



European Bridge League



## **International Scientific Conference**

### ***Play and Lifelong learning***

Toruń, 05. - 06.12.2018

**We have great pleasure to invite you to the international scientific conference**

#### **Play & LLL.**

Play is both a tool of relaxation and stimulation. It is a very effective way to develop imagination, creativity, problem-solving abilities as well as agile thinking. It is also very effective in rehabilitation. There can be many reasons for play: learning, creating, rehabilitation, feeling a challenge, passing time or calming down.

Play can be described as time when we feel most alive. However, play is not a luxury – it is a necessity for our physical, mental and social health. Mihaly Csikszentmihalyi describes play as a flow state that requires just the right balance of challenge and opportunity. If the game is too hard or too easy, it loses its sense of pleasure and fun. Maintaining a flow state in games requires that participants, regardless of their age or ability, feel challenged but not overwhelmed.

Despite the power of play, somewhere at the beginning of adulthood many of us stop playing. We exchange play for work and duties. But play can be stimulating at any age. It can

be used for personal development and for professional development throughout life: in lifelong learning. There can be many lifelong benefits of play. Play connects us to others, fosters creativity, flexibility, and learning, it is an antidote to loneliness, isolation, anxiety, and depression, teaches us perseverance and makes us happy.

### **Organisers:**

Department of Psychopedagogical Basics of Rehabilitation, Faculty of Education, Nicolaus Copernicus University (UMK) in Toruń

Department of Methodology of Educational Research, Faculty of Education, Nicolaus Copernicus University (UMK) in Toruń

Department of School Pedagogy, Faculty of Education, Nicolaus Copernicus University (UMK) in Toruń

Department of Geriatrics, Faculty of Health Sciences, Nicolaus Copernicus University (UMK) in Toruń

University Sports Centre, Nicolaus Copernicus University (UMK) in Toruń

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### **Conference Scientific Committee:**

Jan Kamras, PhD

Ditta Baczała, Associate Professor at UMK, PhD Hab.

Józef Binnebesel, Associate Professor at UMK, PhD Hab.

Prof. Piotr Błajet, PhD Hab.

Prof. Kornelia Kędziora-Kornatowska, PhD Hab.

Marek Małyśa, PhD

Prof. Beata Przyborowska, PhD Hab.

Prof. Krzysztof Rubacha, PhD Hab.

Hanna Solarczyk-Szwec, Associate Professor at UMK, PhD Hab.

### **Conference Organisational Committee:**

Prof. Piotr Błajet, PhD Hab. – Chairman

Ditta Baczała, PhD Hab. - Member

Celina Kamecka-Antczak, MA – Secretary

Anna Błaszowska, MA - Secretary

Mateusz Szafrąński, MA – Secretary

Academics, PhD students and practitioners are invited to participate in the conference. Please submit your applications up until **12th October 2018** to the following e-mail address: **play\_conference@wp.pl**

Please submit your inquiries and applications to: **play\_conference@wp.pl**

or call us: (+48) **789 294 232** (Celina Kamecka-Antczak)

(+48) **509 064 995** (Mateusz Szafrąński)

### **Facebook: Play&LLL International Scientific Conference**

### **Organisational information:**

If you want to be a speaker at our conference, please prepare your presentation to ensure that it lasts **15 minutes**.

Deadline for submitting applications with abstracts: **31th October 2018**. Please send them to: **play\_conference@wp.pl**

If you are interested in having your poster presented during the poster session, please prepare a poster not exceeding the A1 format (an application is also requested with an abstract which must be sent by **31th October 2018** to the e-mail address provided above).

Deadline for the payment of the conference attendance fee: **15th November 2018**.

Please note that there will be the possibility of publication of texts in the:

1. “Rocznik Andragogiczny” (Ministry scores - 14) after publishing procedures. Authors should submit the text (preferably in English) on the platform: <http://apcz.pl/czasopisma/index.php/RA/index>

2. “Przegląd Badań Edukacyjnych” (Ministry scores - 13) after publishing procedures.  
Authors should submit the text (preferably in English) on the platform:  
<http://apcz.umk.pl/czasopisma/index.php/PBE>

**Conference fees:**

Other participants – PLN 690

Students/ PhD students – PLN 320

Payments should be made to the following bank account:

Uniwersytet Mikołaja Kopernika

Bank Millennium S.A. Warszawa

45 1160 2202 0000 0000 3174 8579

**Please include: place, the name and surname of the participant.**

Under the conference fee, the organisers provide the following: conference materials; meals and for those interested, the possibility to attend the conference banquet.

Participants are asked to book their accommodation on their own. In case of any problems or questions, please contact us. Please find attached a list of hotels.

Yours sincerely,  
Conference Organisational Committee