




Partner Presentation Form

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Type of organisation:

SME ☐ School ☐ University ☒ Public Authority ☐
 Training ☐ No Profit ☐ NGO ☐

Other (Specify)

Fields of action :

SMEs ☐ Youth ☐ Universities ☒ Public Authorities ☐
 Equal opportunities ☐ Schools ☐ Unemployed ☐

Other (Specify)

Description of the organisation

The University of Opole, founded in 1994, is a prestigious and innovative academic institution located in the heart of Poland. With a commitment to academic excellence and fostering an inclusive, research-driven environment, it has established itself as a hub for educational, cultural, and scientific advancements. The University comprises twelve faculties and nineteen scientific institutes, offering a diverse range of undergraduate, graduate, and postgraduate programs designed to meet the evolving needs of students in the globalized world.

Academic Excellence and Research. The University is a vibrant academic community that combines traditional educational values with a forward-thinking approach to learning and research. It actively supports scientific inquiry and innovation across disciplines, including natural sciences, humanities, social sciences, health sciences, and technology. Its faculties and research centers work collaboratively on groundbreaking projects, addressing global challenges such as climate change, sustainable development, and public health.

International Cooperation. As an institution deeply committed to internationalization, the University of Opole actively participates in global academic networks, including the Erasmus+ Programme and the prestigious FORTHM alliance. These collaborations provide students and staff with invaluable opportunities for mobility, cross-cultural learning, and international research partnerships. The University maintains strong ties with institutions across Europe, fostering knowledge exchange and enhancing its academic standards.

Modern Facilities and Student-Centered Approach. The University of Opole boasts state-of-the-art facilities, including advanced laboratories, modern libraries, and well-equipped learning spaces, creating an environment conducive to academic success and personal growth. It emphasizes a student-centered approach, offering individualized support, career counseling, and extracurricular activities to ensure a holistic and enriching university experience. The campus hosts various cultural and academic events, enriching the social and intellectual fabric of the institution.

Community Engagement and Impact. The University plays a pivotal role in the socio-economic development of the Opole region and beyond. Through partnerships with local and international industries, it provides practical training and internship opportunities, preparing students for the dynamic demands of the global job market. Its community outreach programs and research initiatives contribute to addressing societal challenges, reflecting its dedication to making a positive impact.

A Vision for the Future. With a clear vision to become a leading European university, the University of Opole continuously adapts to the needs of an ever-changing world. By nurturing talent, embracing innovation, and fostering a global perspective, it aims to empower students to become responsible global citizens and leaders in their respective fields.

Through its dedication to academic excellence, research, and international collaboration, the University of Opole remains a beacon of knowledge and innovation, inspiring generations of students and scholars worldwide.

Experience of the organization in previous European projects

The University of Opole has an extensive track record of participating in European projects, particularly within the framework of the Erasmus+ Programme and other EU-funded initiatives. Since its early involvement in international academic collaboration, the University has consistently demonstrated its capacity to manage complex projects, foster partnerships, and deliver impactful results.

Erasmus+ Programme The University of Opole has been an active participant in the Erasmus+ Programme since 1998, facilitating student and staff mobility across Europe. Over the years, it has successfully coordinated and participated in numerous Key Action 1 (KA1) and Key Action 2 (KA2) projects, enabling the exchange of knowledge, skills, and cultural experiences among students, academics, and administrative staff. These initiatives have strengthened the University's international profile and provided valuable learning opportunities for its community.

Leadership in Strategic Partnerships. The University has taken on leadership roles in strategic partnerships, showcasing its ability to manage multi-national consortia effectively. Notably, it led the Erasmus+ KA203 project, “Innovative Education for Students in Medical and Health Sciences,” which addressed the educational needs of students in healthcare fields, particularly regarding maternal health. Collaborating with institutions from Spain and Lithuania, this project enhanced the quality and relevance of education in the sector. Another flagship project led by the University under KA220 explored innovative approaches to promoting physical activity for patients with chronic respiratory conditions. This collaboration included partners from Croatia, Lithuania, Portugal, Italy, and Finland, reflecting the University's commitment to addressing pressing healthcare challenges through education and research.

FORTHEM Alliance Participation. As a proud member of the FORTHEM alliance, the University of Opole collaborates with eight other European universities to implement joint research projects, promote student and staff mobility, and develop innovative educational resources. Through its participation in the FORTHEM Labs initiative, the University contributes to interdisciplinary research on topics such as digital transformation, diversity, and sustainable development.

Horizon 2020 and Other Research Projects. Beyond Erasmus+, the University of Opole has been involved in Horizon 2020 and other EU-funded research initiatives. These projects have enabled the institution to advance its research agenda, particularly in the fields of environmental science, digital technologies, and public health. By partnering with leading European universities and research centers, the University has enhanced its capacity for conducting high-impact research.

Capacity for Innovation and Impact. The University's successful implementation of European projects is a testament to its organizational capacity, experienced personnel, and robust administrative infrastructure. With a dedicated team of project coordinators and researchers, the University excels in managing project lifecycles, ensuring compliance with funding requirements, and delivering measurable outcomes.

Commitment to Lifelong Learning and Societal Impact. Through its participation in European initiatives, the University has contributed to lifelong learning, professional development, and societal well-being. Its projects often include components aimed at enhancing digital skills, promoting inclusivity, and addressing challenges such as climate change and public health crises.

The University of Opole's experience in European projects demonstrates its ability to foster meaningful collaborations, drive innovation, and make a lasting impact on education, research, and society. This strong foundation positions the University as a reliable and proactive partner in future European initiatives, committed to advancing the values of collaboration, innovation, and excellence.

Experience and Expertise of the organization in the project's subject area

The Faculty of Health Sciences at the University of Opole has demonstrated strong commitment and proven competence in the fields central to the BREATH project: rehabilitation, promotion of physical activity among patients with respiratory conditions, and interdisciplinary healthcare cooperation.

Faculty conducts specialist medical training using anatomical, biomechanical, and motor learning approaches, with patient groups including those with chronic respiratory disease, athletes, and perinatal populations.

Research-Based Approach. Leverages international guidelines and contemporary research (e.g., pulmonary rehabilitation strategies for COPD, safe exercise assessment protocols).

Hands-on experience organizing multidisciplinary events that bridge academia, clinical practice, and public health.

Clinical expertise in designing and delivering tailored exercise programs for respiratory patients.

A research-driven foundation that integrates global pulmonary rehabilitation best practices into local application.

This robust background ensures the University of Opole can effectively drive platform development, educational strategy, medical practice integration, and stakeholder engagement within the BREATH project framework.

Contributions that can be provided to the project

The University of Opole, through its Faculty of Health Sciences, offers substantial academic, clinical, and organizational contributions to the BREATH project:

1. Methodological and Scientific Coordination

As the project coordinator, UO leads the design and implementation of the methodological framework for the development of transnational resources related to physical activity promotion for patients with chronic respiratory diseases. It supervises the alignment of project activities with evidence-based practice, clinical standards, and educational innovation.

2. Educational Content Development

UO is responsible for co-creating the online learning platform and course materials used to train healthcare students and professionals across partner institutions. Its teaching staff contribute to interdisciplinary educational modules combining physiotherapy, nursing, and health promotion strategies.

3. Dissemination and Stakeholder Engagement

Organizes key public events, including international conferences, multiplier events, and workshops, involving academic, clinical, and community stakeholders. Has access to a broad network of partner institutions and public bodies, allowing effective dissemination of project results in Poland and internationally.

4. Clinical and Pedagogical Expertise

The Faculty of Health Sciences provides hands-on experience in rehabilitation, physical activity assessment, and pulmonary care. Through its Medical Simulation Centre, UO develops practical training scenarios and tools to improve competencies in respiratory care.

5. International Project Experience

UO brings experience from coordinating and participating in numerous European projects (e.g. INSTEpp, simulation-based interdisciplinary education, FORTHEM Alliance), ensuring high-quality project management, evaluation, and sustainability strategies.

With its combination of scientific leadership, pedagogical innovation, and cross-sector cooperation, the University of Opole is positioned to drive the BREATH project toward impactful, scalable, and sustainable outcomes across Europe.

Reasons of involvement in the project

The University of Opole, through its Faculty of Health Sciences, joined the BREATH project in response to the growing public health need to address the burden of chronic respiratory diseases (CRDs) and promote evidence-based physical activity interventions in education and healthcare practice.

Public Health Relevance. CRDs, such as COPD and asthma, are increasingly common in Poland and across Europe. UO recognizes the urgent need for interdisciplinary, preventive, and rehabilitative approaches to improve patients' quality of life and reduce healthcare system burdens. The project aligns with the University's focus on non-pharmacological treatment strategies, especially in aging and post-pandemic populations.

Curriculum Innovation and Student Engagement. UO seeks to enrich its academic offer by integrating practical, research-informed tools for health sciences students and young professionals in nursing, and physiotherapy. The BREATH project allows students to engage in international education, collaborative learning, and simulation-based training using modern digital tools.

International Collaboration and Capacity Building. Participation in the BREATH consortium enables UO to strengthen partnerships with leading institutions across Europe, share best practices, and enhance the internationalization of its teaching and research. As a member of the FORTHEM Alliance, UO continuously invests in building European-level innovation capacity, and BREATH complements this mission.

Alignment with Strategic Priorities. The project supports the university's strategic goals in digital transformation, inclusive education, and health promotion.

BREATH serves as a platform for interdisciplinary research, community engagement, and long-term educational development.

Contact Person's Experience and Expertise

Dr. Agata Mroczek is an Assistant Professor at the Faculty of Health Sciences, University of Opole. She holds a Ph.D. in Physical Culture Sciences, Master's degrees in Physiotherapy and Pedagogy (career counseling), and a Bachelor's degree in Dietetics. Her expertise includes anatomy, motor control, functional physiotherapy, musculoskeletal disorders, prenatal/postpartum physical activity, respiratory rehabilitation, and statistical methods for medical and health sciences research. She has over 17 years of teaching and clinical experience in physiotherapy, public health, and rehabilitation, both in Poland and internationally. She has extensive clinical experience in designing and implementing evidence-based exercise programs for patients with respiratory conditions, as well as in medical fitness and functional diagnostics. She possesses significant expertise in project coordination and management, and is actively engaged in multiple ongoing EU projects. She has coordinated several EU-funded projects, including INSTEpp and BREATH, securing over €700,000 in Erasmus+ funding. She is the author and co-author of numerous peer-reviewed scientific publications and academic textbooks, including a recent international handbook on prenatal and postnatal health therapy. She is a regular presenter at international academic and medical conferences, sharing insights on topics such as physical fitness, anthropometry, body composition, and physical activity interventions. Dr Agata Mroczek brings to the BREATH project a dynamic combination of scientific leadership, clinical expertise, and international project coordination. With a strong record in physiotherapy-based interventions, academic teaching, and European educational initiatives, she plays a central role in advancing BREATH's goals through innovation, evidence-based practice, and transnational collaboration.