



# Junior Summer School

Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
09:30 - 10:00 Registration	8.30 - 9.30 Morning activity	8.30 - 9.30 Morning activity	8.30 - 9.30 Morning activity	8.30 - 9.30 Morning activity
10.00 – 12.00 Opening Ceremony Rectorate (Chieti Campus)	10.00 – 11.30 Intro to Mindfulness, using the 4 Class model of MIEA Programme Sala Favetta	10.00 – 11.30 Intro to Mindfulness, using the 4 Class model of MIEA Programme Sala Favetta	10.00 – 11.30 Intro to Mindfulness, using the 4 Class model of MIEA Programme Sala Favetta	10.00 – 11.30 Intro to Mindfulness, using the 4 Class model of MIEA Programme Sala Favetta
	11.30 - 12.00 Coffee Break	11.30 - 12.00 Coffee Break	11.30 - 12.00 Coffee Break	11.30 - 12.00 Coffee Break
12.00 – 13.00 Tree Planting ceremony	12.00 – 13.00 Pierluigi Sacco Sala Favetta	12.00 – 13.00 Everday Matters: Embedding Health and Wellbeing into Daily Life Luke Hanna Sala Favetta	12.00 – 13.00 Dealing with Changes in Academic Climate: Combating Detrimental Attitudes for Learning and Building Resilience in Higher Education Mariaconcetta Nieli Sala Favetta	12:00 - 13:00 Closing ceremony Sala Favetta
13.00 – 14.30 Lunch	13.00 – 14.30 Lunch	13.00 – 14.30 Lunch	13.00 – 14.00 Lunch	
14.30 – 19.30 Team Building activity	14:30 - 15:00 Capacitar system for emotional healing Sala Favetta	14:30 - 15:00 Emotional Freedom Technique for dealing with difficult emotions Sala Favetta	14.00 – 19.30 Discover Abruzzo	
	15.00 – 17.00 Becoming a Wellbeing Ambassador Sala Favetta	15.00 – 17.00 Becoming a Wellbeing Ambassador Sala Favetta		
20.00 Welcome cocktail	Enjoy the beach		20.00 Gala Dinner	