

City	Country	Start date	End date	Activity duration (excluding travel days)	Travel days			
Kaunas	Lithuania	12/4/2019	12/8/2019	5	2			
Activity Programme Schedule								
	Arrival Day	Day 1, December 4th	Day 2, December 5th	Day 3, December 6th	Day 4, December 7th	Day 5, December 8th	Departure Day, December 9th	
8:30-9:45	Arrival, check-in, free time / getting acquainted with the project's venue	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
9:45-10:00		introduction to energizers	energizers (Slovenia)	energizers (Poland)	energizers (Netherlands)	energizers (Spain)	Saying good bye/ socialising / free time / departure	
10:00-11:30		Meeting, getting to know each other, ice-breaking	Info session - Introduction to mental health & Mental health importance	Visiting Kazlų Rūdos „Saulės“ school. Drawing therapy for kids	Workshop "Make a Difference", which will teach how to communicate with people facing mental difficulties (will include simulations & how-to explanations)	Practical tips for healthier lifestyle "Perfect Habits"		
11:30-12:00		Coffee break	Coffee break		Coffee break	Coffee break		
12:00-13:45		Team-building activity lead by volunteer from Jaunimo Linija	Mandala drawing as a way to express emotions and release stress	Movement therapy	Making digital shout-out album for youth "A Beautiful Mind"			
13:45-14:00		Preparation for lunch	Preparation for lunch	Preparation for lunch	Preparation for lunch / Free time	Preparation for lunch / Free time		
14:00-15:00		lunch/free time	lunch/free time	lunch	lunch/free time	lunch/free time		
15:00-15:30		Introduction to the project, its schedule, rules	Grouping for the activity in Kazlų Rūdos "Saulės" school: forming groups according to the interests & wishes of the participants; brainstorming on what should be done	Treasure hunt in the city/ Free time	Workshop "Positive future planning"	Making result dissemination plan (further initiative implementation) / Adoption of working plan / objectives / task division / roles & responsibilities		
15:30 - 16:30					Coffee break	Coffee break		Coffee break
16:30-17:00		Setting objectives, wishes, learning about Erasmus+ and Youthpass	Team quiz on the topic	Workshop "Stress & Coping". Group-work to analyze the surrounding stressors and how to tackle those	Final knowledge assessment / project evaluation / Successes & failures of the YE			
17:00 - 18:00		Introduction to feedback, reflections, evaluation	Body scan meditation session	Evaluation of the activities done in school	Feedback, reflections, evaluation	Feedback, reflections, evaluation		
18:00-18:30		Preparation for dinner	feedback, reflections, evaluation					
18:30-19:00		dinner	dinner	dinner/Preparation for the	dinner/Preparation for the	dinner		
19:00 - 20:30		Free time / socialising / /introductory (name) games / table games evening / preparation for project activities	NGOs fair - Presenting participating organisations, their youth initiatives	Cultural evening: Poland & Turkey	Cultural evening: Slovenia & Netherlands	Cultural evening: Lithuania & Spain		Farewell evening, Friends' Awards / socialising, rest
20:30 - ...								
Free time can be used for activities that run throughout the project - finishing preparations for country presentations, cultural evenings; playing games: for example, the "Killer", "Best Buddy"; preparation and checking "Gossip Box"; "Feedback Box".								