

**Sample NEW YEAR'S EVE BREAK
Program at Royal Wilanów - DECEMBER 2025
Days: 29 - 31.12.2025
Hours: 09:00 AM - 5:00 PM**

09:00 - 09:45 Integration + Second Breakfast (+ warming Kakao)
09:45 - 11:00 What it is „MIND MAP”? What is my dream?
11:00 - 11:30 How to make my purpose and dream come true?
11:30 - 13:00 Winter Cooking Workshops
13:00 - 14:30 Lunch
14:30 - 15:30 Workshops (sports)
15:30 - 17:00 Workshops VISION BOARD (Creating my own Vision BOARD for all year)

Artistic Activities:

Artistic Classes 1 - Drawing, painting, photography, comics, design

Artistic Classes 2 - Music (instruments), dance, singing, acting, karaoke, conducting

Artistic Classes 3 - Cinema, confectionery, reading books, meetings with interesting people

Word Activities - Writing books, keeping a journal, creating comics

Language Classes - Games and activities conducted in English, French, and Spanish

Concentration and Breathing Classes - Yoga, meditation, breathing, concentration

Psychological Classes - Emotional awareness

Sports Classes - Football, ARTIS gym, personal training sessions, basketball, volleyball

Logic Classes - Dixit, puzzles prepared by the team of Instructors, team games based on solving tasks, illusions, math riddles, historical riddles.

Types of Activities within the NEW YEAR'S EVE BREAK WORKSHOPS at Royal Wilanów:
(WEDNESDAY, THURSDAY, FRIDAY from 09:00 to 17:00)

- Physical activities and sports training
- Cook with us
- Breakfast workshops - how to prepare a healthy meal?
- Artistic animations with singing, dancing, instruments, conducting, production
- Language games (English and Spanish)
- Clothing design course
- Workshops in painting, comics, animation
- Dubbing workshops
- Acting, music, and dance classes
- Workshops on emotional awareness
- Meetings with interesting professions
- Photography workshops
- Educational and integrative games and activities

- Relaxation techniques + breathing
- Yoga + meditation
- Meetings with a psychologist
- Medical care
- Team games
- Puzzles
- Math riddles
- Historical information
- Solving riddles (logic)
- Illusion
- Singing Christmas carols
- Cooking holiday dishes
- Making Christmas decorations
- Designing a **Mind Map**
- Discussing the path to achieving goals and dreams
- Creating a Vision Board

During the New Year's workshops, each participant will create their own **vision board**. We will discuss ways to achieve goals and dreams.

How can we choose the right tools to make our dreams come true?

How can we stay focused?

How do we choose a goal?

And how can we maintain concentration on our goals?

All of this will help our participants — both the youngest and the older ones — learn how to make their **New Year's dreams** come true.