

## PROGRAM

### 03 August

Time	Activities
10.00	<i>First transfer from ASA to Guba Olympic Sports Complex</i>
15.00	<i>Second transfer from ASA to Guba Olympic Sports Complex</i>
18.00 - 19.00	Opening session
19.00 - 20.00	Dinner

### 04 August

Time	Activities
09.00 - 10.00	Breakfast
10.00 - 11.30	SDGs in focus: A decade at a glance <i>Lecture</i>
11.30 - 12.00	Coffee break
12.00 - 13.30	Health and wellbeing as foundations for sustainable growth <i>Lecture</i>
13.30 - 15.00	Lunch break
17.00 - 19.00	Team building activities
19.00 - 20.00	Dinner
20.00 - 21.00	Kahoot game

### 05 August

Time	Activities
09.00 - 10.00	Breakfast
10.00 - 11.30	Healthy choices: Role of sport and physical activity in mental and physical wellbeing <i>Lecture</i>
11.30 - 12.00	Coffee break
12.00 - 13.30	Physical activities in different social institutions <i>Team work and presentation</i>
13.30 - 15.00	Lunch break
15.00 - 16.00	Pilates workout <i>Pilates life</i>
19.00 - 20.00	Dinner

## 06 August

Time	Activities
09.00 - 10.00	Breakfast
10.00 - 11.30	Gender equality through sport: a global approach <i>Lecture</i>
11.30 - 12.00	Coffee break
12.00 - 13.30	Breaking Barriers: Gender (in)equality in alpinism <i>Panel discussion with participation of Azerbaijani mountaineers</i>
13.30 - 15.00	Lunch break
15.00 - 18.00	Sports tournament <i>Basketball, volleyball, football, table tennis, swimming (optional)</i>
19.00 - 20.00	Dinner

## 07 August

Time	Activities
09.00 - 10.00	Breakfast
10.00 - 11.30	Success Redefined: talent or effort? Role of coach (mentor) in sporting success <i>Lecture</i>
11.30 - 12.00	Coffee break
12.00 - 13.30	Debate on talent vs effort? Case study on well-known athletes <i>Discussion</i>
13.30 - 15.00	Lunch break
16.00 - 18.00	Sports tournament <i>Basketball, volleyball, football, table tennis, swimming (optional)</i>
19.00 - 20.00	Dinner
20.00 - 21.00	Talent show

## 08 August

Time	Activities
09.00 - 10.00	Breakfast
10.00 - 11.30	Presentation by participants

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<b>11.30 - 12.00</b>	<b>Coffee break</b>
<b>12:00 - 13.30</b>	<b>Closing remarks / Award of certificates</b>
<b>13.30-15.00</b>	<b>Lunch</b>
<b>19:00-22:00</b>	<b>Gala dinner / Cultural night</b>

#### **09 August**

<b>Time</b>	<b>Activities</b>
<b>09.00 - 10.00</b>	<b>Breakfast</b>
<b>10.00 - 13.00</b>	<b>Transfer from Guba to Baku</b>