



Monika Łojba:

"I want to take advantage of the various opportunities life gives me."

Monika Łojba and Dawid Suchodolski, friends from the sports club during the project meeting "Able and disabled: Let's play together!" on the 12th of April 2019 in Toruń. The guests came with a guide dog called Bright.

Monika Łojba was not born with an eye disease, her eyesight simply did not develop. Her eyesight condition changes every day. Sometimes she can see better, another time worse. One day she can see as through the fog, another day as through the crystal.

Monika likes challenges. She wants to show people that the impossible is possible. She is 25 years old, comes from the town of Lubań in the Lower Silesian Voivodeship. In Wrocław she went to high school for the blind and visually impaired. There she met David, a colleague she is now training with. She studied special education at the University of Lower Silesia in Wrocław. And now she lives, works and trains in this city. Monika's sports interests are very wide: shooting, Nordic walking, kayaking, skiing, martial arts, horse riding, and paragliding. She also sings and draws.

It may be paradoxical that a person with such vision problems draws. She draws with his nose against a piece of paper, and she sees her drawings blurred, just like the world seen through her eyes. She often paints animals, including her guide dog Bright.

Since she got a dog her life pace has become faster. The dog has changed the quality of her life.

There is a very special relationship between the dog and Monika. It seems she has entrusted her life to Bright.

Monika feels completely relaxed and secure with Bright in the city. Bright is two years old and does his job very well. Monika always carries a bag with delicacies for her guide.

For example, they travel by tram to take her singing lessons. Music has accompanied Monika since childhood. Public performances build Monika's confidence and motivate her to continue working. Singing is her remedy for everyday stress.

Apart from singing, sport shapes Monika's personality.

For about two years she has been practising pneumatic shooting for the blind and visually impaired people. When she enters the shooting range and dresses up in a special, heavy outfit, she is immediately focused and quiet. The assistant brings her to her position and helps her to take up positions. Being focused is the most important thing then. She shoots using the hearing rather than seeing. There is a diode on the shield. The viewfinder receives the light and transforms it into a sound that the player hears in the headphones. Changing the key allows you to determine the correct

position. Monika does not feel that she has already reached the championship level, but she is happy with every accurate shot.

She regularly participates in shooting competitions. She is involved in the dissemination of this discipline. She believes that shooting should become a Paralympics discipline and this is one of her dreams.

Two years ago she also tried Wing Tsun Kung Fu for the first time. It is a Chinese martial art with over 300 years of tradition. Her training consists of training of the nervous system for example, the sense of feeling is strongly developed. It is alleged that people who have vision problems are in some way predisposed to this martial art because their sense of feeling and the direction is much stronger than that of people with normal vision. Besides, where sighted people naturally avoid contact, visually impaired and blind people tend to seek it. Monika believes that this kind of training can be useful in her life. As a visually impaired person, she must take into account the fact that she may find herself in a difficult situation and should be ready to defend herself then.

Monika loves horses. She says she could look after horses by profession. She also rides a horse. She goes to horse camps for the blind and visually impaired. She will never forget galloping feeling the wind in his hair - a great experience. "Walking, trotting and galloping" - that's the title of her article about one of the horse riding camps she wrote for the monthly 'Cross'.

Monika still practises Nordic walking, canoeing, and recently has experienced some paragliding. She claims that the visually impaired person does not have such a sense of fear. For her, the information that she is several hundred meters above the ground does not make such an impression because she does not see it. But the sense of space, the rush of air on her face - this is what she can experience.

What about her plans for the future?

Together with Dawid, they want to go to the course and get a sailing license.

Monika at a meeting in Toruń asked us the question: "Do you think that there are any sports that the blind and visually impaired cannot do because of their limitations?

If so, maybe we can break this stereotype. "

And we do believe that she could do it because she is a person who breaks all the stereotypes.

That is why she was chosen to take part in one of the episodes of the Super People series - the Super Polsat TV program which presents disabled athletes.

Monika doesn't like to feel sorry for herself and doesn't like to say how hard it is and what barriers she faces. She prefers to travel, sing, play, gallop, shoot and take advantage of the various possibilities that her life brings. No matter whether the experience is risky or pleasant – she certainly doesn't want to get stuck in one place.

The text was written after the meeting with Monika Łojba and Dawid Suchodolski on the 12th April 2019 at the School of Economics during a project meeting in Toruń. It also includes the information from episode 37 (2019) of the program Super People from Super Polsat TV (the episode was broadcast on 14.04.2019) and information from a monthly called "The Cross" No. 6 (159) June 2018.