

 August 21-24th, 2024

Palanga Well-Tech Bootcamp Agenda

Day 1: Future of Wellness - August 21st

- 12:00- 13:00 Welcome: Drinks & Snacks @3o: Out Of Office
- 13:00- 13:20 Opening: Kickoff Remarks & Welcome speech
- 13:20- 14:00 Panel discussion: WellTech Innovators: Practical Tips from Industry Insiders
- 14:00- 15:00 Lunch break
- 15:00- 16:00 Elevator pitch & Get to know each other
- 16:00- 16:15 Onboarding & Reflection: What to Expect in the Coming Days
- 18:30- 22:00 Longevity Insights & Networking @ Duonos Fabrikas
 - 18:30-19:00 Sip & Socialize: Drinks & Snacks
 - 19:00- 19:30 Blueprints of Longevity: Insights from Blue Zones by Arturas Samulis
 - 19:30- 20:30 MasterClass: Interactive Networking
 - 20:30- 22:00 Networking continues

Day 2: Work Out Solutions - August 22nd

- 8:00- 8:45 Morning Stretch @ Beach (close to Havana Beach Bar, Meilės al. 24)
- 8:45- 9:30 Free time
- 9:30- 10:30 Breakfast & talks: Biggest Mistakes We've Made While Creating the Fastest Growing Brand in the Baltic States by Cannumo @3o: Out Of Office
- 10:30- 11:30 Pitch Perfect: Workshop
- 11:30- 15:00 Expert Exchange: Mentoring Sessions (+individual lunch break)
- 15:00- 15:30 Stretch & Reflect
- 15:30- 17:30 Team Synergy: Group Pitch Prep
- 18:30- 22:00 Networking Event @ OSIA beach bar
 - 18:30- 19:00 Sip & Socialize: Drinks & Snacks
 - 19:00- 21:00 Volley Vibes: Beach Volleyball Tournament
 - 21:00- 22:00 Evening Ease: Relax & Network

Day 3: Final Celebration Breeze - August 23rd

- 8:00- 8:45 Morning Stretch @ Rotonda (Birutes Park)
- 8:45- 9:30 Free time
- 9:30- 10:30 Breakfast & talks: Passion-Driven Impact: Unleashing Your True Potential @3o: Out Of Office
- 10:30- 12:30 Pitch Perfect: Pitch training
- 12:30- 15:30 Mentorship Sessions With Investors & Potential partners (+individual lunch break)
- 15:30- 16:00 Pitch Refinement: Rehearse / Prepare Startup Expo Zone
- 16:00- 16:30 Preparation for Startup Expo Zone continues
- 16:30- 17:00 Palanga WellTech Bootcamp Gathering: Doors Open @Kablys + Jūra
- 17:00- 17:10 Event Kickoff
- 17:10- 17:30 Keynote: "What does it mean to be a CEO?" by Dalius Misiunas
- 17:30- 18:30 Pitch Battle
- 18:30- 19:00 Jury Decision Time / Break
- 19:00- 19:10 Awards Ceremony
- 19:10- 22:00 Mingle Magic: Networking & DJ

Day 4: Relax & Reflect - August 24th (Participants-only)

- 11:00- 13:00 Rise and Shine: Last Breakfast Together @Vila Šilelis