
		OUTDOOR 30H COURSE	OUTDOOR RECREATION, FITNESS AND NATURE FOR A HEALTHY LIFESTYLE			OUTDOOR 30H COURSE	
		EUROSTARS LUCENTUM & MIO CID HOTELS - ALICANTE					
TIMING	SUNDAY	MONDAY - LET'S GET PLAY! EUROSTARS HOTEL	TUESDAY - LET'S GET WET! MIO CID HOTEL.	WEDNESDAY - LET'S ENJOY THE COAST AND THE MOUNTAIN. EUROSTARS HOTEL	THURSDAY - LET'S GET FIT! EUROSTARS HOTEL	FRIDAY - LET'S ENJOY THE SEA MIO CID HOTEL.	SATURDAY CONCLUSION
9:00h-11:00H		HEALTHY BREAKFAST	HEALTHY BREAKFAST	HEALTHY BREAKFAST	HEALTHY BREAKFAST	HEALTHY BREAKFAST	FREE TIME
		SCHOOL PRESENTATIONS	SCHOOL PRESENTATIONS	TRANSPORT TIME	CIRCUIT TRAINING: WHAT YOU DO, BENEFITS AND MORE.	WALKING CLOSE TO THE COAST & SCUBA DIVING.	10H: COURSE ROUNDUP AND FINAL EVALUATION OF THE COURSE.
11:00h-11:30H		11:00 am: COFFEE BREAK (NOT INCLUDED IN COURSE FEES)		ASCENT TO THE SERRA GROSSA MOUNTAIN			
11:30H-14:00H		LOCAL SPORT: MAKE YOUR OWN GLOVE OF VALENCIAN PILOTA GAME.	OUTDOOR ACTIVITIES IN THE MEDITERRANEAN SEA. PADDLE SUP.	WORKSHOP ABOUT ORIENTATION WITH MAPS AND DIFFERENT APPS.		REVIEW OF THE CONTENTS. WHAT HAVE YOU LEARNED?	
		JUST PLAY!		TRANSPORT TIME			
14:00H-16:00H		FREE TIME		FREE TIME	13H. CULTURAL ACTIVITY AND NETWORKING WITH PAELLA IN TABARCA ISLAND. Trip to Tabarca Island. Role-plays and motivation and dynamic activities to make networking. Boat and PAELLA are included in the price of the course. COOPERATION AND CHALLENGING NETWORKING ACTIVITY.	FREE TIME	
16:00H-17:00H				16H. CULTURAL ACTIVITY DISCOVERING ALICANTE AND ITS CULTURAL HERITAGE. Free visit to MARQ Museum.			
17:00H-17:30H		17H: MEETING AND GREETING. BRIEF PRESENTATION OF THE COURSE AND THE ERASMUS WEEK.	17:30H. CULTURAL ACTIVITY DISCOVERING ALICANTE AND ITS CULTURAL HERITAGE. Free visit to Alicante finishing in Santa Bárbara Castle.	FREE TIME			
17:30H-18:00H							
18:00H-19:00H		19H: DISCOVERING THE CITY BY YOURSELF. GUIDED OUTDOOR SCAPE-ROOM ACTIVITY		WEEK CHALLENGE: 10KM RUNNING. DO YOU DARE?	FREE TIME		
20:00H-21:00H		FREE TIME	FREE TIME		FREE TIME		20H. OPTIONAL DINNER IN ALICANTE.