

MONDAY
20/05/2024**Teaching and non-teaching staff**

- 9:00-9:20** Registration- all participants
- 9:20-10:00** Welcome Speech and presentation- short oral presentation of the participant (no need to prepare power-point presentation)
- 10:00-11:00** International café: time to taste participants souvenirs and food
- 11:00-12:00** Team building game
- Ice-breaking activities: knowing the participants (present yourself, home university and a bit of your country: traditional food, music, small souvenirs to share with other participants)
- 12:00-12:20** Group photo
- 12:20-13:00** Campus tour at LUT
- 13:00-15:00** Lunch covered by LUT
- 15:00-16:00** Collecting scholarships in the bank

TUESDAY
21/05/2024**Teaching staff**

- 8:00-09:30** Kick-boxing demonstration training
- 09:30-12:30** Football tournament
- 12:30-14:00** Lunch break
- 14:00-14:30** Presentation of LUT's disciplines and sport activities
- 14:30-16:00** Erasmus+ student presentations about national sports

WEDNESDAY
22/05/2024**Teaching staff**

- 8:00-09:30** LUK presentation (Lublin men's volleyball team from the Polish Plus League) /warm-up training with a LUK player
- 09:30-12:30** Beach volleyball tournament
- 12:30-15:30** Lunch break
- 15:30-17:00** Fitness
- 17:00-18.30** Floorball demonstration traininge
- 18.30-20.00** Table tennis demonstration led by training robot

THURSDAY
23/05/2024**Teaching staff**

- 9:00-11:00** Aeorodynamic tunnel demonstration with a visit of Motor Lublin raider of national polish speedway team
- 11:00-15:30** Sports activities- to be determined

FRIDAY
24/05/2024

- 09:00-11:00** Final session: Visit in the Centre of Physical Education and Sport to collect certificates.

