



When	What	
Preparation	<ul style="list-style-type: none"> <li>- Participants receive training information and complete the VIRT2UE eLearning modules</li> <li>- Participants submit any questions they have on the training information and online modules</li> <li>- Participants fill out the preparation sheet for the Self-Declaration Approach</li> </ul>	
<u>Day 1</u>  July 3rd 2023	<b>9.00 – 9.15</b> <b>9.15 – 9.30</b> <b>9.30 – 10:15</b> <b>10.15 – 10.30</b> <b>10.30 – 11.15</b> <b>11.15 – 12.30</b> <b>12.30 – 13.15</b> <b>13.15 – 14.30</b> <b>14.30 – 14.45</b>	Opening, welcome by two certified trainers Overview of the TRAIN THE TRAINER program and questions Exercise DILEMMA GAME (part 1) <b>Break</b> Exercise DILEMMA GAME (part 2) Exercise MIDDLE POSITION <b>Lunch</b> DEBATE AND DIALOGUE Questions and comments
<u>Day 2</u>  July 4th 2023	<b>9.00 – 9.15</b> <b>9.15 – 10:10</b> <b>10.10 – 10.25</b> <b>10.25 – 11.10</b> <b>11.10 – 12.40</b> <b>12.40 – 13.10</b> <b>13.10 – 13.25</b> <b>13.25 – 14.00</b>	<b>Q&amp;A</b> (about the online assignments and follow up from the day before (if any)) Exercise VIRTUES AND NORMS (part 1) <b>Break</b> Exercise VIRTUES AND NORMS (part 2) Exercise SELF DECLARATION APPROACH (part 1) <b>Lunch</b> Exercise SELF DECLARATION APPROACH (part 2) Reflection on the two days and preparation for the assignments including tips about how participants can facilitate the exercises in their own setting
July - August	<ul style="list-style-type: none"> <li>- Participants prepare to facilitate the five exercises by reading the exercise instructions and watching the example videos</li> <li>- Participants practice the exercises with their own trainees or group of interested people</li> <li>- Participants fill-in and submit the self-evaluation sheet about the exercises</li> </ul>	
<u>Day 3</u>  August 31st 2023	<b>9.00 – 9.30</b> <b>9.30 – 11.00</b> <b>11.00 – 11.15</b> <b>11.15 – 12.30</b> <b>12.30 – 13.00</b>	Setting goals for the day: collecting feedback and issues which need further clarification Practicing the role of trainer <b>Break</b> Practicing the role of trainer Reflection on the day and looking back at initial goals

