

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 Fundacja Stworzenia Pana Smolenia

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

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

Lecture: "Methods of assessing health risks, counteracting them, and conducting physical activity classes." dr Monika Stefaniak

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 - main building of the University - ul. Mickiewicza 5

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

11.30 Coffee break

12.15 Ice-breaking dances dr Katarzyna Stachowiak

18.00 Ice-breaking evening and dinner - Bowling

Tuesday, 19.05.2026

09.00 All-day trip to the Fundacja Stworzenia Pana Smolenia

Outdoor physical activities, e.g. hippotherapy, yoga, bonfire

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Wednesday, 20.05.2026

9.00 - 11.00 Workshops - "Myofascial release" dr Katarzyna Stachowiak

11.50 - 12:45 Aqua fitness dr Katarzyna Stachowiak

13.30 Lunch break

15.00 Nordic Walking to Osieczna to the Viewing tower Jagoda 2 with a Picnic dr Monika Stefaniak

Thursday, 21.05.2026

09.00 Lecture: "Let's move be happy :)" dr Zuzanna Maćkowiak

11.00 Jan Amos Komeński Joint Academic Run around the University (Patron's Day)

12.00 Picnic

13.30 Physical Activity: "Release yourself" dr Zuzanna Maćkowiak

Friday, 22.05.2026

09.00 Final Students' Presentation

11.30 Lunch Break

12.00 Certificate Award Ceremony

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dr Monika Stefaniak

dr Monika Stefaniak – a Doctor of Physical Culture Sciences, a licensed physiotherapist with over 20 years of experience, an assistant professor in physiotherapy and a lecturer at Jan Amos Komeński State University of Applied Sciences in Leszno. Her strengths lie in combining science-based rehabilitation with a human-centered approach. Outside of work, she's passionate about movement — from triathlon and skiing to yoga and Nordic walking.



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 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.