

## Programme of international workshop „Diet for Clean Baltic”

Day	Date	Indicate briefly the programme of learning activities
Arrival	2013-05-04	Meeting all participants at Main Station in Gdańsk (17:00 – 18:00), departure with all participants at 18:00, accommodation (for all participants separate rooms with bathroom are prepared), walk at nearby surroundings 19:30 Dinner
Day 1	2013-05-05	8:30 – 9:00 Morning in touch with nature (walking, cycling, gymnastics ), 9:00 – 9:45 Polish breakfast prepared by the staff of the Centre 10:00 – 13:00 morning session Integration activities <ul style="list-style-type: none"> <li>•The goal of the activities is to know each other, country where participants from and their interest or hobby. Equipment needed for activities: baskets of fruit and vegetables, letters of the alphabet, map of Europe, 16 sheets A3 and some stationery integration activities:</li> <li>•Our relationship and nets, the aim of the activity is to understand the natural networks that occur in the management of food in the Baltic countries and to learn a variety of measures that help maintain a clean Baltic Sea used in the countries of origin of participants. Equipment needed for activities: 2 balls of twine, 24 carton pages A5, scissors, markers</li> </ul> 13:00 – 14:00 lunch Kashubian - regional cuisine, 15:00 – 18:00 afternoon session <ul style="list-style-type: none"> <li>•Introduction of the weekly program, explanation the purpose of workshops,</li> <li>•presentation of the rules diet for Clean Baltic,</li> <li>•talking on the role of the proper diet in humans life with a doctor ,</li> </ul> 18:00 – 18:30 discussion and evaluation of the first day of the Workshop, 19:00 Ceremonial, traditional Polish dinner in the Hall , informal conversations during and after dinner, information on the specifics of the region where the workshops are held, visit of the regional chambers in the Workshop place
Day 2	2013-05-06	8:30 – 9:00 Morning in touch with nature (walking, cycling, gymnastics ), 9:00 – 9:45 traditional Swedish breakfast, prepared by the staff

of the centre,

10:00 – 13:00 morning session

- What is with the Baltic Sea environment?-An introductory lecture (PP presentation),
- The eutrophication-the real threat of the Baltic Sea- video / slide show,
- Integration activities – We are the children of the Baltic Sea - the creation of logos / flags / totem of Grundtwig Workshop base on the shared symbolism of the Baltic countries - the aim of teaching them to identify common needs and advantages of the impact of the Baltic country of origin. Equipment needed for activities:- 16 plastic bottles, rolls of paper and foil, boxes of clips, markers,
- 13:00 – 14:00 traditional Estonian lunch,
- 15:00 – 18:00 afternoon session
- the talk with a nutritionist- organic vegetable qualities as a basic component of the diet for Clean Baltic,
- workshops, preparation of the elements of balanced meal in accordance with the Baltic diet rules,
- 18:00 – 18:30 discussion and evaluation of the second day of the Workshop
- 19:00-Danish dinner under the rules of diet for the Baltic base on participants ideas, a joint dinner in the Hall, informal conversations, private time to use Internet

- |       |             |  |
|-------|-------------|--|
| Day 3 | 2013- 05-07 | 7:30 – 8:00 Morning in touch with nature (walking, cycling, gymnastics )<br>8:00 – 8:45 German breakfast prepared by Centre staff, with taking into account the rules of the Baltic diet<br>9:00 – 18:00 Study trip to Hel peninsula<br>•all-day bus tour along the coast shore of the Baltic Sea ”traces of the human pressure” tours,<br>•Lunch at Hel peninsula,<br>•visiting research stations, introducing the topics and problems on which the station staff work,<br>•the seminar on the environmental problems of the Baltic Sea with prof. Krzysztof Skóra as a lecturer,<br>•back to Starbienino,<br>19:00 – 19:30 the summary and evaluation of the third day,<br>20:00 - Lithuanian dinner, presentation by members of national teams the stories, or songs, that contains elements relating to food. The goal is to identify the influence of national culture, culinary traditions of the inhabitants of the each countries. |
| Day 4 | 2013-05-08  | 8:30 – 9:00 Morning in touch with nature (walking, cycling, gymnastics )<br>9:00 – 9:45 Finish breakfast prepared by centre staff according to the Baltic Diet rules,<br>10:00 – 13:00 morning session<br>•lecture on vegetarian diet, vegan – PP presentation,<br>•joint work in preparing the lunch elements, on the basis of the  |

		<p>previously discussed diet,  13:00 – 14:00 vegetarian/vegan lunch  15:00 – 18:00 afternoon session</p> <ul style="list-style-type: none"> <li>•The rules of Ecological Recycled Agriculture –PP presentation after lecture discussion and preparation for full-day excursions to Trzcińsk,</li> <li>•Integration activities– Sherlock Holmes in the world of labels. The goal is to learn how recognise of organic products in the countries of the Baltic Sea Region and the training skills of healthy food choices on the basis of the composition and the source of the product given on the packaging - work in teams, learning the signs specific to the country of origin and outside the country. Equipment needed for activities: - labels, packaging of food products from different countries</li> </ul> <p>18:00 – 18:30 discussion and evaluation of the fourth day of the Workshop,  19:00 – vegetarian dinner, informal talks, film on industrial farming</p>
Day 5	2013-05-09	<p>7:30 – 8:00 Morning in touch with nature (walking, cycling, gymnastics )  8:00 – 8:45 Latvian breakfast (in accordance with the rules of the Baltic diet),  9:00 – 17:00 Study trip to Trzcińsk, to demonstration farm of Mr Jacek Plotta</p> <ul style="list-style-type: none"> <li>•all-day trip to Trzcińsk by bus, to the farm of Mr. Jacek Plotty,</li> <li>•guided tour of the farm where the ecological recycling agriculture will be introduced,</li> <li>•lunch at the farm-based household products ,</li> <li>•visit Information Centre on ecological recycling agriculture</li> <li>•return to Starbienino,</li> </ul> <p>17:30 – 18:30 Integration activities - whether male / female will eat the same - the aim is to break stereotypes about the nutrition of women, men from the countries of origin – working in teams  18:30 – 19:00 discussion and evaluation of the fifth day of the Workshop,  19:00 dinner by the fire base on the products purchased on the farm, informal talks at the dinner</p>
Day 6	2013-05-10	<p>8:30 – 9:00 Morning in touch with nature (walking, cycling, gymnastics )  9:00 – 9:45 macrobiotic breakfast,  10:00 – 13:00 morning session</p> <ul style="list-style-type: none"> <li>•macrobiotic diet – PP presentation,</li> <li>•practical exercises in preparation element of the lunch,</li> </ul> <p>13:00 – 14:00 macrobiotic lunch with the rules of Baltic Diet  15:00 – 18:00 afternoon session</p> <ul style="list-style-type: none"> <li>•Integration activities – Food is everywhere. The aim is to increase awareness of the various functions of food (integration, compensation, self-presentation etc.) and the growth of knowledge concerning solving psychological problems associated with food</li> </ul>

Day 7	2013-05-11	<ul style="list-style-type: none"> <li>•continuation of working on macrobiotic diets referred to the principles of Baltic diet and preparing macrobiotic dishes for dinner,</li> <li>18:00 – 18:30 discussion and evaluation of the sixth day of the Workshop</li> <li>19:00 dinner in the Hall, film on success story in introducing ecological food in school children diet</li> <li>8:30 – 9:00 Morning in touch with nature (walking, cycling, gymnastics )</li> <li>9:00 – 9:45 breakfast for a clean Baltic Sea prepared by Centre staff,</li> <li>10:00 – 13:00 morning session</li> <li>•workshops where the participants will prepare author’s dishes for the pure Baltic,</li> <li>13:00 – 14:00 lunch based on dishes personally prepared by participant,</li> <li>15:00 – 18:00 afternoon session</li> <li>•Integration activities – national saviour vivre what is the conversations at the table about – the presentation of custom connected with eating food in the countries of participants</li> <li>•a summary of the outcome of the competition results, awards for talented participants,</li> </ul>
Departure	2013-05-12	<ul style="list-style-type: none"> <li>19:00 dinner, dancing, with a regional Kashubian ensemble</li> <li>9:00 – 10:00 Kashubian breakfast prepared by Centre Staff according rules od Baltic diet, good bye Starbienino and departure by bus to Gdańsk Main Station</li> </ul>