

Open Application for BIP – The power of sport: a project for active and healthy living

We are excited to announce the start of the application period for the Erasmus Blended Intensive Program (BIP) on *The power of sport: a project for active and healthy living* hosted by our partner university *Alexandru Ioan Cuza University*, Romania.

A Blended Intensive Programme is a short-term physical mobility with an online part (virtual component).

More detailed information about the BIP-[HERE](#)

The BIP will take place between 12-16 May 2025 in Alexandru Ioan Cuza University, Iasi, Romania. There will be **a mandatory virtual part too.**

Requirements:

To be a student at Shumen University (undergraduate and graduate students).

English Language: Level B1

What do you get?

Erasmus grant: 79 euro per day (5 days physical mobility + up to 2 days for travel)

ECTS credits: 3

Learning outcomes:

By the end of the programme, participants will be able to:

- Develop their Communication Skills: Verbal and non-verbal communication during games, practices, and team meetings. Active listening and giving constructive feedback.
- Develop their Teamwork experience: Collaboration with teammates during both practice and competition. Building trust and managing group dynamics.
- Develop their Leadership Skills: Empowering teammates, leading by example, and developing the confidence to guide a team. Understanding different leadership styles and their application in sports.
- Develop their skills in Conflict Resolution: Techniques for resolving interpersonal conflicts in a constructive manner. Managing disagreements during practice or games.
- Develop their skills in Emotional Regulation: Developing self-awareness and managing emotions like frustration, excitement, or anxiety in high-pressure situations. Coping strategies for maintaining mental focus during competition.

Application DEADLINE at Shumen University: 28.02.2025

Don't miss this chance to improve your language skills. Apply now! You can find the necessary documents [HERE](#):

The application is online you can find the **APPLICATION FORM**: [HERE](#)

If you don't have a certificate you can ask one of your teachers to evaluate your language proficiency and fill in the following form: LANGUAGE PROFICIENCY FORM FOR ERASMUS+ STUDENTS- [HERE](#)

For more information, you can contact the ERASMUS office at: erasmus@shu.bg. Mobile phone: +359/88 484 4583