



EMPOWER MYSELF STUDY WEEK

Udine

March 31st – April 7th, 2025

ERASMUS PROJECT: **2024-1-RO01-KA120-ADU-000191199**

TRAVELLING ORGANISATION: Clubul de dans Phoenix - Romania

Day 1 – (Monday)

16.15 – 17.00

Plecare Bucuresti 6:55 – Sosire in Italia, Trieste 7.55

Accommodation details: **Hotel B&B Udine, Via Duino 8 – UDINE**

Meeting at the association, welcome speech, training week presentation

BRAINERY ACADEMY. Via Brigata Re, 29 - 33100 UDINE

Day 2 – (Tuesday)

10.30 – 13.00

Ice – breakers **BRAINERY ACADEMY. Via Brigata Re, 29 - 33100 UDINE**

What is NUTRITION/healthy food – **MARIELLA CIANI**

LUNCH

15.20 – 16.30

Meeting at the piazza I° MAGGIO – **LAVINIA PEZZETTA**

STROLL in the city centre (MONUMENTS' HUNT/GAMES) - Cultural Heritage activity

How green is Udine – Environmental Awareness activities



Day 3 - (Wednesday)

09.20

Meeting at the association

09.30 – 11.00

FRIULI & ITALY: traditional food

11.15 – 12.45

NUTRITION TIPS (meeting the nutritionist) BREAKFAST – LUNCH - DINNER

13.00

LUNCH

14.30 – 15.30

HEALTHY & INCLUSIVE LIFESTYLES **MARIELLA CIANI**

Tips to be healthy & to have a social/inclusive life

Day 4 – (Thursday)

09.20	Meeting at the association
09.30 – 12.00	Introduction to EMOTIONAL INTELLIGENCE or similar – LARISSA DUSHIME
13.30	<i>LUNCH</i>
14.30 – 16.30	<i>ENVIRONMENTAL ISSUES – LARISSA DUSHIME</i>

Day 5 - (Friday)

09.20	Meeting at the association
09.30 – 12.30	ART CLUB – DANIELA GAMBERINI

10.00 – 12.00	“Certificates ceremony”
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18.00-19.00	BALLO (ballroom dancing)
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Day 6 – (Saturday)

08.30 -16.00	CIVIDALE - Manuela Mottola e Maria Cristina Milanese/ VENEZIA
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Day 7 - (Sunday)

09.08	Train to Trieste (arrival at 10.32 – R17333) THE HYSTORY OF TRIESTE (Meditative/Active walking & Cultural Heritage)
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DAY 8 - (Monday)

Plecare Trieste 8.30 – Sosire Bucuresti 11.25



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