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Day		Time	Activity
day 0	5.07. SUNDAY		Arrival
day 1	6.07. MONDAY		Icebreakers & an introduction to the project
		9am-12am	Icebreakres & Intercultural workshop
		12am	Lunch
		1pm-2pm	A tour of the Copernican Integration Centre & KOI Edible Garden
		2pm-2.30pm	Daily Reflection Cycle
day 2	7.07. TUESDAY		Planning the event together & working in the garden
		9-1pm	Planning two events – cleaning up Bielany Forest near KOI & concert of Toruń Improvised Orchestra (posters, events)
		1pm	Lunch
		1.30pm	Daily Reflection Cycle
		5.30-7.30pm	Work in the garden
day 3	8.07. WEDNESDAY		A visit to a Day Care Centre
		9am-1pm	Workshop with seniors at a Day Care Centre (Rydygiera street, Toruń)
		1pm	Lunch
		2-2.30pm	Daily Reflection Cycle
day 4	9.07. THURSDAY		“Feel like a senior”



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		10:30am	Meeting with Vice-Rector for International Relations dr hab. Magdalena Barwiołek, prof. UMK
		11am-1pm	“Feel Like a Senior” workshops using ageing simulators
		1pm	Lunch
		2pm	Daily Reflection Cycle
day 5	10.07. FRIDAY		Visit the local market. Cooking together using the purchased products
		9am	Recipe festival & a visit to the local market for shopping
		11pm	Cooking together & eating
		3-3.30pm	Daily Reflection Cycle
day 6	11.07. SATURDAY		Toruń sightseeing tour
day 7	12.07. SUNDAY		Day of the rest.
day 8	13.07. MONDAY		A day at the Local Activity Centre “Villa with Passion”
		9:30am-12:30pm	„Senior Café” at the Local Activity Centre “Villa with Passion” (Grunwaldzka street, Toruń) – craft workshops
		1pm	Lunch
		2-2.30pm	Daily Reflection Cycle
day 9	14.07. TUESDAY		The Olender Ethnographic Park
		10.30am-1pm	A visit to the Olender Ethnographic Park in Wielka Nieszawka
		1pm	Local refreshments



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		2-2.30pm	Daily Reflection Cycle
		2.30pm	Return to campus
day 10	15.07. WEDNESDAY		Media day & working in the garden
		9am-1pm	A meeting with representatives of the local media
		1pm	Lunch
		2pm	Daily Reflection Cycle
		5.30-7.30pm	Work in the garden
day 11	16.07. THURSDAY		A visit to a Day Care Centre
		9am-1pm	Workshop & language exchange with seniors at a Day Care Centre (Rydygiera street, Toruń)
		1pm	Lunch
		2-2.30pm	Daily Reflection Cycle
day 12	17.07. FRIDAY		Day of the rest
		Evening	A boat trip down the Vistula River
day 13	18.07. SATURDAY	3pm-4:30pm	Cleaning up Bielany Forest – the final event
		7pm	Concert and workshops led by the Toruń Improvised Orchestra
day 14	19.07. SUNDAY	10am	Summary of the volunteering experience and celebration – Farewell Coffee and certificate presentation
day 15	20.07. MONDAY		Departure

*Schedule may change