

OVERNIGHT SCHEDULE

Computer science, arts & Sports

*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		BMX - 1 Warm-up and introduction: warm-up exercises to improve balance skills.	*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.	SKATE - 2 Learn the correct posture, pushing techniques and board control on flat surfaces.	BMX - 3 Jumping techniques: ramps and obstacles, bike control during jumps and safe landing.	SKATE - 4 Jumping techniques on flat surfaces, basic tricks to turn the board, ramps and obstacles.
		COMPUTER SCIENCE - 1 Introduction to the basics of electrical circuits, the use of a breadboard to assemble circuits.		COMPUTER SCIENCE - 3 Interaction between micro:bit and circuit components like sensors, and controlling actuators.	ARTS - 1 Oil pastels technique: create a personal painting inspired by Vincent Van Gogh.	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		Free outdoor play/ board games		
AFTERNOON 13:30 - 16:30	CHECK IN 16:00	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.
	Participants arrival on the H-FARM Campus Presentation of the Summer Academy experience to participants and their families at the Big Hall. Accommodation of the participants in the assigned rooms.	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 & ACTIVITIES 16:30 - 18:30		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 18:30
FREE TIME 18:30 - 19:30		Free time to relax, take a shower and get ready for the evening activities				
DINNER 19:30 - 20:30		Diversified menu offering international and Italian food options				
EVENING ACTIVITIES 20:30 - 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.	
LIGHTS OUT 22:00	The H-FARM Summer Academy team will be present on each floor of the boarding house with continuous surveillance and support					