

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE "NObesity"

Creative Youth (Malta), Asociacija "Aktyvus jaunimas" (Lithuania), SZABAD TER EGYESULET (Hungary), Future Europe Gençlik Grubu (Turkey), Associação Move.T+ (Portugal), Fundacja "Zielony Slon" (Poland)

City - Msida		Country - Malta		Start date - 31/03/2022		End date - 08/04/2022		Activity duration (excluding travel days) - 7 days		Travel days - 2 days		
	Arrival Day (31st)	Day 1 (1st April)	Day 2 (2nd April)	Day 3 (3rd April)	Day 4 (4th April)	Day 5 (5th April)	Day 6 (6th April)	Day 7 (7th April)	Departure Day (8th April)			
7:30-9:00	Hello	BREAKFAST							BREAKFAST			
9:30-10:00		Interactive energy booster	Energizers (Lithuania)	Energizers (Portugal)	Energizers (Turkey)	Energizers (Poland)	Energizers (Hungary)	Energizers (Malta)	Goodbye			
10:00-11:30		Introduction to the Project Ice-breaking	World Café Discussion about Obesity	Motivation and sports	Mind full or Mindful	Importance of Nutrition	Move with Me	Creating Digital Posters				
11:30-12:00		COFFEE BREAK										
12:00-13:30		Team Building Activities	Bonding through Challenge	Sports Time	Gratitude & Happiness	Mystery Challenge	Move with Me	Social Campaign & Dissemination				
13:30-15:30		LUNCH/FREE TIME										
15:30-16:30		Team Contract	Country Presentations	Sports Time	Mindfulness afternoon / free time	Mystery Challenge	Exploring the Island / Free Time	Final Project Evaluation				
16:30-17:00		COFFEE BREAK				COFFEE BREAK		COFFEE BREAK				
17:00-18:00		Creating Special Games	NObesity Quiz	Sports Time		Nutrition in Creative Way		Project Wrap-up and Special Awards Ceremony				
18:00-18:30		Introduction to Feedback & Reflections	Feedback & Reflections	Feedback & Reflections		Feedback & Reflections						
19:00-21:00	DINNER	DINNER/FREE TIME										
21:00 - ...	Socialising Evening	Socialising Evening	Games Night	Cultural Evening (Portugal & Poland)	Cultural Evening (Hungary & Lithuania)	Cultural Evening (Turkey & Malta)	Free Evening	Goodbye Evening...				