



	<b>Day 1 Sunday</b> <i>Arrival</i>	<b>Day 2 Monday</b> <i>Introduction</i>	<b>Day 3 Tuesday</b> <i>Introspection</i>	<b>Day 4 Wednesday</b> <i>Action</i>	<b>Day 5 Thursday</b> <i>Action</i>	<b>Day 6 Friday</b> <i>Action</i>	<b>Day 7 Saturday</b> <i>Relaxation</i>
8am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9am		Program introduction	Individual guidance / Workshop time	Workshop time	Workshop time	Workshop time	Breakfast
10am		Technical passport					
11am		Lunch	Lunch	Lunch	Lunch	Lunch	
noon	Train departure Paris						
1pm							
2pm	Arrival Joigny Arrival Ma.Na	Technical passport	Individual guidance / Workshop time	Workshop time	Workshop time	Workshop time	Free time / activities of your choice
3pm							
4pm	Campus visit						
5pm		Masterclass & exchange with expert 1	Masterclass & exchange with expert 2	Masterclass & exchange with expert 3	Masterclass & exchange with expert 3	First collective restitution & self-assessment	
6pm	Cocktail/Encounters						
7pm		Banquet	Dinner	Dinner	Dinner	Banquet	Dinner
8pm	Dinner						
9pm		Ma.Na Club	Ma.Na Club	Ma.Na Club	Ma.Na Club	Ma.Na Club	Ma.Na Club
10pm							
11pm							
midnight							
	<b>Day 8 Sunday</b> <i>Relaxation</i>	<b>Day 9 Monday</b> <i>Reaction</i>	<b>Day 10 Tuesday</b> <i>Reaction</i>	<b>Day 11 Wednesday</b> <i>Reaction</i>	<b>Day 12 Thursday</b> <i>Reaction</i>	<b>Day 13 Friday</b> <i>Eruption</i>	<b>Day 14 Saturday</b> <i>Departure</i>
8am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9am	Breakfast	Workshop time	Workshop time	Workshop time	Workshop time	Organisation of the day	Breakfast
10am		Lunch	Lunch	Lunch	Lunch	Final project presentation	
11am							Departure from Ma.Na
noon							
1pm	Free time / activities of your choice	Workshop time	Workshop time	Workshop time	Workshop time	Final project presentation	
2pm							
3pm			Partners presentation		Preparation of final project presentation	Closing	
4pm		Dinner	Dinner	Dinner	Dinner	Banquet dinner	
5pm		Ma.Na Club	Ma.Na Club	Ma.Na Club	Ma.Na Club	Ma.Na Club	
6pm							
7pm	Dinner						
8pm							
9pm							
10pm							
11pm							
midnight							

**Program-related activities (visits, conferences, etc).**

The exact schedule will be communicated to you at the beginning of the program. These activities will take place during the workshop hours or during the Ma.Na club.

**Ma.Na Club (optional activities)**

- Film screening
- Concert
- Fire camp
- Night walks
- Games