**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) ?***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> |