

	0. Arrival of pax	1	2	3	4	5	6	7	8	Departure								
		Poetic act	Orpheus Journey	Power of Symbolism	Creation	Success	Performance	Integration	Return									
08:00																		
08:30		breakfast																
09:00		cleaning																
09:30		CARE approach Learning to CARE for each other through body-movement	Intuitive Walk	Intuitive Walk / Creation time Space to work on your Poetic Act performance	Intuitive Walk / Creation time Space to work on your Poetic Act performance	Intuitive Walk / Creation time Space to work on your Poetic Act performance	Intuitive Walk / Creation time Space to work on your Poetic Act performance	Intuitive Walk	Way of Council Sharing circle	Latest depart from the venue								
10:00			Body Movement Explore (dis)orientation	Body Movement Three bodies and Body Mapping	Authentic Movement Discover Authentic relating	Body Movement Warm-up for the afternoon	Way of Council Sharing circle	Way of Council Sharing circle	Youthpass + Erasmus+ opportunities Discussion + presentation									
10:30		Setting up the context Theoretical intro, program, etc. + division of reflection groups	Way of Council Sharing circle	Way of Council Sharing circle	Way of Council Sharing circle	Way of Council Sharing circle	Lunch	Method adaptation 1 Group work on your understanding to the Poetic Act method	Networking Space to present your organisation and start a new collaborations									
11:00			Lunch				Field trip to Nové Město na Moravě	Lunch										
11:30		Cleaning / Siesta				Cleaning / Siesta												
12:00		Body Movement & Access to Personal Needs Exploring how movement can support your well-being	Orpheus Journey Psychodrama designed to support you in discovering your Poetic Act topic	Power of Symbols Group work on recognizing the usage of symbols	Poetic Act Creation Space to work on your Poetic Act Performance	Poetic Act Performances Everyone will present their Poetic Act. Feedback in a form of Authentic Relating.		Method adaptation 2 Shaping the method for the needs of your target group	Cathing Loose Threads Q&A about the programme									
12:30								Outreach preparation National team prep for the dissemination activities after the TC	Cleaning the whole venue Let's leave the place better than we found it									
13:00		Voice Unlock your self-expression through involving your voice	Daily Poem free flow	Daily Poem visual poem	Daily Poem free flow				Closing the Reflection groups									
14:00					Dail Poem													
15:00		Reflection group	Reflection group	Reflection group	Reflection group		Public Performance Presenting the Poetic Act in front of life audience	Reflection group	Closing the programme Saying goodbyes									
15:30								Dinner										
16:00		Cleaning						Cleaning										
16:30		Informal begining Getting to know each other	Group Constellation Discover your relationship to self-expression (different topic might be selected)	Open evening for now	Ritual: Burial Burry what is not serving to you anymore	Ritual: Shyness (voluntary!!) Extatic dance with body painting, in underwear (according your own comfort), in darkness, with a possibility to take your space on a lighed stage.	Ritual: Success Either working on a topic per your request, or giving space for you to design your own ritual supporting you in anchoring your successes.	Expected return to venue	Open evening for now	Open evening for now								
17:00																		
17:30																		
18:00																		
18:30																		
19:00																		
19:30																		
20:00																		
20:30																		
21:00																		
21:30																		
22:00																		
					Body movement	Vero												
					Theory, Psychodrama, Constellation	Vojta												
					Poetry	Individual												
					Reflection / Intuition / Poetic act	pax driven												
					Rituals	Vojta + Vero												