



**VELEUČILIŠTE**  
Ivanić-Grad

**MOVE & CARE - PHYSICAL  
ACTIVITY AND STRESS  
MANAGEMENT**

**ERASMUS + BIP**

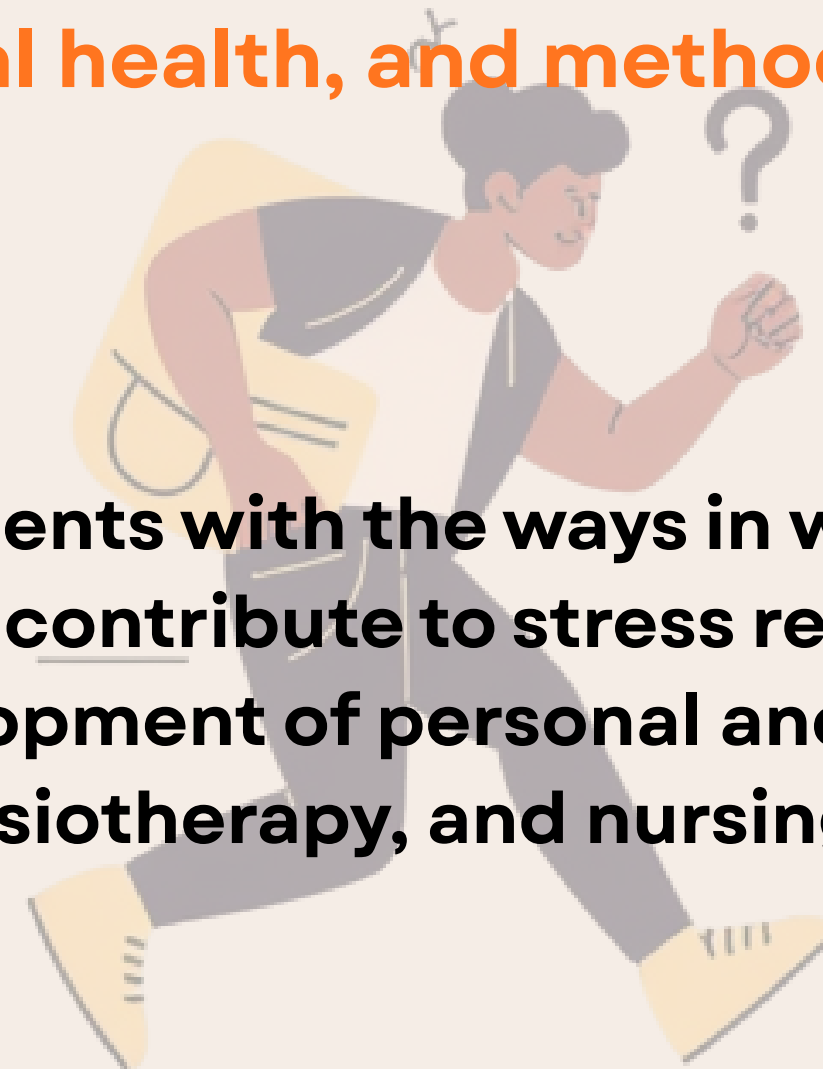
**12-16/10/2026**

**University of Applied Sciences Ivanić-Grad**

*Stress has always been recognized as a defense mechanism that protects us from sudden and dangerous situations. However, modern times are characterized by stress occurring as a regular rather than an exceptional circumstance, significantly impairing quality of life and leading to serious consequences for both physical and mental health. Stress management therefore represents an essential element of self-care and health maintenance, forming part of mental and physical hygiene. It is based on a holistic approach that includes the interconnection of physical, psychological, and nutritional aspects, as well as a return to a natural environment.*

**The BIP program “MOVE AND CARE – PHYSICAL ACTIVITY AND STRESS MANAGEMENT” provides insight into contemporary causes of stress, self-analysis of personal stressors, the consequences for young people’s mental and physical health, and methods of managing stress.**

**The goal of the MOVE & CARE program is to familiarize students with the ways in which physical activity, preventive strategies, and experiential learning contribute to stress reduction, the preservation of mental and physical health, and the development of personal and professional competencies in the fields of kinesiology, physiotherapy, and nursing.**



# on-line part



In the introductory part of the program, conducted through two on-line sessions, participants will get to know each other and will be taught in:

1. **Mental health of young people and the challenges of modern society** that affect it will be addressed, with a special emphasis on students' academic and social adjustment.
2. **Nutritional support for the body in today's context**, focusing on which foods and dietary supplements can help strengthen resilience in modern life.
3. Participants will be given a short assignment as preparation for a personal presentation and for participation in the physical component of the mobility program.

# MONDAY, OCTOBER 12, 2026

INTRODUCTION, HEALTH EDUCATION, DEFINING STRESS, STRESS MANAGEMENT METHODS,  
MIND-BODY CONNECTION

9:00 – Registration

9:30 – Introduction, self presentation, tour of the University of Applied Sciences Ivanić-Grad

11:00 – City walk - presentation of the tourist and cultural attractions of the city of Ivanić-Grad

12:00 – Lunch (paid)

13:30 – 14:15 Lecture: STRESS – what is stress and how to cope with it?

14:15 – 14:30 Break

14:30 – 17:30 Workshop - Managing Stress

# TUESDAY, OCTOBER 13, 2026

## PREVENTION AND SUPPORT IN STRESS MANAGEMENT - KINESITHERAPY AND PHYSIOTHERAPY

9:00 – 12:00 Lecture and workshop:

**Integration of Optimal Breathing, Stability and Mobility in the Warm-Up: A Foundation for Performance and Injury Prevention**

12-13.30 Lunch

13:30 – 17:00 Lecture and workshop:

Lecture: **Physiotherapy in Action: Preventing Musculoskeletal Dysfunction**

Workshop: **Functional Assessment, Taping, and Bandaging for Injury Prevention**



# WEDNESDAY, OCTOBER 14, 2026

## EXCURSION: PLITVICE LAKES

<https://np-plitvicka-jezera.hr/en/>



- One-day excursion in nature
- Active walking, relaxation, and program reflection
- Packed lunch carried by participants

Valentina Šipuš

Learning outcomes:

- recognize the importance of spending time in nature for mental health
- exploring natural and cultural heritage of Croatia

Valentina Šipuš

# THURSDAY, OCTOBER 15, 2026

## DEVELOPMENT OF MENTAL RESILIENCE THROUGH COMBAT AND DANCE

**Morning 9.00-13.00**

### **Workshop: KRAV MAGA**

Krav Maga is a self-defense system with a unique and logical approach. It is easy to learn and remember, and it is performed in a natural and instinctive way. Due to the wide range of topics it covers, Krav Maga provides tools for neutralizing everyday stressful situations, as well as for resolving potential conflicts.

In the context of stress reduction, the program works by increasing control over one's own reactions—directly reducing the feeling of insecurity and overload in demanding situations.



# THURSDAY, OCTOBER 15, 2026

## DEVELOPMENT OF MENTAL RESILIENCE THROUGH COMBAT AND DANCE

**13.00 – 14.00 LUNCH**

**14.00-18.00 WORKSHOP: DANCE**

During the lecture, we will talk about the science behind it covering couple of aspects.

- Physical movement and the mechanics of releasing endorphins and lowering cortisol levels.
- Music (melody) and rhythm that stimulate our brain's reward centers but also encourage different feelings and states of mind.
- Mind-body awareness and bringing back the connection between our body and mind, and the feeling of wellbeing.
- Expression through movement that helps externalize feelings which may be too complex or overwhelming to talk about.

**social dancing/  
couple dancing**

**latin dances**

**modern  
dances**

**group dances**



After each block it will be shortly discussed how we feel after specific dance activities, and how we can integrate them in our everyday lives, making them a useful tool for staying healthy and lowering the burden of everyday stress.

# FRIDAY, OCTOBER 16, 2026

## MARČA FOREST PARK – FOREST THERAPY

**9:00 – 9.30 TRAVEL AND ARRIVAL AT MARČA FOREST PARK**

**9.30-10.30 LECTURE**

### **FOREST THERAPY AND NATURE-BASED INTERVENTIONS IN STRESS MANAGEMENT AND MENTAL HEALTH PRESERVATION**

The lecture focuses on contemporary scientific findings on nature-based interventions (NBI), with a special emphasis on forest therapy (forest bathing / shinrin-yoku) as a structured, preventive, and complementary method for preserving mental health

**10.30-14.00**

### **WORKSHOP: EXPERIENTIAL LEARNING THROUGH FOREST THERAPY: MINDFUL MOVEMENT IN THE FOREST AND STRESS REGULATION**

The workshop will be conducted in Marča Forest Park as a guided, structured forest therapy experience designed for a professional audience, with the aim of direct experience and understanding of the effects of the natural environment.

FRIDAY, OCTOBER 16, 2026  
MARČA FOREST PARK -

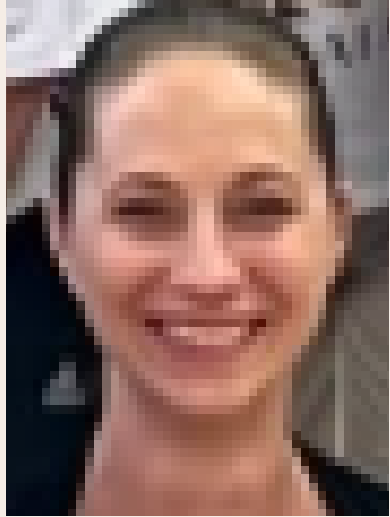


THE END OF THE PROGRAM

**15:00 - EVALUATION, PROGRAM COMPLETION, AND CERTIFICATE AWARDING**

**16:00 - RETURN TO IVANIĆ-GRAD**

Lecturers



LEJLA NEVŽALA  
BJEDOV,  
DIPL. OEC.,  
DANCE  
INSTRUCTOR



MARK TOMAJ,  
MAG. PHYSIOH.  
BOBATH  
THERAPEUT



ZRINKA ŠMULJIĆ,  
MAG.NUTR.



VALENTINA ŠIPUŠ,  
MAG.REL. PED., UNIV.  
SPEC. SOC. POLICY



MARIO KAJTAZI,  
bacc. cin., KRAV MAGA  
GLOBAL INSTRUKTOR  
<https://www.facebook.com/p/Krav-Maga-Ivani%C4%87-Grad-100063512015995/>



KRISTINA  
KRAJNOVIĆ  
GORČAN,  
MAG.  
PSYCHOLOGY  
[HTTPS://PSIHOL  
OG-KRAJNOVIC-  
GORCAN.HR/O-  
MENI-PRAKSI/](https://psiholog-krajnovic-gorcان.hr/o-meni-praksi/)

ALEKSANDAR RACZ, PHD, HON. FOREST THERAPY GUIDIE



LJERKA ARMANO,  
PHD, FORST THERAPY GUIDE

DEJAN ELDIĆ  
MAG.CIN., STRENGTH &  
CONDITIONING COACH



PETRA KRSTIČEVIĆ,  
MAG. PHYSIOTH., BOBATH  
THERAPEUT, LICENSED HIKING  
GUIDE





DETAILED PROGRAM:

[HTTPS://CANVA.LINK/BPJ7597R63ZAS8A](https://CANVA.LINK/BPJ7597R63ZAS8A)



Funded by the  
European Union