

# INMERSIÓN LINGÜÍSTICA

| LUNES   | MARTES   | MIÉRCOLES  | JUEVES   | VIERNES  |
|---|--|--|--|--|
| <p><b>MISIÓN INVESTIGADORA 1: HEALTH AND WELLNESS</b></p> <p>10:30. Arrival and reception</p> <p><b>Wellness Mission</b></p> <p>10:30 a 14:00 Heart Race</p> <p>14:00 a 15:00 Almuerzo "Power up plate"</p>   | <p><b>MISIÓN INVESTIGADORA 2: HOBBIES AND SPORTS</b></p> <p>09:00 a 09:30 WAKE UP: "Ready for action"</p> <p>09:30 a 10:00 Desayuno "Breakfast for champions"</p> <p>10:00 a 10:30. <b>Hobbies and sport mission: "unlock your potential"</b></p> <p>10:30 a 14:00<br/>Teambuilding del Deporte:<br/>Understanding the Human Body</p> <p>14:00 a 15:00 Almuerzo. "Eat smart, train hard"</p> | <p><b>MISIÓN INVESTIGADORA 3: NUTRICIÓN</b></p> <p>09:00 a 09:30 WAKE UP: "Rise and energise"</p> <p>09:30 a 10:00 Desayuno: "Breakfast that fuels you"</p> <p>10:00 a 10:30. <b>Nutrition Mission: The fast food experiment</b></p> <p>11:00 a 13:30<br/>Interpretación de sendero: Arroyo Casa.<br/>Archery<br/>Rappel</p> <p>14:30 Almuerzo "Eat smart, feel Great"</p> | <p><b>MISIÓN INVESTIGADORA 4: MINDFULNESS, GROWTH MINDSET AND MEDITATION</b></p> <p>09:00 a 09:30 WAKE UP: "Sun salutation yoga"</p> <p>09:30 a 10:00 Desayuno ""Powering the mind with every bite"</p> <p>10:00 a 10:30. <b>Mindfulness, growth mindset and meditation Mission</b></p> <p>10:30 a 14:00</p> <ul style="list-style-type: none"> <li>- "Emotional Toolkit: understanding and managing emotions"</li> <li>- Climbing</li> </ul> <p>14:00 a 15:00 Almuerzo.</p> | <p><b>MISIÓN INVESTIGADORA 5: HYGIENE</b></p> <p>09:00 a 09:30 WAKE UP: "Brush, wash, and conquer the day"</p> <p>09:30 a 10:00 Desayuno "Hygiene first, then the feast!"</p> <p>10:00 a 10:30. <b>Hygiene Mission</b></p> <p>11:00 a 13:00</p> <ul style="list-style-type: none"> <li>- Adventure Track</li> <li>- Germ trap: Find the way out!</li> </ul> <p>13:30 Almuerzo.</p> |
| <p>15:00 a 16:00 Descanso activo Preparación "The Healthy Habits Congress""</p> <p>16:30 a 19:00</p> <ul style="list-style-type: none"> <li>- Ask, answer &amp; be healthy.</li> <li>- Tirolina</li> </ul> <p>19:30 a 21:00 Ducha "Self-care time"</p> <p>21:00 a 22:00 Cena "Nourish &amp; Flourish"</p> <p>22:00 a 23:30 Health and fitness Flash Mob</p> | <p>15:00 a 16:00 Descanso activo. Preparación "The Healthy Habits Congress""</p> <p>16:30 a 19:00. Sports survival</p> <p>19:00 a 21:00 Ducha "Hygiene Time"</p> <p>21:00 a 22:00 Cena</p> <p>22:00 a 23:30 Germ Free Centre challenge</p>   | <p>15:30 a 16:30 Descanso activo: Preparación "The Healthy Habits Congress""</p> <p>16:30 a 17:00 Healthy or unhealthy: the truth behind the label</p> <p>17:00 a 19:00 Master Chef: from farm to table</p> <p>19:00 a 21:00 Ducha "Refresh and recharge"</p> <p>21:00 a 22:00 Cena</p> <p>22:00 a 23:30 Velada: Who Wants to Be a Nutritionist? (Kahoot)</p>              | <p>15:00 a 16:00 Descanso activo "Meditation Time"</p> <p>16:00 a 17:00 Calmify: Creating Positive &amp; Relaxing Audio Messages</p> <p>17:00 a 18:30 OHS Creation: Building a Growth Mindset for the Congress</p> <p>19:00 a 21:00 Ducha "Reflection Time"</p> <p>21:00 a 22:00 Cena ""Mindful Eating for Inner Peace"</p> <p>22:00 a 23:30 Velada: "The Healthy Habits Congress"</p>   | <p>15:00 foto grupal y despedida</p>   |

**ESCOLARES** | Escala en tu Formación