

# STUDENTS' ACADEMY 2018



**22. – 25. 3. 2018**

Welcome to Student's Academy 2018!

- Student's Academy is an exchange between European students of psychomotricity
- the main goals of Student's Academy are the creation of European relationships between students and teachers and the knowledge about study plans, education, schools and professional practices
- SA2018 is organized by the Czech psychomotricity teachers from Faculty of Sports Studies and Faculty of Education (Masaryk University Brno) and their students
- SA2018 is held under the auspices of:
  - European Forum of Psychomotricity and EFP president Pim Hoek
  - the dean of Faculty of sports studies, MU, doc. Mgr. Martin Zvonař, Ph.D.
  - the dean of the Faculty of Education, MU, doc. PhDr. Jiří Němec, Ph.D.
  - Czech delegate of EFP Daniela Jonášová

## **INFORMATION FOR THE PARTICIPANTS:**

- **ACCOMMODATION 22. - 25.3.**

GARNI hotel, Vinařská 470/5C, Brno (tram 1, stop: Lipova)

On THU 22.3. from 14:00 there will be SA2018 coordinators waiting at the reception to help you with the accommodation!

- **FOOD** (full board included in the SA2018 fee) *take your "food tickets"!*  
**lunch** Student's canteen Vinarska near GARNI hotel (FRI 12:00-14:00) / Academic Restaurant in the Campus Square shopping mall (FRI, SAT and SUN 12:00-14:00)  
**dinner** Snack bar Vinarska near GARNI hotel (THU 14:00 – 17:30) / Academic Restaurant in the Campus Square shopping mall (FRI 17:00 – 19:00)  
**breakfast** in the student's canteen in GARNI hotel

- **TRANSPORT IN BRNO** *have your public transport ticket with you!*
  - in your name tag pocket you received a 5-day Brno public transport ticket, it is necessary to indicate it in the first TRAM / TROLLEYBUS / BUS you take and then it is valid for 5 days
  - the GARNI hotel stop of TRAM 1 is called “Lipova” in Czech
  - the university campus stop (gyms and Academic restaurant) of TROLLEYBUS 25 is called “Univerzitni campus” in Czech
  - the train station / bus station stop of TRAM 1 is called “Hlavni nadrazi” in Czech
  - if you need help, ask our SA2018 team or friendly inhabitants of Brno! 😊
  - useful website of Brno public transport <https://jizdnirady.idnes.cz/brno/spojeni/>
- **as the Student’s Academy 2018 takes place on the academic grounds, we would like to ask you to follow these RULES:**
  - do not enter the gyms with outdoor shoes, make sure you do not step on the blue tatami area in any shoes (socks only)
  - do not enter the gyms with food and/or drinks in glass bottles (PET bottles allowed)
  - all academic facilities and accommodation buildings are a strict non-smoking area (find special smoking spots outside of the buildings)
  - **thank you for following the rules, by doing so you help us create a pleasant atmosphere of the SA2018**

Enjoy your time in Brno with us!

Your SA2018 team!

Dasha, Daniela, Jara and our great students



**Should you have any questions, please ask our orga team in white T-shirts SA2018!**

# PROGRAMME

THURSDAY 22.3.2018		
from 14:00	accommodation facilities of GARNI hotel available	GARNI hotel
14:00 – 17:30	early dinner	Snack bar Vinarska, GARNI hotel
16:30 – 18:00	<b>registration of participants</b> at the registration point of SA2018	lobby of SCALA cinema Moravské náměstí 127/3
18:00	<b>OFFICIAL OPENING AND WELCOME TO SA2018 – WE LIKE TO MOVE IT!</b>	cinema hall of SCALA cinema
19:45	welcome drink for all participants	lobby of SCALA cinema
FRIDAY 23.3.2018		
6:30 – 8:15	breakfast	Student's canteen Vinarska, GARNI hotel
8:30	departure to the university campus - gyms	meeting point with the orga team at GARNI hotel reception
INVITED WORKSHOPS		
<i>Please, enroll in the workshops on the workshop sheets asap!</i>		
9:00 – 9:45	<b>Movement oriented methods in Psychomotor therapy and training – practical workshop</b> PIM HOEK (NL, EFP president)	uni campus gym 118
9:00 – 9:45	<b>Body awareness - practical workshop</b> DITTE – MARIE POST (DK, vice-president of EFP)	uni campus gym 119
10:00 – 10:45	<b>Movement oriented methods in Psychomotor therapy and training – practical workshop</b> PIM HOEK (NL, EFP president)	uni campus gym 118
10:00 – 10:45	<b>Building bridges to people suffering dementia with and by movement</b> THESI ZAK (AT, Aktionskreis Motopädagogik Österreich)	uni campus gym 119

11:00 – 11:45	<b>Body awareness - practical workshop</b> DITTE – MARIE POST (DK, vice-president of EFP)	<i>uni campus gym 118</i>
11:00 – 11:45	<b>Building bridges to people suffering dementia with and by movement</b> THESI ZAK (AT, Aktionskreis Motopädagogik Österreich)	<i>uni campus gym 119</i>
12:00 – 14:00	lunch	<i>You can choose: 1. Academic Restaurant in the Campus Square shopping mall 2. Student's canteen Vinarska, GARNI hotel</i>
14:00 – 14:45	<b>Czech Framework Educational Programmes in practice</b> HANA DVOŘÁKOVÁ / DANIELA JONÁŠOVÁ (Charles University, Prague / Czech delegate of EFP)	<i>Vinarska big gym near GARNI hotel</i>
14:00 – 14:45	<b>Psychomotor relaxation and perception "ME" through my body</b> TEREZA LOUKOVÁ (Department of Psychology, University UJEP Usti/n Labem, CZ)	<i>uni campus gym 118</i>
14:00 – 14:45	<b>Juggling games with balls</b> DASHA HEILAND TRAVNIKOVA (Faculty of Sports Studies, MU Brno)	<i>uni campus gym 119</i>
15:15 – 16:00	<b>Psychomotor games for seniors and clients with Parkinsons' s disease</b> DASHA HEILAND TRAVNIKOVA, GABI JANÍKOVÁ (Faculty of Sports Studies, MU Brno)	<i>uni campus gym 118</i>
15:15 – 16:00	<b>Sports games</b> JARA VRBAS (Faculty of Education, MU Brno)	<i>uni campus gym 119</i>
16:30 – 17:15	<b>Czech Framework Educational Programmes in practice</b> HANA DVOŘÁKOVÁ / DANIELA JONÁŠOVÁ (Charles University, Prague / Czech delegate of EFP)	<i>Vinarska big gym near GARNI hotel</i>
16:30 – 17:15	<b>Psychomotor relaxation and perception "ME" through my body</b> TEREZA LOUKOVÁ (Department of Psychology, University UJEP Usti/n Labem, CZ)	<i>uni campus gym 118</i>
16:30 - 17:15	<b>Juggling games with balls</b> DASHA HEILAND TRAVNIKOVA (Faculty of Sports Studies, MU Brno)	<i>uni campus gym 119</i>
17:15 – 19:00	dinner	<i>Academic Restaurant in the Campus Square shopping mall</i>
19:30	<b>GUIDED TOUR of BRNO</b> city centre	<i>meeting point GARNI hotel reception</i>

## SATURDAY 24.3.2018

6:30 – 8:30	breakfast	<i>Student's canteen Vinarska, GARNI hotel</i>
<b>WORKSHOPS FROM STUDENTS FOR STUDENTS</b> <i>Please, enroll in the workshops on the workshop sheets asap!</i>		
9:00 – 9:45	Workshop 1	<i>uni campus gym 117</i>
9:00 – 9:45	Workshop 2	<i>uni campus gym 118</i>
10:00 – 10:45	Workshop 3	<i>uni campus gym 117</i>
10:00 – 10:45	Workshop 4	<i>uni campus gym 118</i>
11:00 – 11:45	Workshop 5	<i>uni campus gym 117</i>
11:00 – 11:45	Workshop 6	<i>uni campus gym 118</i>
12:00 – 14:00	lunch	<i>Academic Restaurant in the Campus Square shopping mall</i>
14:00 – 14:45	Workshop 7	<i>uni campus gym 117</i>
14:00 – 14:45	Workshop 8	<i>uni campus gym 118</i>
15:00 – 15:45	<b>Yoga workshop</b> GÁBI JANÍKOVÁ (Faculty of Sports Studies, MU Brno)	<i>uni campus gym 118</i>
15:00 – 15:45	<b>Psychomotor games for visually impaired</b> DASHA HEILAND TRAVNIKOVA / DANIELA JONÁŠOVÁ (Faculty of Sports Studies, MU Brno / Czech delegate of EFP )	<i>uni campus gym 117</i>
16:00 – 16:45	Workshop 9	<i>uni campus gym 117</i>
16:00 – 16:45	Workshop 10	<i>uni campus gym 118</i>
19:00 – 22:00	<b>SOCIAL EVENING</b> with music and buffet - dinner	<i>VIDA! science centre Křížkovského 554/12 (1,5km walk from GARNI hotel)</i>
22:00	Afterparty	<i>Faval music circus Křížkovského 22</i>

**SUNDAY**  
**25.3.2018**

6:30 – 8:30	breakfast	<i>Student's canteen Vinarska, GARNI hotel</i>
9:00 – 12:00	Evaluation and <b>OFFICIAL CLOSING OF SA2018</b>	<i>uni campus gym 117</i>
12:00 – 14:00	lunch	<i>Academic Restaurant in the Campus Square shopping mall</i>
	goodbye and departure...	

# WHAT TO DO IN BRNO CITY?



- ✓ Cosy café places! (Café Podnebi, Café Mezannine, Café Trojka, Air Café) Please do not visit Starbucks this time! Brno is very famous for its coffee culture! ☺



- ✓ Beautiful museums ([www.mzm.cz/en](http://www.mzm.cz/en)) and galleries (<http://www.moravska-galerie.cz>)



- ✓ Great Czech beer and cosy night life places (Beer bar Na stojáka, Pivní opice, The Immigrant)



- ✓ Famous cocktail bars (Bar který neexistuje – *European bar award!!*, Kozi pikola, Aloha bar)



- ✓ for shopaholics – Shopping Gallery Vankovka (near the train station)



- ✓ do you like walking and a bit of hiking? enjoy the walk to the Spilberg castle surrounded by a beautiful park or go to Lužánky- the most popular Brno park in the city centre

- ✓ want to see more? have a look at [www.gotobrno.cz](http://www.gotobrno.cz)

# **FEEDBACK:**

*Please fill in during the closing session of the SA 2018 on SUN 25.3. and throw in a feedback box. Thank you!!!*

Your overall impression of the SA 2018: \_\_\_\_\_

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What I liked MOST at the SA 2018: \_\_\_\_\_

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What could have been BETTER at the SA 2018: \_\_\_\_\_

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My favourite WORKSHOP of SA2018 was: \_\_\_\_\_

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How did I get to know about the SA 2018? \_\_\_\_\_

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Message for the organizers: \_\_\_\_\_

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