

# OVERNIGHT SCHEDULE

## Robotics, Coding & Sports

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WAKE-UP AND BREAKFAST</b> 7:00 - 8:30		A rich and balanced breakfast to start the day with a boost of energy.				
<b>MORNING</b> 9:00 - 12:30 with snack break		<b>LEGO SPIKE PRIME - 1</b> Construction of a robotic carousel using motors and sensors.		<b>SPHERO BOLT - 1</b> Customisation of LED components and programming of robot movement.	<b>IROBOT IROBOT - 1</b> Programming the robot to make a team emblem by drawing lines and symbols.	<b>LEGO SPIKE PRIME - 3</b> Building a customized robot prototype without predefined instructions.
<b>LUNCH</b> 12:30 - 13:30		<b>BMX - 1</b> Warm-up and introduction: warm-up exercises to improve balance skills.	<b>*EXCURSION TO THE MONTELO</b> A full day dedicated to nature discovery and adrenaline, with walks and workshops in the woods and fun at the adventure park.	<b>SKATE - 2</b> Learn the correct posture, pushing techniques and board control on flat surfaces.	<b>BMX - 3</b> Jumping techniques: ramps and obstacles, bike control during jumps and safe landing.	<b>SKATE - 4</b> Jumping techniques on flat surfaces, basic tricks to turn the board, ramps and obstacles.
<b>AFTERNOON</b> 13:30 - 16:30	<b>CHECK IN</b> 16:00	Free outdoor play/ board games		Free outdoor play/ board games		
		<b>SKATE - 1</b> Warm up & fundamentals: finding the right position on the board, balance and static position.		<b>BMX - 2</b> Basic maneuvers: braking downhill and in a curve, how to face a tight curve at a high speed.	<b>SKATE - 3</b> Basic techniques: how to turn and increase speed bending your body, how to brake.	<b>BMX - 4</b> Circuits with turns, ramps and obstacles to practice the techniques learned during the week.
<b>SNACK &amp; ACTIVITIES</b> 16:30 - 18:30	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.	<b>LEGO SPIKE PRIME - 2</b> Building a breakdancing robot and programming its movements to the rhythm of sounds and lights.		<b>SPHERO BOLT - 2</b> "If Then Else": building and programming the robot to interact with physical obstacles.	<b>IROBOT IROBOT - 2</b> Programming the robot's movements on a vertical wall to play battleship.	<b>LEGO SPIKE PRIME - 4</b> Programming the robot, its movements and sensors.
<b>FREE TIME</b> 18:30 - 19:30		<b>SPORT</b> Sports sessions to promote teamwork and interpersonal relationships.	<b>RELAX</b> Relaxing and recreational activities to recover after the daily excursion.	<b>PRE TALENT SHOW</b> Preparation and rehearsal for the Summer Academy Talent Show exhibitions.	<b>SPORT</b> Sports sessions to promote teamwork and interpersonal relationships.	<b>CHECK OUT</b> 18:30
<b>DINNER</b> 19:30 - 20:30		Free time to relax, take a shower and get ready for the evening activities				
<b>EVENING ACTIVITIES</b> 20:30 - 22:00		Diversified menu offering international and Italian food options				
<b>LIGHTS OUT</b> 22:00	<b>ICE-BREAKER</b> Ice breaking activities to socialize and enjoy the Campus rules to enjoy an unforgettable week!	<b>ACROBATICS &amp; JUGGLING</b> Magic, art and colors: enjoy a unique and enchanting show on Campus.	<b>IN-CAMPUS ACTIVITIES</b> Themed night dedicated to either sport, cultural or artistic activities to have fun together with your friends.	<b>TALENT SHOW</b> Discover the talents and artistic skills of the participants with a unique talent show!	<b>SUMMER RANDOM PARTY</b> 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					