

THE RULES OF USING THE SILENCE ROOM AND THE RELAX ZONE IN THE MCSU ACADEMIC CENTRE FOR CULTURE AND MEDIA CHATKA ŻAKA

THE SILENCE ROOM is intended for people who need to deal with their emotions and behaviour as a result of unfavourable conditions, that is an excessive number of stimuli, for the purpose of releasing tension.

The room is dedicated primarily to people needing to calm down and to those who organize activities or workshops aimed at mental health improvement, having arranged a schedule with the room coordinator. If a person with an Autism Spectrum Disorder or in a condition demanding immediate isolation needs to use the Silence Room, all other activities and meetings may be stopped.

THE RELAX ZONE is an area next to the Silence Room available for general use. It is intended for people who need less intensive sounds.

GENERAL RULES

The Silence Room is open Monday through Friday from 9:00 a.m. to 5:00 p.m. If you wish to use it at another time, please inform the coordinator in advance and give the details: hours when you need the room, your name and phone number.

Using the room you accept the regulations contained in this set of rules.

REGULATIONS

Users should:

- Mute their mobile phones and refrain from talking on the phone;
- Keep the place clean and tidy;
- Respect other people and their belongings, as well as the property of the MCSU Academic Centre for Culture and Media Chatka Żaka;
- Report all defects, e.g. any damage.

It is prohibited to:

- Bring and consume alcohol and other substances;
- Smoke (including e-cigarettes);
- Eat in the room;
- Use the objects not for their intended purpose;
- Use equipment that generates excessive noise;
- Take the room's equipment away.

FINAL PROVISIONS

The MCSU Academic Centre for Culture and Media Chatka Żaka is not responsible for Users' belongings left unattended. The Management of Chatka Żaka reserves the right to amend the aforementioned rules and regulations any time. Users shall be notified of any changes in the Rules displayed in the Silence Room.

If you hear an alarm in Chatka Żaka, please leave the building using the stairs. If you need help, let us know at 81 533 3201 extension 200.

Do you have any questions or ideas for activities in this space?

Let the coordinator know! Agata Wiatr: room 1.16 or agata.wiatr@ack.lublin.pl