



IN SOMEONE'S SHOES

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 (7-11 April 2025)
- 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.

What expenses will you have to cover?

Participants are supposed to cover their travel expenses to Poland, as well as accommodation in hotels in Wrocław. Students can apply for an Erasmus+ grant through their own institution for travel and housing costs. 70€ per working days + 2 travel day (applies to people with fewer opportunities).

Contact?

For more details regarding the program please contact: BIP Coordinator, Monika Ilecka-Folcik (monika.ilecka@awf.wroc.pl)

Number of places available: 5