





# "HEALTHY STEPS TO BETTER FUTURE" 2018-1-PL01-KA229-O50642\_1 LTT - C5 Programme of the virtual mobility to Poland- 26th-29th April 2021

# Monday, 26th April

**√ 9.00 - 10.30** - Welcome meeting and the Easter presentations of the delegations (please have the presentations ready , if you want you can send it to me I will share it on my screen)

At the end of the meeting we will have short (about 5-10min) physical exercise session (easy and safe)-"Exercise with Sylwia"

Link: https://meet.google.com/fwv-zysi-wqe

✓ 11.00-12.30-"The History and Tradition of Easter Eggs decorating" - film and decorating the Easter Eggs together (students prepare hard boil eggs and paints or markers)

Link: https://meet.google.com/kfc-ntac-gpp

✓ In the afternoon: The trip through Częstochowa and The Jasna Góra Monastery (some info from the films can be used in the Wednesday Quiz)

1. https://www.youtube.com/watch?v=IOLTS63Pksw&t=28s

- 2. <a href="https://www.youtube.com/watch?v=AvJvMon94i4&list=WL&index=17&t=11">https://www.youtube.com/watch?v=AvJvMon94i4&list=WL&index=17&t=11</a>
- 3. <a href="https://www.youtube.com/watch?v=VndYMCGq2Rg&list=WL&index=18&t=19s">https://www.youtube.com/watch?v=VndYMCGq2Rg&list=WL&index=18&t=19s</a>

## Tuesday, 27th April

✓ 9.00- 10:30 - Working and enjoying Canva - workshop for teachers with certificates

Canva 9 am-teachers

Link: https://meet.google.com/kyv-mojw-dgk

**√10:45-12:15-** Meeting with the professional athlete

We have two guests

- 1. Michał Zarębski the Poland champion in nordic walking <a href="https://www.facebook.com/JestLepiej/">https://www.facebook.com/JestLepiej/</a>
- 2. Jakub Jelonek 2x olimpic athlete the race walker https://en.wikipedia.org/wiki/Jakub Jelonek

Please have your delegation to prepare one or two questions

Meeting sportsmen- 10.45 am

<u>Link: https://meet.google.com/fre-iinb-pia</u>

✓ 12:20- 13:35 -1st group work - CANVA- International Tournament students should think of typical national sports or sport activities of their country- and they will work on the program of the International sports day)

Group 1: https://meet.google.com/hft-xjio-sbd

Group 2: https://meet.google.com/eii-ffdf-vkv

Group 3: https://meet.google.com/nzu-zdnb-nxe

Group 4: https://meet.google.com/rfy-zdow-zfb

**Group 5: https://meet.google.com/xck-xabf-tnm** 

Group 6: https://meet.google.com/bnd-buie-ovx

### Wednesday, 28th April

√ 9.30- 11.00 2nd group work -CANVA- International Easter recipe

Group 1: https://meet.google.com/hft-xjio-sbd

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Group 3: https://meet.google.com/nzu-zdnb-nxe Group 4: https://meet.google.com/rfy-zdow-zfb

Group 5: https://meet.google.com/xck-xabf-tnm

Group 6: https://meet.google.com/bnd-buie-ovx

√ 11.30-12.30- International Easter and Culture Quiz and "Exercise with Sylwia"

Link to the meeting: https://meet.google.com/tte-pwvh-dah

<u>Trip Aroud Poland - Kraków, Auschwitz and Warsaw</u> https://www.youtube.com/watch?v=blg6CY4iYXI

√18.00-19.00 International gathering (students who can- at least few from every country- prepare a an egg dish )

LINK: https://meet.google.com/mtf-vjza-hff

## Thursday, 29th April

✓ 9.00-10.30- 3rd group work- CANVA - Polish mobility board game

Group 1:: https://meet.google.com/hft-xjio-sbd

Group 2: https://meet.google.com/eii-ffdf-vkv

Group 3: https://meet.google.com/nzu-zdnb-nxe

Group 4: https://meet.google.com/rfy-zdow-zfb

**Group 5: https://meet.google.com/xck-xabf-tnm** 

### Group 6: https://meet.google.com/bnd-buie-ovx

Also today students must add everything to PADLET

√ <a href="https://padlet.com/magdas051978/m8ybluyzinean6ym">https://padlet.com/magdas051978/m8ybluyzinean6ym</a>

**11.30-13.00** Goodbye meeting ( premiere of Pass the Ball Challenge film and the evaluation ) "Exercise with Sylwia"

✓ Link do rozmowy wideo: https://meet.google.com/xri-nvsv-fvs