



ACTIVITY PROGRAM ERASMUS + from june 2 nd to june11 th 2024

	Saturday 01/06/2024	Sunday 02/06/2024	Monday 03/06/2024	Tuesday 04/06/2024	Wednesday 05/06/2024	Thursday 06/06/2024	Friday 07/06/2024	Saturday 08/06/2024	Sunday 09/06/2024	Monday 10/06/2024	Tuesday 11/06/2024			
		Arrival day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8				
HORAIRE			Meeting room	Outdoor	Meeting room	(indoor- outdoor)	Outdoor	Outdoor	Outdoor	Outdoor				
7:30-8:30			Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
8:30-9:30			Ice breaker games	Energizing games	Street Workout Bingo" Icebreaker	Mindset Map Team-Building Activity - Exploring Job Opportunities	Street Workout Moves Relay	Fitness Trivia Challenge	The Street Workout Odyssey	Street Workout Showdown Competition	Departure of participants			
9:30-10:30			Getting-to-know each other: Memory Game (Salto Youth)	Introduction to Street Workout	Nutrition and Healthy Eating Habits		StreetFit Team Relay Challenge							
10:30-11:00			Pause	Pause	Pause	Pause								
11:00-11:30			Introduction of the project	Cross-Cultural Fitness Challenge	Wellness and Mental Health Workshop	Study Visit to Steewer workout places + fitness centers + free time in the city								
11:30-12:00			Presentation of the Erasmus + programme and Youthpass certificate											
12:00-13:30			Lunch	Lunch	Lunch		Lunch					Lunch	Lunch	Lunch
13:30-14:00			NGO's fair	Street Workout Safety and Injury Prevention	Fitness Industry Trends and Innovations Presentation		Two Truths and a Street Workout Move" Icebreaker					Completing Youthpass, Refection groups & Leaders meeting	Walk in Their Shoes - Social Exclusion Simulation	StreetFit Challenge Outdoor Obstacle Course
14:00-14:30			Expectation Tree											
14:30-15:00			Presentation of Youth Workers and NFE											
15:00-15:15			Pause	Pause	Pause		Pause					free time	Pause	
15:15-16:00			Research Presentation by each national team	Street Workout Park Exploration	Career Paths in Street Workout and Fitness		"Inclusive StreetFit Relay" Energizer	Refection groups& Leaders meeting						
16:00-16:30			Career Insights in Fitness Industry					Final evaluation "The Garden of Expectations" + Youthpass ceremony						
16:30-17:00			Refection groups & Leaders meeting	Refection groups & Leaders meeting	Refection groups& Leaders meeting		Refection groups& Leaders meeting							
19:30 -20:15		Welcoming Dinner	Dinner & Intercultural Night (Reunion Team)	Dinner & Intercultural Night (Bulgarian Team)	Dinner & Intercultural Night (Netherlands Team)	Dinner & Intercultural Night (Spanish Team)	Dinner & Intercultural Night (Latvian Team)	Dinner	Dinner & farewell Party	Dinner				