

## BIP WHY SIT IF YOU CAN EXERCISE?

Join the Blended Intensive Programme! Discover how movement shapes health!

We are excited to invite you to take part in an international Blended Intensive Programme WHY SIT IF YOU CAN EXERCISE focused on early physical prevention and the role of physical activity in reducing lifestyle-related health risks. This is a unique opportunity to explore how smart movement strategies can help prevent musculoskeletal problems long before the first symptoms appear.

**Where?** Bialystok University of Technology (Poland)

**When?** 6-10.07.2026

**How many ECTS?** 3

### What will you experience?

- † • Practical insight into modern physical prevention Learn how everyday activity influences long-term health.
- Hands-on training with rotational exercise methods, try various forms of physical activity, including an innovative exercise programme built around rotational movement.
- Cutting-edge technology. Discover devices designed to support rotational exercises.
- International teamwork Collaborate in interdisciplinary groups with students from different countries and academic backgrounds, gaining valuable experience in cross-cultural communication and problem-solving.
- Field trip & cultural immersion

Enjoy a study visit to the Knyszynski Forest Landscape Park. Afternoons will be dedicated to cultural activities introducing you to the history and traditions of Bialystok.

Before arriving at Bialystok University of Technology, you'll take part in a **short online module**, including 1 introductory lecture to help you prepare for the on-site sessions.

## **BIP Physical activity “Why sit when you can exercise?”**

BIP code: 2024-1-PL01-KA131-HED-000199259-2

Online component: 2 July 2026

On-site mobility: 6-10 July 2026

### **Monday, 06.07.2026**

10:00 Welcome meeting, registration

11:30 Visit to the Centre of Modern Education (Bialystok University of Technology campus)

12:00 Museum of history Bialystok University of Technology (campus)

13:00 Physical exercise – prof. Jolanda Zuzda (indoors and on the Bialystok University of Technology campus)

18:00 Welcome dinner

### **Tuesday, 07.07.2026**

09:00 Physical exercise – prof. Jolanda Zuzda (indoors and on the Bialystok University of Technology campus)

11:00 Lecture on advantages and motivation to exercise – prof. Elzbieta Campos (Politecnica de Coimbra)

13:00 Lunch break

16:00 Walking tour around Bialystok city centre

20:00 Breathing exercise for good sleep (optional) (CNK / Strefa relaksu WM)

### **Wednesday, 08.07.2026**

09:00 Physical exercise – prof. Jolanda Zuzda (indoors and on the Bialystok University of Technology campus)

11:00 Laboratory presentation of the device with rotation movements constructed jointly by BUT and UBI - prof. Jolanta Zuzda and prof. Aurelio

12:00 Biomechanical diagnosis through movement analysis (lecture) – prof. Jolanta Pauk

17:00 Campus game – learn more about Bialystok University of Technology (campus)

20:00 Breathing exercise for good sleep (optional) (CNK / Strefa relaxu WM)

### **Thursday, 09.07.2026**

09:00 Trip to Suprasl

10:00 Physical exercise by the riverbank – prof. Jolanda Zuzda (indoors and on the Bialystok University of Technology campus)

13:00 Visit to the Icon museum (Orthodox Monastery)

20:00 Breathing exercise for good sleep (optional) (CNK / Strefa relaxu WM)

### **Friday, 10.07.2026**

09:00 Physical exercise – prof. Jolanda Zuzda (indoors and on the Bialystok University of Technology campus)

11:00 Farewell speech and certificate distribution

20:00 Breathing exercise for good sleep (optional) (CNK / Strefa relaxu WM)

\*Programme is subject to change