

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE

Activity n°	KA105 84C23064			
Participating organisations	Creative Tribe			
Venue		Duration		
City/Town	Start date	End date	Activity duration (excluding travel days)	Travel days
Ottersberg	04.09.2019	15.09.2019	12	2
<p><i>Activity Programme: After their stay, we expect them to become more aware of the importance of the process how the creative side can be extracted out of everything and how the tool of creativity can take you into very interesting and unique worlds within yourself.</i></p> <p><i>Through our programme we would like the participants to return to their home with three main tools: 1) creativity, 2) the ability to communicate and verbalize ones states and needs, 3) consciousness. Through these tools we want to gain self confidence.</i></p> <p><i>Our main objective is to strengthen these skills through the workshops and exercises within.</i></p>				
Timetable	Activities	Non-formal and informal learning methods used		
DAY 1				
10-15h	arrival			
(15.00-18.00)	Rules and Security	Through a brainstorming game, participants will be searching basic rules of the exchange, such as being motivated, being on time, respecting others' needs, non-discrimination, tolerance, kindness etc. They will also be presented the most important aspects of security, such as emergency calls, emergency exits, features of the surrounding etc.		
	Welcoming round: space/ schedule/ language/ barriers & special needs/ wishes/ rules/ tasks	This afternoon should be for welcoming and giving an insight around the house to ensure security during the project. We will introduce ourselves and have a short introduction round of the participants. Every participant is asked to write his/ her name with (he/ she) what they prefer to be named genderwise on a piece of scotch tape. After that, we will create rules together, that should ensure a peaceful and respectful living together during the exchange. These rules will be signed by all participants. We will also talk about the community which has its space right next to our workshop room and introduce something about the daily life there and some objectives of the community project. Afterwards we will introduce our ideas for the week and a brief schedule. At the end of this section we will have a clothesline, where the participants can write anonymously their fears and expectations out of the workshop.		
	Groups making game	Participants will play another game, in order to create a nice, mixed and international groups to join one of four (A/B/C/D) different dinner preparation groups and commit themselves to help preparing two dinners and lead Breakfast in the coming days. The groups will be made with a game, trying to make them engage with each other.		
18:00-19:30	Free time/ dinner preparation group D	After the welcome we will have a break where the participants are free and have a break and Group D will be preparing the first dinner for the rest of the members. We will also try to encourage the other members to help in this first dinner so that group D doesn't feel overwhelmed.		

19:30-20:30	dinner	The dinner will be served for all the members. Where it will be served this first night and what will be for dinner will be decided further on with the partnerships, always regarding any special food allergies that the participants might have.
<i>Day 2</i>		
(7.45-8.30)	Meditation/ Yoga	On the first day there will be an introduction to meditation and sitting posture. Followed by a small introduction sun salutations a and b
(8.30-9.30)	Breakfast (group C)	For the first day the breakfast will be lead by group c but everybody in the breakfast time will help, to set up and pick up.
(10.00-11.00)	Welcoming	We continue with the arriving/ welcoming time. We start with playing 2 other name games: In the first one person is asked to run in the middle and point with a finger on someone. The person says his/ her name and is asked to do the same as the predecessor. In the second game every participant is asked to tell his/ her name and name an animal which first letter is the same as the first name of the person
(11.00-13.30)	Dance Improvisation & creative writing & drawing 2 groups	In this time we intend to do a workshop in dance and art therapy. If the group leaders agree, we will take this time to guide a dance improvisation by a professional dance pedagoge from our team. At the side of the room will be different papers, colours and pencils and the participants will be encouraged to write down and draw ideas, feelings, thoughts. The theme of the dance workshop will be arriving and wishes. If there is people who have big resistances for dancing there will be the possibility of forming a second group who will use writing and drawing in guidance of another leader to approach the theme. We would like to do a dance improvisation since it brings the participants in a connection with their bodies and feelings and can be done by anyone in any physical condition, since it is about physical expression and not about achievements or special skills.
(13:30 - 14:30)	Lunch	The lunch will be prepared by an external collaborator and provided to the participants, even though we expect the members in the project to set up and pick up after themselves,. This will be further discussed with the partners in the preparation meeting, so that the participants take care of themselves at some point of the project too.
(14:30 - 15:30)	Break	
(15:30-18:00)	Workshop time- Clown	On the first day in the afternoon we would like to work with theatre and clown. If the partners agree, we will use exercises of clown to loosen up and connect to our inner child and the courage to fail. We will start slowly without pressuring to create an atmosphere where play and laughter as well as not knowing and failure is invited. To start we will do a physical warming up with a movement pattern from QuiGong and a meditation. We progress from there to theatre games with the aim to get a feeling for the group and learn to show yourself in the group. Specifically, we will do an exercise where everyone is cheered for and warmly welcomed standing in the circle without the necessity to show anything. Then we will continue with a exercise from improvisation theatre. In the first, one person is always encouraged to give a picture/ atmosphere/ animal...and the group has the task to say yes and copy the picture. Then another person who takes the impulse continues. After this we start with clown. We will play with experiencing to be on stage and be seen by others. In this exercise we want to work on the ability to show yourself and your emotions and while doing so, to stay in contact with the audience. So similar to the exercise described in the circle we want to create an atmosphere of acceptance without the necessity to perform something different then you are. After this we take time to reflect. Then we close with an exercise where half of the group is invited to try to jump in a certain rhythm while the other half watches. Through this simple exercise funny moments will show up that can be talked about afterwards and the experience of being laughed about can be reflected.
(18.00-19.30)	Free Time/ dinner preparation (group A)	The dinner will be prepared for all the participants everyday by a different group, except the day of arrival. Each group will be able to coordinate the dinner with itself. Through this activity they decide to create meals representing the different nationalities. We believe this will be a nice activity since the groups will be mixed, and they will have to overcome their differences and establish a comfort zone, creating common values.
(19:30 - 20:30)	Dinner	
<i>Day 3</i>		
(7.45-8.30)	Meditation/ Yoga	In this session the awareness will be mostly focused in the breath. We will have 15 minutes of counting breaths meditation, followed again by doing sun salutation a and b very slow and self awareness mode, especially putting focus into the breath.
(8.30-9.30)	Breakfast (Group D)	

(10:00-13:30)	Community, Communication,	<p>The content of this block is to be discussed with our partners. We aim for a mixture of sharing time, training and experiencing of communication and art. In a morning circle there is space for sharing of feelings, stories, songs, small games. We will suggest a certain way of sharing, for example every participant is invited to share a small anecdote to the group. Depending on the groups, we intend to do this every morning. Another part of this block should be to learn about and experience different ways of communication. We will introduce principles of non violent communication and communicational psychology and do exercises where they can be experienced. In the beginning we search for principles of a successful communication. The difference to talk with I do/ feel... or you do/ feel.../ to be as concrete as possible/ to be honest or not. Then we start with differentiating inbetween awareness and interpretation. This ability to differentiate your awareness from interpreting it will be experienced in a work in a duo. Person A will be asked to tell person B about his/her awareness of person B without using interpretations. Person B will be asked to show person A when person A is using an interpretation nevertheless. After 5 minutes the duo will switch roles. After the experience the duo has 5 min to reflect about their experience. Then insights can be shared with the group. The second exercise will be to include interpretations. So again person A is asked to differentiate awareness and interpretation of person B but this time both is welcome. Person B is asked to memorize when he/ she was able to listen and could take the content and when not. Afterwards the duo will switch roles. Then again there is time to reflect and share with the group.</p>
	Art therapy or open space	<p>This part, we would like to work with art / art therapy. This methodology will be discussed with our partners. Also another format or content is welcome. An open space where there is room for a skill sharing of everyone is another option. Our suggestion is art/ art therapy with doing a collage together. We bring lots of magazines, scissors, glue, big paper and invite the participants to create a collage by themselves. If we do this we suggest a topic, such as my strength and resources. With this work we want to focus on act of creating and realizing by yourself about your resources in a playful manner. After finishing, the works will be presented in groups of three and insights can again be shared in the group.</p>
(13:30 - 14:30)	Lunch	
(14:30 - 15:30)	Break	
(15:30-18:00)	Workshop time- Clowning and emotions	<p>-In the second clown workshop we want to focus on exploring emotions. This is our plan but depending on the groups/ needs and also background we might switch to for example lighter games of theatre pedagogy. If that would be the case we would play some catch and ball games and encourage the participants to share games they know. Otherwise if the group is good with it, we explore emotions. We start with a dance meditation which stimulates different states and feelings.</p> <p>It has 5 phases which resemble 5 core emotions: joy/ anger/ sadness/ fear/ shame. For each emotion there will be different music (about 2 songs). The participants are invited to explore their own movement and feelings. Afterwards we talk about the experience and about what was easy and what difficult. We don't want to open a therapeutic background. We are clear that if we work with refugees there is always the possibility of triggering a trauma, depending on the person. We are conscious of that and don't want to dig too deep.</p> <p>After the dancing we do a clown exercise where the task is to think of something where beautiful and joyful and express the emotion and afterwards to something sad and again express the feeling.</p> <p>Then the task is to switch in between. A partner will help the person doing the exercise with strengthening the back of the person with a hand. That helps for grounding and comfort. We bring this experience to clowning. A person is invited to get on stage and invent a story in a certain very exaggerated emotion not suiting naturally to the story. For example a very horrible story told in a soft loving joyful way or the other way round. The experience is</p>
(18.00-19.30)	Free Time/ dinner preparation (group B)	
(19:30 - 20:30)	Dinner	
<i>Day 4</i>		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute body scan, then we will repeat the sun salutations and some new asanas will be introduced. Focusing the session into making body scan continuously
(8.30-9.30)	Breakfast (Group A)	

(10.00-13.30)	Community, Communication, art therapy or open space	The content of this block is to be discussed with our partners. We aim for a mixture of sharing time, training and experiencing of communication and art. In a morning circle there is space for sharing of feelings, stories, songs, small games. We will suggest a certain way of sharing, this time every participant is invited to share their current feeling with a small gesture and a sound/ picture. Another part of this block should be to learn about and experience different ways of communication. We will introduce principles of non violent communication and communicational psychology and do exercises where they can be experienced. This time we progress from interpretation to feeling. We look at the feelings we explored the day before (shame/ anger/ fear/ joy/ sadness) and their strength and dark sides. Afterwards we switch to needs. We put different needs (food/ love/ boundaries/ space/ growth...etc.) on the floor and ask the participants to feel their current need. Each participant is invited to take 1 or 2 needs. Then we get back in the group. The participants are asked to look how they are currently feeling and if that is corresponding to their need. We give an example and ask the participants if they want to do the same.
	Art therapy or open space	This part, we would like to work with art / art therapy. This again has to be discussed with our partners. Also another format or content is welcome. An open space where there is room for a skill sharing of everyone is again another option. Our suggestion is art/ art therapy with drawing a picture for the need the participant chose. After that exercise there is a time for reflection if needed. Maybe music is good to change the energy in the room to something more playful. Then we play the "strategy" game. That means someone is in the middle of a circle formulating a need and two other persons are formulating possible strategies to fulfill that need. Also crazy ideas are welcome. Then the person who formulated a need is choosing the strategy she/ he wants and this then is the person who stays in the circle. This person reformulates the strategy and again all participants are invited to see if they have a suiting need for it and so on...
(13:30 - 14:30)	Lunch	
(14:30 - 15:30)	Break	
(15:30-18:00)	Workshop time- theatre & clowning	The third clown workshop is dedicated to imagination and clown duel. We start with an exercise in the circle. An imaginary object is transmitted from one to the next person and changed every time to something new. So the next person takes it/ the energy and transforms it to something different. After a while we invite the participants to take a little bit more time and tell a small movement/ pantomime story when imagining something new. The next exercise will be to play with different objects. For a certain time (apr. 20 min) all participants are invited to take daily objects which we beforehand placed in the room. They are invited to explore each object for its rhythm, sensuality and imaginary qualities. For example, a broom can become a drumming stick/ an airplane/ a toothbrush and so on...the invitation is to explore each object as if meeting it the first time in your life. After the self exploration with these objects, we create a small stage and invite the participants to show us the best ideas they developed. The last exercise is that we build two teams. They face each other and their objective is to obtain a ball which is in between them. They do this in a clown way. Which means one person plays a fooling game for the other and the other has to join the game, so the person is distracted and the ball goes to the initiator of the game. For example, person A imitates a sheep. Person B sees this and has to join the game. So maybe is developing a sheep as well, or becomes the shepherd, etc. .As a sheep, person A maybe eats the ball and in this way the clown A has the ball. now person B realizes the loss and has to get the ball back. So he/ she invents another game. Maybe person B starts playing tennis and person A has to join in. So both are playing tennis for a while shooting the ball back and forth until at some point person B keeps the ball. Now person a is asked to get the ball back again....
(18.00-19.30)	Free Time/ dinner preparation (group C)	
(19:30 - 20:30)	Dinner	
<i>Day 5</i>		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute mindfulness (present moment) practice. This will be also introduced into the half an hour yoga session.
(8.30-9.30)	Breakfast (Group B)	
(10:00-13.30)	art in nature	To this activity, they will be a short introduced with a small presentation giving different examples of land art that maybe other professional artist (Andy Goldsworthy, Richard Long or Robert Simpthson). Then we will all together take a walk in the nature surrounding our community space. After we will divide into 3 different groups and go into the nature around Ottersberg, here the participants are intended to explore the nature and find available materials that they find inspirational or can find a connection with. Each group will count with two group leaders. And before they leave by themselves or in the three different groups they will be warned about any safety awareness they should take. The idea is to create in the evening a collective sculpture. The participants will be encouraged to do this exploration by themselves, but will always find support in the workshop leader.

(13:30 - 14:30)	Lunch	This day the lunch will be provided in nature as a picnic. Before or in between the lunch, the materials found will be presented. In this section, the participants will be encouraged individually to present the material chosen and express the attraction or connection, with a small reflection of their experience in this nature process
(14:30 - 15:30)	break	
(15:30-18:00)	Workshop time- art in nature	In the evening section section of the workshop we will all gather together and decide which materials will be used to implement the sculpture. In this space we will also decide the shape or form of the sculpture. Further on depending on the previous discussion and the similarities of the tastes, 8 groups of 3 will be created. Each group will be in charge of a part of this land art piece. In the end all the pieces will be assembled together to create this final artistic piece. At the end of the exercise there will be a space for reflection of their experience throughout the day. Through this activity we aim for the participants to find a greater interaction with each other, in nature and art.
(18.00-19.30)	Free Time/ dinner preparation (group D)	
(19:30 - 20:30)	Dinner	
Day 6		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute focused on gratitude. For the yoga session we will invite a participant to guid it as they wish. They will have support of the yoga teacher if needed.
(8.30-9.30)	Breakfast (Group C) & lunch preparation	There will be a packed lunch to be taken for the trip to Bremen. This pack lunch will be prepared by one or two members of each group (group A, B, C and D) that will prepare the packed lunch for the rest of the member of the group. The members preparing the pack lunch will be suggested to take into consideration the popular of the group. preference.
(9:45-10:45)	preparation & planning of excursion	In a morning circle there is another time space for sharing of feelings, stories, songs, small games. This time we will encourage the participants to share a small song, that we can learn together. If there is hesitation we can give a suggestion to the group and invite the participants to sing a canon with us, which we learn together. Afterwards we speak about wishes and necessities for the day trip to Bremen. We invite the participants to form small groups and give suggestions for places. Depending on the needs we do activities in Bremen in the big group, or leave the participants to explore by themselves. The content of the day will be decided by the group. Depending on the wishes we guide the participants through Bremen or let them discover the city by themselves.
10:45-23:00	visit of Bremen	participants will have a free day in bremen by themselves there will be a meeting point at the end of the day and if they require any guidance we will be happy to give it to them. We feel this is also an important part towards the project and the participants so that they are able to bond with each other with freedom. Even though we do have a program we wish for the participant to feel independent inside the community
	dinner	fallafel in bremen
Day 7		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute visualisation session. For the yoga half an hour session we will invite another participant to guide it. They will have support of the yoga teacher if needed.
(8.30-9.30)	Breakfast (Group D)	

(10:00-13:30)	Morning round/ midterm evaluation	<p>In a morning circle there is space for sharing of feelings, stories, songs, small games. We encourage to share something about the experiences of and in Bremen from the day before but to do this in a little artistic way if the participants are up for it. We will demonstrate if needed. If the pressure and anxiety is too high we either suggest something else or encourage the participants to give a suggestion of how and what to share.</p> <p>Afterwards, we do a small evaluation. We do the format of the "world cafe" and create different stations where there will be different questions to be discussed in small groups: what is wonderful? what is awful? what do I wish for the next days? what do I want to bring in the community? what experience did I find inspiring and would like to deepen in the next days? Open space without defined question.</p> <p>It will be 5 people in each group/ question. The answers will be written on a big piece of paper and serve as inspiration for the next group/ people to discuss the question. They switch after apr. 10 min. Afterwards paper of answers to the question will be presented by one person of the group towards the group. From there, we take the rest of the time of the morning to find a suitable structure for the next days. We suggest a structure and a possible approach but want to decide all together. For this we introduce a way of coming to a group decision by consensus and systemic consensus (german: "systemisches konsensieren") Our only obligation is that we keep our eating times. Another expectation and provocation we do not want to discuss is that we altogether do a presentation of some sort on the 10th day. For this, we look for a theme all participants can agree on. Our suggestion for the workshop times will be, that we divide the group in at least two groups: group 1 (costume/ scene and stage) group 2 (scene play) also group 3 (music/ sound) or other ideas are possible. If all can agree on the suggestion, every participant is asked to commit to one smaller group for the next days. The groups will be accompanied and if needed guided by group leaders/ teachers. If needed more input and impulses will be given.</p> <p>The ideal would be, that the participants have enough courage and inspiration to create without a lot of help. For dinner, we suggest that it stays organized by the four (A/B/C/D) different dinner groups, which the participants were asked to commit themselves to. But part of the process is now, that everyone is invited to give ideas and that each participant takes responsibility to formulate or show what is important for him/ her in the decision process. So it could be changed.</p>
(13:30 - 14:30)	lunch	
(14:30 - 15:30)	break	
(15:30-18:00)	Workshoptime in small groups	The aim of this workshoptime is to find commitments in the small groups and formulate aims for the next days. Afterwards they are encouraged to already create or ask for inspiration if they need it.
(18:00-19:30)	Free Time/ dinner preparation (group D)	
19:30-20:30)	dinner	
<i>Day 8</i>		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute AUM meditation. For the yoga half an hour session we will invite another participant to guide it. They will have support of the yoga teacher if needed.
(8.30-9.30)	Breakfast (Group A)	
(09:30-13.30)	Morning round/ Communication & Community/ Open Space & skill share	<p>In a morning circle there is space for sharing of feelings, stories, songs, small games. The participants decide what and how they want to share something. strate if needed. If the pressure and anxiety is too high we suggest something.</p> <p>In the time Communication & Community we suggest that the group decides together if there is a wish of more input in that field or if they want something else. We do the moderation of the process if needed. The participants are encouraged to express their wishes for the next hours, if they want to continue to work in small groups or do something in the big group or something else. A possibility is also to do an open space and exchange of skills. That means the participants who want to teach/ give something to the group are encouraged to do so, if there is people who are interested in it. For the afternoon we encourage to continue to work towards the presentation. Though it is to be decided by the group.</p>
(13:30 - 14:30)	Lunch	
(14:30 - 15:30)	Break	

(15:30-18:00)	Workshoptime Group 1 (costumes/ scene and stage) Group 2 scene play	In this section of the workshop we will all gather together and decide which materials will be used to implement the sculpture. In this space we will also decide the shape or form of the sculpture. Further on depending on the previous discussion and the similarities of the tastes, 8 groups of 3 will be created. Each group will be in charge of a part of this land art piece. In the end all the pieces will be assembled together to create this final artistic piece. Once the two or three groups are created and the theme of the performance piece is decided. We will start implementing the collective project. The art area will be led by an artist and an art therapist. The theatre area will be lead by professional pedagogic theatre person and a professional dancer. If we also have a musical/sound group we will provide a sound engineer and a musician to support this area. For this process we aim that the leaders are monitoring the process but is important that in this section they are just used for consultation and that most of the project is done by the exchange of the participants.
(18.00-19.30)	Free Time/ dinner preparation (group B)	
(19:30 - 20:30)	Dinner	
<i>Day 9</i>		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute the participants will meditate on their own. For the yoga half an hour session we will invite another participant to guide it. They will have support of the yoga teacher if needed.
(8.30-9.30)	Breakfast (Group B)	
(09:30-13.30)	Morning round/ Communication & Community/ Open Space & skill share	In a morning circle there is space for sharing of feelings, stories, songs, small games. The participants decide what and how they want to share something. strate if needed. If the pressure and anxiety is too high we suggest something. In the time Communication & Community we suggest that the group decides together if there is a wish of more input in that field or if they want something else. We do the moderation of the process if needed. But this time we encourage the group to take the role of moderation. The participants are encouraged to express their wishes for the next hours, if they want to continue to work in small groups or do something in the big group or something else. A possibility is also to do a open space and exchange of skills. That means the participants who want to teach/ give something to the group are encouraged to do so, if there is people who are interested in it. We stress that the presentation is only two days away and encourage the participants to use a skillshare or open the presentation. For the afternoon we invite to continue to work towards the presentation. Though again it is to be decided by the group.
(13:30 - 14:30)	Lunch	
(14:30 - 15:30)	Break	
(15:30-18:00)	Workshoptime Group 1 (costumes/ scene and stage) Group 2 scene play	The second day of the implementation of the performance piece we aim that the groups are already structured and that the performance piece is halfway through its process. The whole methodology of how this will be done is still to be discussed with our partners.
(18.00-19.30)	Free Time/ dinner preparation (group C)	
(19:30 - 20:30)	Dinner	
<i>Day 10</i>		
(7.45-8.30)	Meditation/ Yoga	In this session the meditation will be a 15 minute will be chosen by popularity. For the yoga half an hour session we will invite another participant to guide it. They will have support of the yoga teacher if needed.
(8.30-9.30)	Breakfast (Group C)	
(09:30-13.30)	Morning round/ Communication & Community/ Open Space & skill share	In a morning circle there is space for sharing of feelings, stories, songs, small games. The participants decide what and how they want to share something. strate if needed. If the pressure and anxiety is too high we suggest something. In the time Communication & Community we suggest that the group decides together if there is a wish of more input in that field or if they want something else. We do the moderation of the process if needed. The moderation is done by the participants. They are encouraged to express their wishes for the next hours, if they want to continue to work in small groups or do something in the big group or something else. A possibility is also to do a open space and exchange of skills. That means the participants who want to teach/ give something to the group are encouraged to do so, if there is people who are interested in it. We stress that the presentation is only one day away and encourage the participants to use a skillshare or open space towards the presentation. For the afternoon we invite to continue to work towards the presentation. Though again it is to be decided by the group. We offer help and guidance if it is needed towards the presentation.

(13:30 - 14:30)	Lunch	
(14:30 - 15:30)	Break	
(15:30-18:00)	Workshoptime Group 1 (costumes/ scene and stage) Group 2 scene play	The third day of this performance, we aim for it to be arriving to a final piece and that the two or 3 groups assemble together the different areas they have been working on. In this third day it will be optimal for them to already be doing a rehearsal
(18.00-19.30)	Free Time/ dinner preparation (group A)	
(19:30 - 20:30)	Dinner	
<i>Day 11</i>		
(7.45-8.30)	Meditation/ Yoga	On the last day of this activity the meditation will be guided buy one of the participants if desired. This session will have music accompanying it and invite the participants to do the asanas that they feel they need, followed by the rhythms of the music. It will be and spontaneous yoga movement session. At the end of it there will be a moment of gratitude towards the whole activity of yoga and meditation.
(8.30-9.30)	Breakfast (Group D)	
(09:30-13.30)	Preparing the presentation & community time	In a morning circle there is space for sharing of feelings, stories, songs, small games.The participants decide what and how they want to share something. strate if needed. If the pressure and anxiety is too high we suggest something. We focus on what is needed for the last preparations for the presentation.The moderation is probably done by us so that we can guarantee a smooth and clear procedure of the day. Though we let the group guide themselves as much as possible.
(13:30 - 14:30)	Lunch	
(14:30 - 15:30)	Break	
(18.30-19.30)	PRESENTATION	Presentation of the performance (banhof members and friends will be invited, as well as the locals)
	Pizza	
	Goodbye party	the participants are invited to play their favourite music
<i>Day 12</i>		
(09.30-10.30)	Breakfast	
(10.30-12.30)	REFLECTION TIME	There will be different layers of reflection. In pairs the participants will have 5 minutes each to answer the question: 1. what have I learned? 2. What have I experienced with significance to my life? Afterwards, there will be a reflection in the big group. Every participant is asked to formulate 1. what was good/ what do I celebrate 2. what was bad/ what am I sad about 3. what am I thankful for. This takes about 45 minutes. After this group reflection, there will be a time where all participants and leaders are asked to walk in the room and tell other participants and leaders about memorable moments/ moments they learned from the other person/ moments of gratitude/ feedback to specific moments...all participating, are asked to be as concrete as possible. This can be for example: in the moment we met on the second day in the kitchen, you gave me a strong hug. That really helped me at that day, since I felt a bit lonely... etc. The exercise will take about 20 minutes. After this there will be a time to give feedback to the organisers. Again about what went well/ bad/ where is gratitude/ suggestions for changes etc. This should take about 15 minutes. The last 15 minutes are reserved for additional things to say, maybe sharing one sentence of what is awaiting the person when he/ she is coming home. Also we will introduce our concept of reflection in tandem and the participants are asked to choose a tandem partner and agree on a date to meet. Then we do a ritual of closing. Time for snacks, luggage, good byes and departure.
(12.00-14.00)	Snacks, pick up and departure	