



The course will take place in Paderborn (DE) from 02 to 04 April.

Arrival: 01 April / Departure: 05 April

The course takes place in Liepaja (LV) from 16 to 18 September.

Arrival: 15 September / Departure: 19 September

Individual journey: We are happy to help with bookings, travel tips etc.

1st day:

Morning: Introduction of the participants and the speakers

Report from the project experiences /

Guided tour of the homepage with explanations

Afternoon: Questions from the participants /

Comparison with own experiences

Evening: Evening walk through the town

Day 2:

Morning: Resilience - an important buzzword of these times

Workshop: Comfort on Stage

Afternoon: Diary notes - what can we learn from our experiences?

Fake news - how dangerous is it really?

Museum visit

Evening: Role play

Day 3:

Morning: Resilience - exercises to strengthen resilience

Mindfulness - meaning and implementation

Afternoon: Balance - what does balance mean for my mental state?

Workshop on the 'triple pack': resilience / mindfulness / balance

Evening: Final round => distribution of certificates / feedback round

Individual departure