



PHYSICAL EDUCATION & A DYNAMIC SCHOOLDAY

COMENIUS INTERNATIONAL WEEK 13TH - 17TH OF APRIL 2026



The City of Haarlem

Haarlem was granted the city status in 1245, although the first city walls were not built until 1270. Haarlem is located on the river Spaarne, giving it's nickname *Spaarnestad* (Spaarne city). It is situated about 20 km (12 mi) west of Amsterdam and near the coastal dunes. Haarlem has been the historical centre of the tulip bulb-growing district for centuries and bears it's other nickname *Bloemenstad* (Flower city) for this reason.

The Inholland university of Applied Sciences educates independent, critical professionals and develops applied knowledge. Our efforts make a meaningful contribution to the inclusive world of tomorrow, with a focus on fostering a sustainable living environment and a resilient society. We do this across various locations throughout the central-western region of the Netherlands and in various fields: from health to economy, and from technology to education.

PHYSICAL EDUCATION & AN ACTIVE SCHOOLDAY

More and more primary schools in the Netherlands try to make a regular schoolday more dynamic. It's good for health and wellbeing of children when they regularly have the opportunity to be active. Furthermore, physical activity could in some cases also contribute to learning performances.

During this week, you will get a brief introduction to the educational system in the Netherlands, we explain in theory and practice how good physical education should be given and visit various schools that practice a dynamic schoolday. Also participating this week are interested students from our own University.

INTERNATIONAL WEEK 2024

Program 13th - 17th of April

Monday

Welcome and theme Kick-off

Tuesday

Lectures and workshops at the University

Wednesday

Primary school visit and a cultural program

Thursday

Primary school visit and a cultural program

Friday

Student reflection and a sports and games program at the University (ends approx.. 14.00)

PRACTICAL INFORMATION

Participation

To receive a certificate of attendance (handed out Friday), participation in lectures, activities, and group discussions is mandatory.

Language

The working language is English, and it is necessary to master a sufficient level of English to be active participants.

Costs and accommodation

Registration costs for the course: 75€ (including 4 lunches, on-campus drinks/snacks and bus transport on Wednesday and Thursday. Expenses related to travelling, accommodation, the cultural program and food/personal costs are not covered. We encourage students to seek funding from relevant sources in their home institutions to cover these.

Transport

Schiphol Airport (Amsterdam) is approximately 15 km from the town centre. There is a train station near the University.

CONTACT INFORMATION:

If you are interested in this course, contact the International Coordinator at your university/institution for application.

For more information about the week, contact:

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