

	13.07.2026. Day 1	14.7.2026. Day 2	15.7.2026. Day 3	16.7.2026. Day 4	17.7.2026. Day 5	18.07.2026. Day 6	19.07.2026. Day 7	20.7.2026 Day 8
8:00 – 9:30		Breakfast	Breakfast		Breakfast	Breakfast	Breakfast	Breakfast
9:30 – 11:00	A R R I V E L	Readiness to connect-4 elements Readiness for learning-safety, trust and belonging Creating learning alliance	Morning walk and talk-Life in 21 century Meet the Monstress Standpoints on stress	Turning of STRESS MODE Body-based regulation techniques I - conscious breathing	Social regulation skills-conflicts and behaviors in conflicts Practicing self-regulation in stressful social situations	NFE principles and SEL Experiential learning-reflection cycle NFE design intro	Applying educational activities for MH and Wellbeing	D E P A R T U R E
11.00-11.30 Coffee Break								
13:00 – 14:30		Lunch	Lunch		Lunch	Lunch	Lunch	
14:30 – 16.00		Country realities of MH programs for youngsters European Youth Goal 5 and Positive Mental Health Approach in TC Emotional intelligence and SEL	Body's wisdom (GAS)-universal response Personal Coping styles (BASICPh) Emotional literacy: anger regulations skills	Body-based regulation techniques II-relaxation techniques General wellbeing strategies	Active (SELF) care	Workshop designing teams	Reflections and future steps Evaluation YOUTHPASS CEREMONY	
16.30 – 17:00 Coffee break								
17.00-18.30		<p>Welcome. B(coming)eing present.</p> <p><i>*Starting time of this session will be agreed with participants, based on the arrival times.</i></p>						
19:00 – 20:00	Dinner	Dinner	Dinner		Dinner	Dinner	Dinner	
21:00 – 00:00		INTERCULTURAL EVENING	NGO Fair (?)					