

PROGRAMME
SHASTU SCHEDULE: SLEEP HABITS IN STUDENTS PERFORMANCE

Silla from 22nd to 27th May, 2016

Sunday, May 22nd 2016

TIME	EVENT / ACTIVITY	PLACE
15:50	Welcome our partners from Turkey. Hotel. Free time.	Valencia Airport B&B Hostal Moreno http://hostalmoreno.com/

Monday, May 23rd 2016

TIME	EVENT / ACTIVITY	PLACE
9:00	-Radio and TV workshop for students. Creating news about Shastu Project and broadcasting. Activity for students from the participant countries. -Interactive Kahoot contest / game for students about Shastu in the computers room at CEIP San Roque School.	CEIP San Roque (School)
10:45	-Welcome our partners from Italy	Valencia Airport
13:00	-Press Conference. Speakers: Valencian Education Board representatives, Quirón Hospital representatives, local authorities from Silla, and local representatives from the participant countries.	Nau de la Cultura C/ Castell
13:45	-Official Reception: the Mayor and the local government members will welcome our European partners from Turkey and Italy at the Town Hall.	Town Hall
16:30	Transnational Meeting: Explaining and working on PLATAFORMA VALOR, the SHASTU Project Agency website where to upload documents and files related to the project. Problem solving and MOBILITY TOOL website. (Technical Session 1)	Nau Jove Computers Room

Tuesday, May 24th 2016

TIME	EVENT / ACTIVITY	PLACE
9:00	SHASTU related activities with and for Primary School students at CEIP El Patí School. -At 9:00 together with students from 5th year Primary group A, there will be an AFRICAN DANCE for everyone to honour Serotonin. Activating our friend Serotonin in the morning is important. -At 10:00h together with students from 5th year Primary group B, there will be a music workshop (playing instruments) to honour Melatonin. -At 11:30h "The dreams of Darknesslight".	CEIP El Patí School
8:45 a 11:45	-While primary students are in El Patí School, Secondary students will spend their morning with student from Secondary Schools (IES Enric Valor y IES Sanchis Guarner). WORKSHOP AND DEBATE about SHASTU.	IES Sanchis Guarner Secondary School

16:30	-Transnational Meeting: Explaining and working on PLATAFORMA VALOR, the SHASTU Project Agency website where to upload documents and files related to the project. Problem solving and MOBILITY TOOL website. (Technical Session 2)	Nau Jove Computers Room
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Wednesday, May 25th 2016

TIME	EVENT / ACTIVITY	PLACE
9:00	-Starting the day with a Zumba session (for teachers and students) and Yoguilates (a combination of Yoga+Pilates) CEIP R. Catòlics School.	CEIP Reis Catòlics School
11:30	-THE SHASTU PUPPET SHOW	CEIP Verge Desemparats School
12:30	-SHASTU Quiz / Contest for secondary students (Kahoot)	IES Enric Valor Secondary School
15:15	-REMEMBERING THE PAST: playing like in the old times. An afternoon activity with GRANDPARENTS: TRADITIONAL GAMES. We will play together and have fun for a while without any computers or tablets.	CEIP San Roque School
16:00	-Transnational Meeting: Explaining and working on PLATAFORMA VALOR, the SHASTU Project Agency website where to upload documents and files related to the project. Problem solving and MOBILITY TOOL website. (Technical Session 3)	Nau Jove Computers Room
18:00	Dissemination Conference about SHASTU. Valencian Education Board, schools and high schools from different towns.	Nau de la Cultura C/ Castell
20:30	TV Programme on Tele Horta Silla.	Local Radio TV

Thursday, May 26th 2016

TIME	EVENT/ACTIVITY	PLACE
9:00	Activating Serotonin once again: CANOOING workshop organized by SAGRADA FAMILIA School and the Canooing School of Silla.	Silla's Port
15:15	Treasure Hunt at San Roque School.	CEIP San Roque School
15:30	Cultural activites / Visiting the City – VALENCIA.	Valencia

Friday, May 27th 2016

TIME	EVENT / ACTIVITY	PLACE
	Farewell / See you soon	Airport

RESTAURANTS / LUNCH AND DINNER TIMES

DIA	HORA	COMIDA	HORA	CENA
Monday 23/05	14:30	MAURI Restaurant	20:30	EL REFUGIO Restaurant
Tuesday 24/05	13:30	MOTOR del TARUGO	20:30	DAVID 2 Restaurant
Wednes. 25/05	14:00	STOP Restaurant	22:00	ESTAPAMI Restaurant
Thursday, 26/05	14:00	MAREM Restaurant	20:30	Dinner in VALENCIA CITY

FURTHER INFORMATION



The Weather Channel 22 ° Valencia, Spain US °C

PRONÓSTICO	MAPAS	NOTICIAS DEL TIEMPO	CIENCIA	VIAJES	SALUD
Hoy	24°/15°	Por hora	0%	5 días	10 días
vie. 20. May.	24°/15°	Soleado	0%	ESE 23 km/h	60%
sáb. 21. May.	26°/15°	Soleado	0%	SE 24 km/h	56%
dom. 22. May.	31°/16°	Parcialmente nublado	0%	OSO 25 km/h	42%
lun. 23. May.	23°/15°	Parcialmente nublado	0%	SE 26 km/h	50%
mar. 24. May.	24°/17°	Parcialmente nublado	0%	ESE 21 km/h	56%
mié. 25. May.	28°/17°	Parcialmente nublado	0%	SO 23 km/h	42%
jue. 26. May.	26°/17°	Mayormente soleado	0%	E 19 km/h	46%
vie. 27. May.	27°/18°	Soleado	0%	SE 20 km/h	54%
sáb. 28. May.	28°/18°	Mayormente soleado	10%	E 20 km/h	50%

Próximos 5 Días ↓

CLOTHING

Very important to bring comfortable clothes, especially the students and teachers who are going to take part in quite a few sport activities.

For the canoing day **WE WILL PROVIDE YOU WITH SPECIAL WATER SHOES**, however you must bring trainers, shorts and a T-shirt, sunscreen and a cap.

TRANSFERS

We will pick you up at the airport. Please do confirm arrival time.