

TRAINING PROGRAMME

Programme details:

Training programme title:	Beauty and health care
Training length:	2 weeks
Estimated period of implementation:	February/March 2021
Location of implementation:	Banská Bystrica, Slovakia
Number of participants:	8
Receiving institution:	Spojena školá Banská Bystrica, Slovakia
Sending institution:	Strukovna škola Đurđevac, Croatia

Time	Contents	Learning outcomes (Student can/is able to...)	Number of hours
Day 1 (Sunday)	Arrival to accomodation place		
Day 2 (Monday)	Welcome session and orientation walk around school Classrooms and workshops tour Safety at work	<ul style="list-style-type: none"> understand and apply health and safety regulations and measures 	2 hours
	Module 1: Introduction		
	Training Programme introduction: <ul style="list-style-type: none"> introduction of mentors getting to know the students training programme agenda and learning outcomes 	<ul style="list-style-type: none"> introduce himself/herself to the tutor understand learning outcomes which are going to be acquired during the training 	2 hours
	The basics of working with face care products The historical development of cosmetics	<ul style="list-style-type: none"> compare the cosmetic products which students in Croatia and Slovakia work with identify different products and recognize the differences between them understand how cosmetics progressed through history 	
	Module 2: Facial care		
Introduction to facial care: <ul style="list-style-type: none"> cleansing the face milk, cleansing foam, sterile solution tonic lotions the difference between natural and synthetic cleansers for face 	<ul style="list-style-type: none"> differentiate the facial care products apply different facial care products understand differences between natural and synthetic cleansers for face 	3 hours	
	Sum up of a working day and filling out of a practical work diary		1 hour

Module 3: Facial massage			
Day 3 (Tuesday)	Facial massage treatments: <ul style="list-style-type: none"> • selection of massage preparations • facial massage during treatment • facial massage in mature skin (lifting technique) • facial massage in problematic skin (lymphatic drainage) 	<ul style="list-style-type: none"> • use different massage products • apply movements with classic face massage • recognize the importance of movement when raising tones of mature skin • apply lymph drainage movements 	7 hours
	Sum up of a working day and filling out of a practical work diary		
Module 4: Special masks for face			
Day 4 (Wednesday)	Face masks preparation and application: <ul style="list-style-type: none"> • getting acquainted with different masks • mask application mode • application and removal of mask 	<ul style="list-style-type: none"> • prepare a special mask for a different skin type • use different methods when applying masks • use different methods when removing the mask 	7 hours
	Sum up of a working day and filling out of a practical work diary		
Module 5: Depilation			
Day 5 (Thursday)	Basic rules for depilation: <ul style="list-style-type: none"> • waxing with sugar paste • skin care before depilation • skin care after depilation 	<ul style="list-style-type: none"> • apply basic rules for depilation • prepare skin for depilation • carry out depilatory preparations 	7 hours
	Sum up of a working day and filling out of a practical work diary		
Module 6: Body massage and wellness methods			
Day 6 (Friday)	Massage techniques: <ul style="list-style-type: none"> • classical massage • massage with a strong stone • massage pindas • reflexotherapy massage • fango therapy 	<ul style="list-style-type: none"> • apply different massage movements • apply different massage tools • apply different ways of massage 	7 hours

	Sum up of a working day and filling out of a practical work diary	1 hour
Day 7 (Saturday)	Cultural programme	8 hours
Day 8 (Sunday)	Cultural programme	8 hours
Module 7: Foot care		
Day 9 (Monday)	Foot care treatments: <ul style="list-style-type: none"> • foot preparation • softening of the foot skin • nail treatment • foot peeling • foot massage • paraffin 	<ul style="list-style-type: none"> • prepare a foot care tool • prepare a foot for treatment • handle the nail • apply foot massage movements • apply the paraffin on the foot
		7 hours
	Sum up of a working day and filling out of a practical work diary	1 hour
Module 8: Anti-cellulite treatments		
Day 10 (Tuesday)	Anti-cellulite treatments: <ul style="list-style-type: none"> • anti-cellulite massage • maderotherapy • cellulite preparations • anti-cellulite treatments • anti-cellulite creams 	<ul style="list-style-type: none"> • identify cellulite as a skin problem • apply massage techniques in anti-cellulite massage • apply different tools in maderotherapy • use anti-cellulite treatments • recommend anti-cellulite creams
		7 hours
	Sum up of a working day and filling out of a practical work diary	1 hour
Module 9: Manicure and nail art		
Day 11 (Wednesday)	Manicure treatments: <ul style="list-style-type: none"> • preparing the nail • nail treatment • nail polish 	<ul style="list-style-type: none"> • soak the nail • apply the tool for nail treatment • use nail polish
		7 hours



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	<ul style="list-style-type: none"> nail art hand massage 	<ul style="list-style-type: none"> apply different nail decoration techniques 	
	Sum up of a working day and filling out of a practical work diary		1 hour
	Module 10: Make up		
Day 12 (Thursday)	The basics of make up: <ul style="list-style-type: none"> make-up accessories working place daily make up evening make up 	<ul style="list-style-type: none"> use a make-up tool prepare a working place use make-up for the daily purposes use make-up for the night/evening purposes 	7 hours
	Sum up of a working day and filling out of a practical work diary		1 hour
	Module 11: Correction and coloring of eyebrows and eyelashes		
Day 13 (Friday)	Eyebrows and eyelashes treatments: <ul style="list-style-type: none"> eyebrow correction coloring of eyebrows coloring of eyelashes 	<ul style="list-style-type: none"> use the eyebrow correction tool apply eyebrow color apply eyelash color 	6 hours
	Sum up of a working day and filling out of a practical work diary		1 hour
	Conclusion, evaluation and handing out of mobility certificates		1 hour
Day 14 (Saturday)	Departure		

Spojená škola
Školská 7
975 90 Banská Bystrica
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Ing. Ján Žuffa, headmaster