

OVERNIGHT SCHEDULE

Adventure Multisport

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

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|---|--|
| WAKE-UP AND BREAKFAST 7:00 - 8:30 | | A rich and balanced breakfast to start the day with a boost of energy. | | | | |
| MORNING 9:00 - 12:30 with snack break | | MOUNTAIN BIKE - 1 Mountain Biking Basics: how to pedal correctly, use the brakes, and maintain balance. | | CLIMBING - 2 Improvement of climbing technique, focusing on better body use for ascending. | ORIENTEERING - 4 A longer orienteering course is tackled, with the goal of using the compass and map to find all the points in order. | MOUNTAIN BIKE - 5 Focus on descents, learning to control speed and maintain balance on steeper terrain. |
| LUNCH 12:30 - 13:30 | | CLIMBING - 1 In this session, basic techniques for climbing safety are learned. | *EXCURSION TO THE MONTELLO A full day dedicated to nature discovery and adrenaline, with walks and workshops in the woods and fun at the adventure park. | ORIENTEERING - 3 More complex routes are practiced, with the goal of using the compass and map to find all the checkpoints. | MOUNTAIN BIKE - 4 In this session, advanced mountain biking techniques are practiced, such as tight turns, steep climbs, and fast descents. | CLIMBING - 5 Focus on advanced climbing techniques, tackling more complex routes and improving movement control. |
| AFTERNOON 13:30 - 16:30 | CHECK IN 16:00 | Free outdoor play/ board games | | Free outdoor play/ board games | | |
| | Participants arrival on the H-FARM Campus | ORIENTEERING - 1 Introduction to the use of the compass and map reading. The goal is to understand how to orient oneself outdoors. | | MOUNTAIN BIKE - 2 Exploring more challenging trails, learning to maneuver the bike on rough terrain. Focus on speed and balance. | CLIMBING - 3 More challenging climbing routes are tackled, enhancing the skills acquired. | ORIENTEERING - 5 Orienteering race: analyzing the map and compass to find the checkpoints in the shortest time possible. |
| SNACK & ACTIVITIES 16:30 - 18:30 | Presentation of the Summer Academy experience to participants and their families at the Big Hall. Accommodation of the participants in the assigned rooms. | ORIENTEERING - 2 Practice of orienteering skills with a treasure hunt. Map analysis and search for the marked points. | | MOUNTAIN BIKE - 3 The day concludes with a group ride, where all the skills acquired are put into practice. | CLIMBING - 4 The day concludes with a group climbing challenge, where teamwork is essential. | ORIENTEERING - 6 Second orienteering race, applying all the techniques learned to navigate quickly and work as a team. |
| FREE TIME 18:30 - 19:30 | | SPORT Sports sessions to promote teamwork and interpersonal relationships. | RELAX Relaxing and recreational activities to recover after the daily excursion. | PRE TALENT SHOW Preparation and rehearsal for the Summer Academy Talent Show exhibitions. | SPORT Sports sessions to promote teamwork and interpersonal relationships. | CHECK OUT 16:30 |
| DINNER 19:30 - 20:30 | | Free time to relax, take a shower and get ready for the evening activities | | | | |
| EVENING ACTIVITIES 20:30 - 22:00 | | Diversified menu offering international and Italian food options | | | | |
| LIGHTS OUT 22:00 | ICE-BREAKER Ice breaking activities to socialize and share the Campus rules to enjoy an unforgettable week! | ACROBATICS & JUGGLING Magic, art and colors: enjoy a unique and enchanting show on Campus. | IN-CAMPUS ACTIVITIES Themed night dedicated to either sport, cultural or artistic activities to have fun together with your friends. | TALENT SHOW Discover the talents and artistic skills of the participants with a unique talent show! | SUMMER RANDOM PARTY A final party like no other. Random outfits and wild dancing. | |
| | The H-FARM Summer Academy team will be present on each floor of the boarding house with continuous surveillance and support | | | | | |