



OSRESS 2026

OUTDOOR SPORTS AND RECREATION EDUCATION SUMMER SCHOOL 2026

Topic

"Multigenerational Models of Outdoor Physical Activity in Illness Prevention, Health Promotion, and Well-Being"

Subtopics

OSRESS 2026 is an international event that combines cutting-edge science, hands-on practice, and outdoor experiences, along with high-level teaching and a dedicated scientific conference

- 🌳 Multigenerational models of outdoor physical activity
- 🚶 Disease prevention through outdoor movement
- 🧘 Health promotion and well-being across all age groups
- ☐ Building connections and fostering integration through physical activity

September 3-8, 2026
Biala Podlaska, Poland

Organizers:

Jozef Pilsudski University of Physical Education in Warsaw,
Faculty of Physical Education and Health, Biala Podlaska, Poland

in collaboration with

Riga Stradins University, Riga, Latvia
Latvian Academy of Sport Education (RSU, LASE)
Latvian Association of Outdoor Education and Recreation (LAOER)

Vilnius University, Lithuania
University of Verona, Italy
Klaipeda University, Lithuania
University of Malaga, Spain
Lithuanian Sport University, Lithuania

Short description of content of the **OSRESS2026**:

OSRESS 2026 is an international event that combines cutting-edge science, hands-on practice, and outdoor experiences, along with high-level teaching and a dedicated scientific conference.

Program highlights:

- ✓ Expert lectures from national and international speakers
- ✓ Field workshops and practical sessions
- ✓ Experience exchange and international networking
- ✓ Outdoor activities in modern sports facilities and the region's natural environment
- ✓ A scientific conference on innovative models of outdoor activity and education

If you are **passionate about outdoor physical activity, health education, and innovative multigenerational approaches**, this event is for you!

📣 **Recruitment details coming soon!**

🌿 Reserve your spot and join a community that unites science, movement, and nature.

Summer School secretariat:

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