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**Joint healthy lifestyle and active recreation camp for children**

**(11.06.2023 - 15.06.2023), in Balsiai camp, Akmene district, Lithuania**

**THE PROGRAM**

**The camp is organized under the project “Booster for ReStart in Pakruojis and Iecava municipalities” (LLI-524, Booster for ReStart),**

**implemented in accordance with Interreg V-A Latvia–Lithuania Cross Border Cooperation Programme 2014–2020.**

The address of the planned camp location: Balsiai campsite, village Balsiai, Akmene district, Lithuania

**Day 1, Sunday, June 11, 2023**

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| **Time** | **Activity** |
| 11:00 – 11:50 | Arrival\* at the camp site, familiarization and settling in at the accommodation site. (\*when planning the time, it is taken into account that part of the camp participants come from Latvia) |
| 12:00 – 12:30 | Opening of the camp.  Info about the progress of the camp, responsible persons and rules of the camp, small group bonding activities. |
| 12:30 – 13:00 | Preparation for lunch (personal hygiene) |
| 13:00 – 13:30 | Lunch |
| 13:30 – 16:30 | Activities – team cooperation and team building games |
| 16:30– 17:00 | Preparation for afternoon snacks (personal hygiene) |
| 17:00 – 17:20 | Afternoon snacks |
| 17:20 – 18:00 | Preparation for the common daily camp event (teams are formed, rules are explained) |
| 18:00 – 19:45 | The common daily camp event  (Every day new events will be held at the camp - Find the guide, scout trails, auction, fun relay, strongmen, orienteering, Olympic day, talents, stress, ninjas, dance marathon, quizzes and many more. Events will help children make friends, cooperate, to think logically and work in a team to achieve a common result) |
| 19:45 – 20:00 | Preparation for dinner (personal hygiene) |
| 20:00 – 20:30 | Dinner |
| 20:30 – 23:00 | Free time - club activities, disco |
| 23:00 – 23:15 | Getting ready for bed |
| 23:15– 8:00 | Night sleep |

**Day 2, Monday, June 12, 2023 - Day 4, Wednesday, June 14, 2023**

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| **Time** | **Activity** |
| 8:00– 8:10 | Time to get up and get ready for the day  (all children will be waked up at 8 am every day. The group leaders will wake up the children, children will start the camp with the morning dance exercises. Constant lifting and exercise dance with various exercise elements and music will train children's memory by repeating dance movements, will improve their well-being and ensure their mood for the whole day) |
| 8:10 – 8:40 | Morning exercises  (Experienced trainers have created several different exercise programs aimed at training children to breathe correctly, to stretch the muscles, not to overdo it, to find the right exercise format for you) |
| 8:40 – 9:00 | Preparation for breakfast (personal hygiene) |
| 9:00 – 9:30 | Breakfast |
| 9:30 – 10:00 | Time for cleaning and preparing for the activities  (children will be taught to clean their rooms, sort garbage, make their beds) |
| 10:00 – 12:30 | Activities and hikes of leisure, art and sports groups  (The list of groups with times and leaders will be published on the information boards of the camp. Circles which children will be able to choose and discover the most suitable for them: kayaking and water bikes, swimming, abseiling across the river, mini-golf, outdoor checkers and chess, self-defense, billiards, table tennis, board games, gym with exercise equipment, art studio where ceramics, drawing, creation of various decorations, camp squad flags, etc., basketball, volleyball, square, Badminton, Boy Scouts, Soccer, Archery, Air Rifle, Hiking walking and cycling and other active activities) |
| 12:30 – 13:00 | Preparation for lunch (personal hygiene) |
| 13:00 – 13:30 | Lunch |
| 13:30 – 14:30 | Rest hour  (an hour of rest - peace, relaxation - children in the camp keep quiet, do not engage in active activities, thus respecting the managers and their rest time) |
| 14:30 – 16:30 | Activities – group activities |
| 16:30– 17:00 | Preparation for afternoon snacks (personal hygiene) |
| 17:00 – 17:20 | Afternoon snacks |
| 17:20 – 18:00 | Preparation for the common daily camp event (teams are formed, rules are explained) |
| 18:00 – 19:45 | The common daily camp event  (Every day new events will be held at the camp - Find the guide, scout trails, auction, fun relay, strongmen, orienteering, Olympic day, talents, stress, ninjas, dance marathon, quizzes and many more. Events will help children make friends, cooperate, to think logically and work in a team to achieve a common result) |
| 19:45 – 20:00 | Preparation for dinner (personal hygiene) |
| 20:00 – 20:30 | Dinner |
| 20:30 – 23:00 | Free time - club activities, disco |
| 23:00 – 23:15 | Getting ready for bed |
| 23:15– 8:00 | Night sleep |

**Day 5, Thursday, June 15, 2023 (closing day)**

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| **Time** | **Activity** |
| 8:00– 8:10 | Time to get up and get ready for the day |
| 8:10 – 8:40 | Morning exercises |
| 8:40 – 9:00 | Preparation for breakfast (personal hygiene) |
| 9:00 – 9:30 | Breakfast |
| 9:30 – 10:00 | Time for cleaning and preparing for the activities |
| 10:00 – 12:30 | Activities and hikes of leisure, art and sports groups |
| 12:30 – 13:00 | Preparation for lunch (personal hygiene) |
| 13:00 – 13:30 | Lunch |
| 13:30 – 14:30 | Rest hour |
| 14:30 – 17:00 | Summary of the camp, farewell circle, diplomas. Going home |