



ERASMUS KA2 - EXINNATURE
"Explore, Inspire, Animate in Nature"
 Cooperation for innovation and the
 exchange of good practices
Mobility in Sardegna
from 15th to 19th May 2023



MONDAY 15th MAY 2023

Meeting/Bus

8:10 School - Badesi (Students)
 8:15 Badus Residence (Teachers+Portuguese students)
 8:30 School - Valledoria (Students)

9:00 HIKING (Tower-Casteldoria Thermal Baths)
 You only need comfortable clothes and shoes

12:30/13:00 Lunch at "Littu"- *offered by Municipality of Santa Maria Coghinas*

14:30 Back to Badesi by bus

15:00 School - Badesi
 - PRESENTATIONS: "Areas of protection of birds/ the endangered and extinct species"
 - Meeting with the Municipalities representative

Coffee break - *offered by host families*

-Teachers walk to Badus Residence (900 m – 11 min)
 -Host families (Badesi and Valledoria) pick up students

18:00/18:30 Meeting/Bus at Badus Residence (Teachers only)
 Drink and sunset at "Chiosco L'Alta Bhandu"

21:00/21:30 **Dinner** free

Back to Badus Residence by bus

TUESDAY 16th MAY 2023

Meeting/Bus

8:10 School - Badesi (Students)
 8:15 Badus Residence (Teachers+Portuguese students)
 Students from Valledoria meet at "Foce del Coghinas-Chiosco L'Alta Bhandu"

9:00 EXCURSION BY BOAT & BIRDWATCHING in the Coghinas river DUNE SYSTEM (2 groups)
 You only need comfortable clothes and shoes

12:30/13:00 Lunch-*offered by host families*

15:00 EXCURSION BY KAYAK in the river Coghinas
 You only need comfortable clothes and shoes (flip flop or trainers)

18:00 Back to Badus Residence by bus
 -Families from Badesi pick students up at Badus Residence
 -Families from Valledoria pick students up from "Chiosco l'Alta Bhandu"

Meeting/Bus

19:15 Badus Residence (Teachers and Students)
 19:30 Valledoria (Teachers and Students)
 19:40 Agriturismo "Monte Istulargiu"
 - Folk group
 - Typical Sardinian **Dinner**

Back to Valledoria and Badus Residence by bus

WEDNESDAY 17th MAY 2023

Meeting/Bus

8:10 School - Badesi (Students)
8:15 Badus Residence (Teachers+Portuguese students)
8:30 School - Valledoria (Students)

9:15 HEALTHY DAY IN PERFUGAS

- Golf lessons (putting, chipping, pitching)+final contest
- Make Pizza and taste it

Lunch

Activities and lunch are offered by our Physical Education teacher Mr. Orlando Bruno and Mr. Ottavio "the cook"

14:30 Back to Badesi by bus

15:00 School - Badesi

CONTEST

- Nature trailers
- Slideshows
- Environmental digital story (tree stories)

Coffee break-offered by host families

Free time

Dinner free

THURSDAY 18th MAY 2023

Meeting/Bus

8:10 School - Badesi (Students)
8:15 Badus Residence (Teachers+Portuguese students)
8:30 School - Valledoria (Students)

9:00 Isola Rossa-Briefing and breakfast at

"Chiosco Margherita"

- EXCURSION BY BOAT along the coast (2 groups)
- BEACH ACTIVITIES

Lunch

You need comfortable clothes/swimsuit and shoes (trainers/flipflop); you can have a bath, if you want and the weather is fine; towel/sunscreen/cap/sunglasses suggested.
Excursion by boat, activities and lunch are offered by Municipality of Trinità D'Agultu and our skipper Cristian Pala "Why not sea boat"

16:00 Back to Valledoria and Badus Residence by bus

Free time

20:00 Badus Residence

Dinner

Party, DJ, music, dance (Teachers and Students)
Host families pick up students

FRIDAY 19th MAY 2023

Meeting/bus

8:15 School - Badesi (Students)
8:20 Residence Badus (Teachers and Students)
8:30 School - Valledoria (Students)

Alghero sightseeing

Lunch free

End of activities and goodbye

BUS (5 days): the largest part is offered by Istituto Comprensivo Badesi in cooperation with the Municipality of Badesi and the Municipality of Valledoria