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**OUR EUROPE - A MELTING POT OF NOWADAYS- 2019-1-SI01-KA229-060416_3- TURKEY MOBILITY
Mobility Programme (29th of November to 3rd of December 2021)**

This meeting is devoted to recognizing and expressing emotions and breaking stereotypes.

Monday 29.11.2021		
09:00-10:15	Activity_1	-Welcome ceremony
10:30-11:00	Activity_2	-Short Film Screening: Each country presents its short film on "Being in a foreign country"
11:00-12:30	Activity_3	-Feedback and reflection from the short films watched
12:30-14:00		Lunch
14:00-17:30	Activity_4	14:00 - 15:00: Preparation for the activities 14 and 15. -Walking on the İstaiklal Street (Pera Museum, Galata Tower, Taksim Mosque, San Antonio Church, Santa Maria Draperis Church, etc.)
Tuesday 30.11.2021		
09:00-11:00	Activity_5	- Workshop on Emotions: Forming positive opinions to different people and breaking stereotypes (emotions and reactions)
11:00-12:30	Activity_6	-Talking circle about the workshop - emotions, our reactions and stereotypes;
12:30-14:00		Lunch
14:00-17:30	Activity_7	14:00 - 15:00: Preparation for the activities 14 and 15. - Visiting Miniaturk which is a miniature park at the northeastern shore of Golden Horn in Istanbul. Students will have a chance to see 62 of the park's structures are from Istanbul, 60 are from Anatolia, and 13 are from the Ottoman territories that today lie outside of Turkey. Also featured are historic structures like the Temple of Artemis at Ephesus, and the Mausoleum of Maussollos at Halicarnassus (now Bodrum).
Wednesday 17.11.2021		
09:00-11:00	Activity_8	Workshop: "Meditation" learning a set of techniques that are intended to encourage a heightened state of awareness and focused attention. Better management of symptoms related to anxiety disorders, stress, depression, sleep disorders, etc. Increased self-awareness, improved emotional well-being.
11:00-12:30	Activity_9	Workshop: "Music Therapy - Kalimba" Soothe soul with a musical instrument. How to use music to provide a wonderful backdrop for the life and increase enjoyment from what we do while reducing stress from our day.
12:30-14:00		Lunch
14:00-15:30	Activity_10	"Visiting Istanbul Science Museum and Technology History", where have Cinevision Salons about astronomy, mathematics, geometry, architecture, geography maps, etc.
15:30-17:00	Activity_11	Visiting Old City (Topkapı Palace, Hagia Sofia, Blue Mosque, Basilica Cistern, etc.)
Thursday 18.11.2021		



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09:00-11:00	Activity_12	Workshop: The expression of emotions with colors and drawings in the accompaniment of classical music based on the fact that the notes on different tones and characters may have different effects on people.
11:00-12:30	Activity_13	“Feeling of Being Other”: Students are asked to take part in a traditional game by being placed in a group whose language they do not understand. The difficulties they feel and experience after the game are filmed.
12:30-14:00		Lunch
14:00-17:00	Activity_14	14:00 - 15:00: Preparation for the activities 14 and 15. Visit Rahmi Koç Museum and Walk on the seaside
Friday 19.11.2021		
09:00-10:30	Activity_15	Making a Board Game: “I’m an Emotion Expert” All students produce a game with the questions and materials they have prepared.
10:30-11:30	Activity_16	Making an Online Game: “I’m an Emotion Expert” All students use an online application and create a game on emonitons
12:30-14:00		Lunch
14:00-15:30		Handing Certificates