

## WORLD LEISURE DAY

### Slovakia, 16. 4. 2026



World Leisure Day represents an important opportunity to emphasize the need for a balance between work and personal life. Its message is to promote rest, recovery, and active use of leisure time as an integral part of healthy human functioning. In today's modern era, leisure time plays an important role in protecting both mental and physical health. This day also motivates individuals, as well as groups and communities, to organize various activities that support physical activity, creativity, social interaction, and personal development. Its significance also lies in reminding us that well-spent leisure time can positively influence life satisfaction, interpersonal relationships, and the overall quality of life. At the same time, it helps build a positive attitude among the school population towards physical activity as a lifelong philosophy of caring for one's health.

For this reason, in 2026, Slovakia, under the auspices of Prof. E. Bendíková, PhD., Member of the Board of the World Leisure Organization, and Assoc. Prof. R. Rozim, PhD., as well as in cooperation with Assoc. Prof. Peter Krška, PhD., Dean of the Faculty of Education of the Catholic University in Ružomberok, prepared and actively participated in the international project "*World Leisure Day, 2026*", in which several schools and sports clubs from across Slovakia took part. Both in the field and directly at the faculty, they organized a number of interesting seminars and workshops (*Theory in Practice – Pre-service Education, Active School, Leisure Time*) within the framework of KEGA Project No. 014KU-4/2025 and VEGA Project No. 1/0301/25. Andrea Paulinyová took responsibility for leading the student organizing committee of the workshops. Future teachers of Physical and Sports Education, as well as students of Primary Education, prepared a rich programme of physical activities for pupils from nearby schools, where they had the opportunity to apply the knowledge and competencies acquired during their studies.

We would also like to take this opportunity to thank all stakeholders willing to support this unique idea, as well as the excellent support and cooperation of colleagues from educational practice: PaedDr. Andrej Glončák (Deputy Headmaster, Primary School with Kindergarten

Okoličné, Liptovský Mikuláš), Mgr. Mária Filipková and Mgr. Zina Vondráková (Primary School with Kindergarten Okoličné, Liptovský Mikuláš), Mgr. Ľubica Berkyová and Mgr. Alexandra Kovalčíková (Teachers, J. Bakoš Primary School, Banská Bystrica), PaedDr. Mojmír Šrobár (Headmaster, Kľačno Primary School, Ružomberok), and other fellow educators and second-year students of the Study Programme: Physical Education.

**Furthermore, we wish to express our gratitude to our international partner, Professor Ricardo R. Uvinha from the University of São Paulo, Brazil, School of Arts, Sciences and Humanities.**

prof. PaedDr. E. Bendíková, PhD.  
Member of the WLO Board of Directors  
& doc. PaedDr. R. Rozim, PhD.

