



EPiCUR
EUROPEAN UNIVERSITY

STAFF WEEK FOR TEACHING AND RESEARCH STAFF OF THE EPICUR CONSORTIUM

CONFERENCE
PROGRAMME

ADAM MICKIEWICZ
UNIVERSITY, POZNAŃ

20TH APRIL
-
24TH APRIL 2026



STAFF WEEK FOR TEACHING AND RESEARCH STAFF OF THE EPICUR CONSORTIUM

IX AMU EDUCATION QUALITY WEEK

MONDAY, 20TH APRIL 2026

The arrival of participants to Poznań, organisational and inaugural meeting at the Faculty of Polish and Classical Philology (<https://wfpik.amu.edu.pl/en>), Collegium Maius, Salon Mickiewicza

Meeting with the Faculty Dean's authorities (the hour will be confirmed later).

THE FACULTY OF POLISH
AND CLASSICAL PHILOLOGY
**COLLEGIUM MAIUS
SALON MICKIEWICZA**



TUESDAY, 21ST APRIL 2026

The Faculty of Modern Languages and Literatures (<https://wn.amu.edu.pl/en>) Collegium Novum, room 302B

9:00–12:30: workshops

13:00–14:00: meeting with the Faculty Dean's authorities

THE FACULTY OF MODERN
LANGUAGES AND LITERATURES
**COLLEGIUM NOVUM
ROOM 302B**



WORKSHOPS:

Intergenerational communication (dr Dobrochna Hildebrandt-Wypych)

This workshop focuses on intergenerational communication as a key competence in education, professional environments, and civic life. It explores how generational experiences, value systems, language practices, and technological habits shape communication styles and mutual expectations. Participants critically examine common sources of misunderstanding, including age-related stereotypes, implicit norms, and asymmetries of power. Through guided reflection and practice-oriented activities, the workshop develops skills in active listening, perspective-taking, and dialogic engagement. Real-life case studies illustrate typical intergenerational tensions and provide a basis for analytical discussion. The workshop emphasizes communication strategies that foster mutual recognition, respect, and cooperation across generations. It is designed for students, educators, and professionals seeking to enhance the quality of intergenerational dialogue in diverse institutional and social contexts.

Dobrochna Hildebrandt-Wypych - an academic teacher and researcher at the Faculty of Educational Studies, Adam Mickiewicz University in Poznań. Her work focuses on citizenship education, language processing, and contemporary teaching methods. She is particularly interested in the role of emotions, communication, learner agency, and the reflective use of digital technologies and AI in education.

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TUESDAY, 21ST APRIL 2026

Empathetic and effective communication across generations (dr Katarzyna Bieniecka-Drzymala)

The workshop will introduce participants to the dynamics of transgenerational communication in contemporary academic environments, where educators from diverse age groups collaborate, teach, and lead. Participants will develop practical competencies that enhance their ability to communicate empathetically and effectively across generational boundaries. Drawing on principles of personcentred dialogue, active listening, constructive feedback, and relational communication, the workshop emphasizes respect for differing values, experiences, and communication styles. Through team-based tasks and facilitated activities, participants will practice solution-focused strategies that foster psychological safety, strengthen collaboration, and support mutual understanding. The workshop equips academic teachers with tools to navigate complex emotions, bridge generational perspectives, and co-create inclusive, resource-oriented learning and working environments.

Katarzyna Bieniecka-Drzymala – internationally accredited coach (ACC ICF), senior lecturer at the Institute of Applied Linguistics, LSP instructor (English and German), and author of *From Self-Reflection to Autonomy* (2024). Founder of KOUCZ Studio at the Faculty of Modern Languages and Literatures, AMU (coaching and workshops for students). Recognized for academic excellence by the British Council and the Polish Ministry of Education and Science, with active involvement in international projects including Erasmus+, GIP, and eMMA.

WEDNESDAY, 22ND APRIL 2026

The Faculty of English (<https://anglistyka.amu.edu.pl/en>)
Collegium Heliodori Święcicki, room 324

9:00–12:30: workshops

13:00–14:00: meeting with the Faculty Dean's authorities

THE FACULTY OF ENGLISH
COLLEGIUM
HELIODORI ŚWIĘCICKI
ROOM 324



WORKSHOPS:

Artificial Intelligence in Education: Benefits and Challenges (dr Mateusz Jekiel)

The lecture will present practical applications of generative artificial intelligence (GenAI) in education, including multifaceted concept explanations, creating teaching materials and assignments, and providing personalized feedback. At the same time, it will address key risks such as AI hallucinations, algorithmic bias, and ethical challenges associated with the use of this technology. Participants will gain a balanced understanding of the benefits and limitations of GenAI, along with recommendations for its responsible integration into educational practice.

Mateusz Jekiel – an Assistant Professor at Adam Mickiewicz University with a PhD in Linguistics, specialising in English Language Teaching, Second Language Acquisition, and Artificial Intelligence. As a researcher and regular speaker, he advocates for digital literacy and lifelong learning. Alongside his academic work, he serves as an EdTech Specialist at Pearson, driving innovation through AI-powered learning solutions that enhance learner outcomes and future-proof digital education, drawing on over a decade of experience to design research-informed solutions at the intersection of pedagogy and technology.

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WEDNESDAY, 22ND APRIL 2026

Using AI in Learning and Teaching – Tools, Opportunities, and Risks (prof. Sylwia Jaskulska, dr Dobrochna Hildebrandt-Wypych)

This workshop provides a critical overview of artificial intelligence in educational contexts, focusing on its application in learning and teaching processes. Participants are introduced to selected AI-based tools that support instruction, assessment, feedback, and learner autonomy. The workshop examines the potential benefits of AI, including personalization, efficiency, and enhanced engagement, alongside ethical, pedagogical, and social risks such as e.g. dependency, bias, and data privacy. Special attention is given to the changing role of the teacher in AI-supported environments. Through examples and guided discussion, participants are encouraged to reflect on responsible and pedagogically grounded uses of AI.

Sylwia Jaskulska – pedagogue, professor at Adam Mickiewicz University in Poznań (Poland). Head of the School Pedagogy Department at the Faculty of Educational Studies, AMU. Vice Dean of the Faculty of Educational Studies, AMU. Her research interests focus on school education, public health, and social prevention.

Dobrochna Hildebrandt-Wypych – an academic teacher and researcher at the Faculty of Educational Studies, Adam Mickiewicz University in Poznań. Her work focuses on citizenship education, language processing, and contemporary teaching methods. She is particularly interested in the role of emotions, communication, learner agency, and the reflective use of digital technologies and AI in education.

THURSDAY, 23RD APRIL 2026

The Faculty of Educational Studies (<https://wse.amu.edu.pl/en>)

The Ogrody Campus, Discipline Council room

9:00–12:30: workshops

13:00–14:00: meeting with the Faculty Dean's authorities

THE FACULTY OF
EDUCATIONAL STUDIES
THE OGRODY CAMPUS
DISCIPLINE COUNCIL ROOM

WORKSHOPS:

Stress Management Training and Burnout Prevention (prof. Sylwia Jaskulska)

This workshop focuses on effective stress management strategies and burnout prevention as essential components of individual well-being and sustainable professional performance. Participants will learn about the mechanisms of stress, recognize early signs of overload, and practice practical techniques for reducing tension that can be applied in everyday work. Evidence-based strategies for stress regulation, including cognitive reframing, boundary-setting, and recovery practices, are presented and critically discussed. The training supports the development of psychological resilience, work-life balance, and conscious care for professional well-being.

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THURSDAY, 23RD APRIL 2026

How to Keep the Flame Alive? Protecting against Burnout at Work (dr Gabriela Gorąca-Sawczyk)

During this workshop, participants will explore the phenomenon of burnout: what it is, how it develops and the symptoms that signal its presence. We will discuss how to prevent burnout and how to respond effectively when it occurs, as well as where to seek professional support.

The workshop will also focus on practical strategies for managing stress and emotions, and on how our personal needs and values influence our well-being and engagement at work.

Workshop topics:

I. Theory: Understanding the concept and definition of burnout / An overview of research on burnout in an academic context / Recognising symptoms and early warning signs

II. Practice: Experiencing and interpreting stress / Techniques for coping with stress and regulating emotions / Identifying and working with personal needs and values / Summary and personal reflection.

Gabriela Gorąca-Sawczyk – PhD in Humanities and Linguistics, Assistant Professor at the Institute of Applied Linguistics, Adam Mickiewicz University in Poznań. Member of KOUCZ Studio at the Faculty of Modern Languages, AMU, where she conducts coaching sessions for students and workshops for both students and university staff. A qualified psychologist with expertise in positive psychology, solution-focused therapy, and acceptance and commitment therapy (ACT).

FRIDAY, 24TH APRIL 2026

The Faculty of Polish and Classical Philology

(<https://wfpik.amu.edu.pl/en>)

Collegium Maius, room 223

9:00–12:30: workshops

12:30–14:00: summary of the staff week and workshops

Micro-credentials today and in the future (AMU Micro-credentials Team)

The meeting devoted to micro-credentials will focus primarily on current activities at Adam Mickiewicz University in Poznań, as well as the potential for implementing micro-credentials within the university and in collaboration with the consortium. The workshop will be led by members of the AMU micro-credentialing team, who are responsible for introducing this educational approach at the Poznań University. The workshop aims to discuss the consortium's educational offering, the common elements of study programmes, and a coherent education policy. It will also involve preparing simulations of various types of courses that meet the criteria for micro-credentials, based on the current and planned educational offerings of member universities.

THE FACULTY OF POLISH
AND CLASSICAL PHILOLOGY
COLLEGIUM MAIUS
ROOM 223



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[STAFF WEEK FOR TEACHING AND RESEARCH STAFF](#)