## AGENDA

### Thursday, August 1
- **19:00** Welcome Dinner

### Friday, August 2
- **07:00** Yoga & Meditation
- **08:00** Breakfast
- **09:00** Opening ceremony
- **09:30** Workshop I: Team building exercise
- **11:00** Coffee break
- **11:30** Breakout session I: Happiness and Mental Health
  1. Nutrition and Mental Well Being - Max Planck Institute
  2. Stress Management - Shanghai Hub
  3. Mental Well Being & Organized Thinking - TUS Solution
- **12:30** Lunch
- **14:00** Panel discussion: Shapers Reflections
- **15:00** Interactive Session I: Fourth Industrial Revolution
  1. Future of Finance
  2. Future of Education
  3. Future of Humanity
- **16:00** Interactive Session II: Shapeathon Challenge
- **17:00** Shapers Naadam
- **19:00** Welcome Reception: Quiz night

### Saturday, August 3
- **07:00** Yoga & Meditation
- **08:00** Breakfast
- **09:00** Chinggis Khaanii Khuree Tour
- **10:00** WEF representative - "Why Global Shapers Community was created"
- **11:00** Airag Break
- **11:30** Breakout session II: Personal Development
  1. The Happy Entrepreneur- Designing Your Life - Boston Hub
  2. Overcoming Anxiety, Burnout and Depression - San Francisco Hub
- **12:30** Lunch (Khorkhog)
- **13:30** Climate Reality Special Session
- **16:30** UNCONFERENCE
- **17:30** Final Session: Pledge and Commitment
- **18:30** Free time
- **19:00** Entertainment: Bonfire and Traditional Tsam Dance

### Sunday, August 4
- **07:00** Hiking and Mindfulness
- **08:00** Breakfast
- **10:30** Arrive at Ulaanbaatar city
- **11:00** Check into a hotel
- **12:30** Lunch
- **14:00** Field Trip
  1. Sightseeing - Zaisan, Gandan, Local Bazaar
  2. Gobi Factory Tour
  3. Start-up tour
  4. Miracle land (Ид шидийн орон)
- **18:00** Farewell Party