

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	
8.30- 9.30	BEACKFAST						
9.30 - 11.30	ARRIVAL	Theoretical Framework Circle of Security	Mental Health First Aid Tools: Prevention through security building	Mental Health First Aid Tool: Encouragement	Promoting Wellbeing and resilience trough Youth Work. Policy Lessons and Recommendations.	DEPARTURE	
11.30 - 12.00		BREAK					
12.00 - 14.00		Theoretical Framework: Developmental tasks	Mental Health First Aid Tools: Reflective listening	Mental Health First Aid Tool: Self Care	Open Space for Good Practices Sharing		
14.00 - 16.00		LUNCH					
16.00 - 18.00		Mental Health First Aid Tools: Support and comfort	Mental Health First Aid Tools: Emotional validation	Visit Local projects (AVILES)	Open Space for Good Practices Sharing		
18.00 - 18.30		BREAK			BREAK		
18.30 - 20.00		Getting to know each other. Expectations/ Program	Personal Reflection (Amulet) & Reflection groups	Personal Reflection (Amulet) & Reflection groups	Evaluation & closing		
20.00 - 21.30	DINNER						
	Organizations' Pechakucho (HOTEL)	Intercultural Evening (HOTEL)	Networking (OUTSIDE)	FREE EVENING	Farewell (OUTSIDE)		