



Program in GMT time zone - *Ireland*

- GMT +1h - *Italy, Spain, Netherlands, France*

- GMT + 2h - *Greece*

Wed 2.12

## Before the Mobility

09.00 -12.40

09.00 Welcome to Mobiliteach

09.20 Getting to know activity

09.50 Expectation tree

10.05 Before the mobility at 360°

*10.55 Coffee break*

11.10 A story about mobility

11.30 Guess Who

12.30 Feedbacks and conclusion

Thur 3.12

## During the Mobility

09.00 -12.40

09.00 Once Upon a time

10.00 Onboarding techniques

*10.30 Stretching & Eyeball yoga*

10.35 Follow up -The importance of the official documentation

*10.50 Coffee break*



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11.05 Do's and don'ts at the first meeting with the company

11.35 Energizer: Count up!

11.45 Communication pitfalls

11.55 Presentation of 4Qs

12.00 Group activity 3W

12.20 Communication

12.35 Feedbacks and conclusion

Fri 4.12

## After the Mobility

09.00 -13.00

09.00 Impact for Everyone in 3 times

9.15 Impact Ice Breaker

09.25 Impact everyday at home

09.50 Impact + Tool

11.20 Coffee break

11.35 Future Impact

11.50 European Development Plan

12.50 Final Evaluation and conclusion

18.00 Online Intercultural Dinner



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