****Program:****Meeting with Mrs. Patrizia Costantino** **President of the local** **Slow Food Community** [Slow Food International](https://www.slowfood.com/)**The Mediterrenean diet for personal well-being and sustanaibility****Kahoot** **Lunch and afternoon with the host family** | Santa Severina.jpg**8:00-departure for Santa****Severina**[A visit to the Castle of Santa Severina | Calabria Region Official Tourism website (calabriastraordinaria.it)](https://calabriastraordinaria.it/en/news/a-visit-to-the-castle-of-santa-severina)**Visiting the castle****12:00 departure for** **The Russo&Longo Cave**[Home | Russo & Longo (russoelongo.com)](https://www.russoelongo.com/)**Lunch (tasting typical products)****15 :00 Departure for Le Castella**Image[Le Castella in Calabria | Your Travel to Calabria](https://www.yourtraveltocalabria.com/le-castella-in-calabria/)**18:00 Back to Catanzaro** | **Liceo Linguistico, delle Scienze Umane ed economico-sociale****Liceo artistico****8 :00-10 :00 Lessons****!0 :30-13 :00****Guided tour in Catanzaro****C:\Users\Perlina\Downloads\Foto catanzaro.jpg****pocket lunch** **15:00 Visit to the Parco della Biodiversità**[Parco della biodiversità di Catanzaro: orari e cosa vedere - GreenStyle](https://www.greenstyle.it/parco-della-biodiversita-catanzaro-411878.html)**Immagine che contiene albero, acqua, pianta, aria aperta  Descrizione generata automaticamente** | **Liceo Linguistico, delle Scienze Umane ed economico-sociale****Liceo artistico****8:00-departure for Il Granaro** **Immagine che contiene aria aperta, albero, baita, cielo  Descrizione generata automaticamente**[Parco Hotel Granaro – Tanta meraviglia nel cuore della Sila Piccola](https://www.parcohotelgranaro.com/)Cooking pasta workshopFitwalking or Padminton**Lunch at the restaurant****17h00 Back to Catanzaro** | **Liceo Linguistico, delle Scienze Umane ed economico-sociale,****Liceo artistico****8:00-departure for Pizzo** **Immagine che contiene edificio, aria aperta, cielo, fortezza  Descrizione generata automaticamente****Mindfulness Workshop:** 1. **Introduction to Mindfulness**
2. **Practical Exercises**
3. **Breath Meditation)**

**Visit to the castle**[Murat Castle in Pizzo Calabro: A Walk Through History - Calabrisella Mia (calabrisellamiablog.com)](https://calabrisellamiablog.com/2020/11/15/murat-castle-in-pizzo-calabro/)**pocket lunch and tasting of the typical ice cream at the Gelateria Callipo.**[Tartufo di Pizzo: the greatest ice cream in the world - Great Italian Chefs](https://www.greatitalianchefs.com/features/tartufo-di-pizzo-calabria-ice-cream)**16h00 Tropea sightseeing**Immagine che contiene natura, aria aperta, Formazione costiera e oceanica, costa  Descrizione generata automaticamente | **With the host family** | **Departure at**  |