

VINCENT POL UNIVERSITY  
IN LUBLIN, POLAND

## SHORT-TERM COURSES AND SUMMER SCHOOL



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# PROFESSIONAL DEVELOPMENT COURSES

Vincent Pol University in Lublin, Poland specializes in programmes and courses which give students and graduates the greatest opportunities for continuous professional development.

Whether you are a student just getting acquainted with the discipline of your choice or a professional looking to master

additional skills, or taking the first steps on the path to a career change, you are bound to find both knowledge and inspiration during intense, purpose-built professional development courses taught by experienced and passionate experts.

## SIX GOOD REASONS TO CHOOSE VPU SUMMER EDUCATION

1



**DEDICATED STAFF**

2



**INTERNATIONAL ENVIRONMENT**

3



**VARIOUS EXTRA-CURRICULAR ACTIVITIES**

4



**GREATER EMPLOYABILITY OPPORTUNITIES**

5



**AFFORDABLE PRICES**

6



**EASY REGISTRATION**



# PHYSIOTHERAPY FOR MODERN SOCIETY

## COURSE DESCRIPTION

Physiotherapy for Modern Society course organized by Vincent Pol University is a series of theoretical and practical classes that will teach you how to quickly and effectively treat contemporary problems of patients. During 80 didactic hours, you will gain the necessary knowledge about the most common dysfunctions of a modern man using main principles and techniques of the most modern methods of working with the patient. We can show you how to effectively diagnose the causes of problems, how to treat individual disabilities quickly and effectively by using knowledge according to the most modern evidence-based concepts like OMT-Orthopedic Manual Therapy, DNS-Dynamic Neuromuscular

Stabilisation, RockTape IASTM, RockTape Functional Movement Taping, Anatomy Trains, Mulligan Concept, Functional PNF. The course will be run by professional physiotherapists with many years of experience in a clinical work. If you are looking for effective diagnostic and therapeutic methods, then this course is just for you.

**Upon successful completion, the participants will receive a Certificate of Completion and an Academic Transcript issued by VPU. The course will also feature demonstrations and workshops with additional certificates confirming the acquired skills.**

## MODULES

- Contemporary look at the history of physiotherapy
- Modern approach in diagnosing and treating a patient
  - Contemporary model of diagnostic procedures
  - Differential tests
  - Security tests (red flags)
  - Muscle and joint therapy
  - HVLA manipulations (high velocity, low amplitude)
- Functional Assessment and Therapy
  - Motion neuromuscular coordination based on Developmental Kinesiology (mobility, stability, motor control issues)
  - Movement assessment and movement treatment – how human movement / sport performance and also any locomotor system pathologies like strain/pain syndromes are determined by compromised movement pattern.
  - How to combine manual treatment with functional training according to human being kinesiology (demonstration and practice)

## VISITS AND WORKSHOPS

- ✓ Visit to one of the Lublin physiotherapy centers
- ✓ Clinical work with patients (demonstration of diagnosis and therapy)
- ✓ Practical classes and workshops in small individual groups

## ELIGIBILITY

Bachelor's, Master's, diploma graduates and students of physiotherapy, sports medicine, masseurs, manual therapists, medical doctors.



# CONTEMPORARY COSMETOLOGY – NEW TECHNOLOGIES AND TREATMENTS

## COURSE DESCRIPTION

Today's beauty science is one of the most dynamically developing industries in the world. The desire to maintain young, attractive appearance is inherent in the modern trends. Only the application of the latest technologies and innovative ideas can allow one to remain competitive on the dynamically developing market of cosmetic services. During the 80-hour course at Vincent Pol University, you will learn about new care and beauty technologies applied to the face, body, hands and feet. You will learn about new treatment technologies and innovative cosmetics that will keep your skin looking young and healthy. The VPU course also provides an opportunity to meet

professionals in the field of cosmetology, exchange experience and views, and gain specific skills and certificates. The course offered by VPU is a package of classes aimed at improving the practical skills involved, based on demonstrations of individual treatments and face to face workshops.

**Upon successful completion, the participants will receive a Certificate of Completion and an Academic Transcript issued by Vincent Pol University. The course will also feature demonstrations and workshops with additional certificates confirming the acquired skills.**

## MODULES

**FACE** – modern technologies and treatments

- RF radio waves
- oxygen infusion
- diamond microdermabrasion
- needleless mesotherapy (iontophoresis, sonophoresis, electroporation)
- microneedle mesotherapy (roller, dermapen)
- needle mesotherapy (manual, apparatus)

**BODY** – modern technologies and treatments

- pressomassage
- electrostimulation
- endodermal massage
- carboxytherapy
- laser therapy

**HANDS AND FEET** – modern technologies and treatments

- milling pedicure
- milling manicure
- various nail plate styling methods

**COSMETIC TREATMENTS AT SPA & WELLNESS**

## VISITS AND WORKSHOPS

- ✓ Visit to SPA Nałęczów
- ✓ Visit to SPA Hotel Forum

## ELIGIBILITY

Bachelor's, Master's, diploma graduates and students in the fields of sport and health science, medicine, physiotherapy and rehabilitation, occupational therapy; PE teachers, practitioners of fitness and sports, personal trainers, coaches of various sports, fitness instructors, gym assistants, floor trainers, and anyone interested in becoming a personal trainer.



# MODERN-DAY PERSONAL TRAINER COURSE

## COURSE DESCRIPTION

The Modern-Day Personal Trainer Course introduced by Vincent Pol University in Lublin provides a complex approach to one of the most popular career paths today – a personal trainer. The 80-hours course combines necessary theoretical knowledge and useful practical approach to diverse aspects of being a professional personal trainer. Participants will learn the basics of human body structure and functions as well as the rules of effective teaching and communication. They will also embrace a worldwide hype on being fit and having a healthy lifestyle. Additionally,

the participants will also gain interpersonal skills, learn how to interview the customers, diagnose their needs and movement issues, and set short- and long-term goals for them.

**Upon successful completion the participants will receive a Certificate of Completion and an Academic Transcript of VPU. Additionally, graduates will receive a Certificate of Professional Fitness Equipment Training of “Cube Squash and Fitness”.**

## MODULES

- What does it mean to be a personal trainer?  
Being fit as a lifestyle in the modern society
- Basics of musculoskeletal system anatomy, exercise physiology and endocrinology
- Let's get started! Interview with a customer and work planning process
- Functional Movement Screen (FMS) – diagnosis of movement quality and corrective exercises
- Techniques and methodology of coaching
- Basic movement patterns and a hierarchy of movements
- Mobility and movement – prevent injuries, improve power, efficiency and range of movement, and keep your customers healthy
- Three fundamental groups of exercises:
  - functional and multiarticular exercises
  - body-building and powerlifting
  - motor training exercises
- Nutritions and food supplementation
- Planning, periodization and personalization – maintaining long- and short-term relations with a customer

## VISITS AND WORKSHOPS

- ✓ Workshops in “Cube Squash & Fitness” fitness center ([www.cube-club.pl](http://www.cube-club.pl))
- ✓ A visit in “CityFit” – the biggest and most popular fitness center in Lublin ([en.cityfit.pl](http://en.cityfit.pl))
- ✓ Outdoor fitness activities and workshops
- ✓ Indoor activities in Vincent Pol University's classrooms and gym

## ELIGIBILITY

Bachelor's, Master's, diploma graduates and students in the fields of sport and health science, medicine, physiotherapy and rehabilitation, occupational therapy; PE teachers, practitioners of fitness and sports, personal trainers, coaches of various sports, fitness instructors, gym assistants, floor trainers, and anyone interested in becoming a personal trainer.



# WHAT'S NEW IN HOSPITALITY MANAGEMENT

## COURSE DESCRIPTION

Tourism is the fastest growing industry in the world. It is a dynamic and customer-focused business which offers exciting international career opportunities. The programme offered by VPU gives an insight into modern soft skills and latest trends in hospitality.

Our Hospitality Programme combines both academic and practical aspects, allowing students to gain first-hand industry know-how and appreciation of different cultures. An important part of this programme is the opportunity to meet industry professionals and to participate in study visits to hotels, tourist sites, and entertainment

venues. The programme has been tailored to meet the needs of students with an interest in global hospitality industry and it is aimed at boosting their career opportunities and providing knowledge to persons interested in starting their own tourism business.

**Upon successful completion the participants will receive a Certificate of Completion and an Academic Transcript of VPU. The course will also feature demonstrations and workshops with additional certificates confirming the acquired skills.**

## MODULES

- Modern hospitality business
- Managing customers and clients in tourism and hospitality
- Event organization and management
- Marketing for tourism and hospitality
- International management
- Health and cosmetic treatments in spa and wellness  
– visit to SPA Nałęczów and SPA in Hotel Forum (floating)
- Guiding and tourism residency
- National and regional cuisine – Polish culinary art
- Intercultural communication in business
- Personal development and career planning

## VISITS AND WORKSHOPS

- ✓ Visits to leading hotels in Lublin with behind-the-scenes tours
- ✓ Polish cuisine workshops
- ✓ Excursions to principal tourist attractions and venues of the region, including artists' colony in Kazimierz Dolny

## ELIGIBILITY

Bachelor's, Master's and diploma graduates and students studying tourism and hospitality, business, and related fields, industry practitioners employed in hospitality companies and institutions, persons interested in working in hospitality management or starting a business of their own.



# NEW TRENDS (CLIL) AND METHODS (ICT) IN FOREIGN LANGUAGE TEACHING

## COURSE DESCRIPTION

Are you a student considering a career in education? Would you like to teach somebody a foreign language but you don't know how to do it in an attractive way? Or maybe you are a professional wanting to improve your skills by learning about new trends and developments in the methodology of foreign language teaching? Our two-week summer course is aimed at you!

Our curriculum includes theoretical classes on the most recent theories of foreign language methodology, such as CLIL (Content

and Language Integrated Learning) as well as practical courses and seminars where the participants will be able to see, experience and try out various ICT (Information and Communication technology) tools designed to make foreign language classes effective and attractive for the students. The training is provided in English, but the general principles can be applied to any foreign language class.

**Upon successful completion the participants will receive a Certificate of Completion and an Academic Transcript of VPU.**

## MODULES

- What is CLIL? Understanding its aims and premises.
- How to integrate language and content successfully?  
Uncovering various models of CLIL
- How to implement CLIL into classroom instruction?  
Planning lessons and activities
- How to put CLIL into practice? Selecting teaching techniques, evaluating and designing CLIL materials
- How to engage students through CLIL?  
Exploring scaffolding techniques
- How to assess language and content?  
Discussing assessment instruments for CLIL
- What is ICT and its role in the 21st century education
- Integrating ICT into second language education
- Flipped classrooms and other changes in educational practices: students-centered learning and active learning strategies
- ICT and how to connect the world - open educational resources

## ELIGIBILITY

Bachelor's, Master's and diploma graduates and students in the fields of English philology and applied linguistics, teachers at various levels of education seeking new inspirations and skills, anyone considering a career in foreign language teaching. As the main language of the course is English, the only condition for fruitful participation is at least communicative knowledge of this language.



# INTERNATIONAL SUMMER SCHOOL OF POLISH LANGUAGE AND CULTURE

## SUMMER SCHOOL DESCRIPTION

Do you want to prepare for a longer stay in Poland by learning the basics of the language? Would you like to learn and experience a new country? Or maybe you are just looking for an interesting way of spending holidays? The two-week summer school organised by VPU is a great way to combine the study of Polish with spending great time in multinational atmosphere in one of the most charming areas of Poland. The participants will be accommodated in the comfortable conditions of VPU Education and Recreation

Center "Zielona Szkoła" in Piotrawin. The center is perfectly adjusted for organizing workshops, social activities, sport competitions, hiking and even fishing. On weekdays, you will have an opportunity to participate in classes and workshops focused on the practical knowledge of Polish. At weekends, in turn, you will be able to experience some of the most charming places of the area thanks to specially organised excursions. Learn and have fun in the centre of Europe!

## MODULES

- Intensive Survival Polish classes (4 hours a day, 5 days a week – total of 40 hours) at beginner and intermediate levels, taught by qualified and experienced teachers focusing on real-life communicative situations
- Extra classes on Polish life and culture (1 hour a day, 5 days a week – total of 10 hours), the aim of which is to accustom the students with Polish music, film, art and current affairs

## SPORT ACTIVITIES AND EXCURSIONS

- mini-olympic games, integration games, Pentaque, geocaching, cross-country running and healthy spine classes
- a trip to Kazimierz Dolny – the city of artists located next to the Vistula river
- a walking tour around Lublin – the capital city of the area, trips to local attractions and monuments
- Polish cuisine workshops

## ELIGIBILITY

Our summer school is aimed at anybody who wants to spend great holiday, make new friends from around the world and experience a unique and unknown country. Specifically, it should be of interest to people planning to study or live in Poland as they will have an opportunity to acquire basic linguistic skills necessary for Polish-speaking environments.



# TAILOR-MADE PROGRAMMES AND EXCURSIONS

## TAILOR-MADE PROGRAMMES

Vincent Pol University offers the opportunity of developing courses to meet specific needs or interests of candidates from other academic institutions. VPU is ready to design and deliver tailor-made programmes which can be tailored to specific students' needs where the objectives, topics, location, course length and number of participants during the intake can be set individually.

## EXCURSIONS

During our two-week courses participants can enjoy rich cultural experience. They have a wonderful opportunity not only to enjoy our lovely Lublin tours but also to explore Kazimierz Dolny, the picturesque town that is known as an art centre of Poland with dozens of art galleries, historic square, castle ruins, old churches and more.

# LUBLIN, POLAND

[www.lublin.eu](http://www.lublin.eu)



## TRANSPORTATION

Lublin is the largest Polish city east of the Vistula River, located around 170 km from Warsaw by road or train. All parts of the city are easily accessible thanks to convenient transport links. Bus service and city bikes are available 24/7. The main bus and train stations, and nearby Lublin Airport allow you to reach major Polish and European destinations.



## TOURISM

The 700 years of history are very much present here in old houses and streets. Lublin's Old Town is one of the best preserved in Poland, and Lublin Castle, Majdanek State Museum and Cracow Gate are the most popular and impressive tourist attractions.



## CULTURE

Lublin is the cultural capital of Eastern Poland, known for amazing events held throughout the whole year. Most famous are Carnival (Circus Arts Festival), Students' Culture Days, Festival of Colours, Night of Culture and Jagiellonian Fair.



## ACCOMMODATION

During your short stay in Lublin VPU recommends Cube Stay & Study Apartments located just 500 meters from the University. The housing facility was built in 2015 and is designed to cater for foreign students and individual tenants. The six-floor modern building contains 10 apartments on each floor. Cube Stay & Study combines individual, stylish private flats (42 m<sup>2</sup> and 51 m<sup>2</sup>) with

[www.cube-study.pl](http://www.cube-study.pl)

typical share-areas for students, such as library, fun zone, gym and fitness (1300 m<sup>2</sup>), laundry, bar, garden and summer roof (500 m<sup>2</sup>).

We know that the place where you live is very important to you, and, therefore VPU will help and advise on all aspects of providing the place to stay that suites both your preferences and your budget.

# ADMISSION PROCEDURE

1

## Choose a course

2

## Check entry requirements applicable to you

3

### Submit your application and required documents

Scan and send your documents to our email: [shortcourses@po.edu.pl](mailto:shortcourses@po.edu.pl)

- ❑ Student Certificate from the University confirming your status of a student
- ❑ Bachelor/ Master diploma and Academic transcript
- ❑ Sworn translations into Polish or English language of all the documents listed above
- ❑ Certificate of English Language Proficiency (at least B2 level)
- ❑ Application form
- ❑ Copy of passport (page with personal data), a copy of a visa or of a residence permit card
- ❑ A copy of health insurance policy
- ❑ 1 current photograph (35 mm x 45 mm)

4

## Receive and accept the offer letter

Once your application meets University's requirements, you will receive conditional offer letter and payment details.

5

## Receive confirmation of enrolment

After successful payment you'll receive a Final Acceptance Letter and the supporting letter to the Polish Embassy (if applicable) that will enable you to apply for a student visa.

6

## Apply for your visa, if required

It can take several weeks for your student visa to be processed so you should make your own arrangements for that in proper time to start the course promptly.

7

## Complete your registration process after arrival to VPU campus

All course participants must complete registration in person at International Admissions Office at the University.

## STUDIES IN ENGLISH AT VPU

5-year <b>MSc</b>	<b>Physiotherapy</b>
3-year <b>BSc</b>	<b>Beauty Science</b>
3-year <b>BSc</b>	<b>Sport Science</b>
3-year <b>BA</b>	<b>English Philology</b>
3-year <b>BA</b>	<b>Tourism and Hospitality Management</b>
3-year <b>BA</b>	<b>International Business Management</b>
2-year <b>MSc</b>	<b>Physiotherapy</b>
2-year <b>MA</b>	<b>International Tourism</b>

### VINCENT POL UNIVERSITY IN LUBLIN

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### INTERNATIONAL ADMISSIONS OFFICE

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