



POLISH NATIONAL AGENCY
FOR ACADEMIC EXCHANGE

Solidarity with Ukraine - afternoon workshops in August

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. 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.

PLEASE NOTE:

When you choose a certain group you have to participate every day with the same group. There is a limit of 15 participants for each group - first come, first served...

4. Please choose your groups until **Monday, 18th July, 4.00 pm** via the Google form: <https://forms.gle/4pbCTE5xNgNodMcP7>

Workshop Topic	Description	Group	Date
Communication in multicultural environment	During the Communication workshops we will discuss the following topics: - how cultural differences influence our daily communication with others, - the process of getting used to living and studying abroad, - practical aspects of dealing with Poles and Polish culture, - how to communicate in a multicultural group.	CE 1	03.08.2022 (Wednesday) 1.30 pm - 4.45 pm
		CE 2	04.08.2022 (Thursday) 1.30 pm - 4.45 pm
The art of Public Speaking	During the Public Speaking workshop we will discuss: - what the attributes of a good presentation are,	PS 1	1.08.2022 (Monday) 1.30 pm - 4.45 pm
			2.08.2022 (Tuesday)

	<ul style="list-style-type: none"> - how to plan a public presentation, - how to deal with stress during a presentation, - how to prepare a presentation for a public event. 		1.30 pm - 3.45 pm
		PS 2	11.08.2022 (Thursday) 1.30 pm - 4.45 pm
			12.08.2022 (Friday) 1.30 pm - 4.45 pm
Mindfulness	<p>During the Mindfulness 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 to use mindfulness in life.</p>	M 2 (class postponed from July)	08.08.2022 (Monday) 1.30 pm - 4.45 pm
			09.08.2022 (Monday) 1.30 pm - 4.45 pm
Goals setting	<p>During this Goals setting workshop we will learn:</p> <ul style="list-style-type: none"> - how to set goals, - how to make decisions in alignment with one's vision and value, - how to build up goal plans, execution and accountability techniques. 	GS 1	29.08.2022 (Monday) 1.30 pm - 4.45 pm
			30.08.2022 (Tuesday) 12.30 pm - 3.45 pm
		GS 2	01.09.2022 (Thursday) 1.30 pm - 4.45 pm
			02.09.2022 (Friday) 12.30 pm - 3.45 pm

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