**Title of BIP:**

**Sprint to Wellness: Nurturing Health by Understanding Human Development**

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| **General information** |
| **Objectives and Description:**  **Objectives:**  Improve participants' knowledge and understanding of human development.  Increase participants' awareness of human development stages and factors.  Enhance awareness of holistic well-being, including physical, mental, and emotional aspects.  Equip participants with stress reduction and mindfulness techniques.  Foster an understanding of the interdisciplinary nature of health and human development.  **Description:**  This BIP aims to provide a rich and immersive experience, blending cross-cultural perspectives, human development theory and sport in an engaging and educational manner, for increasing the knowledge and wellbeing of the participants. |
| **Methods and outcomes:**  **Methods** – Lectures and workshops, analysis and discussions of real-life case studies representing different developmental stages, Individual wellness assessments, goal-setting worksheets, demonstrations, collaborative planning, and reflection sessions.  **Outcomes** - Participants develop practical skills for incorporating health related and relaxation techniques into their daily routines, leading to reduced stress and improved well-being. |
| **Field of Education:**  **Developmental Psychology, Health, Educational Psychology, Sport Psychology, Teacher training** |
| **Target audience / Participants profile: Students from UNITA partner universities** |
| **No of ECTS issued: 3 ECTS** |
| **Language of instruction and requirements: English understanding and writing** |
| **Dates for physical activity: 16th-20th of April 2024** |
| **Location of physical activity: WUT** |
| **Dates for virtual component: 25-27 of March and 20-22 of May 2024** |
| **Virtual Component Description:**  **March – Theoretical and Interdisciplinary understanding sessions: nature of health, body and human**  **development**  **May – Journaling and reflection workshop** |
| **Organizing Board** |
| **Receiving/Host university:**  ***Universitatea de Vest din Timișoara***, Romania (Iuliana Costea, Iuliana.costea@e-uvt.ro)  **Sending/Partner universities:**  ***P1. University of Zaragoza***, Araceli Bravo Martin ([tecrelint2@unizar.es](mailto:tecrelint2@unizar.es)) ?  ***P2. University Savoaie Mont Blanc***, Gretchen Pascalis (gretchen.pascalis@univ-smb.fr);  ***P3. University de Pau et de Pays de lAdour,*** Louise Jouve (louise.jouve@univ-pau.fr)  ***P4. Instituto Politecnico de La Guarda,*** *Isabel Fernandes* ***(***isabelfernandes@ipg.pt) |
| **Detailed programme** |
| 1. **Planned activities during virtual component:**   **Lectures and workshops on the Human development and Health topics like:**   * Psychology of wellbeing * Foundations of Human Development * Physical movement and Benefits – Gretchen Pascalis (Benefits of Yoga on the Mat) * Cultural Competence in Wellness Theories * Physical activity and wellness in the workplace – Jose Eduardo Teixeira * Intersectionality in Health and Human Development  1. **Planned activities during physical component:**   1st day: Wellness assessment and goal setting – Outdoor Adventure and Teambuilding  2nd day: Fitness, Stress reduction and Mindfulness workshop - Providing tools for integrating these practices into daily routines. Creating a personal Yoga technique  3rd day: Community Health Outreach Project - Collaborating on a community health project, applying theoretical knowledge to real-world scenarios  4th day: Mindful play and learning session - Exploring the role of play in human development through creative activities (participating in activities that promote creativity, social interaction, and learning) – Iuliana Costea  5th day: Final Wellness Celebration – acknowledging achievements, sharing personal growth stories, and celebrating the successful completion of the program. |
| **Application procedure** |
| fill in application form available here: <https://forms.gle/xPgx18vKYA9UCXSj7> |