



**POLISH** NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE

## Solidarity with Ukraine - afternoon workshops

General information and rules:

1. Here you can find a list of obligatory workshops with available groups and dates.
2. All the workshops are organized after your morning language classes.
3. All the workshops are conducted in simple English.
4. Some workshops last 1 day (one meeting), some workshops last 2 days (two meetings). Please choose a date when you would like to participate in the workshop.  
**NOTE:** When you choose a certain group you have to participate every day with the same group.
5. Please choose your groups until **Thursday, 30th June, 4.00 pm** via the Google form: <https://forms.gle/ebjvD8uCHA8RgsyA9>

Workshops schedule

Workshop Topic	Description	Group	Date
<b>Cultural Orientation</b>	During the <b>Cultural Orientation</b> workshop we will discover Polish culture from a practical perspective.	<b>CO 1</b>	4.07.2022(Monday) 1.30 pm - 4.45 pm
	We will talk about important Polish values, customs and behaviours.		6.07.2022 (Wednesday) 1.30 pm - 4.45 pm
	You will get to know the most important dates in the Polish calendar and places in Warsaw and Poland worth visiting. All of this will be a useful toolkit for living and studying in Poland.	<b>CO 2</b>	

<b>Mindfulness - how to deal with stress in our lives</b>	<p>"Mindfulness as a tool to a calmer life"</p> <p>During the <b>Mindfulness</b> workshop we will learn the idea of mindfulness and how to apply it to your daily life to feel comfortable in every moment and overcome stressful situations.</p> <p>We will learn the right tools how to use mindfulness in life.</p>	<b>M 1</b>	7.07.2022 (Thursday) 1.30 pm - 4.45 pm
			8.07.2022 (Friday) 12.30 pm - 3.45 pm
		<b>M 2</b>	11.07.2022 (Monday) 1.30 pm - 4.45 pm
			13.07.2022 (Wednesday) 1.30 pm - 4.45 pm
<b>Psychoeducation - management of emotions, adaptation in the new environment, dealing with trauma</b>	<p>During the <b>Psychoeducation</b> workshop we will learn how to manage our nice and unpleasant emotions, or even circumstances causing trauma like losing a family member or a war.</p> <p>We will find out how to adapt in a new situation or environment like a new city.</p>	<b>P 1</b>	18.07.2022 (Monday) 1.30 pm - 4.45 pm
			19.07.2022 (Tuesday) 1.30 pm - 4.45 pm
		<b>P 2</b>	25.07.2022 (Monday) 1.30 pm - 4.45 pm
			26.07.2022 (Tuesday) 1.30 pm - 4.45 pm
<b>Career Planning</b>	<p>During the <b>Career Planning</b> workshop we will learn what the current trends on the Polish labor market, the expectations of employers and methods of effective job search are.</p> <p>We will discuss the rules for creating application documents (CV and cover letter) and their preparation.</p> <p>We will simulate an interview with the employer regarding work and self-presentation.</p>	<b>CP 1</b>	21.07.2022 (Thursday) 1.30 pm - 4.45 pm
			22.07.2022 (Friday) 12.30 pm -3.45 pm
		<b>CP 2</b>	28.07.2022 (Thursday) 1.30 pm - 4.45 pm
			29.07.2022 (Friday) 12.30 pm -3.45 pm

If you have any questions regarding these workshops, please contact Welcome Point:  
welcome.event@uw.edu.pl