**Summer School 2018 Schedule **

**Klaipėda, Lithuania**

**September 5-11, 2018**

**Wednesday, September 5**  
Arrival and registration until 18:00 *at Klaipėda University Campus, (H. Manto 84, Klaipėda, Lithuania)*

19:00-20.00 Opening of the Summer School in KU, Klaipėda *(H. Manto 84, Small Hall)*

*Introduction of participants, updating the* agenda, distribution of participants into teams, program discussion, games for dating, Lithuanian folk dance learning

Dr. lect. Vyte Kontautiene, doc. dr. Asta Budreikaite *(LT, KU)*

**Thursday, September 6**7:45 Exercise

8:15 Breakfast

09:00 – 09:30 Opening conference of the Summer school *(STUDLENDAS, Conference Hall)*

9.30-10.05 Introduction of universitys.

10:30 – 12:30 Presentations of guest speakers and Summer School teachers

13:10-13:25 Summary of the conference. Closing conference

*13:30 Lunch*

*15:00 – 18.00* Practical activities - Workshop (LT, KU)

*Dr. lect. Vytė Kontautienė*

Orienteering tasks in the old town of Klaipeda (*Start place - sculpture Neringa*

19:00 Dinner

19:30 – 20:00 Feedback *(H. Manto 84, Small Hall)*

20:00 – 22:00 National evening (LT, KU)

**Friday, September 7**7:45 Exercise

8:15 Breakfast

09:00 – 11:30 Practical activities – Workshop (PL)(S. Neries 5, HUMF, 133)

09:00-10:15 Dr. assoc. prof. Malgorzata Lichota

Sensomotorics in physical activity

10:15-11:30 Dr. assoc. prof. Krzysztof Piech, Anna Maria Bodasińska,

Traditional games and plays from southern Podlasie

11:30 -11:40 Short rest

11:40 – 12:55 Practical activities – Workshop (LT)

Dr. Assoc. prof. Donatas Gražulis

Recreational physical activity with non-traditional inventory

13:00 Lunch

15:00 – 18.00 Practical activities – beach volleyball (LT, KU)

Dr. lect. Sigita Derkintienė

Volleyball (Baltic sea beach, II Melnrage)

19:00 Dinner

19:30 – 20:00 Feedback

20:00 – 22:00 National evening (LV, BG) *(H. Manto 84, Small Hall)*

Dr. Assoc. prof. Ingrida Smuka Latvian folk games and dances

Polina Tsonkova Bulgarian dances

**Saturday, September 8**7:45 Exercise

8:15 Breakfast

09:00 – 10:15 Practical activities – Workshop (ESP) )(S. Neries 5, HUMF, 133)

Dr. Prof. Rafael Merino

Stretching in pairs

10:15 – 11:30 Practical activities – Workshop (LT, VU)

Dr. Prof. Ruta Dadeliene

Correction muscle imbalance through Pilates

11:30 -11:40 Short rest

11:40 – 12:55 Practical activities – Workshop (LV)

Dr. Assoc. prof. Ingrida Smuka

Latvian folk games and dances. Team strategy building activities (in partnership with Dr. assoc. prof. Inga Liepina)

13:00-Lunch

15:00 – 18.00 Practical activities – football (LT, KU)

Dr. lect. Rolandas Jančiauskas

Football (Baltic sea beach, I Melnrage)

19:00 Dinner

19:30 – 20:00 Feedback *(H. Manto 84, Small Hall)*

20:00 – 22:00 Social program

**Sunday, September 9**  
7:45 Exercise

8:15 Breakfast

09:00 – 18.00 Hiking and sightseeing tour (Žemaitija region, Lithuania) (KU)

19:00 Dinner

19:30 – 20:00 Feedback *(H. Manto 84, Small Hall)*

20:00 – 22:00 National evening (PL, ESP)

Dr. Oscar Romero Ramos Ballroom dance

**Monday, September 10**  
7:45 Exercise

8:15 Breakfast

09:00 – 11:00 Practical activities – Workshop (PL, LV, (S. Neries 5, HUMF, 133)

*09:00-10:15* Dr. assoc. prof. Artur Litwiniuk,

Functional training with small inventory - TRX

*10:15-11:30* Dr. Assoc. prof. Inga Liepina

Team strategy activities (in collaboration with Dr. assoc. prof. Ingrida Smuka)

*11:30 -11:40 Short rest*

11:40 – 12:55 Practical activities – Workshop (LV)

Dr. assist of prof. Kalvis Ciekurs

Orienteering game, Nordic walking

*13:00 Lunch*

15:00 – 18.00 Students preparation for the Closing Ceremony of the Summer School (reports, presentations)

15:00 – 17.00 Academic staff meeting: ideas for further cooperation and joint research (KU Botanical garden)

18:30 – 19:00 Feedback *(H. Manto 84, Small Hall)*

19:00 Dinner

19.30 – 22:00 Summarizing of the results, student presentations and conclusions of the Summer School

Summer school closing evening (LT, KU, LEU, VU)

**Thursday, September 11**  
Departure

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