

INTEREXCHANGE ACADEMY
Encounter – Engage – Elevate
 A program for intercultural youth dialogue



**DFB-STIFTUNG
EGIDIUS BRAUN**



**KLITSCHKO
FOUNDATION**

	Monday, 26.09.2022	Tuesday, 27.09.2022	Wednesday, 28.09.2022	Thursday, 29.09.2022	Friday, 30.09.2022	
Focal point	Focus	Agility	Coordination	Endurance	Closing	
Content	Getting to know the program, participants and purpose of the project. Exploring and setting personal aims for the upcoming days.	Finding orientation, and discovering what is present for participants as they get to know the group and experience nature mindfully.	Exploring the city and its diversity together, getting to know various facets of the capital.	Facing forward and exploring creativity as a way to self-express and facilitate positive change, while cultivating a sense of presence.	Condensing learnings and harvesting insights from the program.	
08:00		Optional: Mindful morning sports (Mentors)	Optional: Mindful morning sports (Mentors)	Optional: Mindful morning sports (Mentors)	Optional: Mindful morning sports (Mentors)	
08:30						
09:00		Breakfast	Breakfast	Breakfast	Breakfast	
09:30						
10:00		Opening	Coordination: Elements of Berlin A tour with lunchbreak and free time (optional dinner in the city with homegroup tables)	Opening	Opening & Outlook: Post-projects and alumni	
10:30		Agility: Nature and mindfulness for personal resilience and flexibility (Speaker)		Endurance: Gratitude and self-expression experience (Speaker)	Homegroup recap and conclusion	
11:00						
11:30						
12:00		Lunch / Free time		Lunch / Free time	Farewell Lunch	
12:30						
13:00	Arrival / Lunch					
13:30		Agility: Experiential learning and introspection			Endurance: Experiential learning and introspection	
14:00						
14:30	Intro: Getting to know the group + program (incl. outlook on post-projects)	Pause			Pause	
15:00		Sports Session on Agility (Mentors)		Sports Session on Endurance (Mentors)		
15:30	Pause					
16:00						
16:30	Intro: Personal Aims Homegroup formation and reflection	Free time		Free time		
17:00						
17:30						
18:00	Dinner (18:00-19:00)	Dinner (18:00-19:00)		Dinner (18:00-19:00)		
18:30						
19:00	Intro: FACE	Homegroup reflection and closing (one mentor per group)		Homegroup reflection and closing (one mentor per group)		
19:30						
20:00	Free time	Movie night		Global Village Night (intercultural culinary experience)		
20:30			Return to accommodation			