

DAILY SCHEDULE

Computer science, arts & Sports

*The day of the excursion may be subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHECK IN
8:30 - 9:00

Participants arrival and check-in @ the H-FARM Welcome Center

MORNING

9:00 - 12:30
with morning snack
during the break

BMX - 1

Warm-up and introduction: warm-up exercises to improve balance skills.

COMPUTER SCIENCE - 1

Introduction to the basics of electrical circuits, the use of a breadboard to assemble circuits.

*EXCURSION TO THE MONTELLO

A full day dedicated to nature discovery and adrenaline, including walks and workshops in the woods and fun at the adventure park.

SKATE - 2

Learn the correct posture, pushing techniques and board control on flat surfaces

COMPUTER SCIENCE - 3

Interaction between micro:bit and circuit components like sensors, and controlling actuators.

BMX - 3

Jumping techniques: ramps and obstacles, bike control during jumps and safe landing.

ARTS - 1

Oil pastels technique: create a personal painting inspired by Vincent Van Gogh.

SKATE - 4

Jumping techniques on flat surfaces, basic tricks to turn the board, ramps and obstacles.

ARTS - 3

Patterns analysis. Create a personal composition inspired by Yayoi Kusama's polka dot style.

LUNCH

12:30 - 13:30

Free outdoor play/ board games.

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AFTERNOON

13:30 - 16:30

COMPUTER SCIENCE - 2

Visual coding with micro:bit (variables, data types, if-else statements, loops, and functions).

COMPUTER SCIENCE - 4

Create a personal project programming micro:bit with your group.

ARTS - 2

Exploration of abstract art and creation of a collage inspired by the "cut-out" style of Henri Matisse.

ARTS - 4

Create an abstract artwork inspired by the vibrant colors and shapes of Joan Miró.

SKATE - 1

Warm up & fundamentals: finding the right position on the board, balance and static position.

BMX - 2

Basic maneuvers: braking downhill and in a curve, how to face a tight curve at a high speed.

SKATE - 3

Basic techniques: how to turn and increase speed bending your body, how to brake.

BMX - 4

Circuits with turns, ramps and obstacles to practice the techniques learned during the week.

SNACK AND CHECK OUT

16:30 - 17:30

Free time and play time in the H-FARM Campus sport facilities.
Participants departure @ the H-FARM Welcome Center