



**EFOSEC**  
**European Federation of Older Students – Enlargement and Cooperation**  
**(Projekt Sokrates Grundtvig 2)**

**Programm of summer course for foreign attendants**  
**1. July – 7. July 2007**

Day	Time	Activity	Lector	Room
Monday	8.00-10.00	Breakfast		
	10,00-11.30	Optimal motion activities for seniors simultaneous to German translation Katka	Dr. Gajdoš	cinema-room
2.7.2007	11.30-12.00	Yoga exercises introduction (without change of clothing)	Dr. Gajdoš	
	12.30-13.30	Lunch		canteen
	13.30-15.00	Lecture: Yoga as prevention and therapy various deseases simultaneous translation Katka	Dr. Gajdoš	cinema-room
	15.30	Walking to the surround	Dr. Gajdoš	
	17.30	Dinner opening acquaintance all groups	Hrapková	canteen
Tuesday	7.30-8.30	Yoga exercises SK	Dr. Gajdoš	terrace (school-room)
3.7.2007	8.00-9.30	Breakfast		canteen
	9.30-11.00	Lecture: Grapy way / G	Ing.Pavla Lutonská	school-room
	11.30-	Exercises Yoga G/E		terrace

	12.30			(school-room)
	12.30-13.30	Lunch		
	13.30-15.00	Lecture: important persons of Slovak history / German	Mgr.Katarína Grunwald	school-room
	15.15-17.15	swimming SK swimming EFOS / (walking to the surround)	Dr. Juraj Gajdoš	Swimming pool medical university
	17.30	Dinner		canteen
	19.30	Friendly get-together around the fire / / Barbecue		fireplace
Wednesday 4.7.2007	7.30-8.30	Exercises SK	Dr. Gajdoš	Terrace (school-room)
	8.00-9.30	Breakfast		canteen
	9.30-11.00	Lecture: Bread tradition in Slovakia / German	Dr. Silvia Dillnbergerová	school-room
	11.30-12.30	Excursion to the factory Majolika, Slovak tradition ceramic	Hrapkova	Modra
	12.30-13.30	Lunch		canteen
	13.30-15.00	Lecture: active motion for seniors, water exercises simultaneous translation to German	Doc. Šimonek	Cinema-room
	15.15-16.15	watergymnastics / SK watergymnastics / G (walking to the surround)	Doc. Šimonek, Dr.Gajdoš	Swimming pool medical university
	17.30	Dinner		canteen

	19.30	Conversation with attendants of course on theme: wise-saws and proverbs		canteen
Thursday	7.30-8.30	exercises SK	Dr. Gajdoš	Terrace (school-room)
5.7.2007	8.00-9.30	Breakfast		canteen
	10.00	Trip to Modra The Museum of E.Štúra Gallery I. Bizmayer	Petrovičová Hrapková	
	13.00-14.00	Lunch in Modra		Modra
	14.30-16.00	Visit of castle Červený Kameň	Petrovičová Hrapková	
	16.30-	Wine-tasting	Hrapková	Modra
	18.00	Dinner		canteen
	19.30	Conversation: course measurement		canteen
Friday 6.7.2007	7.30-8.30	exercises SK		Terrace (school-room)
	8.00-9.30	Breakfast		canteen
	9.30-11.00	Lecture: Contribution of Slovakia to the UNESCO/ German	Dr. Silvia Dillnbergerová	school-room
	11.00-12.00	Regeneration and its facilities, massages / Activities in the pool	Dr. Hrapková	Classroom Swimming pool
	12.30-13.30	Lunch		canteen
	14.00-15.00	Lecture: Spa in Slovakia / German	Dr. Marlen Jankovichová	school-room
	15.30	Visit of the observatory	Doc. Paľuš	Modra
	17.30	Dinner		

Saturday 7.7.2007	8.00- 9.30	Breakfast		canteen
	10.00- 11.00- 13.00	Departure by bus to Bratislava, Sight-seeing / German	Mgr. Petrovičová	
	13.00	Lunch in the area of castle Devin		
	14.30	Visit of castle Devin		