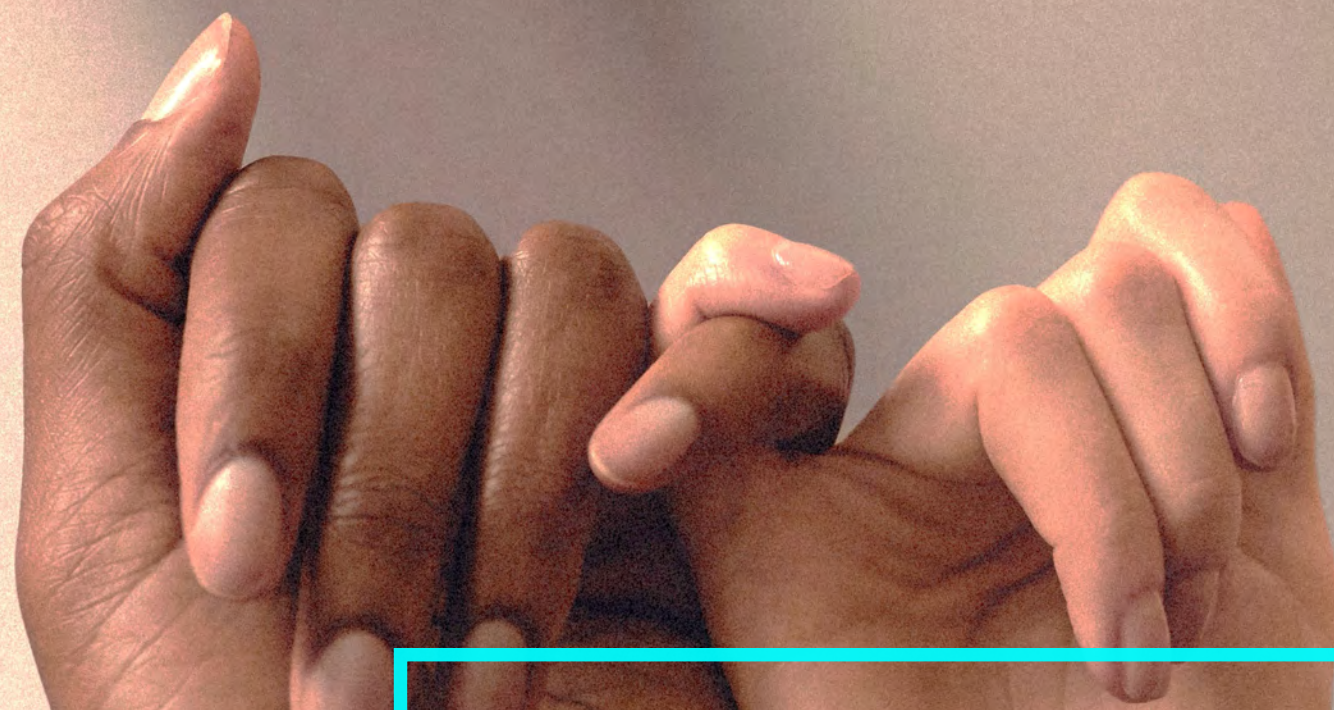




Co-funded by the
Erasmus+ Programme
of the European Union



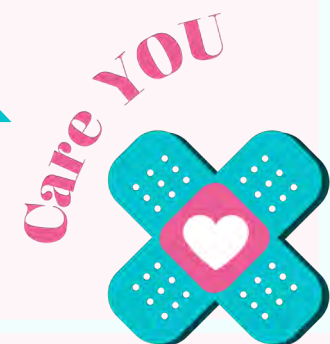
CARE YOU

CARE for Mental Youth's health

(2021-2-PL01-KA220-YOU-000050154)

INFOPACK

Training course





PLANNING

WHEN	THURSDAY 20TH	FRIDAY 21ST	SATURDAY 22ND	SUNDAY 23RD	MONDAY 14TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	ARRIVAL DAY Warm-up activities	Welcome Safety measures, rules.	Local visit	NeuroScience, how does our brain work?	Feelings and Emotions	Alterations of the hormonal balance and how they influence the human body.	Tools and good practices	Local visit	DEPARTURE DAY
11:30-12:00		BREAK		BREAK	BREAK	BREAK	BREAK		
12:00-13:30		Presentations and introduction	Group work	Emotions: What is an emotional discharge and why do human beings need it?	Distressful feelings: Unprocessed information after a distressful situation and its influence on the human mind and behavior.	Group presentations			
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
15:00-17:00		DISCOVERING PENAGOS	Local visit	Round table	Group work	YOUTH PASS certificate and benefits	Erasmus+ session	CERTIFICATES ceremony	
17:00-19:30		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
19:30-20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21:00-23:00	Short info	Intercultural party						Farewell party	

This planning is a general proposal, some activities and visits could change depending on the weather or other factors.

(*) If the weather is good, there will be hiking. The hiking is a 12 km trail through mountain areas. Please wear appropriate footwear and clothing.