



**Put yourself in the shoes of a person with a disability  
and on "your own skin" experience  
different barriers (as well as difficulties)  
and try to deal with a new reality.**

**3 ECTS**

#### **How long?**

60 contact hours in total:

- 10 hours online program
- 50 hours in-person (in one week) intensive program at Wroclaw University of Health and Sport Sciences, Poland (12-16 June 2023)
- 25 hours of independent study;

#### **Where?**

Intensive practical sessions will be held at Wroclaw University of Health and Sport Sciences, Wroclaw, Poland.

The online sessions will be hosted on ZOOM platform.

#### **What will you learn?**

You will acquire knowledge of basic principles related to functioning of people with various disabilities as well as rehabilitation and occupational therapy. You will gain these experiences through theoretical and practical training. During the workshops you will attempt to perform different activities without the use of hand, leg or sight. Moreover, you will have the opportunity to move around on a wheelchair, use crutches or a walking frame. You will get familiar with the presence of people with disabilities in the public sphere which in future will help to overcome the barriers in mutual contact.

Topics covered during the classes (closely related to activity of people with disabilities):

- people with disabilities in the EU countries
- architectural and social barriers vs. mobility
- performing daily life activities
- sport and recreation
- social and integrative activation
- support

#### **How to take part in this BIP?**

Please apply for Student Training Mobility via your Home University Erasmus+ Office.

#### **Contact?**

For more details regarding the program please contact:

BIP Coordinator, Monika Ilecka-Folcik ([monika.ilecka@awf.wroc.pl](mailto:monika.ilecka@awf.wroc.pl))

**Number of places available: 21 students**