



PORTUGAL * 9 to 13 March 2020 *** "Motivation plus, stress minus"**

	Monday, 9 March	Tuesday, 10 March	Wednesday, 11 March	Thursday, 12 March	Friday, 13 March
			 		
9:00 – 10:45	School visit I Quinta do Conde + Presentation of the course and the participants + Theoretical Concepts	Warming up Games in Classroom II + 'Techniques to reduce stress in classroom' seminar	Warming up Games in Classroom III + "Relax more, Stress Less" workshop	Warming up Games in Classroom" IV + "Motivation plus, stress minus" handbook	Warming up Games in Classroom V + Territory walk through Serra da Arrábida- Part I
10:45 – 11:00	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
11:00 – 13.00	'How can we motivate our students without own motivation?' seminar + Introduction to Waldorf pedagogy	Workshop I "Traditions from my land: The wine"	School visit II - Lisbon	Welcome from the local Municipality + Team work I	Territory walk through Serra da Arrabida – Part II + Workshop III "Traditions from my land: The cheese"
Lunch	Restaurant O Lobo	Restaurant Azeitão - Vila	Restaurant Portugália	Lunch at Hotel	Restaurante Quinta do Conde
14.30 – 17.30	Warming up Games in Classroom I + Waldorf workshop + Day summary-video	Workshop II "Traditions from my land: The tiles" + Day summary-video	Territory walk through Lisboa + Day summary-video	'Stress and the Teachers" loga workshop + Day summary-video	Master class + Work Presentations & Critical Analysis + Day summary-video
20.00	Restaurant Novo WOK	Restaurant Lancelote	Restaurant Brilha Sol	Restaurante Azeitão	Restaurant Vale Sobreiras



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Centro de Formação EAGLE INTUITION (Azeitão)

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In this day, we will walk through territory, so, we advise the use of comfortable shoes and clothes.



In this day, we leave the Hotel on the mooning and only arrive after dinner, so we recommend some warm clothes to use at night.