



AGENDA

Human - Disability - Community

A **discussion** concerning the subject of disability - how it looks in a given country (statistics, scale, demography, type of support, accessibility, social communication, cultural context).

On-line

Disability - Activity - Independence

In someone's shoes - the world from the perspective of people with disabilities.

Not fun getting old - workshop with the age simulation suit.

Let's feel physical limitations resulting from the advanced age!

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!

Do it in a different way - workshop that imitates dysfunctions related to limb amputation.

Let's prepare a meal together without the use of a hand!

Barriers to mobility

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!

Social and integrative activation - presentation/workshop.
Let's discover Fundację Aktywnej Rehabilitacji (Foundation for Active Rehabilitation) and its offer of professional support, environmental interventions, training and workshops.

In-person

Disability - Inclusion Culture

Accessible Culture and Savoir vivre - lecture/workshop.
Let's learn about Savoir vivre towards people with different disabilities.

In-person

Disability - Inclusion Culture

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.

Milicz Association of Friends of Children and People with Disabilities (Milickie Stowarzyszenie Przyjaciół Dzieci Osób Niepełnosprawnych) - a nonprofit organization.

A Daytime Rehabilitation and Educational Center (Środowiskowy Dom Samopomocy) - and occupational therapy workshop, a community self-help center. Let's see!

In-person

Disability - Sport - Recreation

In good shape - sport activities

Tai Chi
Joga
EDUball
Nordic walking
Let's try!

Nothing is impossible, everything is possible - Voivodeship Sports Association for People with Disabilities "Start" Let's play sitting volleyball

In-person

Disability - Accessibility

Availability of culture and city space.

Visit at the accessible/inaccessible places in Wrocław:
Forum of Music, Capitol Theater and more.
Let's see and check!

In-person

The summary of knowledge and experiences. Conclusions.

Reflective presentation in small international groups, taking into account the following elements:

- What we've learned
- How what we've learned relates to research (database/article review)
- How will the acquired information/knowledge/skills be useful in future duties (at work)
- What doubts do we have
- What questions do we have
- How/where are we going to look for solutions/answers

Let's sum it up.

In-person

Assessment

Postassignment – individual reflective questionnaire.

On-line



Wroclaw University of Health and Sport Sciences

www.awf.wroc.pl

BIP Coordinator, Monika Kleszcz (monika.kleszcz@awf.wroc.pl)