

**Programme for the visit of Icelandic guests
in Wrocław 2.-7. November 2015**



Monday 2.11.2015.	
4 ⁴⁰	Arrival of guests in Wrocław ☺
10 ⁰⁰ -11 ⁴⁵	Meeting at school. Welcoming of guests by the school principal, presentations on Poland and Iceland, a tour round the school, questionnaires
12 ⁰⁰ – 13 ³⁰	Visiting Sky Tower, lunch
14 ⁰⁰	Meeting at the New City Hall. Visiting of Wrocław City Council Session Hall. Meeting with the City Council representative
Tuesday 3.11.2015.	
8 ¹⁵ -10 ⁰⁵	Meeting at school: learning of Polish dance Polonez; relaxing exercises
11 ⁰⁰ – 12 ³⁰	Visiting of the University (Leo poldine Hall, Oratorium Marianum, Maths Tower, meeting with the rector prof. Adam Jezierski,
13 ⁰⁰	Lunch in Pierogarnia Stary Młyn
14 ⁰⁰ -15 ³⁰	City sightseeing: Old Town, Cathedral Island
Wednesday 4.11.2015.	
7 ⁵⁰ - 9 ³⁰	Workshop on First Aid
9 ⁴⁵ -10 ⁰⁵	Self- Brest Examination (only for girls)
10 ¹⁵ -13 ⁰⁰	Art activities (logo competition, creating posters) Project activities: presentation on mindfulness approach to stress and attention training
13 ⁰⁰	Lunch at school
14 ⁰⁰ -14 ⁵⁰	Basketball match
Thursday 5.11.2015.	
7 ³⁰ - 18 ⁰⁰	A trip to the National Park Góry Stołowe.
Friday 6.11.2015.	
10 ⁰⁰ - 12 ⁰⁰	Bielany Wrocławskie Workshops: Healthy cooking event/ Cooking classes with food tasting Fitness/ Dancing Evaluation of the meeting
Saturday 7.11.2015.	
5 ⁴⁵	Meeting at the bus station
6 ⁰⁰	Departure of guests ☹