

4th E(x)plory Congress 'Innovations in Sport' 5-6 October 2016	
Day 1 – 05/10/2016, Wednesday	
14.30 – 15.00	Registration
15.00 – 15.30	Congress Opening Session
15.30 – 17.00	<p style="text-align: center;">Liv Sansoz „A life on the edge“</p> <p>Every experiences, the harsh ones like the most tremendous ones built you and bring you one step forward in your life. One step closer to your aspirations. It is true for everyone, every time. This is even exacerbate when you are involved in an extreme sport and in competition. Everything is more intense and concentrated over a very short period. Becoming a world champion is something unique in someone life. Not so many people experience such a strong and peculiar thing. From the moment you are a beginner to the moment you finally reach your goals, tons of things happen. Mentally, emotionally, physically. From being a world Champion to stop competing there is another big step to pass over. Thankfully climbing is much more than a sport. Climbing is something bewitching, filled with freedom, independence and commitments. Climbing is full of crossed paths, loaded meetings and unforgettable moments.</p> <p>Liv tells us about those unforgettable moments. With love and simplicity. From the competitions, to the summits of mountains. From paragliding off the mountains to climbing with a paraplegic friend. Liv tells us about her experiences and how innovations change everything. Lighter, faster, safer, better. Innovations had open new possibilities and this is only the beginning...</p>
17.00 - 17.30	Coffee break
17.30 – 19.00	<p style="text-align: center;">PANEL OF THE DAY: The future of sports. Who are we going to admire? Who and how are we going to support? What accessories and technologies are we going to use?</p> <p>Sport is a dynamic discipline. We can experience this while participating in recreational activities and following the achievements of sportspeople. Thanks to various apps we have access to information previously reserved only for professionals. We cannot imagine a football match without an electronic screen. Our watches measure the number of kilometers covered and special devices verify the position of our feet. We share our sport achievements in various forums, we belong to a vast society which supports and motivates us.</p> <p>What else is there for us in sport?</p> <p>Who and how are we going to support in next championships and olympic games? How are we going to get to schools and work? What kind of functions will our clients expect of our products? Which technologies and solutions have a chance to be transferred from professional sports to massive use?</p> <p>Moderator:</p> <ul style="list-style-type: none"> • Michał Pol – sporty journalist

	<p>Panelists:</p> <ul style="list-style-type: none"> • Czesław Lang – Director Tour de Pologne • Michał Listkiewicz – referee • Jiri Simonek – SportMind, Czech Republic • János Podonyi – Business Development Manager, String bike, Hungary • Lidia Valverde – Communications Manager Global Sports Innovation Center
20.30	<p>Networking dinner Browar Port Gdynia</p>
<p>Day 2 – 06/10/2016, Thursday</p>	
9:00 - 10:00	<p style="text-align: center;">SOCIAL RESPONSIBILITY</p> <p>How to combine health and pleasure with social responsibility in an innovative way?</p> <p>New technologies are developing very fast. This process cannot be stopped, however it can be directed. We can try to make our development ecological and safe for the world and – apart from making our lives easier – remember about the regions facing the greatest poverty, about the ones who starve while we stuff our iPhones with more and more apps. How to include corporate social responsibility in concepts of products and their promotion? How to involve customers in changing the world through their sport passions?</p> <p>Panelists:</p> <ul style="list-style-type: none"> • Bartosz Bartoszewicz – Wiceprezydent Gdyni • Marta Hernik – Manager, Poland Business Run • Igor Pielas – Założyciel, Asante Bamboo Bikes • Agnieszka Pleci – Dyrektor, Fundacja „Poza horyzonty“
10:15 - 11:15	<p style="text-align: center;">AVAILABILITY FOR ALL</p> <p>New technologies remove barriers</p> <p>Not so long ago disability was treated as a final verdict which meant staying at home, hardships in social relations and many other obstacles in everyday life. Today people with disabilities work, travel and enjoy their lives. They do surfing, cycling and climb the highest mountains. Sometimes they are much fitter than the ones who have never faced any disability.</p> <p>Miracles?</p> <p>No! These are new technologies in the service of man.</p> <p>Presentation of available technologies allowing the persons with disabilities to fulfill their sport passions.</p> <p>Moderator:</p> <ul style="list-style-type: none"> • Aleksandra Pogorzelska – Prezes Zarządu, Fundacja Sportu Pozytywnego, moderator <p>Panelists:</p> <ul style="list-style-type: none"> • Rafał Gręźlikowski, Rafał Wielowski, Łukasz Puskarek – Ottobock • Radosław Węglarz – Co-founder, Piłka na hali

	<ul style="list-style-type: none"> Joanna Małaczyńska-Rentfleisz – Director, Foundation „Sport na zdrowie”
11:15 - 12:15	Coffee break / Visiting projects of Young Scientists participants of E(x)plory Science Fair
12:15 – 13:15	<p style="text-align: center;">SAFETY & HEALTH What can go wrong?</p> <p>Sport means health! We can hear it all around. But let’s not forget that sport may also mean various injuries. If it is done unskillfully it can do more harm than good. How to get protected? How to make sure that the discipline we have chosen suits our physical construction and our bodily predisposition? How to minimize the risk in case of the most traumatic sports? How do new technologies increase the safety in sports? What are the needs and latest research?</p> <p>Moderator:</p> <ul style="list-style-type: none"> Lloyd Waldo – Community Manager, Start Up Yard, Czech Republic <p>Panelists:</p> <ul style="list-style-type: none"> Szymon Bartoszek – CEO 27 minut Dr Inż. Johannes Kreuzer – Cosinuss, Niemcy Gabor Mandi – Wearnotch, Węgry Dominik Stępnia, Adam Warski – Marketing Manager, Manager, Fellow skateboards
13:15 – 14:15	LUNCH
14:15 – 15:15	<p style="text-align: center;">ACCELERATION Development and support for sports projects in V4 countries</p> <p>How to support effectively projects of young enthusiasts? Is sport and innovation in sport a good direction for investment? How do young enthusiasts manage in V4 countries? How many ‘brilliant’ ideas can be implemented and commercialized?</p> <p>Moderator:</p> <ul style="list-style-type: none"> Piotr Pietrzak – Board member StartUp Hub, Poland – moderator <p>Panelists:</p> <ul style="list-style-type: none"> Martin Donoval – Nanodesign, Słowacja Lukas Hudecek – CEO Node5, Czech Republic Mateusz Nowak -Ekspert w zespole Innowacji PwC Bc. Jan Subjak – Nanodesign, Slovakia
15:30 - 16:30	<p style="text-align: center;">Strawberries on K2 – Extreme expeditions with LYOFood</p> <p>It’s been over a hundred years since the first expedition tried to reach the South Pole – which still remains a great challenge and a goal for many. Not many of us realize that these are not the most advanced membranes in tech clothes, ultralight climbing equipment or ergonomic backpacks but food – which makes the greatest difference between contemporary and past</p>

expeditions. Technological innovations in processing food and the knowledge we possess are one of the crucial factors changing the face of modern outdoor sports. From breaking records in the most extreme conditions to the luxury of eating a strawberry on top of the highest mountain. How does the evolution of dietary aspects help professional sportspersons meet challenges and how does it make us feel satisfied?

How do LYO products contribute to all of it?

Where was the source of inspiration?

We will find out from Przemek from LYO – the manufacturer of the tastiest outdoor food.