

PROGRAMME

DAY 1

INITIAL PHASE

- Introduction to the morning meeting.
- **Know Solheimar** → history and guided tour through the community
- **PRESENTATION OF THE PLAN**, is explained in details how we will proceed and where different activities take place.
 - Previous knowledges of group members about the areas which are includes in the program (participants can always suggest new topics of their interest).

CENTRAL PHASE

- **Introduction to the language** – basic Icelandic lessons

- **Dynamic activities that allow to know a bit about the culture** of the country
 - Icelandic topics: history, travel, art, music, tradition, custom, nature & geography, weather...

FINAL PHASE

- CONCLUSIONS - EVALUATION OF THE DAY

DAY 2

INITIAL PHASE

- DAY OBJECTIVES AND EXPECTATION OF PARTICIPANTS

CENTRAL PHASE

- **Living Ecovillage - Sustainable community - Community development**
 - **What is the contribution an eco-village to their residents and vice-versa?**
 - **Organic gardening** - Sunna Greenhouse
 - **Permaculture** - **Community garden**

 - Renewable energies & Recycling (reduce, reuse, repair and recycle)
 - **Geothermal heating**
 - **Waste recycling**
 - Organic waste treatment, COMPOST (vermiculture, Aquatron system) → Application, benefits...
 - Wastewater treatment → Artificial wetslands
 - Recycling in art
- Ideas, opinions, suggestions

FINAL PHASE

- CONCLUSIONS - EVALUATION OF THE DAY

DAY 3

INITIAL PHASE

- DAY GOALS AND EXPECTATION OF PARTICIPANTS

PHASE CENTRAL

- **Sólheimar disabled people: quality of life, role in society**
Discussion, exchange of experiences, opinions, ideas, solutions to improve.
- **People with disabilities, job opportunities and personal development**
Discussion
- **Activities Aimed to the social integration of disabled people: organization of periodical trips and recreational events**
Suggestions
- **Promote tolerance among people of different cultures and social backgrounds**
- **Encourage and promote volunteerism** and raise awareness about the importance of an active role in voluntary action

FINAL PHASE

- CONCLUSIONS - EVALUATION OF THE DAY

DAY 4

INITIAL PHASE

- DAY GOALS AND EXPECTATION OF PARTICIPANTS

PHASE CENTRAL

- **Disables people, giving opportunities to overcome social distress and express through art** (music, theater, painting, sculpture)
Exchange of experience, knowledge of the participants, new ideas
- **Practical activities in the workshops**
Late in the afternoon can be discussed, participants can get to know (recognize) their personal opinions about actions in Sólheimar for people with disabilities.

FINAL PHASE

- CONCLUSIONS – FINAL EVALUATION OF THE PROGRAMME

DAY 5

The program will include a day of outdoor activities or excursion, *that allow participants to learn and know more about history and Icelandic culture*