

# Erasmus Teaching Programme winter semester 2023/2024

|           | 8 | 9 | 10                                                                                              | 11                                                                                                                                       | 12                                                                                                      | 13 | 14                                                                                                                                                     | 15 | 16                                                                                       | 17                                                                        | 18                                                                       | 19 | 20 |
|-----------|---|---|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------|----|----|
| MONDAY    |   |   | Winter trekking 2h -<br>term to be confirmed<br>with teacher<br>room H Sport Hall<br>Jordanówka | Winter trekking - outdoor classes - 15/01/2024                                                                                           |                                                                                                         |    |                                                                                                                                                        |    |                                                                                          |                                                                           |                                                                          |    |    |
| TUESDAY   |   |   | Polish language and<br>culture 2h 10/10/2023.<br>room 105 LA-stadium                            | Winter trekking - outdoor classes - 16/01/2024<br><br>Active TourismTourism 10hours -outdoor classes term to be established with teacher |                                                                                                         |    |                                                                                                                                                        |    |                                                                                          |                                                                           |                                                                          |    |    |
| WEDNESDAY |   |   |                                                                                                 |                                                                                                                                          |                                                                                                         |    | *Spa and water Recreation (20hours)<br>107 bud. basenu (swimming pool) 12.30<br>p.m. - 1,15 p.m. From 11.10.2023 -<br>information was sent to students |    | Indoor<br>climbing (15hours)<br><br>climbing wall (SG2)<br>Sport Hall from<br>18.10.2023 |                                                                           | Popular recreation<br>Games (15Hours)<br>1/3 hali HGS<br>from 08/11/2023 |    |    |
| THURSDAY  |   |   | Kinesiology (20hours)<br>sala I-room I Sport Hall<br>Jordanówka from<br>12.10.2023              |                                                                                                                                          | Special<br>Techniques in Sports<br>Medicine (20hours)<br>32 klubowa room next<br>to the student canteen |    | Table tennis (20hours)<br>hala w bud. TENIS -Tennis Hall-<br>from 12.10.2023                                                                           |    |                                                                                          | Badminton (20hours)<br>sport hall LA1-Sniadeckich 12b-<br>from 12.10.2023 |                                                                          |    |    |
| FRIDAY    |   |   | Human Nutrion and Health<br>Promotion 20hours from<br>20/10/2023<br>room 216 pavilion II        |                                                                                                                                          | Active Tourism<br>10hours from<br>10/11/2023<br>sala E-room E main<br>building                          |    | Calisthenics (15hours)<br>from 20/10/2023<br>SG1                                                                                                       |    |                                                                                          |                                                                           |                                                                          |    |    |
|           | 8 | 9 | 10                                                                                              | 11                                                                                                                                       | 12                                                                                                      | 13 | 14                                                                                                                                                     | 15 | 16                                                                                       | 17                                                                        | 18                                                                       | 19 | 20 |

**Polish language and culture -excursions - term:**  
13.10.2023r (Friday) - 9 a.m. - 3 p.m.  
17.10.2023r (Tuesday) - hours to be established with teacher