



Funded by the European Union

BIP ACTIVITY PROGRAM “Wellbeing 360°: Theory, Practice, and Travel”¹

organized by the Jozef Pilsudski University of Physical Education in Warsaw
(Poland).

The proposed programme is designed to combine innovative theoretical approaches with practical applications, focusing on promoting a holistic healthy lifestyle.

Day	Activities
Tuesday 14.04.2026, 15.00 – 16.30 (CST)	Online lecture ² - prof. Anna Kopiczko, prof. Anna Kęska Modern nutrition strategies for women in sports – menstrual cycle, RED-S disorders, deficiencies characteristic of female athletes.
Tuesday 21.04.2026, 15.30 – 17.00 (CST)	Online lecture - dr Krzysztof Mizera Nutrition strategies around training in soccer.
Wednesday 22.04.2026, 16.00 – 17.30 (CST)	Online lecture - dr Aspasia Dania (Uniwersytet w Atenach) Model-based practice in physical education for relational well-being.
Monday 18.05.2026 ³	10:00 – 13:00 - organization meeting, introduction of Polish and international teams, discussion of tasks assigned to students during online sessions - dr Joanna Kalecińska, dr Patrycja Widłak, 13:10-14.30 - welcome lunch in Relax Kultura 14:30 –16.00 - Campus Quest – dr Anna Ostrowska - Tryzno 16.00 – free time or integration activities with Polish students
Tuesday 19.05.2025	9:00-10:00 – lecture/workshop – dr Natalia Grzebisz-Zatońska- Impact of physical activity on the quality of life 10:30 – tour of Warsaw – dr Agnieszka Muszyńska 13:00 – 15:00 – Invisible Exhibition (Teambuilding activity) - dr Inga Maruszyńska - Małachowska 15.00 – 16.00 -lunch break 16:00 – 17:30 – visit the Youth Palace (Pałac Młodzież) - dr Bartłomiej Krynicki

¹ The programme proposals are subject to change. The organizer reserves the right to make any necessary modifications.

² Access details for the online lectures will be provided to BIP participants in a separate message/wiadomości do uczestników BIP.

³ The locations of individual activities will be communicated to BIP participants in a separate message.



	<p>17:45 – 18.30 – Visit to the 30th floor of the Palace of Culture and Science 18:30 – free time in Warsaw city centre</p>
<p>Wednesday 20.05.2025</p>	<p>„Active & Wellbeing Day” at the AWF Branch in Biała Podlaska- Wydział Wychowania Fizycznego i Zdrowia w Białej Podlaskiej (dr Joanna Kalecińska)</p> <p>7:00 - meeting point at the Piłsudski Monument (main courtyard of the campus) and departure from AWF Warsaw</p> <p>09:30-9:50 welcome session (ROBiR auditorium)</p> <ul style="list-style-type: none">• welcome by Faculty Coordinator, Erasmus departmental coordinator + Student Government Board• University presentation <p>9:50-10:35 Campus tour & visit to Medical & Spa</p> <ul style="list-style-type: none">• a campus walk prepared by students• Medical & Spa tour <p>10:35-12:35 Workshops in research laboratories of the Regional Research and Development Centre (two groups of 15 participants)</p> <p>10:35-11.35</p> <ul style="list-style-type: none">• Biomechanics and Kinesiology Laboratory – dr. Tomasz Sacewicz• Biochemical Diagnostics Laboratory – dr Małgorzata Charmas, dr hab. prof. AWF Ewa Jówko <p>11:35-12:35</p> <ul style="list-style-type: none">• Psychomotor Laboratory – dr hab. prof. AWF Dariusz Gierczuk• Posture Diagnostics Laboratory – dr hab. prof. AWF Krystyna Górniak, dr Magdalena Plandowska <p>12:35-13:20 “Wellbeing in Practice” workshops (options to choose from)</p> <ul style="list-style-type: none">• Brain exercises- dr Marcin Strzak (hall)• Yoga and breathing techniques- mgr Weronika Grantham (dance studio)• Cooperative “team challenge” tasks – mgr Agata Chaliburda (hala sportowa) <p>13:20-14:00 lunch</p> <p>14:00-15:30 integration activity with AWF students organized by the Student Government</p> <p>„Wellbeing Games” - integration tournament based on:</p> <ul style="list-style-type: none">• low competition,• high level of fun,• movement for everyone,• simple rules,• cooperation element. <p>15:30-16:00 Summary of the day and farewell</p>



Thursday 21.05.2025	Kayaking Day (mgr Piotr Salwa) 9:00-10:30 - meeting at the Piłsudski Monument (main campus courtyard) and departure to Dolina Wkry Park 10:30-12:30 - walk in Dolina Wkry Park 12:30 - 13:00 - transfer to kayaking route (Borkowo–Szczypiorno, 12 km, approx. 2-hour paddle) 15:00 - end of the kayaking trip and transfer to bonfire site 15:30-16:30 - Wellness/workshops/student tasks at the bonfire meeting site 16:30 - 18:00 bonfire 18:00-19:00 - return to the AWF Warsaw campus 19:00 - free time
Friday 22.05.2025	(dr Joanna Kalecińska) 10:00-12:00 - closing meeting, certificate distribution, etc. 11:10-12:00 - farewell lunch at Relax Qultura

For any additional information contact: Katarzyna Dzioban; katarzyna.dzioban@awf.edu.pl;

See you in Warsaw and online lectures,

Chairman of the Organizational Team

Joanna Kalecińska, Ph.D