

	Saturday 15/11	Sunday 16/11	Monday 17/11	Tuesday 18/11	Wednesday 19/11	Thursday 20/11	Friday 21/11	Saturday 22/11	Sunday 23/11
<b>Morning 9.30-13h</b>	Arrival morning Welcome participants	Good morning! Team building  Presentation of Training course objectives and agenda, team and rules  The Tree of Expectations and Concerns	Good morning! Team building  Physical activity and sport: learning what our body needs  Nutrition and wellbeing	Good morning! Team building  Food: between the marketing and the importance of healthy alimentation  How alimentation is interrelated with physical activity	Creating opportunities for youth employment (I): Jobs in the food sector - Visit bio agricultural cooperatives in Sicily and a bio market	Good morning! Team building  Creating opportunities for youth employment (II): Jobs in sport and nutrition fields	Good morning! Team building  The HEALTHFIT Portfolio	Good morning! Team building  Follow up and dissemination (II)- Planning - Open Space Technology	Departure day
<b>Afternoon 14.30-18h</b>	Get to know each other activities	Sporting countries!  Partners' fair	Healthy lifestyles and youth work: challenges for engagement of young people  Respect your body: tools for youth workers on promotion of healthy lifestyle with young people	Sport for All  Youth unemployment, sport and nutrition: how all of these are interrelated?	Tasty-healthy: Workshop session from a guest chef	Introduction to the HEALTHFIT Portfolio  Outside activities (I): grass-root sports, games and tools	Follow up and dissemination session (I) - Which actions need to be taken?  Project writing session	Presentation of the future possible actions  Evaluation. Feedback from the participants on the training Work in group	
<b>Evening 20h</b>	Mediterranean diet welcoming dinner	Intercultural healthy dinner (I) - open the community	Intercultural healthy dinner (II) - open to the community	Dinner	Dinner with food from workshop	Dinner	Dinner		

#### CESIE

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CESIE is a non-profit organisation officially recognized by the Italian Government since 2001 and an ECSO (Civil Society Organisation with member organisations in more than 8 European countries) recognized by the European Commission DG EAC.

CESIE is accredited by the University of Palermo for internships and by the Sicilian Region for Vocational Training and orientation.