

MONIKA SŁAWEK
1965–2015



Dr Monika Sławek (*née* Lefik) was born on 21st June 1965 in Łódź. In 1980-84, she attended a humanistic profile class at the *Jarosław Dąbrowski* Liceum (No 9) in Łódź. After the final exams, she studied tourism and physical recreation at the Academy of Physical Education in Warsaw where she graduated on 29th June 1988, defending her master's thesis entitled *Physical recreation as a form of leisure time management among working youth* (supervised by Dr Józef Penc). A year later, she started work at the University of Łódź, 1988-91, where she completed post-graduate studies in pedagogy. From 1991-2007, she worked as a lecturer at the University of Łódź Department of Education, Faculty of Physical and Health Education. In 1995 (on 16-28th May), she completed an academic internship at Sunderland University in Great Britain and earned her PhD with a thesis entitled *Attitudes towards health and physical culture among pedagogy students vs. their future occupation* (supervised by Prof. Zofia Żukowska) on 17th September 1998.

From October 2007, she worked as a senior lecturer at the Recreation and Specialised Tourism Section, Institute of Urban and Tourism Geography at the 'Geographical Sciences' Department, University of Łódź. In her research she focused on international cooperation demonstrated not only by her numerous articles but also participation in conferences and informal collaboration. She considered the following to be particularly significant in her academic career: participation in the *XII World Leisure Congress – Transforming Leisure, Transforming City* in Rimini, Italy (30th Sept - 4th Oct 2012) where she presented a paper entitled *Participation in physical recreation among citizens of a large city: the case study of Łódź*; as well as her cooperation with Prof. Barbara Hawkins from the University of Indiana in the USA. In her last years her research was devoted to preparing an habilitation thesis entitled *Łódź as an area of supply and demand for physical recreation at indoor sports and recreational facilities*. In 2010, she received the *Złotą Odznakę* award from the University of Łódź.

Dr Monika Sławek was a member of the Polish University Physical Culture Association (from 2005), the Polish Women's Sport Association (from 2001) and the Polish Chamber of Recreation and Renewal (2005-6).

Apart from her academic passions, her vocation was to work with young people. She supervised 43 MA and many more BA theses on tourism and recreation. Leisure pedagogy, physical recreation, recreational activities, health education and promotion, the organization of sports and recreation events, fitness and modern forms of exercising, were only some of the subjects taught by her on the Tourism and Recreation course. Under an agreement which she initiated, she conducted annual student fitness workshops at the *Nowa Gdynia Station Sport and Recreation Centre*. She was also the originator and organizer of an event called 'Fit Day', promoting physical recreation and a healthy lifestyle. Her ideas for winter and summer camps became an inspiration and an example for her younger colleagues.

Dr Sławek's favourite teaching included sports camps and trips involving active and specialised tourism (sailing, kayaking, skiing, and organizing leisure time activities). She had an opportunity to verify and develop her interests and teaching experience during the Erasmus programme as a part of which she gave a series of lectures at the Technological Educational Institute of Thessaloniki (Greece) in June 2009.

During her work at the Institute of Urban and Tourism Geography, University of Łódź, she held the function of ECTS coordinator for tourism and recreation courses. In 2005, she received the Rector's Award for her teaching achievements while in 2010 she was nominated by the independent Students' Association as the 'best teacher' of the University of Łódź.

She had numerous certificates and licenses as an instructor in swimming, gymnastics, aerobics and skiing. From 2016, as part of the active and specialised tourism winter camp for students of tourism and recreation, a cup funded by skiing instructors from Krynica will be dedicated to her as a memorial.

As an academic, she tried to promote physical culture and recreation while remaining open to geographical perspectives. Thanks to her, we learnt how to combine the 'human' with the 'geographical', what was related to recreation with tourism. Sometimes we argued about the superiority of tourism or recreation, but this was the only way to explore the truth, the essence of research. It was her humanistic view of the world that pointed to new paths which we could follow together in our academic peregrinations. We were happy for her important foreign publications and new international contacts. Deep down, her 'geographical discoveries' made her feel a geographer, like us. Thanks to her, we started to appreciate the significance of physical culture. As a teacher she knew how to inspire students to take up the most daring of ideas and activities – and let them face their own weaknesses – tourist, sports, dancing and life challenges. As a human being, she never refused to help others, always offered friendly advice, while expecting nothing in return. Her modesty, sometimes excessive, was awesome. Her ideas – those already happening and those which she was planning – astonished us by their originality and scale.

We have lost a unique and wonderful person, a colleague and a friend. When the time for reflection approached, she did not have enough time for her unfinished business, to put all her ideas, both older and newer into practice, and stop or at least slow down in the everyday rush...

Editors

Selected publications by Doctor M. Sławek after 2007

- Uczestnictwo i rola rekreacji fizycznej w życiu studentów polskich i niemieckich, [in:] *Kultura fizyczna i zdrowotna w życiu współczesnego człowieka*, A. Kaźmierczak, A. Makarczuk, A. Maszorek-Szymala (eds.), SATORIdruk.pl, Łódź 2007, pp. 229-236.
- Aktywność ruchowa studentów Uniwersytetu Łódzkiego w czasie wolnym – ważnym elementem jakości zdrowego życia, [in:] *Kultura fizyczna i zdrowotna współczesnego człowieka. Teoretyczne podstawy i praktyczne i implikacje*, A. Kaźmierczak, A. Maszorek-Szymala, E. Dębowska (eds.), Wyd. Uniwersytetu Łódzkiego, Łódź 2008, pp. 165-175.
- Leisure time vs lifestyle of adults (co-author A. Maszorek-Szymala), [in:] *Wellness in different phases of life*, G. Olchowik (ed.), NeuroCentrum, Lublin 2008, pp. 179-188.
- Motives of participation in physical recreation in the context to healthy lifestyle of Polish and German students, [in:] *Cultural behaviors conditioning wellness*, E. Zderkiewicz (ed.), NeuroCentrum, Lublin 2008, pp. 141-155.
- Rola rekreacji ruchowej w rozwoju dzieci w wieku 10–12 lat w małym mieście (co-author: Anna Maszorek-Szymala), Wszechnica Świętokrzyska, Kielce 2008.
- Leisure, recreation, and its relationship to work – a variety of meanings (co-author: W. Półtorak), [in:] *Wellness and success*, J. Bergier (ed.), Lublin 2009, pp. 239-249.
- Motor activity of students from Lodz and Rzeszów universities and their lifestyle in the light of comparative research (co-author: W. Półtorak), [in:] *Kultura fizyczna na przełomie stuleci – stan i perspektywy zmian. Ogólnopolska konferencja naukowa*, UR, PWSZ, Rzeszów–Krosno 2009.
- Rola rekreacji ruchowej w rozwoju dzieci w wieku 10–12 lat w małym mieście (co-author: A. Maszorek-Szymala), *Wychowanie Fizyczne i Zdrowotne*, 9, październik 2009, pp. 25-31.
- Społeczne uwarunkowania czasu wolnego w kontekście rekreacji fizycznej. Studium przypadku – mieszkańcy dużego osiedla blokowego w Łodzi, [in:] *Raporty i szkice o kulturze fizycznej i zdrowotnej w perspektywie humanistycznej*, W. Cynarski, S. Cieszkowski (eds.), Wyd. Uniwersytetu Rzeszowskiego, Rzeszów 2009, pp. 107-126.
- Społeczno-demograficzne uwarunkowania aktywności ruchowej studentów Politechniki Łódzkiej (co-author: W. Półtorak), *Przegląd Naukowy Kultury Fizycznej Uniwersytetu Rzeszowskiego. Kwartalnik; Scientific Review of Physical Culture of University of Rzeszów – Poland. Quarterly*, 4/XII, 2009.
- Charakterystyka czasu wolnego dzieci w wieku 10–12 lat zamieszkałych w małym mieście, (co-author: A. Maszorek-Szymala), [in:] *Uczestnictwo w kulturze fizycznej wyzwaniem naszych czasów (Participation in Physical Culture as a Challenge for Contemporary Society)*, B. Zawadzka (ed.), Kielce 2010.
- Aktywność ruchowa mieszkańców Łodzi w całorocznych obiektach sportowo-rekreacyjnych, [in:] *Paradygmaty współczesnej kultury fizycznej i zdrowotnej*, A. Kaźmierczak, A. Maszorek-Szymala, J. Kowalska (eds.), Wyd. Uniwersytetu Łódzkiego, Łódź 2011, pp. 315-338.
- Joga i jej wartości w kształtowaniu zdrowego stylu życia (co-author: R. Śleboda), *Zeszyty Naukowe Uniwersytetu Szczecińskiego. Ekonomiczne Problemy Usług*, 689, 78, 2011, pp. 153-166.
- Przestrzeń rekreacyjna aktywności ruchowej w całorocznych zamkniętych obiektach sportowo-rekreacyjnych na podstawie wybranych jednostek osiedlowych Łodzi (co-authors: R. Śleboda, W. Bajorek, M. Rzepko, A. Nowak), *Zeszyty Naukowe Uniwersytetu Szczecińskiego. Ekonomiczne Problemy Usług*, 690, 79, 2011, pp. 275-301.
- Skuteczność wychowania do udziału w kulturze fizycznej przez turystykę w opiniach mieszkańców powiatu krośnieńskiego (co-authors: W. Bajorek, P. Król, M. Rzepko, A. Nowak), *Zeszyty Naukowe Uniwersytetu Szczecińskiego. Ekonomiczne Problemy Usług* 2011, 689, 78, pp. 369-388.
- Uwarunkowania aktywności rekreacyjno-turystycznej kobiet na przykładzie lekarek i nauczycielek, [in:] *Aktywność ruchowa ludzi w różnym wieku*, XV, D. Umiastowska (ed.), „Albatros”, Szczecin 2011, pp. 355-368.
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- Zmiany w sprawności fizycznej młodzieży studiującej na Uniwersytecie Przyrodniczym w Poznaniu w ciągu lat, (co-authors: A. Nowak, P. Król, M. Rzepko), *Zeszyty Naukowe Uniwersytetu Szczecińskiego. Ekonomiczne Problemy Usług*, 689, 78, 2011, pp. 511-520.
- Aktywność fizyczna na przykładzie studentek Akademii Wychowania Fizycznego w Poznaniu oraz Uniwersytetu Przyrodniczego w Poznaniu (co-authors: A. Nowak, J. Adrian, A. Wieczorek, M. Rzepko, P. Król), *Zeszyty Naukowe Uniwersytetu Szczecińskiego. Ekonomiczne Problemy Usług*, 98, 2012, pp. 141-153.
- Health Education in the opinions of Grade I-III Pupil Attending a Rural Primary School (co-authors: R. Podstawski, E. Grymuza), [in:] *Lifestyle, Education and Wellness*, Chapter XV, Medical University Lublin – University of Wisconsin Stevens Point USA, Lublin 2012, pp. 239-252.
- Quality of Life and Wellbeing in Leisure and Physical Activity of students in Poland and England (co-authors: A. Maszorek-Szymala, J. Dudczak), [in:] *Wellness and Success in Sports in Different Phases of Life*, Chapter IV, Medical University Lublin – University of Wisconsin Stevens Point USA, Lublin 2012, pp. 71-94.
- Pro-Sport Attitudes and their Determinants in Relation to Welfare and Quality of Students' Life in Postmodernity Era – Research Findings (co-author: A. Maszorek-Szymala), [in:] *Societal Conditioning for Wellness*, Chapter XVI, Medical University Lublin – University of Wisconsin Stevens Point USA, Lublin 2012, pp. 243-262.
- The influence of political transformation in Poland on the Functioning of the Department of Physical Education and Sport at the University of Warmia and Mazury in Olsztyn during the Academic years of 1998/1999 and 2010/2011 (co-author: R. Podstawski), [in:] *Public Health in the Aspect of Modern Civilization*, B. Sokołowska (ed.), Państwowa Szkoła Wyższa im. Papieża Jana Pawła II, Biała Podlaska 2012, pp. 266-278.
- Aktywność turystyczna – motywy podejmowania wśród studentów, *Wychowanie Fizyczne i Zdrowotne. Miesięcznik Nauczycieli, Trenerów i Szkolnej Służby Zdrowia*, 10, listopad, Warszawa 2013, pp. 13-18.
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