

ParticipatiON in actiON: promoting inclusion in the Erasmus+ community

Participation and Inclusion in Health Education: The BREATH Erasmus+ Project

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Valencia, Spain | June 2026



Project Number: **2022-1-PL01-KA220-HED-000089283**

Project Title: **A European Collaborative and Innovative Partnership to Promote Physical Activity for Patients with Chronic Respiratory Conditions**

Project Acronym: **BREATH**

Coordinating Institution: **University of Opole**

Partners:

- Klaipėdos Universitetas (Lithuania)
- Sveučilište u Zadru (Croatia)
- EIA – Ensino e Investigação e Administração. S.A. (Portugal)
- PIXEL – Associazione Culturale (Italy)
- Universidad de Cádiz (Spain)

Duration 01/11/2022 – 31/10/2025 (36 months)

Erasmus+ funding: €400,000



WHY?

BREATH: Promoting Participation through Health and Education



Why was the project developed?

- Chronic respiratory diseases affect millions of Europeans and often limit participation in education, work and community life.
- Healthcare professionals need better training on promoting physical activity and rehabilitation.
- Access to evidence-based knowledge differs significantly across countries.

Our response

- BREATH was created to improve education, support active lifestyles and help people with chronic respiratory diseases participate more fully in society

Key message:

"Participation starts with the ability to live actively, learn continuously and engage in society."

WHO?

Who are the beneficiaries?



Direct beneficiaries

- Higher education students
- Physiotherapists
- Nurses
- Physical activity and sport professionals
- Academic teachers

Indirect beneficiaries

- Patients with chronic respiratory diseases
- Families and caregivers
- Patient organisations
- Healthcare systems

European dimension

Partners from several European countries work together to improve health education and reduce inequalities in access to knowledge and good practices

HOW?

How do partners collaborate?

The partnership jointly developed three key open-access results:



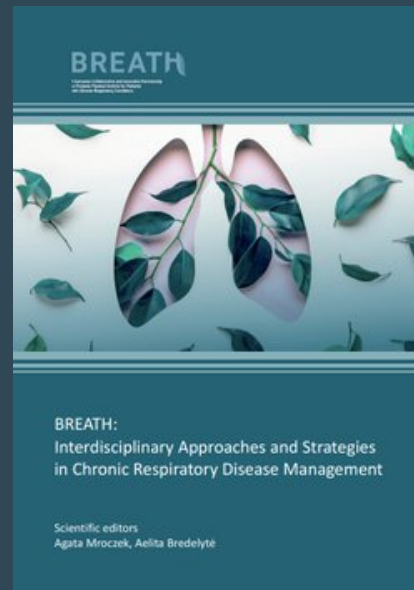
Comparison of Local Context and Transnational Analysis

Transnational Database of Good Practices

E-learning platform

Literature Reviews

Publication - eBook



Translation

Translation available:



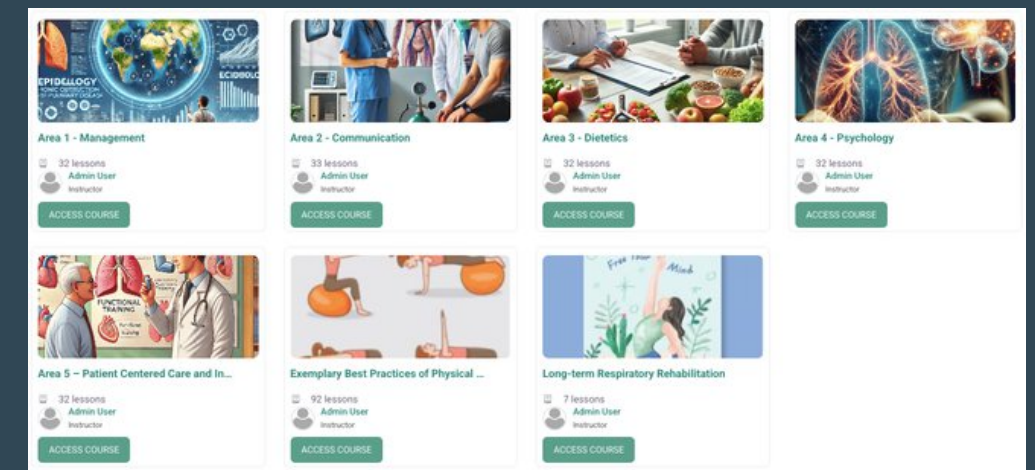
Multilingual database presenting effective interventions and rehabilitation approaches.

Translation

Translation available:



Flexible online learning modules for professionals, students and educators.



Collaborative approach

Research → Knowledge sharing → Digital learning → Better professional practice → Better patient outcomes

WHAT?

Results and Impact




Main achievements

Impact

 European eBook

 Multilingual Database of Good Practices

 E-learning Platform

 Strong international network of universities and
healthcare experts

- Increased professional competences
- Better access to quality educational resources
- Greater inclusion of people living with chronic respiratory diseases
- Promotion of active and healthy participation in everyday life

Final message

Participation means creating opportunities for everyone to learn, contribute and engage in society — including people living with chronic health conditions

PARTICIPATION



University of Opole (Project "BREATH – A European Collaborative and Innovative Partnership to Promote Physical Activity for Patients with Chronic Respiratory Conditions"): This KA220-HED Erasmus+ project demonstrates how higher education can foster participation and inclusion by reducing barriers to learning, professional development and social engagement for people affected by chronic respiratory diseases. Through international collaboration among universities and healthcare experts, the project developed accessible, evidence-based educational resources that support lifelong learning, knowledge exchange and active involvement in local and professional communities. Its key outputs—a multilingual eBook, a Transnational Database of Good Practices available in seven languages, and an open-access e-learning platform—promote equal access to knowledge, strengthen professional and intercultural competences, and empower individuals to participate more fully in society.

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