

**TENTATIVE PROGRAMME**

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