

# IT KA220-SCH “Mind Matters: Cultivating Well-Being Across Borders”

**Host Country:** Italy – Aversa (Campania)

**School:** IIS Leonardo da Vinci Aversa



**Project Type:** Erasmus+ KA220-SCH Cooperation Partnership

**Theme:** Cultural & Emotional Awareness through Art

**Duration:** 11 – 16 January 2026

## Programme of Activities

### Sunday, 11 January 2026 – Arrival

Time	Activity	Location	Responsible / Notes
Arrival	Arrival of delegations	—	Host families / Hotel check-in
Afternoon	Informal welcome, meet & greet with host families	—	Italian team

## Monday, 12 January 2026 – Full Day at School



Time	Activity	Location	Responsible / Notes
09:00	Meeting at school	School hall	Italian team
09:15	Opening Ceremony – Welcome speech	School hall	Headmaster
09:30	School presentation	Classroom	Italian students
10:00	Ice-Breaker & Team-Building Activities	Classroom/School playground	Italian teachers
11:00	Lecture on “Young People and Well-Being” + Debate “What Makes a Healthy Life?”	Classroom	Italian teachers with the support of a psychologist and a sociologist
12:00	Coffee break		
12:15	Theatre Workshop-Part 1: Expressing the Self through body and voice (movement, voice, improvisation)	Classroom	Italian teachers
13:30	Lunch break	Classroom	



14:30 Collaborative Art Project Part 1 Classroom Italian teachers  
 “Let’s create our shirts!” (creating a Well-being logo)

16:30 End of day/Informal social time

**Tuesday, 13 January 2026 – Aversa tour +Theatre Workshop**



<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Responsible / Notes</b>
09:00 – 11:00	Guided tour of Aversa	.....,	Italian teachers
11:00 – 13:30	Theatre Workshop – Part 2: “From Story to Stage” (storytelling, group performances, emotional reflection)	Classroom	Italian teachers
13:30 – 14:30	Lunch break	Classroom	
14:30- 16:00	Theatre Workshop – Part 3: Performance Creation & Rehearsal	Classroom	Italian teachers
16:00	End of day/Informal social time		

## Wednesday, 14 January 2026 – Full-Day Excursion to Naples



<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Responsible / Notes</b>
08:30	Departure by train	Aversa station	Accompanying teachers
10:00 – 15:30	Guided city tour: Piazza Plebiscito, Castelnuovo (Naples Castle), Via Toledo shopping street	Naples	
15:30 – 16:30	Free time / Optional group activities (photo tour)	Naples	—
16:30	Return to Aversa	—	—

## Thursday, 15 January 2026 – Morning in Caserta/ Afternoon at School



Time	Activity	Location	Responsible / Notes
10:00 – 13:30	Guided visit to the Royal Palace of Caserta and Gardens – Explore royal apartments, halls, fountains and gardens	Caserta	Guided tour
13:30	Lunch Break and return to Aversa	Local restaurant / packed lunch	—
15:30 – 16:30	Collaborative Art Project – Part 2: “Let’s Create Our Shirts!” – Printing the Well-Being Logo on T-shirts (50 total)	Art / IT lab	Art & IT teachers
16:30	Certificate Award Ceremony & Reflection	School hall	Italian team
18:00	End of day		

## Friday, 16 January 2026 – Free Morning / Optional Activities

Time	Activity	Location	Responsible / Notes
Morning	Free time / Host family activities / local exploration	—	—
Afternoon	Departure preparation	—	—

## Expected Outcomes

- Enhanced emotional and cultural awareness through art, music, and theatre
- Strengthened intercultural communication and empathy among students
- Improved stress-management strategies and resilience
- Collaborative e-book “**Healthy Minds**” with 20 activity sheets for well-being