**Lublin University of Technology**

**XVII International Sport and Well-being Erasmus+ Week**

**20-24 May 2024**

**Monday (20/05/2024) Library, Room No. 302 (Rusty Building)**

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| 9:00-9:20 | Registration of participants |
| 9:20-10:00 | Welcome Speech and presentation of Lublin University of Technology, conditions of grant fulfillment (for participants from KA171 project) |
| 10:00-11:00 | Short oral presentations of participants (no need to prepare power-point presentations) |
| 11:00-12:00 | International café: tasting participants traditional food, sharing souvenirs/promotional materials |
| 12:00-12:20 | Group photo (in front of Rusty Building) |
| 12:20-13:00 | Campus tour at Lublin University of Technology  |
| 13:00-14:30 | Lunch covered by LUT (LanczoMania, restaurant part, Nadbystrzycka 40A street) |
| 14:30-16:00 | Collecting scholarships in the bank (by Erasmus+ KA171 participants) |

**Tuesday (21/05/2024) Sport Center**

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| 9:00-12:00 | Beach volleyball demonstration and tournament (Sport Center hall, room No. 23) |
| 12:00-12:30 | Coffee break (room No. 129) |
| 12:30-14:00 | Kick-boxing demonstration training (room No. 128) |
| 14:00-15:00 | Presentation of LUT’s disciplines and sport activities (room No. 129) |
|  | Blood donation in Lublin |
|  | Well-being opportunities in LUT |
| 15:00-16:30 | Lunch breakThe nearest restaurants: LanczoMania canteen, Koper Włoski restaurant-european cuisine (Nadbystrzycka 25 street), Chata-traditional polish food (Nadbystrzycka 16 street) |
| 17:00-18:30 | Athletic training – meeting in front of Sport Center (we will end in Athletics stadium – Piłsudskiego 22 Avenue, Lublin).  |

**Wednesday (22/05/2024) Sport Center**

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| 9:30-12:30 | Football tournament (Orlik outdoor playing field or sport center hall, room No. 23 (in case of rain) |
| 12:30-13:30 | Lunch breakThe nearest restaurants: LanczoMania canteen, Koper Włoski restaurant-european cuisine (Nadbystrzycka 25 street), Chata-traditional polish food (Nadbystrzycka 16 street) |
| 13:30-15:30 | Bridge demonstration (main hall at Mechanical Engineering Faculty, ground floor) |
| 16:00-17:00 | Fitness training (room No. 135) |
| 17:00-18:30 | Floorball demonstration training (Sport Center hall, room No. 23) |
| 18:30-20:00 | Table tennis demonstration led by training robot (Sport Center, room No. 128) |

**Thursday (23/05/2024)**

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| 10:00-12:00 | Aerodynamic tunnel demonstration (Rusty Building, room No. 121/122) |
| 12:00-14:00 | Zemborzycki Lake walking tour (in case of good weather) |
| 14:00-16:00 | Lunch break (We suggest to visit Może Restaurant, Żeglarska 5A) |

**Friday (24/05/2024) Library, Room No. 302 (Rusty Building)**

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| 9:00-11:00 | Final session and evaluation. Certificate ceremony |