

NUTRITION POLAND 13.03.2016-19.03.2016

Lesson	Monday 14.03.2016	Tuesday 15.03.2016	Wednesday 16.03.2016	Thursday 17.03.2016	Friday 18.03.2016
1.	8.30 Hot welcome to our school ☺	8.00 – we leave for Cracow	8.00-8.45 –project work Lessons biology chemistry	Lekcja Chemii	Project work –activities at school
2.	9.15-10.00 School visit	9.00 -17.00 visiting Cracow	9.30 zbiórka i wyjazd do Auschwitz Program zwiedzania od godziny 11.00- 14.30	Lekcja Fizyki	Project work –activities at school
3.	10.00-10.35Coffee Break	Cracow guided tour	Auschwitz –guided tour	10.00 A trip to Podlesice – climbing rocks activity with a professional instructor	Project work –activities at school
4.	Project work- integration activities and school presentations	Cracow 11.00 <i>Coffee break</i>	Auschwitz - guided tour	11.00 coffee break	Project work –activities at school
5.	Project work- integration activities and school presentations	Cracow guided tour	Auschwitz - guided tour	Podlesice tour and sports activities	Project work – activities at home
6.	12.20-13.00 <i>LUNCH</i> at school	Cracow guided tour	Auschwitz - guided tour	Podlesice tour and sports activities	Project work – activities at home
7.	13.00- Pogoria3 i 4 Lakes-walk	Cracow guided tour	Lunch – 15.30 BIDA restaurant Olkusz (on the way home)	Podlesice tour and sports activities	Project work – activities at home
8.	Pogoria3 i 4 walk	Cracow 15.30 <i>LUNCH</i>	Lunch – 15.30 BIDA restaurant Olkusz (on the way home)	15.00LUNCH in Podlesice	Project work – activities at home
9.	15.30 <i>Coffee break</i>	Cracow guided tour	16.30-17.00 return	16.00 return	16.00-17.30Final meeting with parents and press-summary of the actions, presentations of achievements.
10.	16.00 return	17.00 return			Final meeting
11.					Final meeting
12.	18.00 Dinner for guests Astra Restaurant	Teachers supper at the Pogoria Residence hotel 20.00	Teachers supper at the Pogoria Residence hotel 20.00		19.00Farewell Dinner Astra Restaurant