

Wroclaw University of Health and Sport Sciences

22-26 April 2024



Date	Time	Place	Activity
22 April 2024 Monday	9:00 - 9:45	Welcome Center AWF Campus Multifunctional Hall building	Registration
	10:00 - 10:30	Room no 156 AWF Campus P2 building	Welcome "A journey of a thousand miles begins with a single step"
	10:30 - 11:30		Disability - Activity - Independence In someone's shoes - the world from the perspective of people with disabilities
	11:30 - 12:30		Disability - Inclusion - Culture Accessible Culture and Savoir vivre - lecture/workshop. Let's learn about Savoir vivre towards people with different disabilities.
	12:30 - 14:00		Disability - Inclusion - Culture Stigma and discrimination – lecture (Madara Lapsa)
	14:00 - 15:00	Kardamon canteen AWF Campus Spartakus dorm building	Lunch
	15:15 - 16:30	Gym, room no 58 AWF Campus Multifunctional Hall building	EDUball "Things grow stronger when you integrate"

23 April 2024 Tuesday	9:00 - 11:00	Room no 2/4 AWF Campus P4 building	Disability - Activity – Independence Social and integrative activation - presentation/workshop. Let's discover Fundacja Aktywnej Rehabilitacji (Foundation for Active Rehabilitation) and its offer of professional support, environmental interventions, training and workshops
	11:00 – 13:00	Room no 2/8 AWF Campus P4 building 11:00 – 12:30	Disability - Activity – Independence In the Shoes of Parents of Children with Disabilities – workshop (Anja Bašak)
		Foyer (in the front of room no 2/4) AWF Campus P4 building	Disability - Activity – Interdependence The hour of darkness - workshop that imitates dysfunctions related to visual impairments. Let's learn about the movement and safety measures in bands covering eyes and goggles imitating various vision defects!
	13:00 – 14:00	Kardamon canteen AWF Campus Spartakus dorm building	Lunch, special edition 😊 Disability - Activity – Interdependence Do it in a different way - workshop that imitates dysfunctions related to limb amputation. Let's eat a meal together without the use of a hand!
	14:15	Meeting at the front of Spartakus dorm building	Bus transportation
	15:00 – 18:00	Room no 2/3 AWF Campus P4 building	Barriers to mobility Let's discover Fundacja Moc Pomocy (Power of help Foundation) Workshop - Let's learn how to move with the use of crutches/walking frame/wheelchair. Urban Game - Let's discover AWF campus and the city as a person with motor disability. Let's overcome obstacles, solve puzzles and document our experiences! Discussion - Let's talk about accessibility, perspectives, problems and solutions!

24 April 2024 Wednesday	08:15	Meeting at the front of Spartakus dorm building	Bus transportation
	9:30 – 16:00		<p>Disability - Inclusion Culture</p> <p>Milicz Association of Friends of Children and People with Disabilities (Milickie Stowarzyszenie Przyjaciół Dzieci Osób Niepełnosprawnych) - a nonprofit organization.</p> <p>A Daytime Rehabilitation and Educational Center (Środowiskowy Dom Samopomocy) - and occupational therapy workshop, a community self-help center.</p> <p>VERMEIREN Poland - manufacturer of manual and powered wheelchairs, scooters and beds (Trzebnica) - visiting the enterprise. Be wherever and however you want. Best practice in social inclusion and rehabilitation – visiting.</p> <p>Let's see!</p>

25 April 2024 Thursday	10:00 – 11:15	Indoor Swimming Pool AWF Campus	Disability – Sport – Recreation Opening Ceremony of XXII Lower Silesian Special Olympics Swimming Competition
	11:30 – 13:00	Gym, room no 58 AWF Campus Multifunctional Hall building	Disability – Sport – Recreation In good shape - sport activities Bounce Fit- 11:00 - 12:00 Tai Chi - 12:15 - 13:00 Let's try!
	13:00 - 14:00	Kardamon canteen AWF Campus Spartakus dorm building	Lunch
	14:30	Meeting at the front of Spartakus dorm building	Bus transportation
	15:00 -17:30		Disability – Sport – Recreation Nothing is impossible, everything is possible - Voivodeship Sports Association for People with Disabilities “Start” Let's play sitting volleyball

26 April 2024 Friday	10:00 – 12:00	Meeting at the front of Spartakus dorm building	Disability – Accessibility Availability of culture and city space. Visit at the accessible/inaccessible places in Wrocław: The Mystery of Banksy – A Genius Mind World Exhibition Let's see and check!
	13:00 – 15:00	Room no 156 AWF Campus P2 building	The summary of competences and experiences. Conclusions. Reflective presentation in small international groups, taking into account the following elements: Let's sum it up.
	13:00 - 14:00	Kardamon canteen AWF Campus Spartakus dorm building	Lunch

Contacts:

- Teacher:
Rafał Bugaj, +48 988 721 009, rafal.bugaj@awf.wroc.pl
Dominika Zawadzka, +48 502 480 020, dominika.zawadzka@awf.wroc.pl
- Erasmus coordinator:
Monika Kleszcz, +48 697 435 454, monika.kleszcz@awf.wroc.pl
Monika Ilecka-Folcik, +48 606 653 988, monika.ilecka@awf.wroc.pl