



Summer School 2026

Józef Piłsudski University of Physical Education in Warsaw, Poland

University College in Biala Podlaska, Poland

Rīga Stradiņš University / Latvian Academy of Sport Education, Latvia

Vilnius University, Lithuania

University of Malaga, Spain

University of Verona, Italy

Outdoor Sports and Recreation Education

Summer School 2026

Traditional games, outdoor activities

and multigeneration activity



Józef Piłsudski University of Physical Education in Warsaw, Poland

University College in Biala Podlaska, Poland

September, 03-08. 2026 Biała Podlaska, Poland



Summer School 2026

Organizing Committee

Co-Chairs: Krzysztof Piech, PhD, Anna Bodasińska, PhD

Secretary: Artur Litwiniuk, PhD

Members

Małgorzata Charmas, PhD

Anna Galczak-Kondraciuk, PhD

Dorota Różańska, PhD

Krzysztof Juśkiewicz, MA

Bartłomiej Kargulewicz, MA

Wiktoria Pawlik-Greguła, MA

Marta Pietruczuk, MA

Przemysław Kizeweter, MA

Weronika Grantham, MA

Grzegorz Różycki, MA

Michał Biegajło, MA

Prof. Ingrida Smuka

International Programme Committee

Prof. Juris Grants – Riga Stradins University / Latvian Academy of Sport Education, Latvia

Prof. Ruta Dadelienė – Vilnius University, Lithuania

Prof. Oscar Romero Ramos – University of Málaga, Spain

Prof. Andra Fernāte – Riga Stradins University / Latvian Academy of Sport Education, Latvia

Assoc. Prof. Zbigniew Ossowski – Gdańsk University of Physical Education and Sport, Poland

Asoc. Prof. Inta Bula-Biteniece – Riga Stradins University / Latvian Academy of Sport Education, Latvia

Alina Klonova, PhD – University of Verona, Italy

Student Organizing Committee

Chair: Paweł Wawryszczuk

Members: Kornel Bednarczyk, Emilia Klimiuk, Michał Kretowicz, Barbara Maksymiuk, Natalia Ozimek

SUMMER SCHOOL PROGRAMME

Thursday 03.09.2026

- | | |
|-------|---|
| 17.00 | Arrival to AGAT Dormitory and registration [AGAT Lobby, 34 Pułku Piechoty Street]
[moderators: Anna Bodasińska, PhD, Artur Litwiniuk PhD, Krzysztof Piech, PhD, students:
Paweł Wawryszczuk, Natalia Ozimek, Barbara Maksymiuk, Emilia Klimiuk] |
| 19.00 | Dinner [Dormitory ABC, META] |



Summer School 2026

- 20.00 Welcome all participants Meeting of teachers and students – Summer School Program [AGAT, no 4]
21.00 Swimming – Artur Litwiniuk, PhD [swimming pool]

Friday 04.09.2026

[moderators: Artur Litwiniuk, PhD, Prof. Juris Grants, Prof. Ruta Dadelienė, Małgorzata Charmas, PhD, Anna Galczak-Kondraciuk, PhD, Prof. Oscar Romero Ramos, students: Paweł Wawryszczuk, Kornel Bednarczyk, Michał Kretowicz]

- 8.00 Morning activities (Polish students) [sports area] [moderators: Paweł Wawryszczuk, Natalia Ozimek, Barbara Maksymiuk, Emilia Klimiuk]
9.00 Breakfast [Dormitory ABC, META]
10.00 Opening ceremony of Summer School [conference room, no 149-150] [moderators: Anna Bodasińska, PhD, Krzysztof Piech, PhD]
- Official Opening of the Summer School – Prof. Jerzy Sadowski
International Scientific Conference within the OSRESS Summer School 2026: [moderators: Artur Litwiniuk, PhD, Prof. Juris Grants, Prof. Ruta Dadelienė]:
- Asoc. Prof. Zbigniew Ossowski – Poland *New Walking for Health and Fitness: Scientific Evidence and Training Prescription (20 min)*
 - Prof. Juris Grants and researchers: Baiba Tikuma, Jānis Šnikvalds – Latvia *Development and Implementation of an Interdisciplinary Study Course on Physical Activity, Sport and Apitherapy (10 min)*
 - Anna Bodasińska, PhD, Krzysztof Piech, PhD – Poland *Games and fun – How it used to be” – projects of multigeneration activity (10 min)*
 - Artur Litwiniuk, PhD, Prof. Juris Grants – Poland/Latvia *Summer School [OSRESS] as a form preparing for a healthy lifestyle and sustainable psychomotor not only for students (10 min)*
 - Anna Galczak-Kondraciuk, PhD and students: Kornel Bednarczyk, Michał Kretowicz, Paweł Wawryszczuk – Poland *Nutrition Education and Multigenerational Physical Activity as Determinants of Health-Promoting Behaviors among Preschool Children: A Pilot Study (10 min)*
 - Prof. Andra Fernate – Latvia *From Sunset Play to Better Sleep: Can Traditional Outdoor Games Replace Evening Screen Time and Improve Sleep Quality in Multigenerational Families?(scientific evidence) (10 min)*
 - Asoc. Prof. Inta Bula-Biteniece – Latvia *Dance and Movement Therapy in Nature: Body Awareness and Wellbeing (10 min)*
 - ...
- Student's lectures (5 min) [moderators: Małgorzata Charmas, PhD, Anna Galczak-Kondraciuk, PhD, Prof. Oscar Romero Ramos]
- Poland, Latvia, Lithuania, Spain, Italy
- 13.00 Lunch [Dormitory ABC, META]
15.00-16.30 Laboratory [Małgorzata Charmas, PhD, Karol Kowieski, MA] [ROBiR laboratory]



Summer School 2026

- 17.00-19.00 Meeting with Local Government Representatives – President of Biała Podlaska Michał Litwiniuk + Summary of the “Cycling Capital of Poland” Initiative [Freedom Square – City Centre, Radziwiłł Park] [moderators: Artur Litwiniuk, PhD, Krzysztof Juśkiewicz, MA, student: Emilia Klimiuk, Natalia Ozimek, Barbara Maksymiuk]
- 19.30 Dinner – Polish Dinner [Dormitory ABC, META]
- 20.30 Swimming – Artur Litwiniuk, PhD [swimming pool]

Saturday 05.09.2026

[moderators: Anna Bodasińska, PhD, Krzysztof Piech, PhD, Prof. Juris Grants, Prof. Ingrida Smuka, Prof. Ruta Dadelienė, Prof. Oscar Romero Ramos, Alina Klonova, PhD, Anna Galczak-Kondraciuk, PhD, students: Paweł Wawryszczuk, Natalia Ozimek, Barbara Maksymiuk, Emilia Klimiuk]

- 8.00 Morning activities (Lithuania – students) [sports area]
- 9.00 Breakfast [Dormitory ABC, META]
- 11.00-16.00 European Festival of Traditional Games and Play [Radziwiłł Park]
- 13.00 Packed Lunch (distributed during the Festival)
- 17.00 Dinner [Dormitory ABC, META]
- 18.30 Alina Klonova, PhD *Conscious Breathing and Neuromuscular Training for the Human Wellbeing* – practical classes [sports hall]
- 20.00 Swimming – Artur Litwiniuk, PhD [swimming pool]

Sunday 6.09.2026

[moderators: Asoc. Prof. Zbigniew Ossowski, Krzysztof Juśkiewicz, MA, Bartłomiej Kargulewicz, MA, Wiktoria Pawlik-Greguła, MA, Asoc. Prof. Inta Bula-Biteniece, students: Paweł Wawryszczuk, Barbara Maksymiuk]

- 8.00 Morning activities (Spain – students) [sports area]
- 9.00 Breakfast [Dormitory ABC, META]
- 10.30 Asoc. Prof. Zbigniew Ossowski *The Power of Resistance – outdoor workout with functional gear* – practical classes [sport area]
- 11.30 Grzegorz Różycki, MA *Slow Jogging – health jogging for everyone* – practical classes [sports area]
- 13.00 Lunch [Dormitory ABC, META]
- 14.30 Krzysztof Juśkiewicz, MA *Tennis* – practical classes [sports hall/tennis court]
- 15.30 Asoc. Prof. Inta Bula-Biteniece *Moving with Nature: A Dance and Movement Therapy Experience for Body Awareness* [sport area]
- 17.00 Dinner [Dormitory ABC, META]
- 19.00 Meeting of students [AGAT, no 4] – Co-Creating a Traditional Game Across Cultures [moderators: Paweł Wawryszczuk, Barbara Maksymiuk]
- 20.00 Bartłomiej Kargulewicz, MA, Wiktoria Pawlik-Greguła, MA *Water Polo* – practical classes [swimming pool]



Summer School 2026

Monday 7.09.2026

[moderators: Michał Biegajło, MA, Bartłomiej Kargulewicz, MA, Wiktoria Pawlik-Greguła, MA, Weronika Gratham, MA, Prof. Oscar Romero Ramos, Prof. Ingrida Smuka, students: Paweł Wawryszczuk, Barbara Maksymiuk]

- 8.00 Morning activities (Latvia – students) [sport area]
- 8.30 Breakfast [Dormitory ABC, META]
- 10.00 Canoe Trip [moderators: Michał Biegajło, MA, Bartłomiej Kargulewicz, MA, Wiktoria Pawlik-Greguła, MA]
- 12.30 Picnic Lunch
- 17.00 Weronika Grantham, MA *Joga* – practical classes [dance hall]
- 19.00 Dinner [Dormitory ABC, META]
- 20.00 Meeting of students [AGAT, no 4] – Co-Creating a Traditional Game Across Cultures [moderators: Paweł Wawryszczuk, Barbara Maksymiuk]
- 20.30-21.15 Prof. Oscar Romero Ramos and students: Natalia Gonzalez Prieto, and Tarek Rababy López *Ballroom Dancing* – workshop and practical classes – [dance hall]
- 21.15-22.00 Prof. Ingrida Smuka *Latvian National dances* – workshop and practical classes – [dance hall]

Tuesday 8.09.2026

- 8.00 Swimming Artur Litwiniuk, PhD [swimming pool]
- 9.00 Breakfast [Dormitory ABC, META]
- 10.00 Evaluation of the Summer School [conference room, no 149-150] [moderators: Prof. Juris Grants, Krzysztof Piech, PhD, Anna Bodasińska, PhD]
- 10.30 Student's presentation [conference room, no 149-150] [moderator: student Paweł Wawryszczuk]
- 11.15 Delivery of certificates [conference room, no 149-150] [moderators: Prof. Juris Grants, Krzysztof Piech, PhD, Artur Litwiniuk, PhD, Prof. Ruta Dadelienė, Prof. Oscar Romero Ramos, Prof. Ingrida Smuka, Anna Bodasińska, PhD]
- 12.00 Gala lunch Polish Dinner [Dormitory ABC, META]
Departure of participants