



SOFONISBA ANGUISSOLA

Sistema di Gestione Qualità UNI EN ISO 9001:2015
Certificato CSQ



Kiss the Cook:

**European Open Table for Happy M-EAT-ings!
Third Meeting, Liceo Anguissola, Cremona, Italy,
3 - 8 November 2019**

Sunday 3 November

Arrival Day for 3 teams

18.00 Meeting in Cremona Train station for **the Irish and Portuguese teams**

ITALIAN STUDENTS pick up their hosts and dinner with host families

Transfer to Hotel Astoria for the teachers

21.00 arrival of the Polish group in Cremona and pick up of the partners

21.30 Meet teachers at the Hotel

22.00 TEACHERS eat in Chocolat Cafè in the city center

Monday 4 November

8.00-10.00 Students go to classes or laboratories

10- 12.00 Dance Workshop and games in the school gym **with Mrs Prarolo (bring gym shoes)**

12.00 Shared Lunch at school (homemade dishes by Italian families)

13.00 Departure to Verona

15.30 meeting the **GERMAN TEAM** in **VERONA CITY**

15.40 visit of the town (The Italian girls guide the tour)

18.15 departure from Verona

19.30 Arrival in Cremona

Dinner with families for STUDENTS

21.00: Dinner for TEACHERS at „Osteria Tempo perso“ in the city center



Tuesday 5 November

- 8.30 Official welcome in the Aula Magna of Liceo Anguissola
Students' contributions about **YOU ARE WHAT YOU EAT**
- 10.45 -11.10 Break
- 11.10 -12 students' session
- 12-12.30 packed lunch
- 12.30 Excursion to MILAN** by coach
- 14.00 arrival in Milan. Walking tour from Garibaldi to the City Centre
- 15.00 **Shop, taste and learn at EATALY** food hall
- 16.00 Sightseeing: **Piazza Duomo, La Scala, Galleria Vittorio Emanuele, shopping streets**
- 16.30 FREE TIME (international mixed teams)
- 19.00 DINNER in Milan
- 21.00 Departure from Castello Sforzesco
- 22.00 Arrival in Cremona: families pick up their children and hosts

Wednesday 6 November

YOU ARE WHAT YOU EAT

MENS SANA IN CORPORE SANO

- 8.00 Students meet at school and free time
- 8.30 - 9.45 **Workmeeting for TEACHERS for planning the next mobility to Poland**
- 10.0 meeting at the Public Gardens (piazza Roma)
- 10.30 -1200 Visit to **CIVICO 81 (good food which gets to Happy M-EAT-ings! and a job)**
- 12.00 – 13.00 Lunch at their restaurant **Bon Bistrot** (dishes prepared with local products)
- 13.00 – 14.00 free time
- 14.30 - 16.30 **CREMONA GUIDED TOUR** of the Square, the Torrazzo (bell tower), the Roman street.
Climbing up the tower to the Vertical Museum and up to the top.
- FREE TIME in town for students and teachers (**popping in a violinmaking workshop if you wish**)
- 19.30 GIRO **PIZZA** for TEACHERS and PUPILS at Pizzeria „TURLE“



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Thursday 7 November

SOCIAL IMPLICATION OF FOOD

FOOD AND INCLUSION

08.30 DEPARTURE FOR the Excursion **to ISEO LAKE AND MONTISOLA**

9.30 Arrival at CASCINA LA BENEDETTA for a workshop on food

11.30 Transfer to **CLARABELLA CARE FARM**, hills of Franciacorta (ISEO)

12.00 Guided tour in English. People who are having problems integrating into society can be helped, through a suitable program of daily activities.

12.30 Lunch at the farm

14.00 Ferry-boat to Montisola, an island in the middle of Iseo Lake

Walk and climb in Montisola (closed off to cars)

17.00 departure from Montisola

19.30 Arrival in Cremona (STUDENTS are picked up by the families)

20.30 APERICENA (Aperidinner) for TEACHERS

Friday 8 November

DEPARTURE DAY

8.00 meeting at school

8.30 -10.00 **Teachers' meeting and evaluation**

Coffee break

10.30 It`s time to say GOODBYE!!!!!!!

See you in Poland