



Mission X – Train like an astronaut
Education ICE 2015
29 May 2015
Public school Elsa Morante
Middle school “Carlo CATTANEO”
Via Nicola Zabaglia, 27 - 00153 Roma

- 8:30** Arrival at School
08:30 – 09:00 Greet and Meet, **Aula Magna**
09:00 – 09:30 Explain activities and schedule of event, **Aula Magna**
09:30 – 10:00 Commander is Coming, **Aula Magna**
10:00 – 10:15 MXWG and students division in two teams **“Health”** and **“Fitness”**, **Go to designated station**

TEAM HEALTH – Activities for “Mission X” students

- 10:15 – 10:45** Cross the Black Hole by NASA, **Gym**
10:45 – 10:50 Rotate to next station
10:50 – 11:20 Food Pyramid by ESA, **3B Ground floor**

TEAM FITNESS – Activities for “Mission X” students

- 10:15 – 10:45** Food Pyramid by ESA, **3B Ground floor**
10:45 – 10:50 Rotate to next station
10:50 – 11:20 Cross the Black Hole by NASA, **Gym**

- 11:20 – 11:30** Break

TEAM EXERCISE (MXWG - Space Agencies Delegates)

- 11:30 – 12:00** Food path by students from schools “Elsa Morante” and “Carlo Cattaneo”, **Ground floor**
12:00 – 12:30 Artistic itinerary by students from schools “Elsa Morante” and “Carlo Cattaneo”, **First floor**

TEAM NUTRITION (MXWG – Space Agencies Delegates)

- 11:30 – 12:00** Artistic itinerary by students from schools “Elsa Morante” and “Carlo Cattaneo”, **First floor**
12:00 – 12:30 Food path by students from schools “Elsa Morante” and “Carlo Cattaneo”, **Ground floor**

- 12:30 – 13:00** Photo opportunity, **Aula Magna**
13:00 – 13:30 Connection with the Italian Astronaut Paolo Nespoli, **Aula Magna**
13:30 Closure, **Aula Magna**

Under the Patronage of Lazio Region

