

Erasmus Teaching Programme Summer semester 2024/2025

		7	8	9	10	11	12	13	14	15	16	17	18	19	20
MONDAY				Excursions: Speleotherapy and recreation in the Underground Health Resort of Wieliczka Salt Mine from 11:30 till 7 p.m. (10h) 31/03/2025											
TUESDAY						MEETING WITH ERASMUS COORDINATORS-25/02/2025 FROM at noon at Council Room Nordic walking - outdoor activities (14h) from 01/04/2025	Excursions: Speleotherapy and recreation in the Underground Health Resort of Wieliczka Salt Mine: from 11:30 a.m. till 7 p.m. (10h) 11/03/2025 Polish Language and Culture - time to be established with teacher (2x) 04/03/2025 and 18/03/2025 Basic of survival and Bushcraft - term to be established with teacher 2x)								
WEDNESDAY															
THURSDAY					Theory and teaching methodology of football (20h) Football pitch -from 20/02/2025		Relaxation Methods (20h) 101LA -light athletic stadium room 101LA- from 27/02/2025		Sensomotoric training (20h) 101LA-from 20/02/2025		The basics of classical massage (20h) room 1205 DS3 student dormitory no 3- from 20/02/2025		Some Forms and Methods of Strength Training siłownia-body building from 20/02/2025 (20h)		
FRIDAY					Polish Language and Culture 28.02.2025 room 215IV / Basic of survival and Bushcraft room 215IV from 07/03/2025r		Nordic walking: Excursion to Wolski Forest (6h) - from 11:00 till 15:30,16/05/2025								
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