



## Out with the burn-out- Training Course – Sofia, Bulgaria 5<sup>th</sup> - 11<sup>th</sup> May 2021

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Arrival	Get to know Why am I here?	Improv theater				Free day	Good practices and evaluation	Departures
8:00	Breakfast								
9:30		Morning opening	Morning opening	Morning opening	Morning opening	Morning opening	Morning opening	Morning opening	
10:00	Arrival of the participants	Intro and Expectations Program overview	Creating spontaneously				Outdoor activities	Participants good practices	Departures of participants
11:00	break								
11:30	Arrival of the participants	Cooperation and Team Building	Play out the burn-out!				Outdoor activities	Follow up and dissemination plan	Departures of participants
13:00	Lunch								
15:00	Arrival of the participants	Cooperation and Team Building	Getting out of role Saying YES to your own voice				Outdoor activities	Evaluation and feedback	Departures of participants
15:45	coffee break								
16:00	Arrival of the participants	Professional and personal needs	Persona map Empathy activities				Outdoor activities	Final Evaluation	Departures of participants
17:30									
18:00	Name games and get to know each other		Preparation for ID				Outdoor activities	Dinner	
	Dinner and welcome evening	Dinner		Dinner	Dinner	Dinner			
		Organisation market night	Intercultural Dinner	Night out	Free night	Free night	Organized dinner	Celebration Time	