

Day	Arrival	Day 1	Day 2	Day 3	Day 4	Day 5	Departure
	-	S	P	A	C	E	-
Breakfast							
Block 1		Introduction of the Training Course	Exploring Emotions	Linking Safe Space & Emotions through Creativity	Finalizing of PhD prototype	Erasmus+ & YouthPass	
Coffee Break							
Block 2		Exploring trust and connection	Continuing exploring Emotions and Behaviour..	Introduction to PhD Basic	Presentation & Graduation PhD	Creation of Peer Mentoring Group	
Lunch							
Block 3		Exploring dimension of safe space	How to use emotions in Youthwork	Exploring PhD & Creativity	How to use a PHD with youngsters	Presentation of Action Plans and Mentoring methods	
Coffee Break							
Block 4		Defining learning goals and learning needs	Needs of youngsters	Creating a prototype of PhD	Action plan: How to implement PHD in your local community	Debriefing; Reflection; Closure	
		Reflection	Reflection	Corelaxing / Coworking Space/ Free Afternoon	Reflection		
Dinner							
	Welcome evening	Getting together activity	Bonifire of Emotions		Evening tour at the City	Farewell Evening	