

**Sample WINTER CAMP  
Program at Royal Wilanów  
Days: MONDAY - FRIDAY  
Hours: 09:00 AM - 05:00 PM**

09:00 - 10:00 Integration + II BREAKFAST  
10:00 - 10:30 Breathing Exercises + Concentration  
10:30 - 11:00 **LOGIC CLASSES** (strengthening the nervous system - puzzles, logical games)  
11:00 - 13:00 Workshops (depends on term, below list)  
13:00 - 14:00 Lunch  
14:00 - 15:00 Workshops (sports)  
15:00 - 15:30 Relaxation  
15:30 - 17:00 Art Workshops

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** - Dicit, puzzles prepared by the team of Instructors, team games based on solving tasks, illusions, math riddles, historical riddles.

Types of Activities within the **WINTER CAMP at Royal Wilanów:**  
(MONDAY - 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