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|  | **ARRIVAL DAY** | | |
|  | **Arrival:**  7+5 Chequia – 01.10.2022 | 21h30  4+2 Lithuania – 02.10.2022 | 14h15  4+2 Poland – 02.10.2022 | 23h40  **[Total: 15 alunos + 9 prof = 24 pax]** |  |  |
| **MONDAY**  **03.10.2022** | **from Tradition to innovation** | | |
| **8H30** | Transport to Aver-O-Mar School |  |  |
| **9h00** | Welcome session:   * school Hymn by 5th/6th years students * welcome speech by school’s headmaster - Mr. Carlos Sá * partner coordinators presentation * all group presentation: ice breaking game   Peddypaper to visit school facilities |  |  |
| **10h30** | Coffee Break |  |  |
| **11h00** | Informative session:   * brief presentation of the Portuguese school system * Aver-O-Mar student’s parishes * Póvoa de Varzim city facilities * Our coastline: features, people’s occupations before and now |  | By Erasmus+ Club students |
| **12h00** | Lunch in school canteen | St. 1,46€  Teacher 4,10€ |  |
| **13h00** | Transport to Póvoa de Varzim |  |  |
| **14h30**  **16h30** | * sailing experience in Póvoa de Varzim Marina * solar vessel, SunSailer 7.0 boat trip   End of activities | No costs | Students will need to bring clothes to change after these activities because they might get wet.  They can do the activity with shorts/tracksuit and t-shirt, depends on weather conditions. |

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| **TUESDAY**  **04.10.2020** | **FROM TRADITION TO INNOVATION** | | |
| **8H30** | Transport to Matosinhos | (costs still to confirm) |  |
| **9h00** | * visit to CIIMAR |
| * visit to port of Leixões Cruise Terminal |
| **12h30** | Lunch | 10€ (+-) |  |
| **15h00**  **16h30** | Town Hall Meeting with Vice President and Culture Councilor: Mr. Luís Diamantino  Guided walking tour to Póvoa de Varzim’s main cultural sites  Visit to a local jewelry to observe how Portuguese filigree is handmade |  |  |

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| **WEDNESDAY**  **05.10.2022** | **FROM TRADITION TO INNOVATION** | | |
| **8h30** | Metro trip to Porto | 7€/person/round way ticket | Still to confirm |
| **9h30**  **11h15** | Visit to Porto:   * downtown walking * S.Bento train Station, Porto Cathedral * crossing Dom Luís I Bridge to Vila Nova de Gaia * Down to river site by cable car * Oporto Wine Cellars’ visit (Calém) | 2,5€/student + 5,4€ teacher  7€/student + 10€/teacher | Visit + wine tasting for adults included; orange juice for minors |
| **12h30** | Lunch in Vila Nova de Gaia | 10€ (+-) |  |
| **14h30** | Sailing boat trip (50minutes) | +- 12€/person |  |
|  | Tram circuit along the historic centre of Porto and the garden of Passeio Alegre on a single path along the banks of the River Douro. (optional) | Cost included in metro ticket |  |
|  | Metro back to Póvoa de Varzim |  |  |

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| **THURSDAY**  **06.03.2022** | **FROM TRADITION TO INNOVATION** | | |
| **8h30** | Transport to Vila do Conde |  |  |
| **9H30** | Canoeing and rowing in River Ave | No costs | Students will need to bring clothes to change after these activities because they might get wet.  They can do the activity with shorts/tracksuit and t-shirt, depends on weather conditions. |
| **11h00** | Visit to **Sixteenth Century Carrack**, a replica of a Portuguese ship from the early 1500s for North Atlantic routes and The **Royal Customs** building – Museum of Naval Construction | No costs |  |
| **12h30** | Lunch in local restaurant | +-10€/person |  |
| **14h30** | Visit to “Museu dos Bilros”  Free afternoon |  |  |

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| **FRIDAY**  **07.10.2022** | **FROM TRADITION TO INNOVATION** | | |
| **8h30** | Transport to Aver-O-Mar school |  |  |
| **9h30** | LTT in Portugal:   * my Erasmus+ experience collage * the pilgrim diary * certificate ceremony   Farewell |  |  |
| **13h00** | Lunch in school | St. 1,46€  Teacher 4,10€ | special dessert in school library |
| **14h30** | Transport to Póvoa de Varzim  Free afternoon |  |  |
| **20h00** | Farewell dinner | 20€-25€/person |  |