



European Bridge League



International Scientific Conference

RECREATION AND JOY OF LIFE IN SENIORS

Toruń 20.-21.04.2017

Ageing is a biological, genetically pre-conditioned process. It depends not only on genes, but upon a number of different factors; these include place of residence, lifestyle, illnesses, nutrition and relations with others. Excluding chronic diseases, the rhythm of ageing is determined by degenerative changes occurring in the nervous system. They may result in various deficiencies, limitations and disabilities - both physical and mental. From the biological vantage point, the ageing process can be prevented primarily through stimulation and correction of nervous processes. The aim of such prophylaxis is therefore to eliminate limitations and avert the onset of a physical disability impeding the performance of social roles or life tasks.

As the predominant phenomenon of senior age, leisure time is used in a number of ways. According to J. Nash, it can revolve around “killing time”, e.g. by mindless TV watching. It can be filled with emotional content, e.g. by watching horror movies or sports competitions. Leisure time activities based on challenges are of a particular value for further development; these may include interests requiring regular engagement, creative and physical activity. Creative work may refer not only to creating objects, but also to self-creation, i.e. creating oneself. This is, among other things, the function, as rightly pointed out by its very name, of recreation which, in addition to leisure and entertainment, can also be a path towards self-improvement.

Recreational activity may take the form of physical and/or mental activities. If such activities are to contribute to slowing down the ageing process, they should constitute a challenge, be a result of one’s own initiative, differ from daily routines and meet individual desires and goals. If perceived in this way, the activity will result in the experience of joy. Joy is more than pleasure as it has to be preceded by effort, struggling with difficulties. It is joy, not pleasure, that is or should be the key modality in terms of recreational activities for seniors.

The aim of the conference is to exchange views in a group of academics and practitioners who are authors of theoretical and pragmatic analyses, or who are actually involved in recreational activities for seniors. While being the focus of the conference, this social group is growing in the populations of the Euro-American culture. A significantly increasing group of seniors not only constitutes a demographic dilemma, but also a social one. It is a challenge for medicine, health, economic and social sciences, including pedagogy and special pedagogy.

The conference will be held in Polish and English, with English as the preferred language for the conference sessions. For speeches in Polish, speakers will be asked to prepare their presentations (slides) either in both language

versions or exclusively in English (for the convenience of all the foreign participants in the conference).

As part of the conference, a special section entitled “Bridge and anti-ageing prophylaxis” and a poster session are planned.

Organisers:

Chair of Pedagogical Research Methodology, Faculty of Education, Nicolaus Copernicus University (UMK) in Toruń

Chair of Special Psychopedagogy, Faculty of Education, Nicolaus Copernicus University (UMK) in Toruń

Faculty of Earth Sciences, Nicolaus Copernicus University (UMK) in Toruń

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

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Academics, PhD students and practitioners are invited to participate in the conference. Please submit your applications up until **20th March 2017** to the following e-mail address: **konferencja.rekreacjaseniorow@wp.pl**.

Please submit your inquiries and applications to:

konferencja.rekreacjaseniorow@wp.pl

or call us: (+48) 509 064 995 (Mateusz Szafrński),

(+48) 792 891 804 (Iwona Murawska).

Facebook: <https://www.facebook.com/konferencjasenior/?fref=ts>

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: **20th March 2017**. Please send them to: **konferencja.rekreacjaseniorow@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 **20th March 2017** to the e-mail address provided above).

Deadline for the payment of the conference attendance fee: **7th April 2017**.

Please note that there will be the possibility of publication of texts in the "Rocznik Andragogiczny " (Ministry scores-14) after publishing procedures. Authors should submit the text (preferably in English) until 30.06.17 on the platform: <http://apcz.pl/czasopisma/index.php/RA/index>.

Conference fee: 125 Euro

Payments should be made to the following bank account:

Uniwersytet Mikołaja Kopernika

Bank Millenium S.A. Warszawa

SWIFT: BIG B PL PW

IBAN: PL45 1160 2202 0000 0000 3174 8579

Please include the name and surname of the participant.

Under the conference fee, the organisers provide the following: conference materials; meals and the possibility to be included in the post-conference publication; 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