

## NEWSLETTER C5 IN SLOVENIA

### Health comes from healthy diet and sports



The C5 short-term exchanges of groups of pupils and teachers visited Osnovna šola Beltinci from 23rd to 27th May 2022 in Beltinci, Slovenia.

Participants: students and teachers from Slovenia, Spain, Romania, and teachers from Turkey and Italy. For the students from Italy and Turkey, we organised the virtual mobility that took place from 30th May to 6th June 2022.

The topic of the meeting: Outdoor activities and hiking  
The host school organised field trips in which students were shown how they could enjoy the time spent outdoors.

On the first day, Monday 23rd May 2022, students attended the PE class after the welcome ceremony. In the afternoon, we toured the village of Beltinci and visited the castle. The students from Srednja šola za gostinstvo in turizem Radenci (High school for gastronomy and tourism Radenci) gave the presentation about Slovenia, the Prekmurje region, and our following activities.

On the second day, Tuesday, 24th May 2022, we visited Postojna Cave and the capital city of Slovenia, Ljubljana.



Wednesday was the day for hiking. The hike took place in the Goričko region - village Grad na Goričkem. First, we hiked the forest and visited the volcano's crater. After the hike, we attended the activities in Vulkania adventure park, where we learned about the power of volcanoes and their activity through images, text and film, through play and interactive content, forces within the Earth's core and the geological processes that take place on or near the surface. We spent the afternoon in the Vivat hotel, where the attendees attended swimming activities.

On Thursday morning, 26th May 2022, we departed towards the Štajerska region, where we took a ride with a gondola to Areh. During the hike through the forest and energy points in the woods, we learned a lot about the surrounding area's history.

Friday, 27th May 2022, was dedicated to a management meeting for the coordinators and field hockey lessons for students and teachers. The lessons were given by the coach of the well-known Hokejski klub Lipovci - the local field hockey club - which has a long history, attended many European championships and has many outstanding achievements. After the certificates of attendance ceremony, we spent the afternoon in the Vivat hotel, where the attendees attended swimming activities. After the short snack break, we continued with sports activities - the students learned the ultimate frisbee rules and were delighted to play it.



### Virtual mobility 30th May 2022, 31st May 2022, 1st June 2022, 3rd June 2022, 6th June 2022

After C5 on-site mobility, Slovenia shared the activities related to outdoor activities and hiking in the virtual mobility C5, held in five sessions from 9.30 to 13.30 (online and offline).

On Monday, 30th May 2022, the Slovenian teacher and students presented the schedule of online and offline meetings and activities. The students gave a presentation about Slovenia, the Prekmurje region, Beltinci municipality and Osnovna šola Beltinci. The Italian and Turkish students presented their countries, cities and schools.

We did different dynamic activities, orienteering, outdoor games, team building activities, and hiking during the mobility. On Monday, 6th June 2022, we had a certificate ceremony.

