

	Day 1	Day 2	Day 3	Day 4	Day 5
First session 09.30-11.30	Welcome activity. Getting to know each other, group dynamics and team building	Spiritual intelligence (SQ - Marshal and Zohar) and values What are values? Typology (core values – secondary values; ethical, ideological, social, esthetical values; individual and social values). My personal system of values	Causes that may deform/destroy the personal system of values a) At individual level: dysfunctional thinking, low self-esteem, confusion, procrastination (postponing doing things), lack of communication competences etc.	Intercultural experience: one day trip to Bucovina region Manastirea Humorului – Campulung - Rarau (trip around Pietrele-Doamnei) – Sadova – Vatra-Moldovitei (visit to Moldovita monastery) - Marginea Task during the trip: the participants will choose one value from a given list and will find a way (pictures, videos, interviews with the locals, etc.) to show how this value is present in the life of the locals.	Practice II Solutions for applying our values (personal and social) in everyday life a) At individual level: - Identifying and analysing positive values vs. negative or false values Solutions for gaining a positive attitude towards values (increasing self-esteem exercises)
Coffee break 11.30-11.45					
Second session 11.45-13.15	NGO Gala. Presentation of the participants' organizations (prepared before the course).	History of values - metamorphoses, the subjectivity of perception due to the cultural pattern of each historical age.	b) At social level: dysfunctional values generated by social pressure, false system of values offered as models by media, false understanding of some values etc.)		- Identifying the positive emotions generated by the act of undertaking some values (autobiographical method)
Lunch 13.15-15.00				Marginea – lunch	
Third session 15.00-16.30	Youth in Action - programme, frame, Youthpass, opportunities;	A cognitive perspective upon values. Frankl, Yalom. George Kelly's theory of personal constructs	Practice I Relation between individual values and communitarian values. Oratorical contest	Marginea (visit to the pottery museum) Manastirea-Humorului	- Developing an attitude of perseverance in applying values in everyday life b) At social level: - Identifying and analyzing models in assuming values - Getting rid of the false values generated by the society
Coffee break 16.30-16.45					
Fourth session 16.45-18.00	Intro MOV: raising awareness Working at the blog, the MOV MiniGuide and the MOV movie	Points of view. Is there a crisis of values in nowadays Europe?	Time spent at the participants' choice Working at the MOV blog, the MiniGuide and the MOV movie	Evaluation: each participant completes the blog with images and an opinion about the trip Working at the blog, the MOV Guide and the MOV movie	b) At social level: - Identifying and analyzing models in assuming values - Getting rid of the false values generated by the society
	Relaxing activities	Intercultural Evening	Relaxing activities	Relaxing activities	Relaxing activities

	Day 6	Day 7	Day 8
First session 09.30-11.30	Practice III Values in education. Values in the work field The participants will discover and practice the values during a simulated class/ training activity with a topic at their choice.	Buying flowers and designing flyers for a raising awareness campaign; printing the flyers.	Debriefing and (self)-evaluation. Reflection upon the competences acquired for Youthpass. Completing the Youthpass documents. Corrective moment (if necessary) Action time. Designing a Support Programme MOV for the youths
Coffee break 11.30-11.45			
Second session 11.45-13.15	Practice IV Values in work field. The participants will identify, experience and project values in the future a) The 5 groups will identify 5 key values that employees should base their activity on b) The participants will be involved in a leadership exercise.	Model of raising awareness campaign: visit to “Alexandru cel Bun” College in Gura-Humorului; discussion between the ROOT participants and the high school students about - Values in our lives - Raising awareness campaign: MOV participants offering flyers to the students	Plans for new projects Finalizing the MiniGuide the blog, the movie Exchanging FB and Skype addresses. Making a FB page of our group
Lunch 13.15-15.00			
Third session 15.00-16.30	c) Visualize the future exercise. The participants will be involved in an exercise that will help them teach the youths to project values in their future life.	Model of raising awareness campaign: offering flowers and flyers to the passers-by in the streets of Gura-Humorului	Exchanging FB and Skype addresses. Reflection time on the whole learning process. Youthpass, youth workers and teenagers
Coffee break 16.30-16.45			
Fourth session 16.45-18.00	Practice V Sharing the participants’/ the organizations good practice about applying values in education/ work field Working at the MOV blog, the MiniGuide and the MOV movie	Conclusions. – discussions Working at the MOV blog, the MiniGuide and the MOV movie	Certificates award. Final evaluation; completing the questionnaires for the final evaluation
	Relaxing activities	Relaxing activities	Farewell party