



Mobility to France – Program #EHL

All the mindful activities achieved during this program will lead to the creation of leaflets about managing stress as a final task.

Monday March 4th

Depending on **your arrival time at school** :

Germany : 1:30 pm Spain : 2:30 pm Italy : 6:00 pm

The taxi will have your name on a sign and will pick you up after your baggage claim

- Guided tour of the school (QR codes with videos)
- Refreshments and snacks
- Ice-breaking games
- Cooperative game with the PE teacher at 15:30
- Pick-up by host families

Tuesday March 5th

Each student will receive a well-being journal

- 8:30 : Welcome ceremony
- 9:30 : Voting for the logos and welcoming breakfast
- 10:00 : International Teams : ice-breaking activity
- 10:30 : Mindful workshops : - Mindfulness Meditation
 - Sophrology
 - Origami
 - Calligraphy
- 12:00 - 13:45 : Lunch at the cafeteria + well-being journal activities
- 13:45 : Mindful visit of Troyes : Theme : FOCUS
Teamwork with questionnaires
- 16:45 : Host families
- *For the teachers : Wine tasting at 19:30 at the Cellier St Pierre*

Wednesday March 6th

Mindful visit of Paris - Theme : The five senses

8:00 : Departure

Eiffel Tower

Cruise on the river Seine

Several mindful activities will take place during the day.

19:00 : Back to the school

Thursday March 7th

- 8:30 - 9:00 : Well-being journal
- 9:00 : Cooperative games
- 10:00 : Mindfulness eating workshop
- 10:15 – 12:00 : Preparation of the leaflets “Manage your stress” (team-work)
- 12:00 - 13:45 : Lunch at the cafeteria + well-being journal activities
- 13:45 : Designing of the leaflets on the computer with the art teacher and the librarian.
(Meanwhile Anna, Chiara, Gudrun and Laurence will work on the reports)
- 16:45 : Host families

Friday March 8th

- 8:30 - 9:00 : Well-being journal
- 9:00 – 11:00 : Five senses workshops
- 11:00 : Farewell “aperitif” with photo
- 12:00 : Lunch at the cafeteria

Time of your departure from the school :

Italy : 1:00 pm Germany : 2 pm Spain : 4:30

