

## **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