

Workshop Plan Template (Full-Day)

Event Objective:

Exchange of experiences from the implementation of educational activities, presentation of the results of the tasks by a representative of each partner, identification of good practices and areas for improvement, strengthening of partnership cooperation.

Workshop Location:

University of Rzeszow, Poland

Address:

Day 1: Warzywna 1A, 35-205 Rzeszów, Building G4, room 125

Day 2: Pigionia 1, 35-205 Rzeszów, Building A0, room 156 (hybrid form)

Workshop Participants:

Project members from partner countries - Poland, Slovakia, and the Czech Republic - as well as invited guests.

Workshop Duration:

2 days

Workshop Schedule:

Day 1 (11/02/2026): Knowledge Sharing

14:30 – 15:00 | Welcome & Registration

- Participant arrival and check-in.
- Welcome speech by the host organization - presentation of the purpose and agenda of the meeting.
- Overview of workshop objectives and schedule.

15:00 – 16:00 | Presentation of the results of task implementation by a representative of each partner

A representative of each partner organisation shall present:

- A presentation on the results of educational activities for parents/guardians and teachers.
- A presentation on the results of educational activities for children.

16:00 – 16:15 | Coffee Break

16.15 – 18.00 | Exchange of experiences and good practices

- Discussion of the educational methods and tools used.
- Sharing experiences and challenges encountered – working in small groups.
- Group discussion on proposals for effective solutions.
- Establishing the assumptions and methodology of the international scientific research constituting the next stage of the project.



Day 2 (12/02/2026): Summary of the project partners' work and plenary discussion (hybrid form)

10:20 – 10:25 | Project Manager: Ewa Puszczalowska-Lizis, Ass. Professor (University of Rzeszów, Poland)

Welcome of the meeting participants and invited guests.

10:25 – 10:45 | Ewa Puszczalowska-Lizis, Ass. Professor (University of Rzeszów, Poland)

Summary of the project and educational activities for children, parents/guardians, and teachers carried out in Rzeszów (Poland).

10:45 – 11:00 | PhDr. Wioletta Mikuľáková, PhD. (University of Presov, Slovakia)

Summary of educational activities for parents/guardians, and teachers carried out in Prešov (Slovakia).

11:00 – 11:15 | PhDr. Lucia Demjanovič Kendrová, PhD (University of Presov, Slovakia)

Summary of educational activities for children carried out in Prešov (Slovakia).

11:15 – 11:30 | PhDr. Hana Kynštová, PhD, (Jan Evangelista Purkyně University in Ústí nad Labem, Czech Republic)

Summary of educational activities for parents/guardians, and teachers carried out in Děčín (Czech Republic).

11:30 – 11:45 | Ing. Andrea Ježková (Jan Evangelista Purkyně University in Ústí nad Labem, Czech Republic)

Summary of educational activities for children carried out in Děčín (Czech Republic).

11:15 – 11:50 | Final Discussion & Next Steps

- Discussion of the possibilities for implementing the recommendations. Discussion and work on possible modification - improvement of the educational program - working out a common

concept of continuation of the activities after the project completion - collecting ideas for new joint projects.

- Discussion how to use the obtained informations and experience gained in the future, how to develop a nationwide foot health program dedicated to preschool children, possibilities of cooperation with the National Health Insurance Fund and and National Health Institutions responsible for health care, in terms of additional financial support for prevention among children. Presentation of the directions of international scientific research constituting the next stage of the project's implementation.

12:00 – 12:10 | Coffee Break

12:10 – 13:00 | Group discussion

- Reflection on the lectures.
- Participants' opinions.

13.00 – 14.00 | Lunch

14.00 – 14.15 | Acknowledgements and closing of the meeting

More Information
Financing organization:
International Visegrad Fund
www.visegradfund.org