



	06.07 Sat	07.07 Sun	08.07 Mon	09.07 Tue	10.07 Wed	11.07 Thu	12.07 Fri	13.07 Sat	14.07 Sun	15.07 Mon	16.07 Tue
	1	2	3	4	5	6	7	8	9	10	11
9h15–10h00	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10h00 – 13h00		Team-building	Community Work	Visit to the Lisbon Castle	Community Work	Free time (optional Sintra & Cabo da Roca trip)	Community Work	Free time	Community Work	Beach time!	Cleaning and departures
13h00-15h00		Lunch	Lunch	Packed Lunch	Lunch	Packed Lunch	Lunch	Packed Lunch	Lunch	Packed Lunch	
15h00 – 18h45		Introduction to the project	Portuguese & cooking workshops	Free time in the city centre	Portuguese & cooking workshops	Free time (optional Sintra & Cabo da Roca trip)	Portuguese & cooking workshops	Free time	Portuguese & cooking workshops	Beach time!	
18h45 – 20h00		Visit to Bairro Padre Cruz									
20h00 – 21h00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21h00 – ...		Welcome evening	Intercultural evening	Free time	Free time	Free time	Free time	Free time	Free time	Free time	