

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
8.30- 9.30		BEACKFAST				
9.30 - 11.30	ARRIVAL	Theoretical Framework Circle of Security	Mental Health First Aid Tools: Prevention through security building	Mental Health First Aid Tool: Encouragement	Promoting Wellbeing and resilience trough Youth Work. Policy Lessons and Recommendations.	DEPARTURE
11.30 - 12.00		BREAK				
12.00 - 14.00		Theoretical Framework: Developmental tasks	Mental Health First Aid Tools: Reflective listening	Mental Health First Aid Tool: Self Care	Open Space for Good Practices Sharing	
14.00 - 16.00		LUNCH				
16.00 - 18.00		Mental Health First Aid Tools: Support and comfort	Mental Health First Aid Tools: Emotional validation	Visit Local projects (AVILES)	Open Space for Good Practices Sharing	
18.00 - 18.30		BREAK			BREAK	
18.30 - 20.00	Getting to know each other. Expectations/ Program	Personal Reflection (Amulet) & Reflection groups	Personal Reflection (Amulet) & Reflection groups	Evaluation & closing		
20.00 - 21.30	DINNER					
	Organizations' Pechakucha (HOTEL)	Intercultural Evening (HOTEL)	Networking (OUTSIDE)	FREE EVENING	Farewell (OUTSIDE)	