|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day 1 | Arrival day | | | | | | | | Diner | Getting to know each other |
|  | 8:00  9:30 | 10:00  11:30 | 11:30  12:00 | 12:00  13:30 | 13:30 | 15:30  17:00 | 17:00  17:30 | 17:30  19:30 | 19:30 | 20.30 |
| Day 2 | Breakfast | . Official welcome  . Presentation of the team and logistics  . Getting to know each other  . Discussing hopes, fear and expectations | Coffee Break | . Setting up the group agreement  . Getting to know each other | Lunch | . World Café discussion on mental wellbeing | Coffee Break | . Acrobalance | Diner | . International evening |
| . Daily reflection |
|  | | | | | | | | | | |
| Day 3 | Breakfast | . The power of the morning routine  . Perception, emotions and relationships | Coffee Break | . Perception, emotions and relationships | Lunch | . Tools of mental wellbeing | Coffee Break | . Erasmus + | Diner | .Presentation of partner organizations |
| . Daily reflection |
|  | | | | | | | | | | |
| Day 4 | Breakfast | . The power of the morning routine  . River of life | Coffee Break | . Breaking free from the shackles of the past | Lunch | Free afternoon | Coffee Break | Free afternoon | Diner |  |
|  | | | | | | | | | | |
| Day 5 | Breakfast | .The power of morning routine  . Nonviolent communication | Coffee Break | . Nonviolent communication | Lunch | . Sharing is caring | Coffee Break | . Sharing is caring | Diner | .Board games |
| Daily reflection |
|  | | | | | | | | | | |
| Day 6 | Breakfast | . The power of the morning routine  . Mental well being at work | Coffee Break | . Mental being at work: peer supervision | Lunch | . Planning your future: IKIAGI | Coffee Break | .Connection with the nature | Diner | Movie night |
| . Daily reflection |
|  | | | | | | | | | | |
| Day 7 | Breakfast | . The power of the morning routine  . Mental wellbeing frame | Coffee Break | . Networking | Lunch | .Personal action plan | Coffee Break | . Final evaluation of the project | Diner | . Goodbye gathering |
|  | | | | | | | | | | |
| Day 8 | Breakfast | Departure day | | | | | | | | |

**PROGRAM KEEP CALM – TOOLS FOR MENTAL WELLBEING IN BALKAN**