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| --- | --- | --- | --- |
| Day 1  | Arrival day | Diner | Getting to know each other |
|  | 8:009:30 | 10:0011:30 | 11:3012:00 | 12:0013:30 | 13:30 | 15:3017:00 | 17:0017:30 | 17:3019:30 | 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**