

**Youth Exchange - « *HealthyYouth.eu* »**  
**Fréjus, Provence-Alpes-Côte d'Azur region of FRANCE - from 18 to 26 October 2014**

	October 17	October 18	October 19	October 20	October 21
<b>07:30 – 08:30</b>	Arrivals & Accommodation in the camping «Acacias» ( <a href="http://www.campingacacias.fr">www.campingacacias.fr</a> )	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>
<b>09:10 – 09:30</b>		Speed walking	Speed walking	Speed walking	Jogging
<b>09:30 – 11:00</b>		PRESENTATION of the project, partner organisations and . participant countries on flipcharts. Expectations & fears : «Air baloon»	Culture & Stereotypes «POSTCARDS Game» Session: The iceberg concept of culture.	Workshop «WORLD CAFÉ» : HOW TO HELP MODERN YOUNGSTERS TO ADOPT HEALTHIER LIFESTYLE. debates & discussions	EUROPE - a short quiz. Exercise: How is the EU relevant to us? Session: EUROPEAN INSTITUTIONS Exercise: Who does what in Europe?
<b>11:00 – 12:30</b>		GROUP-BUILDING: «Domino», «Blind Walk»	DERDIA BRIDGE + discussion. Session: influence of culture & traditions on our everyday lifestyles		
<b>13:00 – 14:00</b>	<i>LUNCH : Buffet froid</i>	<i>LUNCH (prepared by participants)</i>	<i>LUNCH (prepared by participants)</i>	<i>LUNCH (prepared by participants)</i>	<i>LUNCH (prepared by participants)</i>
<b>15:00 – 18:30</b>	Self-Introductions : «All about me», «My Name & Its Origin»	City discovering game in Fréjus. Interaction with local people. Informing them about our project.	Round table discussion: Youth health problems in our countries.	Workshop on the creation of the Web site	Session: YOUNG PEOPLE & EUROPE Study & work opportunities in Europe. Erasmus +: Focus on -> Key Action 1 - Mobility of Young People. Meeting with foreigner volunteers doing their EVS in the region of PACA
<b>18:30 – 19:00</b>			NAME GAMES: "Snake's Tail"		
<b>19:00 – 20:30</b>	<i>DINNER (by group leaders)</i>	<i>DINNER (prepared by participants)</i>	<i>DINNER at a local restaurant</i>	<i>DINNER (prepared by participants)</i>	<i>DINNER (prepared by participants)</i>
<b>20:30 – 22:00</b>	Icebreaking evening	French Cultural Evening	Ukrainien Cultural Evening	Danish Cultural Evening	Moldavian Cultural Evening

	October 22	October 23	October 24	October 25	October 26	
<b>07:30 – 08:30</b>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	D e p a r c h u r e s
<b>09:10 – 09:30</b>	Jogging	Jogging	Departure for NICE	Running	Running	
<b>09:30 – 11:00</b>	Healthy Workshop: «IMPORTANCE OF OUTDOOR ACTIVITIES IN OUR EVERYDAY LIFE»	Workshops in small groups : work on the Web site	NICE: City discovering game. Interaction with local young people.	PRESS CONFERENCE at the City Hall of Fréjus (with presence of regional press & media).	Final EVALUATION & OUTCOMES of the exchange.	
<b>11:00 – 12:30</b>			Football with local young people	Informing local people about our project & the Web site. Distribution of the advertisement cards of our web site.	Distribution of the advertisement cards of our web site in the street of Fréjus & Saint-Raphael.	
<b>13:00 – 14:00</b>	<i>LUNCH (prepared by participants)</i>	<i>LUNCH (prepared by participants)</i>	<i>LUNCH at a restaurant in Nice</i>	<i>LUNCH (prepared by participants)</i>	<i>LUNCH (prepared by participants)</i>	
<b>15:00 – 18:30</b>	Workshops in small groups : work on the content of the Web site	Finilise the Web site. Edit & print advertisement cards of it.	FREE TIME in NICE	Exploring new opportunities for reaching european young people through our web site	MARATHON	
<b>18:30 – 19:00</b>					"How do I feel today?" Reflection groupes & Journal	
<b>19:00 – 20:30</b>	<i>DINNER (prepared by participants)</i>	<i>DINNER (prepared by participants)</i>	<i>DINNER (prepared by participants)</i>	<i>DINNER (prepared by participants)</i>	<i>DINNER at a local restaurant</i>	
<b>20:30 – 22:00</b>	Italian Cultural Evening	Georgian Cultural Evening	Portuguese Cultural Evening	Armenian Cultural Evening	Farewell PARTY	

LEGEND OF THE TIMETABLE  
COLOURS :

<i>Healthy lifestyle learning. Outdoor activities &amp; Grassroots sport</i>	<i>Group building &amp; Intercultural learning</i>	<i>Working on the Web site <a href="http://www.healthyyouth.eu">www.healthyyouth.eu</a></i>	<i>Information about Europe &amp; promotion of the Erasmus + Programme</i>	<i>Evalutaion time &amp; Free time</i>
FRENCH, UKRAINIAN & MOLDAVIAN Groups	All Groups	DANISH, GEORGIAN, AZERI Groups	ITALIAN & PORTUGUESE Groupes	All groups