**[LTT, 26.03-1.04.2023, Gdansk, Poland](https://photos.app.goo.gl/auzmkoSYjL33Pswb8)**

**The meeting venue:** Rzemieślnik, ul. Piastowska 206, 80-341 Gdańsk Jelitkowo

**Mobile contact:** +48 601 329 795

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| **Sunday, 26.03.2023** | |
| From 15:00 | Arrival  Arrival earlier is acceptable, please phone me +48 601 329 795 |
| 18:00-20:00 | Supper |
| **Monday, 27.03.2023, PRO-MED** | |
| 8:00 - 9:00 | Breakfast |
| 10:00 - 12:00 | Intergenerational Co-operation (ECOS, PEER-TRAIN, Festival of Light, Artificial Intelligence, OCH - Digital Story Telling) and 15 min. Coffee Break |
| 12:00 - 13:00 | Lunch |
| 14:00 - 18:00 | Visiting Gdańsk Old City, Amber Museum, Gradowa Hill (Hevelianum) |
| 19:00 - 20:00 | Supper |
| **Tuesday, 28.03.2023, PRO-MED, Miejska Strefa Kultury w Łodzi** | |
| 8:00 - 9:00 | Breakfast |
| 10:00 -13:30 | Getting to know Oliwa including an organ concert |
| 14:00 - 15:00 | Lunch |
| 15:00 - 18:00 | Encaustic, Gr.1: 15:00-16.30, Gr.2: 16:30-18:00, max 10 people per group/ Pétanque, max 6 people and 15 min. Coffee Break |
| 18:00 - 19:00 | Supper |

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| **Wednesday, 29.03.2023, Miejska Strefa Kultury w Łodzi** | |
| 8:00 - 9:00 | Breakfast |
| 9:00 - 12:00 | Encaustic, Gr.3: 9:00-10.30, Gr.4: 10.45-12:15, max 10 people per group/ Pétanque, max 6 people and 15 min. Coffee Break |
| 12:00 - 13:00 | Lunch |
| 14:00 - 17:00 | English for seniors - Learning English with the "Go flow" method based on learning in a state of relaxation, language games and fun. The method  implements consolidation of vocabulary by activating the hippocampus without learning by heart and 15 min. Coffee Break |
| 18:00 - 20:00 | Supper |
| **Thursday, 30.03.2023, PRO-MED** | |
| 8:00 - 9:00 | Breakfast |
| 10:00 - 12:00 | City Games - what is all about and 15 min. Coffee Break |
| 12:00 - 13:00 | Lunch |
| 15:00 - 18:00 | U3A/A3A case studies (PL, UK) at Gdansk University of Technology |
| 18:00 - 20:00 | Supper |
| **Friday, 31.03.2023, Miejska Strefa Kultury w Łodzi, PRO-MED** | |
| 8:00 - 9:00 | Breakfast and packed lunch |
| 10:00 – 18:00 | Visiting a castle in Malbork or Sopot, preparing digital storytelling |
| 19:00 - 22:00 | Farewell dinner |
| **Saturday, 1.04.2023** | |
| 8:00 - 9:00 | Breakfast and packed lunch |
|  | Departure |