

Erasmus Teaching Programme Summer semester 2023/2024

	7	8	9	10	11	12	13	14	15	16	17	18	19	20
MONDAY														
TUESDAY					Excursions: Polish Language and Culture - term to be established with teacher (2x) Basic of survival and Bushcraft - term to be established with teacher (1x)				Theory and teaching methodology of volleyball (15h) 2/3 hali HGS					
WEDNESDAY				Polish Language and Culture 06.03.2024 room A / 13.03.2024 ERASMUS DAY From 20.03.2024 Basic of survival and Bushcraft room A- 20/03/2024r		Nordic walking - outdoor activities (10h)			Theory and teaching methodology of football (20h) Football pitch			Some Forms and Methods of Strenght Training siłownia-body buiding (20h)		
THURSDAY							Relaxation Methods 101LA -light athletic stadium room 101LA (20h)			The basics of classical massage (20h) room 36 (pawilon socjalny)-next to the student canteen				
FRIDAY				Excursions: Speleotherapy and recreation in the Underground Health Resort of Wieliczka Salt Mine - term to be established with teacher (20h) (2x) Nordic walking: Excursion to Wolski Forest (5h) - term to be established with teacher										
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