**STAFF WEEK**

**“**Redefining the roles of students and lecturers in the 21st century. Innovative and mindful education”.

**Goal of the event:** to get to know one another (networking) and exchange teaching experiences and good practices; to brush up on mindfulness

**Target group:** academic teachers

**Description of the topic and event:**

In this era of boundless knowledge and digital connectivity, educators and learners alike are breaking free from traditional moulds. No longer mere dispensers of facts, teachers now facilitate dynamic learning experiences. Students, active creators of knowledge, explore beyond classroom walls. Together, they forge a path towards innovative, mindful education.

During this event you will explore mindfulness through a series of workshops:

**Exploring Mindful Language: Introduction to Mindfulness**

In this workshop, participants will embark on a journey to discover the transformative power of mindfulness in our daily communication.

Mindfulness is a practice that involves paying deliberate attention to the present moment with openness, curiosity, and acceptance. Through mindfulness, we can cultivate greater awareness of our thoughts, emotions, and the impact of our words on ourselves and others.

In this introductory workshop, participants will learn practical techniques to incorporate mindfulness into their language and communication. We will explore how mindful language can enhance our relationships, foster empathy and understanding, and promote effective communication.

**Mindful school and mindful teachers**

In both cases, the goal is to create a learning environment that fosters not just academic growth but also emotional resilience, empathy, and overall well-being. Mindfulness practices can help teachers and students alike manage stress, improve focus, and cultivate a greater sense of connection and compassion within the school community.

We will have a look at what it takes to become a mindful teacher and how to create a mindful environment to meet challenges of the XXI century school.

However, that is not all we want to present to you! Now let's add some drama to your life! Wondering how? It's simple - join us at our **Drama Workshops**! But what's it all about?

It's about revolutionizing communication and speaking tasks, igniting imaginations, and boosting confidence for English Language Learners (ELLs) as they conquer a foreign language. With a strong foundation in pedagogy and education the workshops are packed with exciting drama techniques like storytelling, stimulators, freeze-frame, and role-play, as we shall blend innovative ideas with our pedagogical expertise inspired by the legendary Augusto Boal.

But wait, there's more!

Each workshop accommodates 10-12 participants for a duration of 90 minutes. So come as you are, in your casual attire, and brace yourself for an atmosphere of pure positivity and excitement! So take the stage to unleash your potential and make your English journey unforgettable!

You will also have a chance to take part in a lecture entitled: “Navigating the Nexus: Unleashing the 21st century lecturer”, which will be followed by a discussion. In this dynamic era, where knowledge transcends borders and technology reshapes education, our lecturers play a pivotal role. Join us as we explore innovative teaching methodologies, digital fluency, and the art of inspiring minds. Together, we’ll redefine the lecturer’s legacy for the 21st century!

**Practical information**

**Time:** 10 – 14 June 2024

**Fees:** There is no participation fee.

**Certificates:**All participants will be awarded Certificates of Attendance.

**Registration:**

Please fill in on-line registration form: <https://forms.office.com/e/GM0Ayqz58R>

The deadline for registration - **May 26th, 2024.**

2 persons from one institution

Travel and accomodation:

Accommodation and travel expenses in general can be funded via Erasmus+ grants from your home institution (STT mobility). Please contact with your International office or ERASMUS+ Coordinator.

If you want to book a room in our dormiotry please send us e-mail dwz@ansleszno.pl

More info about Dormiotry ‘Komenik’ - [Dormitory 'Komenik' (ansleszno.pl)](https://en.ansleszno.pl/Dormitory_%27Komenik%27%2C63534.html)

Do you have any questions?  Please contact us:

dominika.pluta@ansleszno.pl – organizational support

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