



HEALTHY FOOD, BETTER LIFE ERASMUS + KA229

«A Sustainable Table for Multiculturalism and Inclusion»



Co-funded by the
Erasmus+ Programme
of the European Union



MOBILITY TO SOFIA
06/11/22-12/11/22

THE FIRST THREE DAYS



- *Italian team left at 6 A.M and landed to Sofia at 8 P.M*

6 th November



- *Welcome at Bulgarian school*
- *Presentions about Christmas traditions*

7 th November



- *Visit to the botanical garden*
- *Visit to the old town of Plovdiv*

8 th November

Monday 7th November 2022



Bulgarian team welcomed all the partners at school showing us their daily activities



We tasted
«international» and
«multicultural» dishes:
sustainable food as a
means to be one people
by saving our identity.



We presented our Christmas traditions and
typical dishes

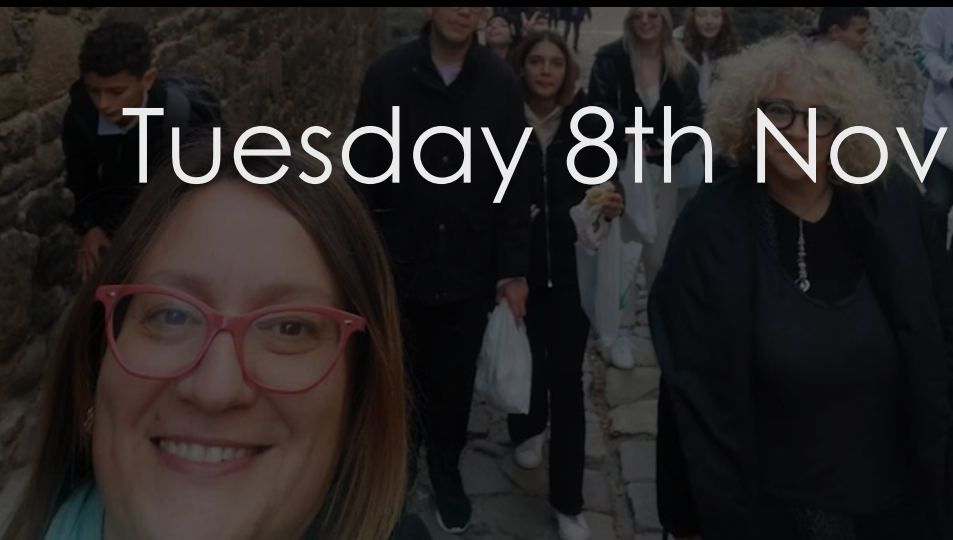
Tuesday 8th
November 2022



► On Tuesday morning we visited the Botanical garden. Our mission is to save environment by adopting eco-friendly attitudes.

► All together we can!!!!

Tuesday 8th November 2022



In the afternoon we visited the old town of Plovdiv:

Time for culture, history, geographyand funny moments



THE LAST THREE DAYS



- *Visit to the National Historical Museum*
- *Tour of Sofia*

09/11/22

- *Visit to the Rila Monastery*
- *Visit to Blagoevgrad*

10/11/22

- *Workshop at school*
- *Planting trees*
- *Farewell ceremony*
- *Bulgarian dinner and dances*

11/11/22

Wednesday 9th November 2022 Historical Museum and Tour of Sofia





Thursday 10th
November 2022

VISIT TO THE RILA MONASTERY AND
THE OLD BLAGOEVGRAD TOWN



Friday 11th November 2022

Workshop to prepare the
typical Bulgarian dish.



Planting trees and vegetables in
the school garden

Farewell ceremony



Friendship is our gratest
success

Peace and sharing of
common values our
conquest

Dancing and singing
together, we can change
the world



Thanks for your
attention!!!!

Valentina Carella

Flavia Maggini

Marisol Simeone

Gianpiero Capuano

Gabriel Scalone

Giovanni Pontrelli

