

IES LUCÍA DE
MEDRANO

FROM 4 TO 8
NOVEMBER 2025

PROJECT:

“Emotional Wellbeing and Mental Health”

(Henry Miller)

“Our travel destination is never a place, but a new way of looking of things”

Welcome to Salamanca

You have arrived to a small City in the Castilla y León Community.



Famous for its university atmosphere, Salamanca is a city that has everything for everyone. It is known as "the Golden City", due to the wonderful golden tone that its buildings acquire at sunset. It currently has 142,412 inhabitants.



First day
4 November 2025

Arrival at IES Lucía de Medrano at 17:00 to meet the host families.

Students, teachers and host families will be welcomed by the school principal and students will be placed with the corresponding host families.

Transfer with the host family to their home.

Second day
5 November 2025

OUR TIME TABLE FOR TODAY:

TIME	ACTIVITY	PLACE
8:50- 9:40	Welcome Session. Explanation of our agenda. Introduction of Delegations. Ice breakers Tour around the school	School library
9:45-10:35	Anxiety in adolescents: a current educational challenge.	School library
10:35-11:00	Coffee Break	Canteen
11:00-11:30	Information about the social activity and group formation for the afternoon.	School library
11:30-11:50	Spanish activity. Viewing of a video in Spanish about what our school is like.	School library
11:50- 12:45	Attending class with their host students.	Student's class at the School
12:50- 13:20	<u>"How Anxiety Affects Teenagers"</u> Similarities and differences in the way classes are taught in different countries. Discussion.	School library 6 minutes watching a video. Group discussion about the video. Similarities and differences between education systems.
13:20-14:30	Introduction to JUGGER as a strategy to improve emotional well-being.	IES Gymnasium in sportwear.
14:30	Lunch at Hall 88 (Teachers)	At home with family
17:30-19:00	Salamanca 360° virtual tour	Salamanca city

Third day
6 November 2025

OUR TIME TABLE FOR TODAY:

TIME	ACTIVITY	PLACE
8:50- 9:40	Practical tools in the classroom: mindfulness techniques and emotional regulation in adolescents to reduce anxiety (practical workshop)	School library
9:45-10:35	Coffee Break	School library
10:35	Trip to the Alberca	
11:35	Visit to the theatre and walk around the village	La Alberca (Mayor)
12:30- 14:30	Ascent to Peña de Francia via the traditional path and Stations of the Cross	La Alberca.
15:00-16:00	Lunch	Peña de Francia
16:30-18:30	Rope park	Alberca rope park
18:30- 19:30	Return to Salamanca	Bus
21:00	Time to be with the families	Tapas with Teachers

Fourth day
7 November 2025

OUR TIME TABLE FOR TODAY:

TIME	ACTIVITY	PLACE
8:50- 9:40	Presentation of the results of the SQD questionnaire, which will have been administered to and analysed for at least two-thirds of the students at the school of origin.	School library Spain: 9:00 Denmark: 9:10 Hungary: 9:20 Sweden: 9:30
9:45-10:35	Attending class with their host students.	Student's class at the School
10:35-11:00	Coffee Break	Canteen
11:00- 11:30	Presentation ActCoach	School Library
12:00-13:00	Meeting with the Mayor of Salamanca	Town Hall
13:00-14:15	Guided Tour around Salamanca: "Las Torres de la Catedral: Jerónimus"	Salamanca City
14:35	Return to Ies Lucía de Medrano and lunch with the host family. Lunch to Teachers in Lucia	IES Lucía de Medrano
20:30	Free afternoon and dinner with family or colleagues	House or City

Fifth day
8 November

Departue of the various delegations to their country of origin

Students, teachers and host families will say goodbye at the door of IES Lucía de Medrano at the time agreed by the different delegations

We hope you have had a good stay and have developed all the aspects of the exchange project that we have developed.

Appendix to the schedule:

Salamanca 360° virtual tour



<https://salamancatourvirtual.com/juego/>