
Podpora rozvoje a kvalitního vzdělávání pro Celoživotní vzdělávání a Univerzitu třetího věku

Short term mobilities

Within the framework of the Erasmus KA1 project, we currently have an approved short-term project aimed at supporting the quality of education in lifelong learning courses (LLC) and the University of the Third Age (U3A). The goal of the project is to innovate education through short-term staff mobilities, but also to support cultural exchange, increase international awareness, and provide new opportunities for teachers, students, and the public.

This year, we have also been granted accreditation in the field of adult education, which supports the process of sending employees and LLC participants to international mobilities.

Accreditation

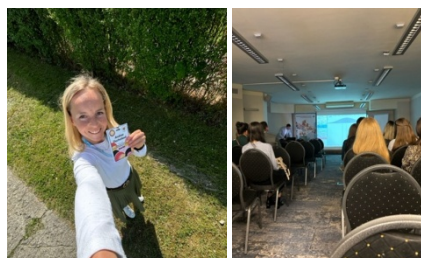
As of October 2023, the Faculty of Physical Education and Sport has obtained accreditation in the area of staff mobility, which for the duration of 5 years will significantly facilitate the entire process of sending our employees abroad and will greatly contribute to innovation in teaching, education, and science. The intention of the project is also to improve opportunities and conditions for participants in lifelong learning courses and the University of the Third Age, and to strengthen their international aspect. Currently, the first mobilities are being prepared, which will take place at the beginning of next year.



Co-funded by the
Erasmus+ Programme
of the European Union

Enhancing Expertise Through International Collaboration – Andrea Duchoňová's Visit to the Jerzy Kukuczka Academy of Physical Education

As part of our commitment to lifelong learning and professional development, Andrea Duchoňová traveled to Katowice to visit the Jerzy Kukuczka Academy of Physical Education. Lifelong learning extends beyond formal education, encompassing opportunities for knowledge exchange and skill enhancement through international mobility. During her visit, Andrea met with the local research team, who had prepared a three-day program to facilitate collaboration and knowledge sharing. The first day included a tour of the university's facilities, including laboratories, followed by discussions on potential research partnerships. The mobility experience continued in Ustroń, where Andrea presented findings from the study Dietary Supplements in Female Canoeists at the International Conference in Ustroń, Poland. By engaging in academic exchanges and sharing research on sports nutrition, this visit contributed to both personal and professional growth—key principles of lifelong learning. This mobility demonstrates how international cooperation enhances expertise, fosters innovation, and strengthens the broader educational and research community. Through participation in international projects, our institution continues to support the development of skills and knowledge beyond traditional learning pathways.

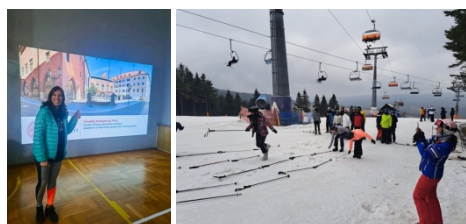


Strengthening Teaching Skills Through International Cooperation – Job Shadowing in Zieleniec

As part of our commitment to lifelong learning and professional development, Veronika Kramperová participated in a job shadowing mobility at a ski course in Zieleniec, a Polish ski resort in the Orlické Mountains. The course was organized by the Academy of Physical Education in Wrocław and provided a unique opportunity to expand professional competencies beyond traditional learning environments.

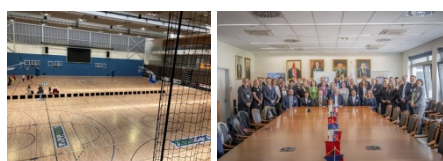
The program included practical training in skiing fundamentals, an analysis of different teaching methods and didactic approaches, and an introduction to the organization of ski courses in local conditions. This experience contributed to enhancing international cooperation and improving the quality of training for future educators in physical activities in winter conditions.

The mobility experience resulted in a valuable exchange of expertise in teaching methodology and course organization, the development of professional and language skills, and the establishment of new partnerships for future exchange programs. By engaging in lifelong learning initiatives such as this, educators can continuously refine their teaching approaches and bring innovative practices into their work.



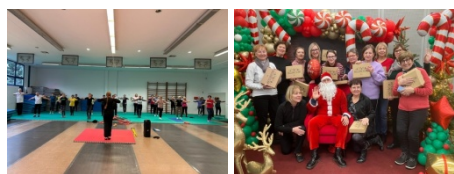
Strengthening Lifelong Learning Through Job Shadowing – Alena Nessmithová and Věra Dušková's Visit to Budapest

From April 16 to April 19, 2024, Alena Nessmithová and Věra Dušková participated in a job shadowing visit at the Hungarian University of Sport Science (HUSS) in Budapest as part of International Partnership Day 2024. The visit aimed to strengthen the lifelong learning program by exchanging experiences and best practices in sports education. The program included a tour of the university's facilities, presentations on study programs, and discussions on the sociocultural aspects of sports in Hungary. Courses such as Sports Diplomacy and Professional English for Athletes provided valuable inspiration for potential application in their own institution. Through networking sessions, meetings, and a reception with the university's rector, they explored opportunities for international collaboration and project partnerships. Engaging with colleagues from sports institutions worldwide, they shared insights on educational activities, funding sources, and lifelong learning strategies, reinforcing the importance of continuous professional development and international cooperation.



Posílení celoživotního učení skupinovou mobilitou – návštěva Michaely Gabrielové a Kateřiny Ševčíkové ve Vratislavi

From January 29 to January 31, 2024, Michaela Žák Gabrielová and Kateřina Ševčíková traveled with participants of the University of the Third Age (U3V) to Comenius University in Wrocław, Faculty of Physical Education and Sport, as part of a short-term mobility project in adult education. The visit focused on consultations about lifelong learning programs (CŽV), sharing best practices, and exploring collaboration opportunities between the institutions. The program included activities for U3V participants in the field of physical education and sport, emphasizing the importance of active aging. A key highlight was the tour of the Active Aging Center, where they gained valuable insights into its funding model, interdisciplinary approach, and focus on preventive healthcare. Discussions also led to potential student exchanges for U3V participants. The visit reinforced the importance of lifelong learning, intergenerational cooperation, and inclusive education, while laying the groundwork for future partnerships.



Posílení celoživotního učení – Skupinová mobilita vedená Andreou Duchoňovou a Natálií Wolfovou do Budapešti

From 5.12. to 7.12. 2024, Andrea Duchoňová and Natálie Wolfová led a group mobility to the Hungarian University of Sports Science (HUSS) in Hungary with participants of the University of the Third Age. The visit was focusing on lifelong learning and international cooperation.

The program included discussions on LLL in physical education and sport for UTA participants, highlighting the importance of active aging. The group toured the university's facilities and engaged in workshops on adult education, intergenerational cooperation, and integrating sports into lifelong learning programs. The visit also explored future collaboration opportunities between the two institutions.

This experience emphasized the value of lifelong learning, fostering intergenerational exchange and inclusive education, while laying the groundwork for future partnerships.

