

2025-1-FI01-KA121-SCH-000319975  
2025-1-DE03-KA121-SCH-000343422

## WELL BEING IN A DIGITAL WORLD

8<sup>th</sup> - 12<sup>th</sup> of Dezember 2025

Programme for the Erasmus+ group mobility in Stolberg (Germany)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20:00</b></p> <p>Arrival of the Finnish team in Stolberg</p>	<p><b>08:30</b></p> <p>Welcome</p> <p>Guided school tour</p>	<p><b>9:00 to 17:00</b></p> <p><b>A day in Düsseldorf</b></p> <p>Guided tour</p>	<p><b>08:30 to 10:00</b></p> <p><b>Workshop</b> Digital etiquette</p>	<p><b>08:00 – 9.30</b></p> <p>Rundown of the week</p> <p><b>10:00-11.30</b> <b>Workshop</b> Relaxation techniques</p>	<p><b>7.30</b></p> <p>Departure from Stolberg</p>
	<p><b>11:15</b></p> <p>Sports</p>	<p>Exploring Düsseldorf</p>	<p><b>10:30 - 12:30</b></p> <p><b>WORKSHOP</b> Art and music</p>	<p><b>12.00 - 13:00</b></p> <p><b>CLOSING CEREMONY</b> Presentation of results Photos, evaluation and certificates</p>	
	<p><u>Lunch at school</u></p>		<p><u>Lunch at school</u></p>		
	<p><b>13:30 - 15:00</b></p> <p><b>Workshop</b> Online identity</p>	<p>Düsseldorf</p> <p><b>SHOPPING</b></p>	<p>Chistmasmarket in Aachen</p>	<p>Free time</p>	
	<p>Students meet for games</p> <p>Teachers meet for a dinner</p>	<p>Free time</p>	<p>Free time</p>	<p>Students meet – ice rink and restaurant</p>	