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|  | **Day 1 (March,7)** | Morning | Open ceremony at School  |
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|  | Ice Breaker activities |
|  | “Eating habits ” – Students presentation ( each country) |
|  |  | Lunch |
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|  | Afternoon | Utopia Verde - history of salt, present and future of salt in Portuguese gastronomy |
|  | **Day 2** **(March,8)** | Morning | Conference "We are what we eat" |
|  |  | Lunch |
|  | Afternoon | Gastronomic Tour Interpretative centre for the history of cod  |
|  | **Day 3** **(March,9)** | Morning | Dancing traditional national dances – studentsTeachers´ meeting |
|  | Afternoon |
|  | **Day 4** **(March,10)** | Morning | Conference “Kitchen Dates” Restaurant – Healthy and Zero Waste Kitchen |
|  |  | Lunch |
|  | Afternoon | Guided Tour in Alfama |
|  | **Day 5** **(March,11)** | Morning | What have I learnt this week - quiz |
|  |  | Lunch |
|  | Afternoon | Evaluation of the activity and feedbackCertificate giving ceremony |

