



**Transnational Learning and Training Week  
Handmade Wellbeing - Collaborative learning in craft  
and welfare interfaces**

**February 6–10, 2017 Viljandi (Estonia)**

*Funded by Erasmus + programme of the European Union*

MONDAY (06.02)

- 09.00–10.30 Project Management Meeting (VCA Vilma seminar room)
- 10.30–11.00 Gathering and coffee for others than administrative board (Vilma lobby)
- 11.00–12.00 Introduction of Department of Estonian national crafts
- 12.00–13.00 LUNCH at Suur Vend (Please choose between daily offers!)
- 13.00–13.15 Bus departs from Vilma
- 13.15–14.30 Introduction of metal work centre (Reinu tee 27)
- 14.30–16.30 Metal work workshop
- 16.40–16.55 Bus departs to city centre
- 18.00–20.00 Social evening. Introduction to Estonian culture and local foods. (VCA Main Building, room 105)

TUESDAY (07.02)

- 09.20–09.30 Bus departs from Main Building
- 09.35–10.20 Visit to Viiratsi elderly nursing home
- 10.20–10.30 Bus departs to city centre
- 10.30–13.00 Viljandi elderly day-care centre and workshop (badges) (Sakala center)
- 13.00–14.00 LUNCH on your own (Also look out for our suggestions on extra sheet!)
- 14.00–16.00 Reflection and guide-book session (Vilma seminar room)
- 16.00–18.00 Project Management Meeting (Vilma meeting room)

WEDNESDAY (08.02) MULTIPLIER EVENT (Sakala Center)

- 09.00–11.00 Individual cultural programme: visits to Viljandi Museum or Kondas Centre
- 11.00–11.10 Opening words Ave Matsin
- 11.10–11.50 Reeli Sirotkina (Uni. of Tartu): “What we could learn from ageing process?”
- 11.50–12.30 Kadri Medijainen (Uni. of Tartu): “Handfunction and wellbeing of elderly”
- 12.30–14.00 LUNCH
- 14.00–14.20 Project experiences: Estonia
- 14.20–14.40 Project experiences: Austria
- 14.40–15.00 Project experiences: UK
- 15.00–15.30 Project experiences: Finland + wrap up
- 16.00–16.40 Group reflections
- 17.00–19.00 Exhibition opening



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**THURSDAY (09.02)**

- 09.00–12.00 Reflection, guide-book session (Vilma seminar room)  
12.00–13.00 LUNCH on your own (Also look out for our suggestions on extra sheet!)  
13.00–15.00 Reflection, guide-book session (Vilma seminar room)  
15.00–17.00 Project Management Meeting (Vilma meeting room) / Individual cultural programme: Viljandi Museum or Kondas Centre  
17.45–18.00 Bus departs from Vilma  
18.00–21.00 Farewell reception in Männiku forest cottage. Workshop in Estonian culture: folk music and dances.

**FRIDAY (10.02)**

- 09.30–11.00 Bus departs from Vilma to Tartu. Background information about Tartu.  
11.00–11.45 Visiting Kalda elderly day centre (Tartu)  
11.45–12.00 Bus departs from Kalda day centre  
12.00–14.30 Visiting Estonian National Museum  
14.30–16.00 LUNCH  
16.00–17.15 Travel to Viljandi

**PLACES:**

VCA Vilma Building	Turu 7, Viljandi
Suur Vend	Turu 4, Viljandi
Sakala Centre	Tallinna 5, Viljandi
Metal Work Centre	Reinu tee 27, Viljandi
VCA Main Building	Posti 1, Viljandi

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