

**Sample START with FUN
Program at Royal Wilanów - JANUARY 2026**

Days: 05 - 06.01.2026
Hours: 09:00 AM - 5:00 PM

NEW YEAR - START WITH FUN

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 **START with FUN WORKSHOPS at Royal Wilanów:**
(MONDAY - TUESDAY, 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.

START THE NEW YEAR - 2026 - with JOY and FUN!