

TENTATIVE PROGRAMME

Transform4Europe summer course	
Monday, August 26	<ul style="list-style-type: none"> ■ Arrival ■ Welcoming event
Tuesday, August 27	Happiness for myself: <ul style="list-style-type: none"> ■ “To be or not to be happy” ■ “Happiness signals in my body and brain” ■ “The more mindful and resilient, the happier” ■ “Buying your happiness” ■ Visit to the VMU Botanical Garden for relaxation practice
Wednesday, August 28	Happiness for others: <ul style="list-style-type: none"> ■ “Happiness is about helping others” ■ “How to encourage growth mindset” ■ “Leading for happiness” ■ Creative walk on Freedom Avenue – seeing the happiness of others through a lens
Thursday, August 29	Happiness for us: <ul style="list-style-type: none"> ■ “Different but happy” ■ “Political design for happiness” ■ “The power of social connection” ■ Having fun with Lithuanian Folk dances ■ Presentation of group proposals to a panel of judges
Friday, August 30	<ul style="list-style-type: none"> ■ Departure