

**Programme for the visit of Icelandic guests
in Wrocław 14-21. October 2016**



Friday, 14.10.2016	16 ⁰⁰ -17 ⁰⁰ Meeting at the bus station. Arrival of guests in Wrocław ☺
Saturday, 15.10.2016 Friday 14.10.2016, Saturday 15.10.2016	Day spent with partners
Sunday, 16.10.2016	7 ¹⁵ Meeting at school. 7 ³⁰ – 18 ³⁰ A trip to the National Park of Karkonosze or Góry Stołowe.
Monday, 17.10.2016	9 ⁰⁰ Meeting at school. Welcoming of guests by the school principal, presentations on Poland and Iceland 11 ¹⁰ -11 ⁵⁵ Learning of Polish dance Polonez 12 ³⁰ -13 ¹⁵ Project activities: presentation on mindfulness approach to stress and attention training, a tour round the school, questionnaires Lunch at school 15 ⁰⁰ Visiting Sky Tower
Tuesday 18.10.2016	9 ⁰⁰ - 10 ³⁰ City sightseeing: Cathedral Island, Old Town 11 ⁴⁵ -12 ³⁰ Visiting of the University (Leopoldine Hall, Oratorium Marianum, Maths Tower, meeting with the rector prof. Adam Jezierski, Lunch 14 ³⁰ -17 ⁰⁰ Visiting of Japanese Garden and zoo
Wednesday 19.10.2016.	8 ⁰⁰ - 10 ⁰⁰ Meeting at school. Art activities 11 ⁰⁰ - 15 ³⁰ Bielany Wrocławskie Workshops: Healthy cooking event/ Cooking classes with food tasting Fitness/ Dancing
Thursday 20.10.2016	8 ¹⁵ -10 ³⁰ Visiting Humanitarium. Workshop lunch 13 ⁰⁰ -16 ⁰⁰ Visiting Hydropolis Evaluation of the meeting
Friday, 21.10.2016	6 ³⁰ Meeting at the bus station Departure of guests ☹

