



# OIR

Open innovative resources  
for distance learning

# OIR POLAND - IO 2

## PODCASTS

(Guide)



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Open innovative resources  
for distance learning



**UMCS**  
UNIWERSYTET MARII CURIE-SKŁODOWSKIEJ  
W LUBLINIE



Università  
degli Studi di  
Messina



Universidad de Oviedo



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## Podcast no 1

- **Author: Dorota Chimicz**
  - **Title: *Jak to jest nie widzieć? Czyli o co dzieci (i nie tylko) pytają niewidomych (PL)***  
***What's it like not to see? What questions do the children (and not only) ask to the Blinds (EN)***
  - **Description:** According to Article 8 (1) (a) and (b) of the Convention on the Rights of Persons with Disabilities (2012), one of the fundamental tasks imposed on States Parties is to raise awareness among the public on matters relating to persons with disabilities and to work to combat stereotypes, prejudices, and harmful practices towards this group of persons. Despite the fact that for many years now this postulate has been implemented by various types of institutions (governmental and non-governmental), foundations or associations, the level of knowledge about the functioning and needs of persons with disabilities is still insufficient. The podcast is aimed at all those who wish to improve their knowledge of how people with visual impairments function. The participants in the podcast (blind persons) address questions formulated by pre-school children and high school students on various aspects of functioning as a visually impaired person. They also share their experiences of everyday functioning.
  - **Link:** [Jak to jest nie widzieć? Czyli o co dzieci \(i nie tylko\) pytają niewidomych](#)

## Podcast no 2

- **Author: Dorota Chimicz**
  - **Title: *I wszystko jasne! Mity i stereotypy a fakty na temat funkcjonowania osób niewidomych (PL)***  
***All clear now! Myths and stereotypes versus facts about the functioning of the Blinds (EN)***
  - **Description:** People with disabilities are one of the social groups that is often stereotyped. The dependence on the social environment often forces them into the social role of a disabled person, whose characteristics are often burdened with simplistic beliefs about the possibilities of development and functioning (Kazanowski, 2010, p. 98). There are many fixed views in the social consciousness on the functioning of the blind persons that have little to do with either common sense or experience (Szabala 2012). The podcast verifies the most common myths and stereotypes about how the blind people function. Participants in the podcast share their experiences of everyday functioning as a visually impaired person.
  - **Link:** [I wszystko jasne! Mity i stereotypy a fakty na temat osób niewidomych](#)



## Podcast no 3

- **Author: Agnieszka Lewicka-Zelent**
  - **Title: *Relacje rodziców z nastoletnimi dziećmi (PL)***  
***Relationships between parents and their teenage children (EN)***
  - **Description:** The podcast provides a general overview of the relationship between parents and their teenage children. Issues discussed include various aspects of building and sustaining positive relationships between them. Issues related to verbal and non-verbal communication and the expression of emotions are discussed. How to establish an empathic relationship and how to avoid mistakes that contribute to its destruction are relevant. In addition to this, a discussion was initiated on the differences in communication with children and adolescents, as well as changes in contact in the past and present. Attention was also drawn to the serious consequences of inadequate communication between parents and young people.
  - **Link:** [Relacje rodziców z nastoletnimi dziećmi](#)

## Podcast no 4

- **Author: Agnieszka Lewicka-Zelent**
  - **Title: *Przestępca też człowiek (PL)***  
***The criminal is also a human being (EN)***
  - **Description:** In recent years, a priority in the social support strategy has been to help the so-called socially excluded. Exclusion is determined by a variety of factors, the most common of which are poverty, unemployment, old age, disability, disorder, or illness, but also social isolation. The last group therefore includes people deprived of their liberty. The podcast provides a general overview of the functioning of inmates in the context of the exclusion-inclusion process, the causes of crime and the effects of incarceration and marginalisation. It covers the principles of social inclusion and its benefits. It is also aimed at dispelling myths about prisoners.
  - **Link:** [Przestępca też człowiek](#)



## Podcast no 5

- **Author:** Urszula Lewartowicz
  - **Title:** *Trening kreatywności (PL)*  
*Creativity training (EN)*
  - **Description:** The podcast provides a general overview of the concept and essence of creativity. Includes a variety of practical exercises covering the creative warm-up - fluency, flexibility and originality of thinking, questioning thinking, combinatorial thinking, and transformational thinking.
  - **Link:** [Trening kreatywności](#)

## Podcast no 6

- **Author:** Urszula Lewartowicz
  - **Title:** *Sztuka wystąpień publicznych (PL)*  
*The Art of public speaking (EN)*
  - **Description:** The podcast provides a general overview of the art of public speaking. The content covers the following areas: breathing as a basis for public speaking, ways to deal with the stage fright, speaker styles, cont(r)act with the group, creating a speech outline, speaking in an interesting way, and ways to have a compelling opening and a rousing ending.
  - **Link:** [Sztuka wystąpień publicznych](#)



## Podcast no 7

- **Author:** Alicja Lisiecka
  - **Title:** *Spotkanie z Innym – kontekst edukacyjny (PL)*  
*Meeting the Other - an educational context (EN)*
  - **Description:** *Otherness* is a fluid concept, still problematic, but also essential for the formation of individual consciousness. From a pedagogical point of view, the encounter with *the Other* provides an opportunity to transcend and push individual boundaries, to explore unknown areas and to search for new or redefined meanings that are objective for the individual. The podcast serves to increase listeners' knowledge of the category of *the Other* in an educational context; it can be used in classes at different educational levels, with an emphasis on secondary and higher education. It addresses issues concerning: the category of *the Other*, *the Other* versus *the Alien*, *the Other* in school, stereotypes, intrinsic attribution, and ethnocentrism, as well as pedagogical opportunities arising from the presence of the *Other*.
  - **Link:** [Spotkanie z Innym - kontekst edukacyjny](#)

## Podcast no 8

- **Author:** Alicja Lisiecka
  - **Title:** *Edukacja przez sztukę popularną (PL)*  
*Education through popular art. (EN)*
  - **Description:** There is still a belief in the pedagogical literature that the area of popular art is primarily a place of fun and entertainment, which is tantamount to saying that "popular culture is a place of ludic behaviour, a space in which no competence is needed to move" (Jakubowski, 2017, p. 16). Popular art is still wrongly treated as an area of 'aesthetic anti-patterns' shaping bad taste in educators and distancing them from 'high culture', which should be fought against (Jakubowski, 2010, p. 35). It is often ignored by educators, although it is at the centre of people's interest. Popular art does not have to be trivial in terms of both content and aesthetic form, and its accessibility of reception and popularity are its undeniable strengths. The richness of the topics covered makes it possible to integrate selected texts into the educational process in order to make it more attractive and more effectively linked to the area of students' everyday experience. The podcast is intended as an introduction to education through popular art.
  - **Link:** [Edukacja przez sztukę popularną](#)



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