

**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 - Dixit, 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

THE NOISE MAKERS™

ACADEMY OF MEDICINE

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