

Integration and cultural workshops

Project "Local University, global opportunity- University of Białystok on the road to internationalization".

1-3.03.2023 r.

Warsaw Hotel, Augustow

The aim of the training is to train personal skills, acquire communication competence and intercultural cooperation.

The training will be conducted using activation methods: through exercises and co-presence, undertaking cooperation, participants will build awareness of their own strengths in relation to cultural diversity, learn communication rules and become sensitive to other cultures.

Workshop I: Storytelling as a tool for building intercultural cooperation capacity

Workshop leader: Dr Maciej Białous

Scope of the workshop:

- discussion on the universality of personal stories,
- team building exercises through storytelling - analysis of participants' experiences,
- exercises to familiarize with cultural differences through storytelling - reflection on the usefulness of personal storytelling.

Workshop II: Towards an open attitude - communication behaviour

Workshop leader: Dr hab. Dorota Misiejuk

Scope of the workshop:

- cultural difference - exercises to awaken awareness of communication barriers - effect: ability to locate a communication barrier,
- intercultural communication skills and sensitivity - exercises opening up perspectives of different thinking and valuing - effect: awareness of relations,
- dialoguing and conversation - exercises to recognize the assumptions of the interlocutor - effect: ability to treat the interlocutor in a personal way.

Workshop III: In the circle of one's own strengths and possibilities to communicate; personal and cultural resources for intercultural communication

Workshop leader: Dr Anna Sańczyk - Cruz

Scope of the workshop:

- discussion on cultural identity and critical intercultural awareness,
- film and group work: sources and consequences of stereotypes, inequalities and prejudices,
- case study: building positive relationships within university community.

Workshop IV: Linguistic and cultural scripts

Workshop leader: Dr Konrad Szamryk

Scope of the workshop:

- exercises showing that we understand the same words in different ways; assigning a numerical value to selected terms (e.g. not bad, fine, ok, good), ability to place one's feelings and emotions on a scale,
- exercises regarding decision-making when the intention of a conversation is unclear, understanding the process of reaching a compromise,
- comparison of the cultural meaning of words - use and meaning of the same word in different cultures,
- cultural scripts - analysis of different scripts: e.g. small talk - what to talk about and what to avoid; politeness strategies guided by the group's tradition.