

THE BEYOND COMFORT ZONE

26th JUNE - 5 July 2013, Javorník (county Jeseník), Czech republic

Wednesday 26/06/13	Thursday 27/06/13	Friday 28/06/13	Saturday 29/06/12	Sunday 30/06/13	Monday 01/07/13	Tuesday 02/07/13	Wednesday 03/07/13	Thursday 04/07/13	Friday 05/07/13
	9:00 Breakfast	9:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast
	10:00 Late morning wake up Providing main information about cottage and its surroundings Youth in Action Program Getting to know each other Setting ground rules Expectations/fears	9:00 Situation leadership and motivation types of personalities Horsesence	9:00 Non-expert leadership Horsesence LEGO	9:00 Yurtbuilding workshop Survival workshop Orientation workshop Food workshop Horsesence	9:00 Finishing journey to new base Review of the trip Food map of the journey Introduction to the new base and it's rules Preparing the lunch	9:00 Journey back to the base	9:00 Sightseeing, swimming	9:00 Review of the course Plannig activities for the final evening and preparing the lunch	8:00- 12:00 Departure
	13:00 Lunch	13:00 Lunch	13:00 Lunch	13:00 Lunch	13:00 Lunch	13:00 Lunch	13:00 Lunch	13:00 Lunch	
14:00 Meet up session at the Prague Main Train Station 14:47 Departure from Prague to Javorník	14:00 Edasmus University Camel trophy Horsesence Feedback	14:00 Flour Experience education as a tool for selfdevelopment to professional leadership	14:00 Building the indian inity	14:00 Leaving the base Journey in 3 groups	14:00 Building the yurt Preparing the dinner	14:00 Activity will be adapted according to the application forms of participants)	14:00 Sightseeing, swimming Preparing activities for the evening, Preparing the festive dinner	14:00 Evaluation, follow-up activities Closing the official part of the course and planning the journey home	



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19:00 Dinner	18:00 Dinner	18:00 Dinner	18:00 Dinner	18:00 Dinner	18:00 Dinner	18:00 Dinner	18:00 Dinner	18:00 Dinner	
<p>20:00 Arrival to Javorník and adventure road trip to the cottage</p> <p>21:00 Welcome party</p> <p>Elements wellness – washing the foots</p> <p>Eating the mana</p> <p>Body x soul</p> <p>Unpacking, going to sleep</p>	<p>Night activities – Art of leadership and followship</p>	<p>Dancemarathon</p>	<p>Inity session</p>	<p>Outdoor camp</p> <p>In wilderness in groups</p> <p>Sleeping outdoors</p>	<p>Trigas ritual – creative review</p> <p>Bonfire</p> <p>Silent evening</p>	<p>Activity will be adapted according to the application forms of</p>	<p>Free night – Community night</p>	<p>Good bye ceremony in jurta, Tibetan flags, tube</p>	

Trainers:

Heiča

Zbyňa

Michal

Jirka

