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|  | **22.06.** | **23.06.** | **24.06.** | **25.06.** | **26.06.** | **27.06.** | **28.06.** | **29.06.** |
| 08:00 – 10:00 | Arrivals of participants  ☺  Getting to know each other | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 10:00 – 11:30 | Getting to know each other through **SPORT** activities  Walking, jogging and running | Work in groups Sport games  Mini Water polo, volleyball, football | Reflex and reaction test Training ground  (competitive) | Traditional Montenegrin sport games | Hiking | Info about Erasmus+ and follow up projects in the field of sport | Developing future cooperation  Departure of participants ☹ |
| 11:30 – 12:00 | Break | Break | Break | Break | Break | Break |
| 12:00 – 13:30 | Presentation of "research" on the healthy habits witihin the participants | Body structure and morphological types | Youth **ACTIVISM** through sport | Teambuilding through sport activity Leadership in sport and life | Free time | Project writing activity |
| 13:30 – 15:30 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 15:30 – 17:00 | Swimming | City Game | Diseases of modern society  (obesity, stress, internet addiction, physical inactivity) | **POWER UP** your level of physical fitness Stretching and cardio training | **EMPOWERING**  work in pairs  Body strenght exercizes | Tips and Tricks for healthy being |
| 17:00 – 17:30 | Break | Break | Break | Break | Break | Break | Break |
| 17:30 – 18:30 | Fears, expectations and contribution | Types of training and their purposes, proper duration of training and muscle groups dividing | -Nutrition -GMO -**HEALTH** ahead of training | Scouting in nature | Special guest from Montenegrin water-polo gold generation | Motorical abbilities (strength, speed, stamina, agility, coordination, pliability, balance, accuracy) | Evaluation  and working on Youth Pass sertificate |
| 18:30 – 19:00 | Group leaders meeting | Reflection groups | Reflection groups | Reflection groups | Reflection groups | Reflection groups |
| 19:00 – 21:00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 21:00 - ... | Welcome party | Intercultural night | NGO fair | Free night | Night out | Montenegrin night | Farewell party |

YE „SHAPE your life“

22nd – 29th June

Prcanj, Montenegro **AGENDA**