

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

Agenda of the 1st project meeting (C1)

**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. Sportowa23,
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, quizzes (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

Day 4**Saturday: 14 April 2018**

- 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 bye meeting (diplomas, prizes and good bye kisses)
- Photo booth ;-)

Day 7**Tuesday: 17 April 2018**

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