

Jan Amos Komeński State University of Applied Sciences in Leszno

International Days 2026

Monday, April 20, 2026

09:30 International Days Registration

10:00 Welcome Reception - Meeting with University Authorities

📍 Senate room No. 338

12:00 Campus Tour

13:00 Leszno Tour

15:00 Lunch

Tuesday, April 21, 2026

09:00 - 12:00 International Fair and Universities' Presentations

📍 Hall of the Aula Comeniana

12:30 Lunch

14:00 Workshops and activities "Body & Mind Flow: Relax and Breathe"

A session combining mindful movement and conscious breathing, perfect for slowing down, releasing tension, and restoring inner balance. Short presentations and simple exercises will help you refresh your body, calm your mind, and recharge with positive energy. Designed especially for busy and working individuals, this workshop offers a much-needed pause to unwind, reconnect, and take a mindful breath in the midst of everyday rush.

Wednesday, April 22, 2026

10:00 - All day Trip to Poznań (Workshops "Team Building" and City Tour)

Thursday, April 23, 2026

09:00-10.00 Roundtable Discussion and Farewell Coffee



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STATE UNIVERSITY
OF APPLIED SCIENCES
in Leszno