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**C-6 (SELF-MANAGERS)**

**LTT Activities in IX Liceum Ogólnokształcące im. W. Szymborskiej w Sosnowcu**

2020-1-PL01-KA229-082145

helPing and Learning wiThout borderS

**05 - 09.12.2022.**

**MOTTO: LEARNING IS ABOUT TAKING RESPONSIBILITY FOR WHAT YOU ARE DOING. THINK FURTHER THAN TOMORROW.**

| **SATURDAY**  |
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| **23.30** flight LH1362 | 3 teachers and 5 students land from Madeira - Katowice Airport  |
| **11:05** flight FR6356 | 2 teachers and 4 students land from Spain -Kraków Balice Airport |
| **SUNDAY**  |
| **18:00** flight AY1165 | 2 teachers and 4 students land from Finland - Kraków Balice Airport  |
| **11:05** flight FR6331 | 2 teachers and 3 students land from Greece - Kraków Balice Airport  |
| **21:40** flight FR 6233 | 2 teachers and 5 students land from Italy - Kraków Balice Airport |
| **MONDAY** **5.12.** |
| **9:00 - 9:20** | Official welcome at school by the school Principal. |
| **9:30 - 10:30** | Integration workshops for students.Teachers - tour around the school. |
| **10:40- 11:40**  | Presentation of the PLTS Posters on What it means to be a Self-Manager: Golden Rules and Learnish Expressions, followed by a Teamwork (Cooperative Learning) - students in mixed teams discuss and write down the practical examples of being a self-manager in the area of: emotions, time, energy, and space. Final product - posters.  |
| **12:10- 12:45** | Lunch at school - all the project students. |
|  | Afternoon spent with host families. |
| **TUESDAY****6.12.**  |
| **9:00 -10:15** | Practical workshops on being a self-manager with the school psychologist - mindfulness, managing stress in everyday life situations for students. |
| **10:30 -10:50** | Tea time. |
| **11:00** | Departure for Osikowa Dolina |
| **12:00-14:30**  | Creativity Workshops in Osikowa Dolina - making a Christmas tree from the regional wood. Learning about the culture of the region.  |
| **15:00 -16:00** | Lunch |
| **17:00-18:00** | Museum Education. Visiting Silesian Museum in Katowice with Polish students as tour guides - learning about the history of the region.  |
|  | Evening with the host families.  |
| **WEDNESDAY****7.12.** |
| **7:00 - 20:00** | Outdoor education. Experiencing the culture of the region. Learning about Polish history. All day trip to Wieliczka Salt Mine and Kraków with English speaking guides. Lunch in Kraków.  |
| **THURSDAY** **8.12.** |
| **7:30 - 12:30** | Educational visit to Auschwitz Concentration Camp with a tour guide. Reflection time and discussion- What a place like Auschwitz can teach us today. |
| **12:50 -13:30** | Lunch at school. |
| **13:30 - 15:15** | How Does Air Pollution Affect Our Lifestyle, Health, The Ability To Learn, Climate And Nature? Chemistry workshops - examining water, soil and air.  |
| **FRIDAY****9.12.** |
| **9:00 - 10:35** | Festival of Six Cultures - each partner presents a national song and/or a dance, representing the country’s culture.  |
| **10:45-11:30** | Preparing Donation Stands. |
| **11:30 -11:50** | Collecting money for people in need for Christmas.  |
| **11:50 -12:35** | Take Action - How Can I Take Care Of Fresh Air In My Town?- students work in six international teams. Each team develops a presentation that informs one of the partner schools’ local community about the air situation in their region.  |
| **12:35-12:55** | Collecting money for people in need for Christmas.  |
| **13:00-13:30** | Lunch at school. |
| **13:50-14:35** | Farewell ceremony. Certificates. Open mike. |
|  | Free afternoon with the host families. |
| **19:30 -21:20** | Educational visit to one of the most modern concert halls in Europe - NOSPR, Katowice . Experiencing supranational culture of Europe through music. - Lawrence Foster (conductor)/ Peter Jablonski (piano), Grażyna Bacewicz, Piano Concerto, Program: Carl Maria von Weber, Overture to “Der Freischutz” [The Freeshooter] , Hector Berlioz “Romeo et Juliette”, dramatic symphony, Op.17 (selection).  |
| **SATURDAY**  |
| **8:45** | Finnish team leaves from Kraków-Balice airport. Departure from Sosnowiec at 5:30 a.m. Flight AY1162. |
| **11:30** | Spanish team leaves from Kraków-Balice airport. Departure from Sosnowiec at 8:00 a.m. Flight FR6355 . |
| **SUNDAY**  |
| **6:25** | Madeiran team leaves from Katowice airport. Departure from Sosnowiec at 4:00 a.m. Flight LH1363. |
| **11:30**  | Greek team leaves from Kraków-Balice airport. Departure from Sosnowiec at 8:00 a.m. Flight FR6328. |
| **16:30**  | Italian team leaves from Kraków-Balice airport. Departure from Sosnowiec in a mini-bus at 12:45 Flight FR6232. |

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