







Important numbers in Poland:

Project coordinator, Monika: +48 502 580 128 Hotel; +48 32 606 84 84

General emergency number: 112
Ambulance: 999
Fire brigade: 998
Police: 997

Zespół Szkół Technicznych nr1 41-506 Chorzów ul. Sportowa 23 Poland









learning/teaching/training activities: short term exchange of groups of pupils

within the project "SHS: sporty, healthy, safe"

Programme: Erasmus+

Action: Strategic Partnerships

Project Nr: 2017-1-PL01-KA219-038662

Place: Zespół Szkół Technicznych nr 1, ul. Sportowa 23,

41-506 Chorzów, Poland

Date: 11-17 April 2018











Day 1 Wednesday: 11 April 2018

- Departure of the Italian and Romanian group
- 19.00 dinner
- 19.30-21.00 integration meeting (games: charades, puzzles on time, taboo, quizes (in mixed international groups)

Day 2 Thursday: 12 April 2018

- 6.30-10.00 breakfast at the hotel
- 10.00 11.30 welcome meeting at school
 - familiarization with the host school and city (presentation of the hosting school, Chorzów city & Polish educational system)
 - familiarization with the partners' schools
- 11.30 13.00 project seminar and cook workshops about prevention of type B diabetes and obesity within School Week of Preventive Awareness
- 13.00 lunch
- 14.00 15.00 workshops on addiction within School Week of Preventive Awareness
- 17.00 18.30 zumba and aerobics in the hotel gym
- 19.00 dinner

Day 3 Friday: 13 April 2018

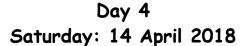
- 6.30 10.00 breakfast at the hotel
- 10.00 13.00 international sport competitions at school (integrative games that develop motor skills): volleyball, football, basketball, badminton, table tennis, etc.
- 13.00 dinner (traditional regional meal)
- 14.00 16.00 project workshops (students in groups: 12 groups x 3 students) create a perfect PE class
- 16.00 17.00 Project seminar "The European Code Against Cancer" within School Week of Preventive Awareness
- 18.00 18.30 festival of colours as a form of relaxation
- 19.00 dinner











- 6.30 10.00 breakfast at the hotel
- 8.30 15.00 a cultural trip to Auschwitz with an English speaking guide
- 16.00 17.30 project workshop and seminar: "Sport without injury" -How to be physically active and not to get injured.
- 19.00 dinner

Day 5 Sunday: 15 April 2018

- 6.30 10.00 breakfast at the hotel
- 9.00 17.00 a cultural trip to Kraków with an English speaking guide
- 18.00 19.00 project workshops: making a list of topics to discuss connected with sport, as well as forms of communication (in mixed international groups)
- 19.00 dinner

Day 6 Monday: 16 April 2018

- 6.30-10.00 breakfast at the hotel
- 10.00-11.30 Free Style Park sport activities
- 12.00-13.30 "Only a team wins" A sports psychology lecture and workshops about team integration on the example of sports teams
- 13.30 lunch
- 14.30 17.00 summary and evaluation meeting
 - quiz about Poland
 - discussing the created products and reached results
 - brainstorming: "What we what to do more" (students proposals connected with the project goals)
- 19.00 dinner + good by e meeting (diplomas, prizes and good by e kisses)
- Photo booth ;-)

Day 7 Tuesday: 17 April 2018

- 6.30-10.00 breakfast at the hotel
- Departure of the groups