

TRADITIONAL FOOD- AN ANCESTRAL SUSTAINABLE TABLE

Short-term exchanges of groups of pupils
20th- 26th March 2022

DAY	TIME	ACTIVITY
20 th March 2022 SUNDAY		Arrival in Romania (transfer from the airport to the hotel in Sibiu) Welcome in Sibiu
21 st March 2022 DAY 1 MONDAY	8.30-11.00	Welcome at `George Barițiu` College of Economics (BREAKFAST AT SCHOOL- free of charge)
	11.00-15.00	Taste tradition! -Culinary workshop on the old peasant cuisine in ASTRA Museum (outdoor museum) (LUNCH AT THE MUSEUM- free of charge)
	15.00-16.30	Visit of the museum
	17.30-18.30	Tour of Sibiu
	18.30-20.30	DINNER IN TOWN- Restaurant Împăratul romanilor (10€)
22 nd March 2022 DAY 2 TUESDAY	9.00- 18.30	Visit an Eco Sheep Farm in Cindrel mountains (LUNCH AT THE SHEEP FARM)
23 rd March 2022 DAY 3 WEDNESDAY	8.30-12.30	Trip in the National Park Făgăraș
	13.30- 18.30	Visit to a Trout Farm (LUNCH AT THE TROUT FARM- buffet-16 €)
24 th March 2022 DAY 4 THURSDAY	8.30- 18.30	Eco-cuisine at Oașa Monastery (LUNCH AT OAȘA MONASTERY- free of charge)
25 th March 2022 DAY 5 FRIDAY		Food of the future- imagination and design- creative workshop
	8.30-9.30	a. Students prepare presentations on basic teenager alimentation and right nutritional attitudes
	9.30-10.30	b. Students come up with a healthy breakfast meal accompanied by a practical demonstration.
	10.30-11.30	c. Students prepare a tasty original meal from left overs
	11.30-13.30	(BRUNCH AT SCHOOL- free of charge) -students and teachers are presented the Certificate of attendance to mobility activities/ Europass Mobility document
26 th March 2022 SATURDAY		Departure day (transfer from the hotel to the airport)