

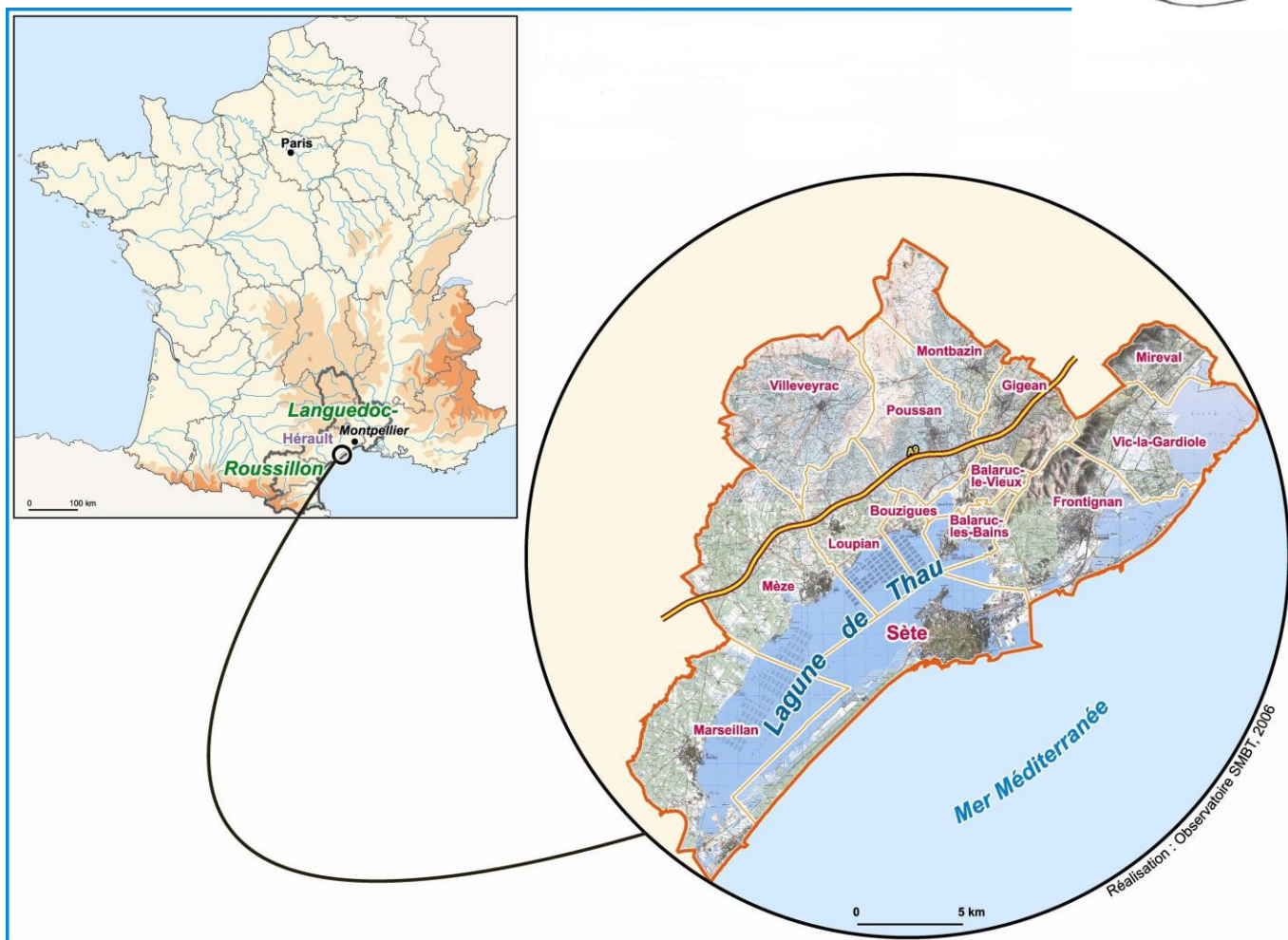


Programme d'éducation  
et de formation  
tout au long de la vie



## PROGRAMME PREVISIONNEL COMENIUS

« You are what you eat »  
Sète from the 17<sup>th</sup> to 21<sup>st</sup> of March 2014



Lodging/boarding: « Village de vacances le LAZARET » <http://www.lazaretsete.com/>

Information about the city of SETE: <http://www.ot-sete.fr/>

Information about « Lycée de la Mer SETE » ( [www.lyceedelamer.fr](http://www.lyceedelamer.fr) )



# Programme d'éducation et de formation tout au long de la vie

## Monday 17<sup>th</sup> march

Arrival of the participants  
Accommodation

19.00 - 21.00

Informal welcome, Buffet

## Tuesday 18<sup>th</sup> march

08.30 - 9.00

Opening and welcome by Mr Michel Tudesq, Director of the  
« Lycée de la Mer SETE » ( [www.lyceedelamer.fr](http://www.lyceedelamer.fr))  
Description and objectives of Student Meeting  
Setting of working groups

9.00 - 12.00

### Visit to the market of Sète

Setting of working groups: Each group chooses a few regional products  
which will be later analyzed by a nutritionist (Thursday).  
Tasting regional products.

12.30 - 14.00

Lunch

14.00 - 18.30

Technical visit to a shellfish farm  
And /or Visit to a winery

Preparation of a meal by the catering students of the Lycée de la Mer and  
the Austrian, Italian and English volunteers who wish to participate rather  
than go to the visit.

19.30 à 21.00

Dinner

21.00

Evening free or continuation of the working group if necessary.

## Wednesday 19<sup>th</sup> march

08.30 - 12.30

### WORK IN GROUPS

- Restitution of the morning meetings (work record, work platform)
- Preparation of meal by the Austrian, Italian and English groups.
- Discovery of the Thau Lagoon and workshop at the Lycée de la Mer  
Paul Bousquet., Sète  
Nautical activities (Sailing, rowing, visit of the shellfish tables)

13.00 - 15.00

Lunch

15.00 - 16.30

### Work in groups

Assessment of the morning workshops and study of the meal nutritional  
values by a nutritionist.



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- 16.30 - 19 .00** Free afternoon in Sète with way back either by bus or on foot via the coastal road.
- 19.30 - 21.00** Dinner
- 21.00** Evening free or continuation of the working group if necessary.

### Thursday 20<sup>th</sup> March

09.00 à 12.00

#### WORKS IN GROUPS

- Synthesis work, writing a cookbook including recipes chosen by each delegation with traditional recipes from each city or region.
- Comparison of nutritional values for each recipe
- Preparation of the next Austrian meeting

12.0 à 13.15

Lunch

13.30 à 18.30-

#### VISIT OF MONTPELLIER

- Visit the historical center of Montpellier
- Free afternoon in Montpellier

18.30 à 22.30

Dinner Entertaining evening: laser game,,,,  
and evaluation of meeting

### Friday 21<sup>th</sup> March

**08.30**

Breakfast  
Departure of the participants