

Adapted Physical Activity / theory and practice Adaptowana Aktywność Fizyczna / teoria i praktyka Aðlöguð hreyfing / kenningar og verkfærni

# Study visit in Iceland 27/28th<sup>th</sup> of September to 01<sup>st</sup> of October 2015

#### 28<sup>th</sup> of September, Monday

| 3.00          | Polish guests arrival to Hotel Fron in Reykjavík   |
|---------------|--|
| 09:00- 10:00  | Breakfast at hotel   |
| 11.00 – 13.00 | Short sightseeing of University of Iceland Start up meeting –discussion on the project so far – what has been done, where we are today and how can we finish the work. |
| 13.00 – 14.30 | Lunch  |
| 14.30 – 16.30 | Meeting about IPAQ adaptations /Hafthor, Asta, Natalia/  |
| 16.00 – 16.15 | Coffee Break   |
| 16.15 – 17.30 | Meeting on the literature review research /Hafthor, Asta, Natalia/   |
| 18.30         | Dinner for guests  |

### 29<sup>th</sup> of September, Tuesday

| 8.00 – 10.00  | Breakfast for guests in hotel   |
|---------------|---|
| 10.30 – 12.00 | Discussions on financial matters (Kristín/Elwira/Natalia/Bjorg)       |
| 12.00 – 13.30 | Lunch   |
| 13.30 – 15:00 | Meeting with people from the research center and financial department |
| 16.00 -17.00  | Visits to other faculties at the University                           |
| 19.00         | Dinner in Reykjavík   |

## 30<sup>th</sup> of September, Wednesday













8.00 – 8:45 Breakfast for guests in Hotel Hostel

8:45 Driver to Laugarvatn – Faculty of Physical Education

10:30 -13:00 Meeting with faculty teachers and staff

13:00 – 18:00 Driving back to Reykjavík – visit to University of Reykjavík

20:00 Arrive at Hotel in Keflavík

#### 1<sup>st</sup> of October, Thursday

Departure of Polish guests









