

16.06.2018 (Day 0)	Arrivals to Cluj-Napoca
	Accommodation and logistical matters
	21:30 Late dinner at Hotel Onix
17.06.2018 (Day 1)	08:00 Breakfast
	09:30 Mindful swimming in the University Babes-Bolyai swimming pool – Iuliu Hatieganu Park
	11:00 Mindful walk through the Iuliu Hatieganu and Central Parks – Textures of Nature
	13:00 Lunch at Hotel Onix
	15:00 Mindfulness sessions in the Botanical Garden. The participants will be divided in 3 groups and under the guidance of instructors and youth worker will accomplish some mindfulness task under the motto: Colors and Sounds of Nature. In this regard, each national group of instructors and youth workers should prepare something suitable
	17:30 Walking through the historical center of Cluj-Napoca – The legends
	20:00 Dinner at Hotel Onix
18.06.2018 (Day 2)	21:00 Intercultural night
	07:00 Early breakfast
	07:30 Starting a mindful journey to the mythical West Carpathians. First, we will travel to Muntele Baisorii by minivans. From there we will continue by foot till Scarita Belioara, having various mindfulness session, under the motto “Nature – Animals, flowers, trees, sky, sun wind, birds and rocks”. Each national group of instructors and youth workers should prepare some suitable mindfulness task for all participants or groups of participants
	Due to the late lunch, participants will get sandwiches cereal bars, water and fruits
	16:30 Late lunch at Conacul Secuiesc, comuna Coltesti, jud. Alba
	18:00 We go back, by minivans to Cluj
	20:00 Light dinner and free time
19.06.2018 (Day 3)	08:00 Breakfast
	Departure of participants