



5th Project Meeting in Luxemburg/Germany PERL 15. - 21. September 2019

Improving Emotional wellbeing: "Keep calm and... how to control stress and anxiety to improve our students' disposition and academic performance"

AGENDA Students

Sunday 15.09.19	Monday 16.09.19	Tuesday 17.09.19	Wednesday 18.09.19	Thursday 19.09.19	Friday 20.09.19	Saturday 21.09.19
<p>Arrival of the participants</p> <p>Spain, Greece, Poland Finland, Italy</p>	<p>7.50 Auditorium (assembly hall) Welcome Warm-up activities</p> <p>10.00 Auditorium Activity 1 "How do students study in Europe?"</p> <p>12.00 lunch at school</p> <p>12.45 Auditorium walk to Mosel & "Schengen lives" visit of the Schengen museum</p> <p>15.55 end (SLP) / time with host families</p>	<p>7.50 Auditorium daytrip Trier</p> <p>> guided tour, city rally, free time</p> <p>17.00 end (host families arrange pick up from Perl train station)</p> <p>time with host families</p>	<p>7.50 Auditorium Activity 2 Tai-Chi workshop</p> <p>lunch at school</p> <p>hike (part of) the "Panoramaweg"</p> <p>15.55 end (SLP)</p> <p>18.00 "Baumwipfelpfad" (walk up the treetop path) 19.00 Party Cloef-Atrium</p> <p>host families arrange transport</p> <p>23.00 end</p>	<p>7.50 Auditorium Activity 3 e-guide "How to control anxiety and stress before and during exams"</p> <p>Evaluation</p> <p>13.05 end</p> <p>time with host families</p>	<p>7.50 Auditorium daytrip Luxembourg city</p> <p>15.55 end (SLP)</p> <p>time with host families</p>	<p>Departure of the participants</p> <p>Spain, Greece, Poland Finland, Italy</p>

