

ONLINE CLASSES**Monday 04.09.2023****ERASMUS BIP – 1st DAY – ONLINE WORK-LIFE BALANCE INTRODUCTION**

Time	Class
9:00-9:30	Login of participants – participant verification Introduction to the first day of online Erasmus+ BIP
9:30 – 11:00	“Work-life balance – the origins?” – online classes – mgr Carlos Bobbert
11:00 – 12:30	“CSR Corporate Social Responsibility. Responsibility introduction of the policy” – online classes (group online classes) – Magdalena Sikorska
12:30 – 13:00	Lunch break
13:00 – 14:30	“Mechanisms of job burnout – Measures to counteract professional burnout in the workplace” – mgr inż. Joanna Świątek
14:30 – 16:00	“HUMAN body + mind + emotions” – mgr inż. Joanna Świątek
16:00 – 16:30	Presentation of the results of group and individual work online
16:30	End of online day 1 Organisational information for the next day

Tuesday 05.09.2023

8:45-9:00	Login of participants – participant verification Introduction to the second day of online Erasmus+ BIP
9:00 – 11:00	„Heart based communication with heart & mind coherence practice” – Joanna Staude-Potocka certified coach of HeartMath Institute of California
11:00 – 12:30	“Diet and work-life balance” – dr n. med. Monika Gętek-Paszek
12:30 – 13:00	Lunch break
13:00 – 14:30	“Discussion about safety rules at school and at home” – mgr inż. Patrycjusz Kurek
14:30 – 16:30	“Emergency First Aid – Rules about Work-Life Balance” – mgr inż. Patrycjusz Kurek (preparation for field classes)
16:30	End of online day 2 Organisational information for the next day

FACE TO FACE MEETINGS**Monday 18.09.2023****ERASMUS BIP – 1st DAY – CAMPUS 1****LET'S GET TO KNOW EACH OTHER****WORK-LIFE BALANCE – THE ART OF COMMUNICATION**

Time	Class
8:30 – 8:45	Registration of participants – meet&greet for participants in the Main entrance hallway (Campus 1, Bitwy Warszawskiej 1920 No. 18.)
9:00 – 9:30	Official introduction to Erasmus+ BIP – Rector of the Warsaw College of Engineering and Health dr n. chem. Sebastian Grzyb Presentation of the Warsaw College of Engineering and Health – Participants' tour of the Warsaw College of Engineering and Health
9:30– 10:00	Let's get to know each other – presentation of Erasmus BIP participants „Who am I?” (self-presentation)
10:00 – 12:00	“Why it is worth taking care of your work-life balance? – mgr Carlos Bobbert
12:00–12:30	Lunch break
12:30 – 15:30	“How to communicate effectively with Non Violent Communication approach across cultures and with respect for diversity” – Joanna Staude-Potocka and Katarzyna Malczewska Blaszczyk – business practitioners, executive leaders in corporations across Europe, Asia and Americas, with strong background in managing multicultural teams
15:30	End of the 1st day Organisational information for the next day
16:00 – 18:00	Let's get to know Warsaw – Tour to the Warsaw Uprising Museum (optional)

Erasmus+ BIP: Work-Life Balance Program

Tuesday 19.09.2023

ERASMUS BIP – 2nd DAY – CAMPUS 1

WORK-LIFE BALANCE IN THE WORKPLACE

PERSONAL DEVELOPMENT

Time	Class
9:00 – 10:30	"How to improve your interpersonal relationships at work, at university and at home – workshops" – coach Magdalena Cieśla
10:30 – 12:00	"Getting to know yourself and solving conflicts and improving personal relationships – workshops" – coach Magdalena Cieśla
12:00 – 12:30	Lunch break
12:30 – 14:00	"The role of managers in shaping the vision of health and sustainable performance" – mgr Carlos Bobbert
14:00 – 15:00	"How to find passion and motivation for yourself at work and in your personal life" – mgr inż. Joanna Świątek
15:00 – 16:30	"Methods of managing yourself in time - changing habits" – mgr inż. Joanna Świątek
16:30	End of the 2nd day Organisational information for the next day

Wednesday 20.09.2023

ERASMUS BIP – 3rd DAY – CAMPUS 1

WORK-LIFE BALANCE – GREEN WORKSPACE


HEALTHY FOOD AND RELAXATION EXERCISES

Time	Class
8:45 – 9:00	Gathering of Erasmus BIP participants Checking attendance list
9:00 – 10:00	„CSR solutions used in the working environment. Practical examples of ecological applications in the workplace” – Magdalena Sikorska
10:00 – 11:00	„CSR solutions used in the working environment. Practical examples of ecological applications in the workplace” – Magdalena Sikorska
11:00 – 12:00	„Diet and work-life balance – easy cooking and healthy eating” – dr n. med. Monika Gętek-Paszek
12:00 – 14:00	„Cooking and dietary workshops” – dr n. med. Monika Gętek-Paszek Lunch break BRING COMFORTABLE CLOTHES WE WILL BE COOKING TOGETHER!
14:00 – 15:00	“Stress control – A different workshop on stress – Stressing from a biological point of view” – “Relaxation exercises during office work” – dr Iwona Piątkowska
15:00 – 16:30	Breath vs. productivity and health – a breathing and relaxation workshop?” dr n. o kult. fiz. Iwona Piątkowska BRING COMFORTABLE CLOTHES TO BE ABLE TO TRY THE EXERCISES!
16:30	End of the 3rd day Organisational information for the next day

Thursday 21.09.2023

ERASMUS BIP – 4th DAY – CAMPUS 2

WORK-LIFE BALANCE – WORK & HOME – PERSONAL SAFETY

Time	Class
8:30 – 9:00	Gathering of Erasmus BIP participants at Campus 2 (Aleje Jerozolimskie 195 A) ! Checking attendance list 
9:00 – 11:30	“The scope of first aid at work, at home, on a trip – workshops” Basic rules of First Aid: CPR, Injuries, Trauma examinations, First Aid for Animals, Hypothermia, Hiperthermia, Own Safety” – mgr inż. Patrycjusz Kurek BRING COMFORTABLE CLOTHES THAT YOU DON'T MIND GETTING DIRTY!
11:30 – 13:00	“Pre-medical first aid step by step – workshops” (ćwiczenia grupowe i indywidualne) – mgr inż. Patrycjusz Kurek BRING COMFORTABLE CLOTHES THAT YOU DON'T MIND GETTING DIRTY!
13:00 – 13:30	Lunch break
13:30 – 16:30	“Cardiopulmonary resuscitation – field first aid workshops” – mgr inż. Patrycjusz Kurek BRING COMFORTABLE CLOTHES THAT YOU DON'T MIND GETTING DIRTY!
16:30	End of the 4th day Organisational information for the next day

Friday 22.09.2023

ERASMUS BIP – 5th DAY – CAMPUS 1

WORK-LIFE BALANCE – ECO COSMETICS AND ECO LIFESTYLE – WORKSHOPS

EXAM – ENDING

Time	Class
8:30	Gathering of Erasmus BIP participants Checking attendance list
8:30 – 10:00	“Workshops – production of natural relaxing cosmetics in harmony with the natural environment” – dr n. chem. Katarzyna Pytkowska
10:00 – 11:30	“Workshops – relaxing skin care treatments” – mgr Łukasz Czerniewski
11:30 – 11:45	Final exam
11:45 – 12:30	Lunch break
12:30– 13:00	Exam results Decorating the most active participants Handing over certificates of participation End of the 5th day
13:00 – 13:15	Formal closing of Erasmus+ BIP – Rector dr n. chem. Sebastian Grzyb Farewell to participants and conclusion of Erasmus BIP
13:15 – 15:00	Ending trip – the Old Town and Castle Square (optional)

*The program may be subject to changes without prior notice.