

DAILY ACTIVITY PROGRAMME (DRAFT)
Erasmus+ Youth Exchanges 'TO oBEse or NOT TO oBEse

	1st DAY	2nd DAY	3rd DAY	4th DAY	5th DAY	6th DAY	7th DAY
DATE	21/05/2015	22/05/2015	23/05/2015	24/05/2015	25/05/2015	26/05/2015	27/05/2015
08:00-09:15	Arrival of the participants	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30-11:00	Arrival of the participants	Official opening of the Project, giving information about the aims of the Project, Review of the program, wishes & Expectations	Workshop 'What is Obesity and Malnutrition' (Poster design Work)	Workshop 'Fast Food and the Youth'	Workshop 'Steps of the Youth against Obesity'	Workshop Preparing the GUIDE Book about Healthy Eating Habits	Participants' Departure
11:00-11:30	Arrival of the participants	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
11:30-13:00	Arrival of the participants	Games about breaking ice and learning names	Group-work Reasons of Obesity and Malnutrition (Presentation)	Group-work Reasons of incorrect eating habits and effects to the health	Visits Visit to Health Department of the city	Group-work Working on the outcomes and results of the project	
13:00-15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00-16:30	Arrival of the participants	Warming up with team games	Group-work Types of Healthy eating habits	Interview with the citizens about the Obesity in the city center	Group-work '1 day of a Youth in my country' (What and where a young eat in my country?)	Filling in the questionnaire for the evaluation of the Project. Youthpass Certificate ceremony	
16:30-17:00	Arrival of the participants	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
17:00-18:30	Arrival of the participants	Short city tour	Chat with an expert from Health Department of city	Watching and evaluating the interview records	Group-work Presentations of the Groups	Free Time	
18:30-19:00	Arrival of the participants	(Evaluation of the Day)	(Evaluation of the Day)	(Evaluation of the Day)	(Evaluation of the Day)	What have I learned today?(Evaluation Session)	
19:30-20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00-20:30	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	
21:00-22:30	☺	Cultural night ☺	Cultural night ☺	Cultural night ☺	Cultural night ☺	Cultural Night	

*P.S. 1- This is a **DRAFT** program, There may be some changes in the program depending on the Project activities*