

■ Energizer/Icebreaker ■ Exercise ■ Discussion/Debriefing

TIME	ADDITIONAL INFO
00:00 10m	Introduction to the theoretical background
00:10 10m	Introduction to the practical environment
00:20 15m	Task 1: practice
00:35 5m	Task 1: discussion
00:40 15m	Task 2: practice
00:55 5m	Task 2: discussion
01:00 15m	Task 3: practice
01:15 5m	Task 3: discussion
01:20 10m	Closing
01:30	

TOTAL LENGTH: 1h 30m

Hands-On-Session - block details

00:00
10m **Introduction to the theoretical background**

00:10
10m **Introduction to the practical environment**

00:20
15m **Task 1: practice**

00:35
5m **Task 1: discussion**

00:40
15m **Task 2: practice**

00:55
5m **Task 2: discussion**

01:00
15m **Task 3: practice**

01:15
5m **Task 3: discussion**

01:20
10m **Closing**