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**Healthy lifestyle and active recreation 24-hour camp for young people**

**(13.06.2023 - 16.06.2023), in Iecava**

**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: Iecava elementary school, Skolas iela 19, Iecava

**Day 1 – Tuesday, June 13, 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 Lithuania) |
| 12:00 – 12:50 | Info about the progress of the camp, responsible persons and rules of the camp, small group bonding activities. |
| 13:00 – 14:00 | Lunch |
| 14:10 – 17:00 | Activities – City expedition in mixed teams (LV and LT youth). Teams get to know the city of Iecava with tasks. Total team cooperation and team building games! |
| 17:00– 17:30 | End of the day. Final circle - reflection |
| 17:40 – 18:30 | Dinner |
| 18:30 – 21:00 | Free time – preparation for the evening event – ​​Camp opening bonfire, where we get to know each other and each other. |
| 21:00 – 21:30 | Snacks before night |
| 23:00 – 7:30 | Night sleep |

**Day 2 – Wednesday, June 14, 2023**

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| **Time** | **Activity** |
| 7:30 - 8:30 | Time to get up and get ready for the day! Morning task! |
| 8:30 – 9:00 | Breakfast |
| 9:10 – 12:50 | Morning activities/lessons:3 groups are divided, where according to the principle of circle rotation, each group attends 3 lessons:- Physical and sports activities lesson;- Prevention of addictions, addiction ways to reduce addictions- A lesson to strengthen mental health |
| 13:00 – 14:00 | Lunch |
| 14.10 - 17:00 | Afternoon activities/classesAn afternoon of challenges. Extreme sports activities. Young people are introduced to extreme sports and have the opportunity to try their skills in them. We operate at stations in the Iecava skatepark. |
| 17:00 – 17:30 | End of the day. Final circle - reflection |
| 17:40 – 18:30 | Dinner |
| 18.30 – 23:00 | Free time activities - Night adventure - night game! |
| 23:00 – 23:30 | Snacks before night |
| 23:30 – 7:30 | Night sleep |

**Day 3 – Thursday, June 15, 2023**

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| **Laiks\*** | **Aktivitāte** |
| 7:30 - 8:30 | **Time to get up and get ready for the day! Morning task!** |
| 8:30 – 9:00 | Breakfast  |
| 9:10 – 12:50 | **Morning activities/lessons:**3 groups are divided, where according to the principle of circle rotation, each group attends 3 lessons:- Physical and sports activities lesson;- Healthy food and drinks (smoothies) workshop.- A lesson to strengthen mental health |
| 13:00 – 14:00 | Lunch |
| 14.10 - 17:00 | Afternoon activities/classesWater day activities - boat trip |
| 17:00 – 17:30 | End of the day. Final circle - reflection |
| 17:40 – 18:30 | Dinner |
| 18.30 – 23:00 | free time**Outdoor activities (archery, team games, etc.).****Final evening with songs by the fire**. |
| 23:00 – 23:30 | Snacks before night |
| 23:30 – 7:30 | Night sleep |

**Closing day – Friday, June 16, 2023**

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| **Laiks\*** | **Aktivitāte** |
| 7:30 - 8:30 | **Time to get up and get ready for the day! Morning task!** |
| 8:30 – 9:00 | Breakfast  |
| 9:10 – 12:50 | Morning activities/classesThe big team game! |
| 13:00 – 14:00 | Lunch |
| 14.10 - 17:00 | Summary of the camp, farewell circle, diplomas. Going home. |