



BIP VITALITY AND MOVEMENT

Cross-Disciplinary Healthcare Throughout the Life Course



📍 Medical University – Sofia, Bulgaria

💻 Online: September 29, 2026  July 17 In Person: October 5–9, 2026

01. Key Themes of the Program



This BIP explores how multidisciplinary healthcare teams improve motor function, independence, and quality of life across the lifespan. Together we address:

- Vitality, movement & physical activity across the life course
- Neurological and orthopedic conditions
- Multidisciplinary, person-centred care
- Evidence-based rehabilitation approaches
- Healthy ageing & lifelong well-being



02. Goals



By the end of the BIP, participants will:

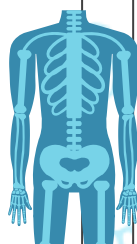
- Understand roles of different healthcare professionals in neuro/ortho care
- Apply multidisciplinary, person-centred approaches
- Strengthen teamwork, communication & intercultural skills
- Discuss evidence-based rehab strategies critically
- Propose strategies for healthy ageing & rehabilitation

• 3 ECTS •

Final activity:

Student & PhD Scientific Conference

BIP Participants can optionally submit & present a **Full Paper** → studentsconferencefoz@gmail.com



03. Structure



The program combines:

- ✓ Expert-led lectures and interdisciplinary seminars
- ✓ Case-based discussions
- ✓ Hands-on clinical demonstrations
- ✓ Student-led discussions and group projects
- ✓ Student conference presentations
- ✓ Cultural and networking activities in Sofia

04. Logistics & More Information



Who can register?

Students (2nd year–Master's) in Physiotherapy, Occupational Therapy, Nursing, Midwifery

Registration Deadline: September 25th

at <https://forms.gle/gw14eCtV9Mh2Szgs9>

📍 **Venue:** Hospital “Tsaritsa Yoanna” (AULA & Hall 10)

 **Transport:** Sofia University & Teatralna Metro Stations nearby; Yellow Taxi (+359 2 91119)

? 🏠 ? **For questions:** erasmus@foz.mu-sofia.bg
incoming.erasmus@foz.mu-sofia.bg
j.georgieva@foz.mu-sofia.bg



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Medical University – Sofia, Bulgaria  October 8–9, 2026

01. Abstract Requirements

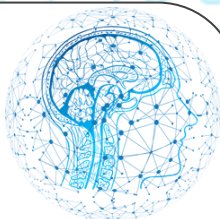


The abstract should meet the following requirements:

- Maximum **250 words**.
- Written in both **Bulgarian and English**.
- Include up to **five keywords**.
- Title: **UPPERCASE, bold, Times New Roman, 12 pt, centered**.
- One line below the title, list the **author(s)' names** (without academic titles), Times New Roman, 12 pt, centered. The authors' institutional affiliation(s) should be indicated using superscript numbering.



02. Full Paper

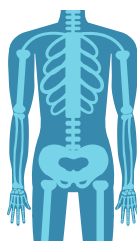


The full paper should meet the following requirements:

- Maximum 6 standard A4 pages.
- Line spacing: 1.5.
- Font: Times New Roman, 12 pt.
- Written in Bulgarian or English.
- The paper should follow the structure:
 - Introduction
 - Aim
 - Objectives
 - Materials and Methods
 - Results and Analysis
 - Conclusions
 - References
- Citations in the text should be indicated using square brackets.
- Both review articles and original research papers are accepted.



03. References



References must be formatted according to the **APA Style**.

After the full paper, please provide the contact details of the first author.

04. Logistics

Abstracts and full papers from students and PhD candidates should be submitted by e-mail to: studentsconferenceoz@gmail.com

Full paper submission deadline:
18 September 2026

Contacts: erasmus@foz.mu-sofia.bg
incoming.erasmus@foz.mu-sofia.bg
j.georgieva@foz.mu-sofia.bg



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Monday, October 5th	Tuesday, October 6th	Wednesday, October 7th	Thursday, October 8th	Friday, October 9th
9.00-09.30 Registration of Participants 09.30-10.00 Opening of BIP program	09.00-10.00 Lecture Session by Senior Assistant Professor Elena Zheleva, Ph.D	9.00-10.00 Lecture/Practical Session by guest lecturer	9.30-10.00 Conference opening	9.00-12.00 Cultural program in Sofia/Visit to a medical facilities
10.00- 11.00 Lecture/practical session – Assoc. Prof. Vanina Michailova/Assoc. Prof. Inna Ivanova, Ph.D	10.00-11.00 Lecture/Practical Session by guest lecturer	10.00-11.00 Lecture/Practical Session by guest lecturer	10.00-11.00 Lecture	
11.00- 11.15 Coffee break	11.00-11.15 Coffee break	11.00- 11.15 Coffee break	11.00- 11.30 Coffee break	
11.15- 12.00 Introduction of the participants, presentations by the universities	11.15-12.15 Lecture/Practical Session by guest lecturer	11.15-12.15 Lecture/Practical Session by guest lecturer	11.30-13.00 Section sessions for students	
12.00-13.00 Lunch	12.15-13.15 Lunch	12.15-13.45 Lunch	13.00-14.00 Lunch	12.00-13.00 Lunch
13.00-14.00 Lecture/Practical Session by guest lecturer	14.00 – 16.00 Visit to the Sambo Club for Children with Special Needs, “Georgi Asparuhov” Stadium.	13.45-14.45 Lecture/Practical Session by guest lecturer	14.00-15.30 Section sessions for students	13.00 Closing ceremony
14.15-15.15 Practical session – Senior Assistant Prof. Evgeniy Mednikarov, Ph.D;		14.45-15.45 Lecture/Practical Session by lecture from MUS		
19.00 Networking dinner for students and faculty		19.30 Official dinner		

