

ACTIVITY PROGRAMME FOR AN ADVANCE PLANNING VISIT						
Activity n°	KA1 – Erasmus Plus					
Title	LIFE SKILLS, YOUTH & MIGRANT					
Participating organisations	Mavi (Italy), Ucarli Genclik Dernegi (Turkey), EYCB (Czech Republic), Conexão Jovem (Portugal), Spada Euth (Spain)					
Venue			Duration			
City/Town	Country	Start date	End date	Activity duration (excluding travel days)	Travel days	
Riva del Garda	Italy	25/09/18	29/09/18	5	2	
Timetable	Activity Programme					
DAY 1 - 24/09						
AM	Arrival Time - Welcome Friends					
PM						
DAY 2 - 25/09						
AM	08:30 – 09:30	Breakfast Time				
	09:30 – 10:30	Introduction to the project and its goals, the organizer and the participants, introduction to the Erasmus Plus program. We will use Ice break game for let participants to know each others				
	10:30 – 11:30	Activity "My Secret Friend and my migrant secret Friend"				
	11:30 – 11:45	Coffe Break				
	11:45 – 13:15	Introduction of the topic of Life Skills and how can tools like Yoga and Meditation and how could be important tools to rise awareness of the migrant issue.				
	13:30 – 14:30	Lunch Time				
PM	15:00 – 17:00	Hatha Yoga, Meditation & activities of empowerment				
	17:00 – 17:15	Coffe Break				
	17:15 – 18:45	Collective evaluation of the day and social game				
	17:15 – 18:45	Video on topic				
	18:45 – 19:00	Evaluation of the day for Group Leaders				
	20:00 – 21:00	Dinner Time				
	21:00 – 22:00/23:00	Intercultural night for all				
DAY 3 - 26/09						
AM	08:30 – 09:30	Breakfast Time				
	09:30 – 10:30	Ice break game on Life Skills topic (Italian and Turkish group will organize it)				
	10:30 – 11:30	Life Skills and Migrant – The power of the culture on our behaviour and vision of Life				
	11:30 – 11:45	Coffe Break				
	11:45 – 13:15	Viewing a video on the topic				
	13:30 – 14:30	Lunch Time				
PM	15:00 – 17:00	Hatha Yoga, Meditation & activities of empowerment (Czech republic and Portugues group will manage the activity)				
	17:00 – 17:15	Coffe Break				
	17:15 – 18:45	The power of Meditation and Yoga in social issues - activity				

	18:45 – 19:00	Evaluation of the day for Group Leaders
	20:00 – 21:00	Dinner Time
	21:00 – 22:00/23:00	Free evening – movie – Free time in Riva del Garda – Time for make friendship
<i>DAY 4 - 27/09</i>		
AM	08:30 – 09:30	Breakfast Time
	09:30 – 10:30	Ice break game (Spanish and Czech Republic groups will organize it)
	10:30 – 11:30	Game & Activity on topic
	11:30 – 11:45	Coffe Break
	11:45 – 13:15	The power of the collective Meditation – Video on Topic
	13:30 – 14:30	Lunch Time
PM	15:00 – 17:00	Hatha Yoga, Meditation & activities of empowerment (Italian and Turkish group will manage the activity)
	17:00 – 17:15	Coffe Break
	17:15 – 18:45	Organization of the social action (collective meditation and Yoga event) that we will make the 6° Day and building of a social platform for share this event
	18:45 – 19:00	Evaluation of the day for Group Leaders
	20:00 – 21:00	Dinner Time
	21:00 – 22:00/23:00	Functional psychology game under the Moon
<i>DAY 5 - 28/09</i>		
AM	08:30 – 09:30	Breakfast Time
	10:00 – 17:00	Trip to Garda Lake , sightseeing, promoting the country as a touristic destination, learning more about the region, etc.
PM	20:00 – 21:00	Dinner Time
	21:00 – 22:00/23:00	For all participants: free evening Only for Group Leader: management of travel reimbursements, collection of materials, etc.
<i>DAY 6 - 29/09</i>		
AM	08:30 – 09:30	Breakfast Time
	09:30 – 10:30	Ice break game (Portuguese group will organize it)
	10:30 – 12:00	Organization of the collective Meditation and Yoga event
	12:00 – 13:00	Lunch Time
	13:30 – 14:30	Bus to Riva del Garda
PM	15:00 – 17:00	Meeting with the Municipality of Riva del Garda and some Refugees – Social activity for all – Conclusion of the activity "My secret friend and my migrant secret friend"
	17:00 – 17:30	Bus for go back to the Hotel
	18:00 – 20:00	Sharing Photographic and Video Materials made during the day, organization of the social platform
	20:00 – 21:00	Dinner Time
	21:00 – 22:00/23:00	Good Bye party

AM	Departure Time - Bye Bye Friends
PM	