



**Youth Exchange “Be active for healthier lifestyle”
POLAND 30.07.2010 – 06.08.2010**

Day/Date	Time	Topic/type of activity	Methods of work
Day 1 30.07.2010	Morning	<ul style="list-style-type: none"> • Arrivals • Accomodation 	
	Afternoon		
	Evening		Integration meeting <ul style="list-style-type: none"> • Ice-breaking games • Energizers
Day 2 31.07.2010	Morning	Welcoming meeting	<ul style="list-style-type: none"> • Programme presentation • Safety rules • Working methods • Ice-breaking games • Energizers
	Afternoon	Sport session	<ul style="list-style-type: none"> • Sports activities • Team games
	Evening	Bonfire	<ul style="list-style-type: none"> • Preparing meals • Ice-breaking games • Singing
Day 3 01.08.2010	Morning	Sport session	<ul style="list-style-type: none"> • Morning Jogginng • Choreographic activities • Tennis • Fitness
	Afternoon	How to eat to be healthy?	<ul style="list-style-type: none"> • Diet and healthy food-lecture and workshops
	Evening	Intercultural Evening POLAND	<ul style="list-style-type: none"> • Country presentation • Traditional food, music, dances etc. • Integration games
Day 4 02.08.2010	Morning	Sport session	<ul style="list-style-type: none"> • Jogging • Beach volleyball • Tennis • Team games

	Afternoon	Free Time Animation	<ul style="list-style-type: none"> • Free Time Activities – lecture and workshops
	Evening	Intercultural Evening GERMANY	<ul style="list-style-type: none"> • Country presentation • Traditional food, music, dances etc. • Integration games
Day 5 03.08.2010	Morning	Giving first aid – Health Care Education	<ul style="list-style-type: none"> • I Group - workshops • II Group- sport activities
	Afternoon	Giving first aid – Health Care Education	<ul style="list-style-type: none"> • I Group – sport activities • II Group - workshops
	Evening	Intercultural Evening NORWAY	<ul style="list-style-type: none"> • Country presentation • Traditional food, music, dances etc. • Integration games
Day 6 04.08.2010	Morning	Sport session	<ul style="list-style-type: none"> • Jogging • Choreographic activities • Team games • tennis
	Afternoon	<ul style="list-style-type: none"> • Paintball • The Rope Park 	<ul style="list-style-type: none"> • Team games
	Evening	Intercultural Evening ITALY	<ul style="list-style-type: none"> • Country presentation • Traditional food, music, dances etc. • Integration games
Day 7 05.08.2010	Morning	Trip or kayaking	
	Afternoon	<ul style="list-style-type: none"> • Energizers • Free Time Animation 	<ul style="list-style-type: none"> • Games
	Evening	Intercultural Evening MALTA	<ul style="list-style-type: none"> • Country presentation • Traditional food, music, dances etc. • Integration games
Day 8 06.08.2010	Morning	Good Bye Meeting	
	Afternoon	Departure	