

Preliminary programme:

Hours	Day 1 Arrival day	Day2 <i>Getting to know day</i>	Day 3 Day of mindfulness in theory	Day 4 Day of connecting with nature	Day 5 Day of Ecosystem	Day 6 Day of our senses	Day 7 Day of local and European projects	Day 8 Departure day
8.00 – 9.00	Arrival of participants Registration and accommodation	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Departure of participants
9.30–13.00 (Including coffee break) Session1 & session 2		Getting to know each other, Introduction to the project and training programme, non-formal education, Erasmus+ objectives and priorities	What is mindfulness? How it supports our mental health?	Connecting with nature - awakening the senses	Connect with oneself and planet Earth	Raise awareness of our senses Explore the depths of our own being	Sensorial mindfulness	
13.00 – 15.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.00 - 16.30 Session 3		Youthpass, Europass and ERASMUS+ information	How to practice mindfulness in the nature?	Meditation with trees	Cultural afternoon	Nature mandala	Dissemination plan Future cooperation	
16.30 – 17.00	Coffee break	Team building in the nature	Reflection meeting	Reflection meeting	Reflection meeting	Reflection meeting	Coffee break	
17.00 - 18.30 Session 4	Welcoming Ice breakers						Youthpass Evaluation of the training course	
18.30-19.00	Dinner	Reflection meeting	Reflection meeting	Reflection meeting	Reflection meeting	Reflection meeting		
19.00-20.00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20.00-	Welcome party	International evening	NGO market	Passion night	Treasure hunting evening	Movie evening	Farewell evening	