

# PROGRAM (draft version)

	Day 1 – Sunday	Day 2 – Monday	Day 3 – Tuesday	Day 4 – Wednesday	Day 5 – Thursday	Day 6 – Friday	Day 7 – Saturday
	10/04	11/04	12/04	13/04	14/04	15/04	16/04
8H00	Participant's arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9H00		Good morning! #1	Good morning! #2	Good morning! #3	Good morning! #4	Good morning! #5	Participant's departure
9h30		Welcome!	Good Practices (Sharing)	KAYAK with Disabled Centre	Community sports project (FIT FOR KIDS + ExSport Us – Costa Grande)	Community sports project (In Action – Costa Grande)	
		Program presentation + Rules					
		Group Building	Good Practices (Put into practice)				
12H30		Lunch	Lunch	Lunch	Lunch	Lunch	
14H00		Discover Amarante + CJ (Mission Impossible)	Gender Balance in Sports (Costa Grande)	Boccia with Disabled Centre	Community sports project (Participants preparing)	Results (Video)	
				Preparation of healthy food dinner		Evaluation	
					Presentation of community projects	Certificates	
17H00		Free time	Free time		Free time	Free time	
19H30	Dinner	Dinner	Dinner	Healthy food dinner	Dinner	Dinner	
Night	Get to know each other!	Free night	Intercultural night	Free night	Ping-Pong tournament	See you soon!	