

TOPIC

„EFFECTIVE LEARNING, TEACHING AND COMMUNICATION WITH STUDENTS, HOW MAINTAIN CONCENTRATION OF FOCUS AND ATTENTION TO ABSORB AND PROCESS INFORMATION EFFECTIVELY. CASE STUDY, BEST PRACTICES, WORKSHOPS, DEVELOPMENT OF DIGITAL SKILLS, USE OF AI IN TEACHING AND LEARNING”



Akademia
Nauk Społecznych
i Medycznych
w Lublinie

Akademia Nauk Stosowanych

BIP DETAILED SCHEDULE

4TH
(TUE.)



SEPTEMBER ONLINE DAY

09:00 – 10:00

Welcome and organizational meeting on Microsoft Teams – mgr Ernest Nowak

10:15 – 11:15

Getting to know each other

11:30 – 14:45

Workshops – digital content and media playback, adjusted to cognitive abilities of individuals, ending with homework for the next week – mgr Ernest Nowak (University of Social Sciences in Lublin, Poland)

14:45 – 16:00

AI models and opportunities it presents – different models – individual work assignments – prof. Andrei Troaca-Luchici (Romanian-American University, Bucharest, Romania)

10TH
(SUN.)

SEPTEMBER

Arrival to dormitory and hotels

11TH
(MON.)

SEPTEMBER

Place: University of Social and Medical Sciences in Lublin, Zamojska Street 47

08:00 – 08:55

Mini-breakfast, coffee, tea
Welcome by University of Social and Medical Sciences in Lublin

09:00 – 09:45

Follow-up on students work (digital content and media playback, adjusted to cognitive abilities of individuals) during past week and sharing results mgr Ernest Nowak (University of Social and Medical Sciences in Lublin, Poland)

09:45 – 11:15

AI models and opportunities it presents – different models – individual work summary, workshops – prof. Andrei Troaca-Luchici (Romanian-American University, Bucharest, Romania)

11:15 – 12:45

Eating healthy, creating a nutrition plan, what not to have in our diet, negative impact of sugar, alcohol, workshops to think of a detailed diet, what to avoid – Prof. Petya Slavcheva-Hinkova (Medical University, Sofia, Bulgaria)

13:00 – 13:30

Lunch

13:30 – 15:45

AI models and opportunities it presents – different models – individual work summary, workshops – prof. Andrei Troaca-Luchici (Romanian-American University, Bucharest, Romania)

FROM 17:00
BOWLING

Teambuilding (bring socks – shoes for rent. 4 lanes. 1 hour)

12TH
(TUE.)

SEPTEMBER

Place: University of Social and Medical Sciences in Lublin, Zamojska Street 47

08:00 – 08:55

Mini-breakfast, coffee, tea

09:00 – 10:30

Off campus trainings in sport as a way for socialization and formation of community – Prof. Petya Slavcheva-Hinkova (Medical University, Sofia, Bulgaria)

10:30 – 12:00

Ice breaking activities and introduction – Anna Agiovasiti (Andrioti School, Greece)

12:00 – 12:45

How do we learn? – Anna Agiovasiti (Andrioti School, Greece)

13:00 – 13:30

Lunch

13:30 – 14:15

How do we learn? – Anna Agiovasiti (Andrioti School, Greece)

14:15 – 15:45

Coping with Failure and Anxiety – Anna Agiovasiti (Andrioti School, Greece)

FROM 17.00

Walking sightseeing with a Tour Guide of Lublin National Museum, Old Town, Underground tour, Churches

13TH
(WED.)

SEPTEMBER

Place: University of Social and Medical Sciences in Lublin, Zamojska Street 47

08:00 – 08:55

Mini-breakfast, coffee, tea

09:00 – 10:30

How do we listen and what do we hear, how personality affects perception of reality – mgr Agnieszka Jakubczyk-Latala (University of Social Sciences in Lublin, Poland)

10:30 – 11:15

Self-Motivation – Anna Agiovasiti (Andrioti School, Greece)

11:15 – 12:45

Study Skills Optimisation – Anna Agiovasiti (Andrioti School, Greece)

13:00 – 13:30

Lunch

13:30 – 15:45

Linking medicine with art, mythology and history, psychology, symbolism and humanitarian values – interdisciplinary workshops – training focus of attention, and knowledge retention – Prof. Vassilka Georgieva (Medical University, Sofia, Bulgaria)

FROM 17.00

Visiting the undergrounds of the Lublin Perła Brewery est. 1850 with beer tasting (duration: about 1 hour)

14TH
(THU.)

SEPTEMBER

Place: University of Social and Medical Sciences in Lublin, Zamojska Street 47

08:00 – 08:55

Mini-breakfast, coffee, tea

09:00 – 10:30

Working out and how physical health is connected to concentration of attention, and ability to learn – Prof. Petya Slavcheva-Hinkova (Medical University, Sofia, Bulgaria)

10:30 – 12:00

Organization of the educational process in the discipline "Sport" at Medical University – Sofia Prof. Anna Bozhkova (Medical University, Sofia, Bulgaria)

12:00 – 12:45

Memory Techniques for Effective Learning – Anna Agiovasiti (Andrioti School, Greece)

13:00 – 13:30

Lunch

13:30 – 14:15

Memory Techniques for Effective Learning – Anna Agiovasiti (Andrioti School, Greece)

14:15 – 15:45

Technology Implementation – Anna Agiovasiti (Andrioti School, Greece)

FROM 16.00

Visiting the museum at "Majdanek" The German Nazi Concentration and Extermination Camp (1941-1944) (duration: approx. 2 hours)

15TH
(FRI.)

SEPTEMBER

Place: University of Social and Medical Sciences in Lublin, Zamojska Street 47

08:00 – 08:55

Mini-breakfast, coffee, tea

09:00 – 10:30

Impact of specialized sports program for students with health issues – Prof. Petya Slavcheva-Hinkova (Medical University, Sofia, Bulgaria)

10:30 – 12:45

Maintainig Focus – Anna Agiovasiti (Andrioti School, Greece)

13:00 – 13:30

Lunch

13:30 – 15:00

Ergonomics in workplace, posture and health implications for wrong way of positioning body when using Laptop, Smartphone, desktop computer – workshops – practical examples – mgr Agata Stachura (University of Social and Medical Sciences in Lublin, Poland)

15:00 – 16:30

Exam, issue of participation diploma, end of the BIP. Departures

16TH
(SAT.)

SEPTEMBER DEPARTURES

IN CASE OF QUESTIONS PLEASE CONTACT
– MGR ERNEST NOWAK

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*DISCLAIMER: BIP PROGRAM IS SUBJECT TO CHANGE.

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