



PAŃSTWOWA WYŻSZA SZKOŁA ZAWODOWA W NOWYM SĄCZU

**GOOD PRACTICE OF INCLUSION
implemented at the State University of Applied
Sciences in Nowy Sącz**

The presentation shows the impact of the University's activities on the scientific development of the academic community and the development of the region.

This is the implementation of the University's mission as a forum for social activity for the development of key competences, corresponding to the needs of the local labor market, economy and society;

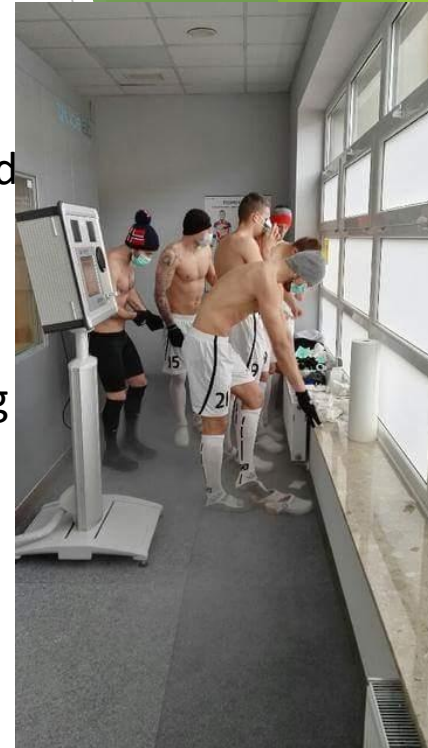
Examples of activities that are essential are:

- cooperation and scientific support of institutions,
- activation of the elderly and counteracting their exclusion,
- creating optimal opportunities for education and development of young city residents, resulting in permanent settlement in Nowy Sącz;
- Building intellectual capital in Nowy Sącz through the implementation of lifelong learning, practical training as well as training and professional development;

Long-term Cooperation of the State University of Applied Sciences in Nowy Sącz with the Municipal Sports Club Sandecja in the field of scientific research. "Sandecja 2021".

- The research will include the assessment and monitoring of the disposition of the Club's players in different periods of the training macrocycle and the development of effective training solutions and non-training (e.g. biological renewal, diet, etc.) based on the obtained test results.
- Training of MKS Sandecja players at the University's stadium with the possibility of involving students in the teaching process, among others in the field of Physical Education with instructor specialization
- Players can use the excellent infrastructure of the Institute of Physical Culture, conducive to the treatment of injuries, rehabilitation and improvement of physical conditions (cryochamber, hypoxia laboratory)

Experience of players and coaches combined with learning, which can be extremely helpful in achieving better and better results and improving physical fitness.



Other University activities

- ▶ co-organizing, together in cooperation with the Sądeckie Wodociągi - waterworks company, lectures for seniors on a healthy and active lifestyle. Lecture by an employee of the Institute of Physical Culture - Prevention of hydration in the elderly - fashion or necessity?
- ▶ Students together with academic teachers carry out educational tasks in response to schools, kindergartens, University of the Third Age (NGO non-government organization), Children's University (NGO non-government organization), workplaces in the field of first aid teaching and promoting a healthy lifestyle, including healthy eating, avoidance and prevention of addictions, etc
- ▶ English and German language courses for the University of the Third Age conducted by students of the Institute of Foreign Languages
- ▶ Pilot studies in cooperation with the Education Department of the Municipal Office in Nowy Sącz on the diagnosis of overweight and obesity in adolescents. Lecturers with tools for diagnosing overweight and obesity in adolescents. These tests will be carried out and will consist of anthropometric measurements and an assessment of physical fitness.
- ▶ Employees of the Technical Institute were involved in the implementation of the project "Research and development infrastructure of enterprises" of the Operational Program of the Małopolska Region for 2014-2020. The project is implemented by our partner institution - Miejskie Przedsiębiorstwo Energetyki Ciepłej Sp. z o.o. in Nowy Sącz – Heat Public Company


Academic Career Office

- help students find places to practice and to do their internship
- coaching session
- correct application documents
- help to prepare for a job interview
- collecting job offers for students and graduates of our University
- monitoring the career of university graduates

MAIN OBJECTIVE: Helping students and graduates find employment on the labor market.

Interim goals:

- proposing various forms of active searching for job offers / internships / apprenticeships,
- establishing cooperation with employers,
- keeping databases of students / graduates / employers,
- organization of meetings with employers,
- career counseling,
- conducting training in active job search methods.



**The university strengthens social activities that help to solve social problems and issues, i.e.
aging society, social exclusion / inclusion,
integration of disabled people,
professional reintegration of the unemployed,
effective modern school education.**

Support for disabled students

- ✓ Assistance under the Disabled Persons Support Fund at the State University of Applied Sciences in Nowy Sącz in terms of:
 - ✓ Assignment of a teaching assistant;
 - ✓ Lending of specialist equipment to support the course of the teaching process;
 - ✓ Organization of additional classes conducted taking into account the specific needs resulting from disability;
 - ✓ Transport of students with motor organ disabilities;
 - ✓ Possibility of using psychological, professional and other consultations.
- ✓ A special scholarship for people with disabilities and other forms of material assistance, including scholarships: social, rector's scholarships for the best students and allowances.
- ✓ Help, advice in solving problems and matters related to studies.
- ✓ Dormitory for people with disabilities.
- ✓ Individual conditions and mode of teaching classes.
- ✓ Individual use of the University Library.
- ✓ Possibility to use marked parking spaces at the University.

Resocialization support

Assistance in the social and professional reintegration of former prisoners by employing them in the field of maintaining green areas of the University

Employment is the most influential factor in reducing the likelihood of an individual's recidivism, and at the same time increasing their self-confidence and self-esteem, which contributes to successful rehabilitation.

Cooperation with the Prison in Nowy Sącz
student internships there and conducting research on the psychological conditions of serving a sentence of imprisonment

Implementation of projects co-financed by European Union funds

A partnership agreement under the Interreg V-A Poland - Slovakia Cross-Border Cooperation Program 2014–2020 for the implementation of the project no. PLSK.02.02.00-SK-0180/18 pn. Traveling without borders Leading partner of the project: University of Prešov in Prešov



**Project partner: State University of Applied Sciences in Nowy Sącz
Implementation of the project: 01/09/2019–31/08/2021
Total project value: EUR 295,126.56**

The main goal of the project is to increase the attractiveness and scale of promotion of all means of transport located in the border regions of Slovakia and Poland, arousing interest in the use and combination of regional modes of transport and drawing attention to the need for a sustainable use of available transport options.



Thank you for your attention



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