

ERASMUS BLENDED INTENSIVE PROGRAM

ID: 2024-1-PL01-KA131-HED-000197572-1

Title: Fundamental Motor Skills – Your map to understanding the educational role of modern physical education and sport

Location: University of Physical Education in Warsaw, Faculty of Physical Education in Biała Podlaska, Poland

Physical Programme: 11 - 15.05.2026

Virtual Programme: 21.04.2026, 28.04.2026, 05.05.2026, 19.05.2026

The aim of the program is to understand the significance of fundamental motor skills as a key factor in fostering conscious, lifelong physical activity, as well as to promote international collaboration, cultural diversity, and the exchange of experiences in the field of teaching and learning motor skills, promoting physical activity, and a healthy lifestyle.

Methods: lectures, practical workshops, group activities, World Café method, mutual learning among participants

Accommodation (5 nights): ABC Dormitory of Faculty of Physical Education in Biała Podlaska, 2 Akademicka Str., Poland

Participants: Bachelor's degree students, studying in Health Sciences field (Students of Physical Education/Sport/Physiotherapy),

Teaching Staff can also participate in this project as an Erasmus lecturer/coach/guest speaker.

ECTS: 3 ECTS

Working language: English, minimum B1 level

Number of Participants: 20 students

Benefits: Swimming pool (swimming course), SPA & Wellness, Cosmetology treatments, Physiotherapy counselling, Recreational and sports activities (e-sports evenings, sports tournaments, dance course), Integration activities (trip to the Bishop's Castle in Janów Podlaski, canoeing on the border Bug River)

Costs for project participants:

1. Accommodation:

- 5 nights x 70 PLN/night (in a single room) = 350 PLN/person
- 5 nights x 60 PLN/night (in a double room) = 300 PLN/person

2. Meals:

- 5 days x 80 PLN/daily meal allowance (breakfast, lunch, dinner) = 400 PLN

For teachers and students, please make the payment to account number: 03 1240 2177 1111 0000 3570 3646

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