

ART BOX - Emotional First Aid Kit LAB

AGENDA	TIMING	Day 1 17.04.2026	Day 2 18.04.2026	Day 3 19.04.2026	Day 4 20.04.2026	Day 5 21.04.2026	Day 6 22.04.2026	Day 7 23.04.2026	Day 8 24.04.2026	
	7:30 - 9:30	Arrival	Breakfast							DEPARTURE
	10:00 - 11:30		Outdoor Activity: Getting to Know Each Other	Outdoor Warm-up Creative movement / Introduction to Mental Health and Wellbeing	Warm up - Outdoor Movement and collaboration / Journaling & Storytelling	Outdoor Warm-up / Video outside the box	Art LAB 1 - Group Discussion: "Whose stories are told? Whose stories are missing?"	Final touches/ adjustments		
	11:30 - 11:45		coffee break							
	11:45 - 13:00		group agreements, Expectations and Getting to know each other.	Outdoor Session - Creative Movement in Nature	Neurographical Art Session (Transforming Stress Lines)	Introduction to Artistic Pathways: Participants choose which artistic team	Art LAB 2 - Teams begin experimenting with materials,	Outputs exhibition		
	13:00 - 14:00		Lunch							
	14:30 - 16:00		Group Interaction Interviews	Emotional Check-In - Collaborative Portrait Drawing	Collective Mural: "What Helps Us Cope?"	Research in the City - Urban exploration	Art Lab 2 - Group working on the toolkit	YouthPass Ceremony / Evaluation Session: reflection on learning , feedback.		
	16:00 - 16:30		Daily Reflexion							
	16:30 - 18:00									
	19:00 - 20:00									
20:00 - 21:00	Welcome Circle: "Arriving as We Are"		Intercultural Evening	Dinner						