

# ADULT(my)HOOD

International Training Course for Youth Workers • Leiria, Portugal • October 18<sup>th</sup> to 24<sup>th</sup> of 2021 • funded by ERASMUS+ (in frame of the KA2 project “adult life”)

	<b>DAY 1</b> Mon • Oct 18	<b>DAY 2</b> Tue • Oct 19	<b>DAY 3</b> Wed • Oct 20	<b>DAY 4</b> Thu • Oct 21	<b>DAY 5</b> Fri • Oct 22	<b>DAY 6</b> Sat • Oct 23	<b>DAY 7</b> Sun • Oct 24
08:00 – 09:10	<i>arrivals, luggage can be put to hostel from 13:00 on</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>
09:10 – 09:30		<i>leaving the hostel</i>	<i>leaving the hostel</i>	<i>leaving the hostel</i>	<i>leaving the hostel</i>	<i>leaving the hostel</i>	
09:30 – 11:30		opening and orientation	exploration of non-formal education	visit to the Youth and Sports Centre	AdultLife LAB: preparation	MOOC & Method Kit for youth workers & teachers	<i>departures</i>
11:30 – 12:00		<i>bio break</i>	<i>bio break</i>	<i>bio break</i>	<i>bio break</i>	<i>bio break</i>	
12:00 – 13:30		discovering Leiria	exploration of non-formal education	visit to the castle	optional PCR tests	discussion of follow-up activities	
13:30 – 15:30		<i>lunch break</i>	<i>lunch break</i>	<i>lunch break</i>	<i>lunch break</i>	<i>lunch break</i>	
15:30 – 17:00	<i>rooms available from 16:00 on</i>	our realities of youth and youth work	introduction to the KA2 project “AdultLife”	excursion to Nazaré	AdultLife LAB: on stage!	evaluation & learning harvest	
17:00 – 17:30		<i>bio break</i>	<i>bio break</i>		<i>bio break</i>	<i>bio break</i>	
17:30 – 18:30		adult life: what is it, and what is needed for it?	AdultLife LAB: preparation		AdultLife LAB: on stage!	closing & YouthPass ceremony	
18:30 - 19:00		reflection time	reflection time		reflection time	reflection time	
19:00 – 20:00	19:30 reunion at hostel	<i>self-care time</i>	<i>self-care time</i>	<i>self-care time</i>	<i>self-care time</i>		
20:00 – 21:00	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	
21:00 – XX.XX	<i>optional welcome activities</i>	<i>festival of regions</i>	<i>talent night</i>	<i>concert at church</i>	<i>up to participants</i>	<i>farewell</i>	