

FIRST VIRTUAL COMPONENT- ERASMUS + BLENDED INTENSIVE PROGRAM

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| Prof. Piotr Wróbel 12/06/2024 10:00 – 12:00 | Introduction to sustainable team and individual effectiveness as key values in organizational culture, main assumptions to workshop | MS Teams / online - 2 hours |
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| Prof. Tomasz Kawka 13/06/2024 10:00 – 12:00 | Introduction to intergeneration teambuilding at organization, main assumptions to workshop | MS Teams / online - 2 hours |
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| Ph.D. Sylwia Białas, Ph.D. Senka Borovac-Zekan (University of Split) 14/06/2024 10:00 – 12:00 | Introduction to intercultural communication, main assumptions to workshop | MS Teams / online - 2 hours |
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| Ph.D. Agata Borowska- Pietrzak 14/06/2024 12:30 – 14:30 | Introduction to mental resilience and stress management, main assumptions to workshop | MS Teams / online - 2 hours |
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SECOND COMPONENT- ERASMUS + BLENDED INTENSIVE LEARNING PROGRAM INCLUDING THE WORKSHOP, STUDY TOURS AND PROJECTS - UNIVERSITY OF GDAŃSK

START DATE: 17 JUNE 2024



END DATE: 21 JUNE 2024

Monday

Registration and Welcome of Participants – WELCOME CENTRE

10:00 – 10:30 Pre-Event Communication

10:30 – 11:00 Registration Setup

11:00 – 11:30 Welcome Speech

Head of Office for International Cooperation @ UG - Magdalena Sawicz

11:30 – 12:30 Opening Lecture – HEIs in the age of VUCA –

How can and should we help ourselves in our working environment today.

- prof. Tomasz Kawka, prof. Piotr Wróbel, Organizational and Management Department, Faculty of Management

12:30 – 13:00 Coffee Break / Networking Opportunity

13:00 – 14:00 UG Campus Tour

14:00 – 14:45 Lunch time

**Social Part – Let's meet each other to support our soft skills
for common teamwork.**

18:00 Welcome Evening Party Beach – Sopot Beach, entry No. 33

Tuesday

Block A

MENTAL RESILIENCE

– Soft Skills for Reducing Occupational Stress

- Ph. D. Agata Borowska-Pietrzak, HRM Department, Faculty of Management

- Ph. D. Ilona Modrzejewska, HRM Department, Faculty of Management

9:00 – 10:00 What is for mental resilience in our work environment.

10:15 – 11:15 Reducing occupational stress by building mental resilience.

11:15 – 11:45 Coffee break

11:45 – 13:45 Workshop on recognition own channels reducing stress with Basic Ph Method ®

13:45 – 14:30 Lunch

Social Part – Let's meet each other to support our soft skills for common teamwork.

18:00 City tour guide: "3city Without Secrets. A Cities of Multicultural Heritage"

Wednesday

Block B.

INTERCULTURAL COMMUNICATION - Soft Skills for Cooperation

Ph.D. Sylwia Białas, O&M Department, Faculty of Management,

Ph.D. Senka Borovac-Zekan, Senior lecturer at University Department of Professional Studies in University of Split

08:30 – 9:30 The secrets of language and communication styles

09:30 – 10:30 Beyond words: the hidden world of non-verbal communication

10:30 – 11:30 Coffee break

11:30 – 12:30 Workshop on cross-cultural communication and conflict resolution techniques in a cross-cultural context

12:30 – 13:15 Lunch

Block C.

CREATING A COMMON ORGANIZATION CULTURE – Soft Skills for Understanding

- prof. Piotr Wróbel, Head of O&M Department, Faculty of Management

13:15 – 14:30 Individual and team effectiveness: sources, barriers, best practices

14:30 – 15:00 Coffee break

15:00 – 16:30 Workshop on habits that increase participants' effectiveness.

Social Part – Let's meet each other to support our soft skills for common teamwork.

18:30 Sports events and games as a channel of mental resilience in practice (yoga practice, football match, swimming, jogging, and other sport activities)

Thursday

Block D.

DIFFERENT GENERATIONS IN THE WORK ENVIRONMENT – Soft Skills for Accepting Diversity and Inclusion

prof. Tomasz Kawka, HRM Department, Faculty of Management

9:00 – 10:00 What is today a diversity management and WLB for organization.

10:15 – 11:15 Every Generation Has its Own Diseases. Characteristics of the generations, Pros and Cons in intergeneration teamworking

11:15 – 11:45 Coffee break

11:45 – 13:15 Workshop on understanding the attitudes and behavior of own generation in the context of Generation Z

13:30 – 14:30 Lunch

Social Part – Let's meet each other to support our soft skills for common teamwork.

18:00 Tour in ECS -European Solidarity Centre in Gdansk.
"Insight to Cradle of Global Changes - Where Diversity and Inclusion Were Initiated"

SUMMARY AND CONCLUSION OF THE PROGRAM

Friday

9:00 – 10:30 Presentations of our participants' team projects

10:00 – 10:30 Discussion and Brainstorming – How to improve our Soft Skills

10:30 – 11:00 Coffee break

11:00 – 12:00 Planning further activities and cooperation after BIP

12:00 – 12:30 Official end of the program and presentation of certificates

12:30 – 13:30 Farewell Lunch

We look forward to seeing You soon!

