

WARSZTATY WORKSHOPS



Join us for a workshop in English during Erasmus Week 2025! Spots are limited, so don't miss out!

Building self-esteem

The goal of the workshop is to discuss the characteristics of self-esteem, self-defeating behaviors, and setting healthy boundaries. We will define self-confidence and self-esteem and learn about the differences between these concepts. We will develop techniques for eliminating unhealthy thought patterns and negative thoughts replacing them with positive patterns. Participation in this workshop provides opportunities to learn about our strengths and understand the mechanisms of fostering self-esteem. The workshop will employ the following techniques: individual work, pairwork, group discussion. **A workshop delivered by dr. Anna Stachyra -Sokulska**

**Tuesday
March 18
10:00 AM - 12:00 PM**

Party in Asturias

The workshop's aims include both cognitive (the knowledge about Asturias as the region of Spain) and social /emotional aspects that are connected with strengthening of intercultural relations and promotion of inclusive values. Activities that are dedicated to achieve above aims are: a verbal expression, musicing, motor activity and cooking. **A workshop delivered by Students from Asturias, prof. Krzysztof Stachyra, and prof. Renata Zubrzycka**

**Wednesday
March 19
9:00 AM - 11:00 AM**

Step Outside Yourself and Stand Beside! Workshops on Perspective-Taking and Intercultural Awareness

Can you see the world through someone else's eyes? This two-hour workshop will help you develop the ability to recognize different perspectives and better understand people from diverse cultural backgrounds.

Through interactive exercises, discussions, and role-playing activities, participants will:

- experience how perception varies depending on personal experiences and cultural context,
- practice techniques for consciously stepping outside their own thought patterns,
- gain tools for building better communication in diverse environments.

The workshop is designed to be engaging and reflective, creating a space for exploring new perspectives and fostering greater openness in interactions with others.

A workshop delivered by dr. Anna Błaszczak

**Thursday
March 20
1:00 PM - 4:00 PM**

Team-building activities with a multicultural group

The purpose of the workshop is to familiarize participants with suggestions for integration games to facilitate cooperation in multicultural teams. During the workshop, ways of establishing relations in a group of diverse cultural backgrounds will be presented:

- games that facilitate getting to know each other,
- games that develop effective non-verbal communication,
- activities that facilitate mutual learning about the strengths of different cultures,
- ways to integrate teams.

A workshop delivered by dr. Małgorzata Brodacka

**Friday
March 21
11:30 AM - 1:30 PM**