Youth Exchange Thailand DRAFT agenda - 2

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Fichier Édition Affichage Insertion Format Données Outils Modules complémentaires Aide Dernière modification il y a 2 jours par anonyme

Commentaires Partager

Program

	A	B	C	D	E	F	G	H	I	J	K	L
1	**Program**	Type	1 July	0. day -2 july	1. day - 3 july	2. day - 4 july	3. day - 5 july	4.day - 6 july	5. day - 7 july	6.day -8 july	7.day -89july	
2	7:00-7:35	stretching/ sport	Bangkok tour - optional	Ayutthaya tour Traveling to the venue	stretching/ sport	stretching/ sport	stretching/ sport	stretching/ sport	stretching/ sport	stretching/ sport	stretching/ sport	
3	7:30-8:30	breakfast			breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
4	9:00-9:30	meditation			Intro to meditation	spread loving kindness	spread loving kindness	spread loving kindness	spread loving kindness	spread loving kindness	spread loving kindness	
5	9:30-11:45	workshop			"Mission Impossible"	Vienna train	Imagine of woman in society	Mid term evaluation	Team work	Free time	What have we learnt this week? Follow up activities	
6												
7	12:00-13:00	lunch			lunch	lunch	lunch	lunch	lunch	lunch	lunch	
8	13:30-15:00	workshop 1.			Expectations& Contributions - Program and its objectives - Rules of YE	Like a girl	Sketches	Free time	Gouse game	Finding punch line	Love time + Evaluation	
9	15:30-17:00	workshpop 2.			Intro in the topic (2h)		BAC, trust games and bubble blowing	Limelight			Traveling back to Bangkok	
10	17:30-18:30	dinner		dinner	dinner	dinner	dinner	dinner	dinner	dinner		
11	19:00-20:30	meditation + lecture		Welcome space	Meditation and Emotional Intelligence	Meditation and Mindfulness +BAC	Meditation and Self-Empowerment	Meditation and Letting go	Meditation - Stress management	Meditation - Habit development		
12				team meetings	team meetings / set up reflection groups	team meetings / reflection groups	team meetings / reflection groups	team meetings / reflection groups	team meetings / reflection groups	team meetings / reflection groups		