

BIP - LET'S MOVE, DON'T EXCLUDE!

Organizer

Jan Amos Komeński State University of Applied Sciences in Leszno

Institute of Health and Physical Education

ul. Mickiewicza 5; 64 - 100 Leszno

Erasmus code: PL LESZNO01

BIP number: 2024-1-PL01-KA131-HED-000212661-2

Class location:

at the University

at the "KALUMET" Equestrian Centre

in the green areas of Leszno

Practical information:



BIP on-site sessions: 18-22.05.2026

BIP virtual sessions: 11.05.2026 and 27.05.2026

Students will be granted 3 ECTS points!

Contact person: Daria Bródka - daria.brodka@ansleszno.pl

Dominika Pluta - dominika.pluta@ansleszno.pl

Registration is open till 15.01.2026



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BIP virtual sessions

Before the BIP

Monday, 11.05.2026, Online meeting

16:30 (CEST, UTC+2)

Welcome, introduction of lecturers and students to each other, discussion of what BIP will be about.

*Lecture: “**What You learn young stays with you**” dr Anna Wieczorek-Baranowska*

After the BIP

Wednesday, 27.05.2026, Online meeting

Feedback session

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BIP on-site sessions

Monday, 18.05.2026

09:00 Official opening with university authorities - University main building - ul. Mickiewicza 5 - University Lecture Hall - Aula 2

09:30 Tour of the university (laboratories and equipment)

10:30 Introductory lecture "The impact of sitting position and stress on: internal organs, body posture and mind" - dr Zuzanna Maćkowiak - University Lecture Hall - Aula 2

11:30 Coffee break

12:15 - 13:00 Ice-breaking dances* - dr Katarzyna Stachowiak - University Lecture Hall - Aula Comeniana

free time

18:00-20:00 Ice-breaking evening and dinner - Bowling
ul. Niepodległości 70, 64-100 Leszno

*Required: trainers

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Tuesday, 19.05.2026

All-day trip to the “KALUMET” Equestrian Centre*

The daily schedule consists of sports activities that combine outdoor exercise with educational elements and a focus on the participants' physical and mental well-being.

09:00 Meet and depart for Boszkowo

10:00-13:00 Activities in 3 rotating groups

Students will be divided into three groups that will rotate through all planned activities, ensuring that everyone participates in every session block.

- 1. The first block is **an introduction to horse riding** and working with horses. Participants will learn basic safety rules, and how to prepare for riding activities.*
- 2. The second session includes **a carriage ride**, which—though more leisurely—is an outdoor activity that promotes relaxation, group integration, and mental balance.*
- 3. The third block is the most dynamic and practical—it combines elements of **horse care** (grooming, saddling, leading) with **horseback riding under the supervision of an instructor**. This is a comprehensive physical activity that engages the entire body, developing coordination, balance, and body awareness.*

The entire program emphasizes the importance of physical activity as an essential element of a healthy lifestyle. Interaction with horses and spending time in a natural environment positively impact mental and physical well-being, helping to reduce stress, improve concentration, and enhance participants' overall sense of well-being.

13:30-14:30 – Nordic walking

14:30 – Lunch (Sadyba Resort, Boszkowo)

15:30-18:00 – Outdoor sports activities on beach, yoga, volleyball, badminton, free time

18:00 – Return to Leszno

**Required: Sportswear and trainers; it's a good idea to bring clothes suitable for all weathers*

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Wednesday, 20.05.2026

09:00 - 10:00 *A bit of Polish - Crash Course - mgr Regina Angelstein - room 126*

11:15 - 12:00 *Aqua fitness* - dr Katarzyna Stachowiak - Community Educational Swimming Pool*

Aleje Jana Pawła II 10, 64-100 Leszno

free time

14:00-16:00 *Workshops - "Myofascial release"*** - dr Katarzyna Stachowiak - University gym*

Thursday, 21.05.2026

9:00 *Physical Activity: "Release yourself"*** - dr Zuzanna Maćkowiak - University gym or outdoor*

10:30 *Lecture: "Let's move be happy :)"*** - dr Zuzanna Maćkowiak - University gym or outdoor*

12:30 *Jan Amos Komeński Joint Academic Run around the University (Patron's Day)***

13:30 *Picnic*

Friday, 22.05.2026

09:00 *Work on Final Students' Presentation - University Lecture Hall - Aula 2 and outdoors*

12:00 *Certificate Award Ceremony*

12:30 *Farewell Lunch - University Lecture Hall - Aula 4*

**Required: sports swimwear, flip-flops, a towel*

***Required: Sportswear and trainers*

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dr Zuzanna Maćkowiak

dr Zuzanna Maćkowiak – a physiotherapist and lecturer at Jan Amos Komeński State University of Applied Sciences in Leszno. Privately, a lover of a healthy lifestyle. In the areas of her professional work, interested in the negative effects of a stressful and sedentary lifestyle of the students and colleagues.



dr Katarzyna Stachowiak

dr Katarzyna Stachowiak – a lecturer at the Jan Amos Komeński State University of Applied Sciences in Leszno, teacher of dance, aerobics and yoga. Passionate about dance and mindfulness, she is interested in the positive impact of various forms of movement and meditation on quality of life.



dr Anna Wieczorek-Baranowska

dr Anna Wieczorek-Baranowska - a lecturer in Physiotherapy at the Jan Amos Komeński State University of Applied Sciences in Leszno. She is a coordinator of the Physiotherapy programme.



dr Marta Nowaczyk

dr Marta Nowaczyk - a lecturer at the Jan Amos Komeński State University of Applied Sciences in Leszno. She teaches Athletics, Swimming and Nordic Walking. She is interested in and researches overweight and obesity in children, and the impact of increased physical activity on changes in human body composition.

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Partners



University of Novo mesto



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