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Hours	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Welcome	Boot camp	Into the abyss	Immersive actions	Exchange planning	Farewell
8–9	Arrival day	Breakfast 8-9	Breakfast 8-9	Breakfast 8-9	Breakfast 8-9	Breakfast 8-9
9-13		Introduction: Facilities, goals, schedule, practicalities, who's in the room What is virtual reality and what does metaverse mean? Why and how is the topic of virtual reality relevant in youth work?	Basic info about youth exchanges and support questions to bounder Deep dive to virtual realities. (We actually could go scuba diving or to shark tank)	Building your own space for youth work in metaverse	How to plan a youth exchange using VR as one tool? What ideas we have? What can we do together?	Departure
13-14	Lunch	Lunch	Lunch	Lunch	Lunch	
14-18	Accommodation, reception, welcome orientation Getting to know the group	Getting ready! Setting up the gear Is the place safe? Virtual avatars	360° videos and pictures Games as a tool for youth work Accessibility: pros and cons	Virtual reality vs. real life: what do we gain and what do we lose in both?	Wrap up: Group reflection, what have we learned, how I will use what I have learned	
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
20 ->	Setting your own learning goals, working with avatar	Reflection & Feedback	Reflection & Feedback Sauna	Reflection & Feedback	Reflection & Feedback Sauna	