

OSRESS CONSORTIUM OF THE UNIVERSITIES

OUTDOOR SPORTS AND RECREATION EDUCATION SUMMER SCHOOL 2025 (OSRESS2025)

SCIENCE-BASED MOTION THERAPY: OUTDOOR RECREATION STRATEGIES FOR ILLNESS PREVENTION, HEALTH AND WELLNESS

Consortium of the Universities:

- Riga Stradins University / Latvian Academy of Sport Education, Latvia
- Latvian Association of Outdoor Education and Recreation, Latvia
- Jozef Pilsudski University of Physical Education in Warsaw, Faculty of PE in Biala Podlaska, Poland
- Vilnius University, Lithuania
- Lithuanian Sports University, Lithuania
- Klaipėda University, Lithuania
- University of Malaga, Spain
- University of Verona, Italy
- Swedish School of Sport and Health Science (GIH), Sweden

1.	TERM:	24.08.2025. Sunday (ARRIVAL, AFTERNOON, program will start at 17.00) 29.08.2025. Friday (DEPARTURE MIDDAY, program will finish at 11.30 AM)
2.	DURATION:	6 DAYS
3.	TRAVELLING:	1st DAY ARRIVAL, 6th DAY DEPARTURE
4.	LOCATION:	VILNIUS UNIVERSITY Campus for practice, Puvočiai, Varena district, LITHUANIA (about 110 km from Vilnius to the southwest) 54.114242, 24.305059 https://maps.app.goo.gl/THZhb87vMWy3A6iZ8
5.	AIM AND SCHEDULE:	To develop practical skills in planning, organizing and carrying out scientific and practical activities in the natural environment, aimed at health promotion and disease prevention: Tasks: 1. To apply knowledge of scientific methodology, planning and carrying out scientific experimental activities, analyzing research data. 2. To study the impact of individuals' lifestyle on physical and mental health, organizing and conducting surveys, examining and assessing human physical and functional abilities. 3. To plan and implement health promotion and disease prevention programs, applying physical activity, body relaxation, tissue stretching, and other physiotherapy methodologies. 4. To provide science-based recommendations for physical activity for health promotion and disease prevention, taking into account the needs of various age groups. 5. To promote interdisciplinary learning and the development of professional relationships, developing personal growth, communication, and cooperation skills through practical experience in a natural and intercultural environment.
6.	OFFICIAL LANGUAGE:	ENGLISH
7.	HOURS AND EVALUATION:	42 hours GROUP PRESENTATIONS
8.	CONDITIONS OF SCHOOL ATTENDANCE:	Full-time students in Kinesiology, Sport Science, Physiotherapy, Physical Education, Recreation, and Management
9.	APPLICATION:	Online registration: Registration form Registration is open from June 10, 2025; the deadline for registration is June 30, 2025.
10.	PARTICIPATION FEE:	200 € for teachers, 150 € for students Include: accommodation, breakfast, lunch, dinner, auditorium, summer school program, coffee, tea, and water during breaks, transport from Vilnius airport to VU campus and back.
11.	INSURANCE:	Not included in the price.
12.	PAYMENT ON:	There are two options to pay: Bank account holder: Vilnius Universitetas Address: Universiteto 3, Vilnius 01103, Lithuania Fee code: MF2025 08 0010 Account LT247044060001101392 Bank: SEB, VAT number LT 119508113 SWIFT: CBVILT2 X If you choose this type of payment, for the invoice, you will have to email dalia.slamiene@cr.vu.lt

		<p>Additional option for payment</p> <p>https://tickets.paysera.com/lt/event/tarptautine-vasaros-mokykla-mokslu-pagrista-judesio-terapija-liqu-prevencijos-sveikatos-gerinimo-naturalioje-gamtineje-aplinkoje-strategijos</p> <p>Then you will open this link, and you will see that the price is 150 EUR. Don't be lost, you have to press the button PAY, and after that you will be able to choose 150 EUR for students or 200 EUR for teachers.</p> <p>In this case, the invoice will come to you automatically.</p> <p>REGISTRATION and PAYMENTS are available UNTIL 30.06.2025.</p>
13.	PARTICIPANTS:	Students (approximately 3-4 students from each University) and academic staff (approximately 1-3 teachers from each University).
14.	CONTACT PERSON:	Ruta Dadeliene, email: ruta.dadeliene@mf.vu.lt Tel: +370 682 22817