

	17.01	18.01	19.01	20.01	21.01	22.01	23.01
	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
10.00-11.30	Travel day	<b>Ice breaking</b> <b>Getting Each other activity</b>	<b>Active meditation</b> with Yulia <b>Icebreaker activity:</b> Collaborative mural creation.	<b>Active meditation</b> with Yulia <b>Movement – writing</b> with Yulia  <b>Resilience game</b> testing	<b>Travel to Funchal</b> <b>WS risoterapia with Joana UMAR</b> Madeira	<b>Active meditation</b> with Yulia <b>Expressing Emotions</b> with Abstract Painting <b>Analyzing and Expanding on Urban Sketches from Funchal</b> how sketching can be a tool for self-expression, storytelling, and fostering connections in youth and community work.	Breakfast
Coffee break							Travel day
12.00-13.30		<b>Project presentation</b> What is Art Therapy? Overview of art therapy and its benefits for working with marginalized	<b>Clay and Sculpture</b> for Grounding	<b>Partners WS</b> with Indre, Lithuania “My boundaries”	<b>Knowing Funchal</b> Sketching Walk observing city's environment through an artistic lens	<b>Drama Therapy Basics</b> "Walk in My Shoes" role-play scenario.	

		groups <b>Country and organisation presentation</b>					
Lunch break			Picnic at village				
15.00-16.30		<b>Group painting</b> "What Home Means to Me." social needs of youth and migrants"	<b>Active Meditation</b> outdoor WS	.	<b>Knowing Funchal Photography as Expression:</b> Participants captured images representing themes of resilience, migration, and community	<b>Planning Designing</b> workshops based on learned techniques to train other educators and youth workers.	
Coffee break							
17.00-18.00		<b>Partners work shop</b> Svetlana Smirnova (Estonia) Exploring Self-Identity through ART	<b>Partners WS with Liana, Greece</b> Collage workshop "who Am I?"	<b>Structuring the E-Book</b> Practical art therapy techniques. Adapting methods for youth workers, teachers, and remote settings.	<b>Collaborative Content Creation</b> work on e-book and practice delivering parts of their masterclasses.	Future plans for collaboration	
18.00-18.30		<b>Slow motion meditation</b> with Yulia and Natalia.		<b>Slow motion meditation</b> with Yulia and Natalia.		<b>Slow motion meditation</b> with Yulia and Natalia.	

18.30-19.10		Daily Reflection	Daily Reflection	Daily Reflection		Closing Circle Reflecting on the week's learning, celebrating achievements, and planning future implementation.	
Dinner break	Welcome dinner and getting each other activities			Dinner at the city and travel home			
20.00-		<b>Cultural Sharing Activity:</b> Participants bring FOOD, art, music, or stories from their local communities to share with the group.	<b>Free time-Artsy activities</b> Sound and Rhythm Using percussion instruments or body percussion to create a shared rhythm and sense of connection.	<b>Free time-Artsy activities</b> Movement and Dance Therapy <b>Activity:</b> Group movement activity inspired by natural elements (e.g., wind, water).		<b>Free time-Artsy activities</b>	