

# PROGRAM

## TRAVELLING

### MONDAY - ARRIVAL DAY

<b>9 AUGUST MONDAY</b>	<b>COUNTRY</b>	<b>WHERE</b>	<b>TIME</b>
Arrival	Poland	Skavsta	16:45
Arrival	Cyprus	Arlanda	9:40
Arrival	Spain	Arlanda	23:20
Arrival	Sweden		

### WEDNESDAY

<b>18 AUGUST WEDNESDAY</b>	<b>COUNTRY</b>	<b>WHERE</b>	<b>TIME</b>
Departure	Poland		
Departure	Cyprus		
Departure	Spain		
Departure	Sweden		



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## Monday - Arrival day

9 AUGUST MONDAY	ACTIVITY	WHO/WHERE	INFO
Arrival day	Dinner evening,	Kasia, Lotten, Helena	

## TUESDAY

10 AUGUST TUESDAY	ACTIVITY	WHO/WHERE	INFO
8.00-9.00	Breakfast	Kasia	We clean up after ourselves
10.00-12.00	Welcome icebreaking games, teambuilding games.	Kasia	Viksjofors is 5 km from the hostel. Transport by car, bus, bike or walk.
	Getting to know the participant organisations -short presentation	Participants	What does the organization do, where is its seat, what projects is it implementing, etc.
12.00-14.00	Lunch	Viksjofors	
14.00 - 15:00	Erasmus + about Youth Exchange	Kasia	
15.00 - 16.00	The Erasmus programmes: Inclusion, environment and youth problems . How to include topic in choreography	Kasia	
16.00-17.30	Dance workshops	Sweden	
18.00-19.00	Dinner	Hostel	
20.00-22.00	Welcome evening	Helena/Kasia	



## WEDNESDAY

11 AUGUST WEDNESDAY	ACTIVITY	WHO/WHERE	INFO
7:30 8.00-9.00	Good morning/Warm up outside Breakfast	Kasia Poland	Each day a different country prepares breakfast
10.00-11.30	Dance workshops – Cyprus	Cyprus/Viksjofores	Bring comfortable shoes and clothes
12.00-13.00	Visiting summer school and sharing our dance with the kids	Participants	We will conduct short dance exercises, warm-up.
13.00-14.30	Lunch and Figures in the tree	Kasia	Viksjofores
14.30-16.00	Unemployment among young people-discussion	Participants/Kasia	Prepare information on unemployment among young people between 18 and 30 in your country, especially dancers and people working in culture.
16.00-17.30	How to use the art of performance for showing themes of inclusion, environment and youth problems	Participants/Kasia	Bring comfortable shoes and clothes
18.00- 19.00	Dinner	Hostel	
20.00-22.00	Intercultural evening - Poland	Poland	



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## THURSDAY

12 AUGUST THURSDAY	ACTIVITY	WHO/WHERE	INFO
7:30	Good morning/Warm up outside		
8.00-9.00	Breakfast	Cyprus	
10.00-12.30	Långhed cultural visit in Swedish farmstead	Helena/Lotten	
12.30-14.00	Lunch and Figures in the tree	Helena/Lotten	
14.00-17.00	Nature inspiration, explore Biosphere Reserve Voxnadalen .Pick up mushrooms and berries	Helena/Lotten	
18.00-20.00	Dinner: Cooking Swedish food	Participants\Helena	
20.00-22.00	Intercultural evening – Sweden	Sweden	

## FRIDAY

13 AUGUST FRIDAY	ACTIVITY	WHO/WHERE	INFO
7:30	Good morning/Warm up outside	Kasia	
8.00-9.00	Breakfast	Spain	
10.00-11.30	Dance workshops Poland	Poland/Viksjofors	
11.30 -13:00	Dance and nature	Participants/Kasia	
13.00-15.00	Lunch	Viksjofors	
15.00-17.30	Creating performance	Participants/Kasia/ Viksjofors	
18.00-19.00	Dinner / Figures in the tree	Hostel	
20.00-22.00	Intercultural evening- Cyprus	Cyprus/Lotten	



## SATURDAY

14 AUGUST SATURDAY	ACTIVITY	WHO/WHERE	INFO
7:30	Good morning/Warm up outside		
8.00-9.00	Breakfast	Sweden	
10.00-13.00	Dance workshops and discussion about dance teaching technic and dance development.	Destiny af Kleen/ Viksjofores	
13.00-15.00	Lunch	Viksjofores	
15.00-17.30	Performance	Participants/Kasia	
18.00-19.00	Dinner Figures in the tree	Hostel	
20.00-22.00	Intercultural evening- Spain	Spain	

## SUNDAY

15 AUGUST SUNDAY	ACTIVITY	WHO/WHERE	INFO
7:30	Good morning/Warm up outside		
8.00-9.00	Breakfast	Participants	
10.00-12.00	Activities in the Swedish forest	Andreas/Helena	Hiking or sport shoes are best.
12.00-13.00	Lunch	Viksjofores/Helena	
13.00-15.00	Workshops body and health	Sara/Viksjofores	
15.00-16.30	Dance workshops	Spain/Viksjofores	
16.30-17.30	Creating performance	Participants/ Viksjofores	
18.00-19.00	Dinner/ Figures in the tree	Hostel	
20.00-22.00	Dance More evening	Participants/Hostel	



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## MONDAY

16 AUGUST MONDAY	ACTIVITY	WHO/WHERE	INFO
7:30 8.00-9.00	Good morning/Warm up outside Breakfast Figures in the tree	Participants	
10.00-12.00	Youth Pass Certificate	Participants/ Kasia	
12.00-14.00	Lunch	Edsbyn	
14.00-18.00	Conference Rhytm4inclusion	Participants/Kasia	
18.00- 22.00	Cultural evening with dinner	Helena/Kasia	

## TUESDAY

17 AUGUST TUESDAY	ACTIVITY	WHO/WHERE	INFO
7:30 8.00-9.00	Good morning/Warm up outside Breakfast	Kasia	
10.00-11.00	How to continue in our countries. Last evaluation	Kasia/Hostel	
11.30-13.00	Performance rehearsal in the park	Participants/Kasia	
13.00-15.00	Lunch	Edsbyn	
15.00-16.00	Conference: Dialogue on Erasmus +	Edsbyn	
16.30	Public presentation	Participants	
17.30-20.00	Dinner	Edsbyn	
20.00-22.00	Goodbye evening	Hostel	





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