

ACTIVITY PROGRAMME FOR WATER WATCHER YOUTH EXCHANGE

Activity n°	A1					
Participating organisations	PORTUGAL: Vertigem Associacao Para a Promocao do Patrimonio ITALY: Associazione Culturale Eufemia ROMANIA: Asociata De Dezvoltare Intercomunitara Hargita ESTONIA: NGO Youth Club Active HUNGARY: Vidéken Jó! Alapítvány					
Venue			Duration			
City/Town	Country		Start date	End date	Activity duration (excluding travel days)	Travel days
Szaporca	Hungary		1 July 2019.	14 July 2019	15	1
Activity Programme						
Timetable	Activities		Non-formal and informal learning methods used			
1. July 2019 - DAY 1 Arrival + introduction						
AM						
PM 15.00	Arrive to the project venue to the Szaporcai Cifraház until 15.00.					
	Accommodation - in shared rooms at local guest houses		Mixed group in the rooms -> intercultural learning			
19.00	Dinner					
	Introduction, acclimatisation		Introduction games , name games etc.			
2. July 2019 - DAY 2 Introduction, team building, daily program + workshops						
	Breakfast					
AM 09.00-13.00	Team building activities , icebreaking games		Games for all the big group relating to the water protection, environmental protection e.x.:			
	Introduction of the Szaporcai Cifraház and the village		with the help of a game participants will discover the village - informal learning too			

	Safety education, to whom can turn the participants with their questions? Most important phone numbers, contact in emergency case, first aidbox	presentation, simulation
	Fears, expectations of the participants	individual work, writing down the fears and expectations
13.00-14.00	Lunch	
PM 14.00-18.00	Rules of the common work	Decide the common rules through democratic decisions.
	Giving infos about the daily program of the youth exchange - practical issues (travel cost reimbursement, time schedule of the travel to home from Szaporca, etc)	presentation
	Daily program + introduction of the workshops	presentation
	Youthpass + key competences - all informations about the youthpass and via world café knowledge about the key competences through examples	world café
19.00	Dinner	
evening program until 22.00	Introduction of the partnerorganisations	Free discussion, Before dinner dinnertime national groups prepare all the materials they have, after the dinner each team present the organisation what they represent
3. July 2019 - DAY 3 Workshop - sensitivity to the topic		
	Breakfast + energizer activities	outdoor activities
AM 09.00-13.00		In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chatting they will learn fom each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education



Well reconstruction

Team building activities in the small workshop team, sensitivity to the topic. Discussion about the fears and expectations from the workshop.

working in small groups, brainstorming, cultural and group values

Solar garden shower

Team building activities in the small workshop team. Philosophical, environmental protection and healthy lifestyle aspects - Why we do a water and energy safety outside shower? Ideas, plans - How will look like the outside shower? Discussion about the fears and expectations from the workshop.

brainstorming, discussion, express your opinion

Irrigation system from rainwater

Team building activities in the workshop. Introduction of the activity, philosophical and environmental protection background of the activity, ethnographic aspects, useful working tools, working methods; Self-sufficiency, water saving, healthy lifestyle aspects. Discussion about the fears and expectations from the workshop.

brainstorming, discussion, express your opinion, share personal knowledge



Photo: ruthinschool.co.uk Team building activity, sensitivity to the topic. Discussion the activity of the actionn group. Importance, effect of this team's work. Discussion about the fears and expectations from the workshop.

Action group

Brainstorming, learning through experiment

Water poster	Introduction the topic, sensitivity to the topic: aspects among textile industry and water, importance of the recycling, discussion . Discussion about the fears and expectations from the workshop. The poster will be a water educational material too! It's size will be approximately 2m x 2m or even bigger.	brainstorming, discussion, share your opinion
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Discussion about the fears and expectations from the workshop.	brainstorming, improving digital competence
13.00-14.00	Lunch	
PM 14.00-17.00		
Well reconstruction	Discuss and plan the goals and tasks in the workshop. -> philosophical and environmental protection background of the activity, ethnographic aspects, useful working tools, working methods, in aspect of save tapewater	discussion, express your opinion, give a voice for your idea!
Solar garden shower	Tools and materials needs, looking for reusable objects (ex. Barrel) and materials at the project venue and in the surrounding by involving the locals	recycling method
Irrigation system from rainwater	Introduction of different methods for collecting water and irrigation a kitchen garden through good examples. Share each other the experiences and knowledges of the participants. Tools, materials need, check on the spot. Plans, brainstorming	brainstorming, discussion, share your opinion
Action group	Get to know the local tape water system with the collegau of the water company. SWOT analyze.	SWOT analyze
Water poster	Discover different textile technics, discussion and brainstorming about the content of the poster.	discussion, express your opinion, give a voice for your idea!
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions.	digital competence, discovering
17.00-19.00	Visit the local "house of tradition" and the "gémeskút" - old type of well in Szaporca. Discussion about how people used the gémeskút in their everyday life. Can we use this knowledge nowadays?	Experimental learning
	What i learned today? Collect the learnt skills according to the keycompetences.	We will stay in the yard of the "house of tradition" in Szaporca and with the help of a learning facilitator the youngsters will recognize their learning outcomes.
19.00	Dinner	
	Groupleader and workshopleader meeting, discussion and feedback about the day.	optional: conflict management, simulation , group dynamics, group values, brainstorming
4. July 2019 - DAY 4 Workshop		

	Breakfast + energizer activities	
AM 09.00-13.00		In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chatting they will learn from each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education
Well reconstruction	Document the recent condition of the well house. Common plan of the work steps - how will be useable again the well?	
Solar garden shower	 <p>Pick the place, preparation of it, starting to build the outside shower.</p>	step out of your comforzone,
Irrigation system from rainwater	Pick the place, preparation, start the building of the irrigation system in the greenhouse.	
Action group	Observation, measure the water quality, conclusions about the rivers near Szaporca (Drava, Black water). Documentation of the water pollution, collect the founded trash, waist.	step out of your comforzone, stud visit
Water poster	 <p>Discussion, brainstorming about the educational content of the textile poster.</p>	environmental education
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions.	digital competences
13.00-14.00	Lunch	

PM 14.00-17.00		
Well reconstruction	Reinforcement the structure of the well house, temporarily move the structure away. --> it's easier to work on it.	step out of your comfort zone
Solar garden shower	Set the structure of the outside shower -set the bridging.	
Irrigation system from rainwater	Prepare the rainwater barell to the chanel of the greenhouse roof.	
Action group	Observation, measure the water quality, conclusions about the rivers near Szaporca (Drava, Black water). Documentation of the water pollution, collect the founde dtrash, waist.	
Water poster	Plan and draw the elements of the textil poster.	
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions.	digital competences
17.00-19.00	Szaporca village was built among the "Fekete víz" (Black water), it was the base of the village in the past. We will visit it at the border of the village. How this water was used in the 1-200 years ago? Good example for using it today: instead of washing in the river a local person cleaned the area of the river and use it for recreation.	All the participants are together during this session!
	What i learned today? Collect the learnt skills according to the keycompetences.	We will stay at the black water and with the help of a learning facilitator the youngsters will recognize their learning outcomes.
19.00	Dinner	
	Groupleader and workshopleader meeting, discussion and feedback about the day.	optional: conflict management, simulation , group dynamics, group values, brainstorming
evening program until 22.00	International evening of the Estonian team.	intercultural learning, presentation of the estonian culture, dance, traditions, pieces of food
5. July 2019 - DAY 5 workshop		
	Breakfast + energizer activities	
AM 09.00-13.00		In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chatting they will learn fom each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education
Well reconstruction	Destroy the old and build the new base of the well house.	
Solar garden shower	Set the structure of the outside shower. - Build the cover walls around it.	



Build the irrigation system in the greenhouse - connect it to the rainwater collection barells.

Irrigation system from rainwater	 <p>Build the irrigation system in the greenhouse - connect it to the rainwater collection barells.</p>	
Action group	Measure and explore the quality of the tapewater, rain water and water from the well.	research
Water poster	Plan and draw the elements of the textil poster.	creative learning,
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Upload to the web the selected photos. Do photo editing.	digital competence, non-verbal communication, communicate in foreign languages
13.00-14.00	Lunch	
PM 14.00-16.00		
Well reconstruction	Building the new base of the well house.	
Solar garden shower	Set the structure of the outside shower - make the walls around it	
Irrigation system from rainwater	Build the irrigation system in the greenhouse.	Experimental learning
Action group	Collecting rubish and trash among the waters (lakes, rivers) around Szaporca area including local volunteers and fishermans.	
Water poster	Plan and draw the elements of the textil poster. Choose a background of it.	
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Evaluation of the photos. Learn to use photoshop.	digital competence, non-verbal communication, communicate in foreign languages



Visit the "Hétöles" lake near town of Szaporca. It was used before to water the agricultural land. This is a natural lake was cleaned in the past years and renovated the surrounding by the local government. Now it is a pleasure place for fishing, swimming and resting for the local people and the tourists.

All the participants are together during this session!

17.00-19.00

What I learned today? Collect the learnt skills according to the keycompetences.

We will stay at the Hétöles lake and with the help of a learning facilitator the youngsters will recognize their learning outcomes.

19.00

Dinner

Group leader and workshop leader meeting, discussion and feedback about the day.

optional: conflict management, simulation, group dynamics, group values, brainstorming

evening program until 22.00

Watching films related to water, save water, water pollution, river pollution.

6. July 2019 - DAY 6 workshop

Breakfast + energizer activities

AM 09.00-13.00

In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chatting they will learn from each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education

Well reconstruction

Reconstruction the parts of the well house structure.

Solar garden shower irrigation system from rainwater

Assemble the structure of the outdoor solar shower. Paint the barrels black.

Build the irrigation system in the greenhouse.

Action group

Observation, measure the water quality, conclusions about the lakes near Szaporca (Hétöles lake, Kisinci lake, Maijláthi lake). Documentation of the water pollution, collect the founde dtrash, waist.

research in group

Water poster	Cut all the pieces of the textil poster from leather, textile. Sew or glue them to the poster.	
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Learn to use photoshop.	digital competence, non-verbal communication, communicate in foreign languages
13.00-14.00	Lunch	
PM 14.00-16.00		
Well reconstruction	Reconstruction the parts of the well house structure.	
Solar garden shower	Assemble the structure of the barell holder.	
Irrigation system from rainwater	Build the irrigation system in the greenhouse.	
Action group	Observation, measure the water quality, conclusions about the lakes near Szaporca (Hétöles lake, Kisinci lake, Maijláthi lake). Documentation of the water pollution, collect the founded trash, waist.	research in group
Water poster	Cut all the pieces of the textil poster from leather, textile. Sew or glue them to the poster.	
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Shooting the video spots.	digital competence, non-verbal communication, communicate in foreign languages
	 <p>Visit the "Kisinci" lake near Szaporca. It is a natural lake and wetland. A natural study trail was built among it. We will discuss about it correlation to the topic of the water.</p>	All the participants are together during this session!
17.00-19.00	What i learned today? Collect the learnt skills according to the keycompetences.	We will stay at the Kisinci lake and with the help of a learning facilitator the youngsters will recognize their learning outcomes.

19.00	Dinner at the Kisinci lake at the tourist resting place	
	Groupleader and workshopleader meeting, discussion and feedback about the day.	optional: conflict management, simulation , group dynamics, group values, brainstorming
evening program until 22.00	International evening of the Romanian team.	intercultural learning, presentation of the culture, dance, traditions, pieces of food
7. July 2019 - DAY 7 DISCUSSION + HALF TERM EVALUATION + ADVENTURE		
	Breakfast + energizer activities	
AM 09.00-10.30	Discover the thermal waters, cultural history of the thermal waters, geographical context. The quality and quantity of the thermal waters in Hungary is one of the best in the whole world.	The discussion will lead by Katinka Szabó a local girl from Vajszló who graduated in geography and do her Phd at University of Pécs. Peer learning, presentation, discussion,
10.30-13.00	Half term evaluation	working in national groups, share opinions, form suggestions, express yourself in foreign language, evaluate the workshops, does it meet the needs of the participants? - if not suggestion!
13.00-14.00	Lunch	Lunch in Harkány Thermal SPA
	Travel to Harkány Thermal SPA (12 km)	
	Spend the afternoon at Thermal SPA in Harkány	intercultural learning via spending free time together of course in WATER
19.00	Dinner	
8. July 2019 - DAY 8 workshop		
	Breakfast + energizer activities	
AM 09.00-13.00		In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chatting they will learn from each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education
Well reconstruction	Carry the structure of the wellhouse to it's new base.	step out of comfortzone
Solar garden shower	Assemble the structure of the outside solar shower. Draw the unit of measurement on the barells, applicate the tape of the barell.	

Irrigation system from rainwater	Build the irrigation system in the garden.	
Action group	Plan the installation from the trash founded in and near the rivers, lakes.	
Water poster	Cut all the pieces of the textil poster from leather, textile. Sew or glue them to the poster.	
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Shooting the video spots.	digital competence, non-verbal communication, communicate in foreign languages
13.00-14.00	Lunch	
PM 14.00-17.00		
Well reconstruction	Fix the structure of the wellhouse on it's new base.	
Solar garden shower	Assemble the structure of the outside solar shower. Fix the barells on the structure.	
Irrigation system from rainwater	Build the irrigation system in the garden.	
Action group	Create the installation from the trash founded in and near the rivers, lakes. The goal of it: draw attention to river and lake pollution!	
Water poster	Cut all the pieces of the textil poster from leather, textile. Sew or glue them to the poster.	creative action
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Shooting the video spots. Take photo about the textil poster and edit in graphic program for using it online too.	digital competence, non-verbal communication, communicate in foreign languages
	 <p>Visit the hydroglobe at Szaporca and learn how does it works.</p>	All the participants are together during this session!
	What i learned today? Collect the learnt skills according to the keycompetences.	We will stay at meadow around the hydroglobe and with the help of a learning facilitator the youngsters will recognize their learning outcomes.

19.00	Dinner	
	Groupleader and workshopleader meeting, discussion and feedback about the day.	optional: conflict management, simulation , group dynamics, group values, brainstorming
evening program until 22.00	International evening of the Italian team.	intercultural learning, presentation of the culture, dance, traditions, pieces of food
9. July 2019 - DAY 9 ADVENTURE ON THE WATER		
	Breakfast + energizer games	
	 <p>Foto: https://www.facebook.com/odlkszaporca/photos/a.778098365584042/1437231249670747/?type=3&theater</p>	
9.00- 16.00	All day trip on the Fekete Víz by canoe. It will be a guided tour, participants are going to collect waist, rubbish from the water during the trip. (There are plastic bottles, can used by fishermans thrown in the river.)	step out of comfortzone, outdoor activities, group dynamic, developing trust
	Lunch - sandwiches during the trip	
18.00-18.30	What i learned today? Collect the learnt skills according to the keycompetences.	We will come back to the project venue and with the help of a learning facilitator the youngsters will recognize their learning outcomes.
19.00	Dinner	
	resting evening	
10. July 2019 - DAY 10 workshop		
	Breakfast + energizer activities	

<p>AM 09.00-13.00</p>		<p>In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chatting they will learn from each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education</p>
<p>Well reconstruction</p>	<p>Deeply renovation of the structure of the well house keeping the original form.</p>	
<p>Solar garden shower</p>	<p>Filling with water the barells.</p>	
<p>Irrigation system from rainwater</p>	<p>Build the irrigation system in the garden.</p>	
<p>Action group</p>	<div data-bbox="376 491 869 954" data-label="Image"> </div> <p>Create the installation from the trash founded in and near the rivers, lakes. The goal of it: draw attention to river and lake pollution!</p>	<p>creative expression</p>
<p>Water poster</p>	<p>Write the text on the textil poster.</p>	
<p>Media</p>	<p>Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Shooting the video spots. Take photo about the textil poster and edit in graphic program for using it online too.</p>	<p>digital competence, non-verbal communication, communicate in foreign languages</p>
<p>13.00-14.00</p>	<p>Lunch</p>	
<p>Well reconstruction</p>	<p>Deeply renovation of the structure of the well house keeping the original form.</p>	
<p>Solar garden shower</p>	<p>Trying the solar shower and measure the usage of water during the shower.</p>	
<p>Irrigation system from rainwater</p>	<p>Build the irrigation system in the garden.</p>	

Action group	Create the installation from the trash founded in and near the rivers, lakes. The goal of it: draw attention to river and lake pollution!	
Water poster	Create the text on the textil poster.	
Media	Take photo, shoot video of the activities of the project. Do video reports with the locals and participants about using and safe water in practice, their opinions, suggestions. Selection of the photos.	digital competence, non-verbal communication, communicate in foreign languages
	What i learned today? Collect the learnt skills according to the keycompetences.	With the help of a learning facilitator the youngsters will recognize their learning outcomes.
19.00	Dinner	
	Groupleader and workshopleader meeting, discussion and feedback about the day.	optional: conflict management, simulation , group dynamics, group values, brainstorming
evening program until 22.00	International evening of the Portugiese team.	intercultural learning, presentation of the culture, dance, traditions, pieces of food
11. July 2019 - DAY 11 workshop		
	Breakfast + energizer activities	
AM 09.00-13.00		In ALL workshops: learning by doing, interactive work, intercultural learning during the activity, the participants learn from each other words in foreign languages and during the discussions and chating they will learn fom each other's culture too, non-verbal communication during the work, outdoor activities, experimental learning, develop trust and self esteem while working together, environmental education, global education
Well reconstruction	Puting into operation of the well, take water from it. Discover the drinking trough, how it was used in the past?	
Solar garden shower	Trying the solar shower and measure the usage of water during the shower. Experiment - how many water we use during an average shower? How is the minimum water we need in the reality for a shower. Calculation how many water can be saved by a person using minimum amount of water in a week / month / year etc...	
Irrigation system from rainwater	Watering in the greenhouse and in the garden, using the irrigation system. Counting how many water can be saved by this irrigation system, when we use the water drop by drop.	
Action group	Collect the experiences and measurements, do the conclusion and form suggestions for saving our wild waters and tape water.	
Water poster	Finalize the textil poster, compare it to the digital version, discuss with the media team about details.	
Media	Finalize and edit the photos for the exhibiton, send them to the press. Finishing a short video summarizing the workshops.	
13.00-14.00	Lunch	
Well reconstruction	EVALUATION of the workshop with the workshopleader and participants. Learnt skills, evaluate the expectation had each participants at the beginning.	

Solar garden shower	EVALUATION of the workshop with the workshopleader and participants. Learnt skills, evaluate the expectations had each participants at the beginning.	
Irrigation system from rainwater	EVALUATION of the workshop with the workshopleader and participants. Learnt skills, evaluate the expectations had each participants at the beginning.	
Action group	EVALUATION of the workshop with the workshopleader and participants. Learnt skills, evaluate the expectations had each participants at the beginning.	
Water poster	EVALUATION of the workshop with the workshopleader and participants. Learnt skills, evaluate the expectations had each participants at the beginning.	
Media	EVALUATION of the workshop with the workshopleader and participants. Learnt skills, evaluate the expectations had each participants at the beginning.	evaluate the workshops, does it meet the needs of the participants?
19.00	Dinner	
evening program until 22.00		
12. July 2019 - DAY 12 Evaluation in the workshops, workshop of Balkan River Defence		
	Breakfast + energizer activities	
AM 09.00-13.00		
Well reconstruction	Share the renocated well house, express the importance of water comes from the wells, usage of the wells in the past and nowadays.	
Solar garden shower	Share the measurements of ecofriendly water using under the shower.	
Irrigation system from rainwater	Discover together the irrigation system, how to use it in kitchen gardens, share the measurement regarding saving water and discuss the advantaged of this kind of system instead of watering from tape.	
Action group	Share measurements, experiences, trash installation, conclusions of the workshop.	
Water poster	Introduction of the poster. How the teachers, youth workers can use with youngsters, share the ideas among them the poster was made.	
Media	Watch together the photos, videos, reports made by the media team.	share knowledge, introduction the results, the learnt skills, the concenqueces to each other
13.00-14.00	Lunch	



Visit of Balkan River Defence (BRD) activists from Slovenia

	<p>Balkan River Defence (https://balkanriverdefence.org/) is an activist group which protest the wild natural rivers! Their approach: Stop dams and save rivers in the Balkan!</p>	<p>Presentation, peer learning, learning from other's experience, best practice exchange, active citizenship</p>
	<p>Active citizenship- Everyone can be an activist. But how? The guest from BRD will explain through their activism project!</p>	
19.00	<p>Dinner</p>	
	<p>Free chat with the team of Balkan River Defence</p>	<p>intercultural learning,</p>
<p>13. July 2019 - DAY 13 presentation of the results in the Old Drava Visitor Center</p>		
	<p>Breakfast</p>	
<p>AM 09.00-12.00</p>	<p>We are going to organize the final event of the youth exchange project in the Old Drava Visitorcenter at the protected area of the Danube-Drava National Park. Prepare the exhibiton in Old Drava Visitor Center (Photographs, textile poster, trash installation). We are going to exhibit the photos made by the media team during the workshops and photos of the best moments.</p>	
<p>12.00-13.00</p>	<p>Lunch</p>	
14.00	<p>14.00 Opening the exhibition in the Old Drava Visitor Center, host the visitors</p>	
	<p>Present the measurements and conclusions of the participants of the workshops,</p>	

	Presentation the water retention program of the Drava organized by the Danube Drava National Park	
	After the opening we are waiting the guests, visitors to the Szaporcai Cifraház where they can see the built results of the project.	
19.00	Dinner	
evening program until 22.00	International evening of the Hungarian team.	intercultural learning, presentation of the culture, dance, traditions, pieces of food
14. July 2019 - DAY 14		
	Breakfast	
AM	Follow up - how to use the results, new knowledge returning back to the homecountry?	conscious using the learnt skills in the future
	Building future partnership - in personal and organisational level	networking
	New project ideas	groupwork
	Lunch	
PM	Final evaluation of the youth exchange	written evaluation of the whole project
19.00	Dinner	
	Closure of the project Participants receive their Youthpass	
15. July 2019 - DAY 15 departure		
	Breakfast + make lunch packet	
AM	All the groups travel back from Szaporca to Budapest and their countries.	
PM		