



YOUTH POWER
Germany

Youth Exchange

"In Motion, In Mind: A Creative Well-Being Lab"



Kofinanziert von der
Europäischen Union

AGENDA	TIMING	Day 1 18.09.2026	Day 2 19.09.2026	Day 3 20.09.2026	Day 4 21.09.2026	Day 5 22.09.2026	Day 6 23.09.2026	Day 7 24.09.2026	Day 8 15.09.2026	
	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 goal#2 and Wellbeing	Warm up - Outdoor guided Improvisation and movement collaboration	Outdoor Warm-up / Emotion in Motion-Body&Brain connection	Art LAB 1 - Group Discussion: “Do we actually know ourselves? What are our patterns?”	Final touches/ ajustaments to artworks, setting up the exhibition.		
	11:30 - 11:45		coffee break							
	11:45 - 13:00		Warm-up, group agreements, introduction to theme & artistic approach.	Outdoor Session - Creative Movement in Nature	Exploring self- expression: emotions and self-care	Introduction to Artistic Pathways: Participants choose which artistic team	Art Lab 2: Wellbeing Mural: making the invisible visible	Immersive exihibition/perfor mance		
	13:00 - 14:00		Lunch							
	14:30 - 16:00		Group Interaction Interviews	Emotional Check-In - Collaborative Portrait Drawing	Collective Mural: “What Helps Us Cope?” Regulation practices	Research in the City: Active self- care	Art Lab 3 - Group working on the ART EXHIBITION	YouthPass Ceremony / Evaluation Session: reflection on learning , feedback, closing		
	16:00 - 16:30		Daily Reflexion							
	19:00 - 20:00									
	20:00 - 21:00		Welcome Circle: “Creative Wellbeing”	Intercultural Evening	Dinner					