

Youth exchange: "Empty your mind to fill it with creativity". Monday 1st to Tuesday 9th of August 2016, Ribadavia/Castrelo de Miño (Ourense), Spain

	Day 1 1st of August (Monday)	Day 2 2nd of August (Tuesday)	Day 3 3rd of August (Wednesday)	Day 4 4th of August (Thursday)	Day 5 5th of August (Friday)	Day 6 6th of August (Saturday)	Day 7 7th of August (Sunday)	Day 8 8th of August (Monday)	Day 9 9th of August (Tuesday)
Topic	Arrival; Ice breakers	Introduction; City Game; The Artist's Way	Blogging	Mindfulness	LARP (in OURENSE)	Creative Writing (in RIBADAVIA)	Human rights and Hapkido (in RIBADAVIA)	Evaluation	Farewell
08:00 - 09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 - 09:30		Introduction; City Game; The Artist's Way	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Farewell
09:30 - 10:00	short meditation and writing session		Morning pages	Morning pages	Morning pages	Morning pages	Morning pages	Morning pages	Departure
10:00 - 10:30		(creativity, meditation and mindfulness, youth exchange and youth pass)	Start a cultural blog on Wordpress	Mindfulness/ theory(importance of the present moment)	OURENSE (pictures and free time)	Creative writing method (a narrative project)	youth pass	youth pass	
12:00 - 12:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
12:30 - 13:00		City game (in groups, exploring the area looking for inspirational places)	Set up a cultural blog on Wordpress	Mindfulness/ practical	Introduction to LARP: role play about creativity (in OURENSE)	Creative writing method (setting)	Workshop about Human Rights (Art. 19 Freedom of expression)	Movie: Howl (2010). Freedom of expression, censorship, literary movements (Beat generation)	
14:30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:30 - 16:00		Preparing the city game presentation	Creativity in the social networks: Facebook, Twitter etc	Mindfulness and creativity (group activity)	LARP	Creative writing method (Characters sheets with Jung: personality types)	Hapkido workshop (meditation and breathing)	Follow up with ideas for the future, sharing material (links)	
16:30 - 17:00		City game presentation	"	"	"	"	"	"	
17:30 - 18:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
18:00 - 18:30	Ice breaker	The Artist's way (introduction to morning pages)	Intercultural night	Mindfulness and creativity (presentation)	LARP	Creative writing method (mention loesje)	Reflection groups	Reflection groups	
19:00 - 19:30		Reflection groups		Reflection groups	Reflection groups	Reflection groups	"	"	
19:30 - 20:00	Optional meditation	Optional meditation	Optional meditation	Optional meditation	Optional meditation	Optional meditation	Optional meditation	Optional meditation	
20:00 - 20:30		Free time	Intercultural night	Free time	Free time	Free time	Free time	Free time	
21:00 - 22:00	Dinner	Dinner	Intercultural night	Dinner	Dinner	Dinner	Dinner	Dinner	