



ALL DISEASE BEGINS IN THE GUT

Project number: 2019-1-PL01-KA229-064917

KA2 – Cooperation for Innovation and the Exchange of Good Practices

KA229–School Exchange Partnerships

6th LTTA “Probiotics in Poland” in Poznań, Poland

Meeting Programme

Monday 20.06.2022.

- 09.30. Welcoming ceremony at school. Icebreaking activities. Visiting the school facilities
- 11.00. Presentation of the topic: Probiotics in Poland. Tasks in international groups – myths and facts about probiotics; presentations and degustation of the Polish food rich in probiotics
- 12.30. Work in international teams – “How much do you know about Poland and Poznań?”
- 13.30. Lunch at the school canteen
- 14.30. A walk to the biggest city park Cytadela, national historic monument. A hunting game for students, rest and socializing
- 17.00. Walking tour around the city Old Market Square with a guide; Midsummer market “Jarmark Świętojański”
- 19.30. Dinner
- Free evening activities - teambuilding, socializing

Tuesday 21.06.2022.

- 9.00. Culinary workshops in international groups at school– preparing your own Polish pickles
- 10.30. A tour to the city: Adam Mickiewicz Square, Royal Castle, Liberty Square
- 12.00. A city landmark – Poznań goats at the tower of the City hall
- 12.30. Poznań Croissant Museum – local registered pastry
- 13.30. Lunch at the Old Market Square
- 15.30. Ostrów Tumski island, visiting the cathedral
- 16.00. “Porta Posnania” ICHOT interactive museum of Polish national heritage
- 17.30. Walk by the recreational centre Malta Lake.
- 19.00. International Bowling Game in Posnania Mall for students
- Free evening activities - teambuilding, socializing

Wednesday 22.06.2022.

- 8.00. All day trip by bus - visiting WROCLAW city + packed lunch
- 11.00. "Panorama Racławicka" museum; monumental panorama painting
- 12.00. Sightseeing Wrocław, medieval market square; hunting game – finding dwarfs
- 14.00. "Hydropolis" museum of water
- 16.00. Lunch and shopping
- 18.00. Returning to Poznań
- 20.00. Dinner at the hotel

Thursday 23.06.2022.

- 8.30. A trip to Turek town.
- 10.00. An educational visit to a dairy factory "Turek cheese"
- 11.00. ITM – an educational visit to the Institute of Microbiological Technology in Turek
- 12.30. Meeting at the institute of Probiotics "ProBiotics Polska" in Bratuszyn ; lecture, presentations
- 14.00. Lunch
- 16.30. Bonfire – meeting with the headmaster; socializing, national dancing, singing international songs, integration activities in "Wigwam Jankowo" + barbeque offered by the host school

Friday 24.06.2022.

- 09.00. Art workshop for students
- 11.00. Closing ceremony of the mobility combined with the final day at school ceremony; certificates, local press and tv, summary of the whole project; evaluation; dissemination
- 13.30. Lunch at school canteen
- 16.30. A visit to the city centre, shopping, Półwiejska Street, "Stary Browar" shopping centre
- 18.00. Free evening activities by the Warta River- dinner; sightseeing, teambuilding, socializing

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Dyrektor Szkoły

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Headmaster of the school

Remark: The schedule might be prone to some changes, due to waiting times in the museum, transport situations or some other organizational circumstances so slight changes to the schedule should be therefore taken into consideration.