



festival na drugoj strani

festival on the other side

www.festivalontheotherside.org

NGO Cepro and Body Zone - schedule of activities

Day 1 02.08.2011.

arrival of the group, mutual acquaintance,
presentation of the camp and opening remarks

Day 2 03.08.2011.

08.00-08 15h waking up
08.15-08.45h walking tour
08.45-09 00h stretching
09.00-09 30h breakfast
09.30-11.30h educational interactive workshop – the meaning of health
11.30-13.30h leisure activities on health (literature, art, etc.)
13.30-14.30h lunch
14.30-17 00h leisure (rest, entertainment and recreation)
17 00-19 00h educational interactive workshop-factors that influence health
19.00-20 00h group exercise (Zumba, Pilates, Yoga, etc.)
20 30-21 00h dinner
21.00h resting and entertainment

Day 3 04.08.2011.

08.00-08 15h waking up
08.15-08.45h walking tour
08.45-09 00h stretching
09.00-09 30h breakfast
09.30-11.30h educational interactive workshop-factors that influence health
11.30-13.30h leisure activities on health (literature, art, etc.)
13.30-14.30h lunch
14.30-17 00h leisure (rest, entertainment and recreation)
17 00-19 00h educational interactive workshop-healthy nutrition
19.00-20 00h group exercise (Zumba, Pilates, Yoga, etc.)
20 30-21 00h dinner
21.00h resting and entertainment

Day 4 05.08.2011.

08.00-08 15h waking up
08.15-08.45h walking tour
08.45-09 00h stretching
09.00-09 30h breakfast
09.30-11.30h educational interactive workshop - food pyramid
11.30-13.30h leisure activities on health (literature, art, etc.)
13.30-14.30h lunch
14.30-17 00h leisure (rest, entertainment and recreation)
17 00-19 00h educational interactive workshop - energy balance
19.00-20 00h group exercise (Zumba, Pilates, Yoga, etc.)
20 30-21 00h dinner
21.00h resting and entertainment

Day 5 06.08.2011.

08.00-08 15h waking up
08.15-08.45h walking tour
08.45-09 00h stretching
09.00-09 30h breakfast
09.30-11.30h educational interactive workshop - eating disorders
11.30-13. 30h leisure activities on health (literature, art, etc.)
13.30-14.30h lunch
14.30-17 00h leisure (rest, entertainment and recreation)
17 00-19 00h educational interactive workshop - overweight and obesity
19.00-20 00h group exercise (Zumba, Pilates, Yoga, etc.)
20 30-21 00h dinner
21.00h resting and entertainment

Day 6 07.08.2011.

08.00-08 15h waking up
08.15-08.45h walking tour
08.45-09 00h stretching
09.00-09 30h breakfast
09.30-11.30h educational interactive workshop - game, sport and recreation
11.30-13.30h leisure activities on health (literature, art, etc.)
13.30-14.30h lunch
14.30-17 00h leisure (rest, entertainment and recreation)
17 00-19 00h educational interactive workshop - importance of physical activity for health
19.00-20 00h group exercise (Zumba, Pilates, Yoga, etc.)
20 30-21 00h dinner
21.00h resting and entertainment

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