



Newsletter 2

„Internationalization starts at home”

PPI/WTP/2022/1/00070

In November 2023, cyclical "Get to know my culture" events began, conducted in the form of presentations, lectures and workshops showing elements characteristic of a given culture. Workshops are held once a month for a minimum of four teaching hours. Both Polish and foreign students and academic staff were involved in the workshops. Entire groups of students are invited to participate in the events to ensure a high level of integration. The activities carried out contribute to increasing the adaptation and integration of foreign students and staff with the local community and have a positive impact on increasing the level of internationalization of the University. "Get to know my culture" workshops are an important element in building a conscious academic society - open to integration, mutual help and tolerance.

The second important element supporting the integration process is an intercultural course conducted in the form of lectures and workshops, taking a practical form. Thanks to workshop forms, it allows participants to acquire specific competences and inclusion in activities. The course addresses issues related to overcoming barriers and stereotypes, building an open, empathetic and tolerant society. The course initiates the construction of a new academic community - open, aware, empathetic and understanding issues related to intercultural differences.

The Project co-funded by the Polish National Agency for Academic Exchange under the Welcome to Poland Programme (2022)



On the 8th of November 2023 the first meeting of the “Meet my culture” series took its place. After the official opening by the Vice-Rector for Student Affairs and Education, dr hab. Tomasz Kniefel, prof. UBB, the floor was given to dr Dagmara Mika, the Head of the International Relations Office, who presented the project “Internationalisation begins at home”, within the framework of which the “Meet my culture” series happens. Then, mgr inż. Bartosz Dębowski presented the most characteristic elements of the Polish culture from a thematic and historical perspective, including also the most prominent representatives of this culture. After that, Mr. Stanisław Olearczyk, a student of the UBB, showed the presentation about the stereotypes concerning the Poles and the Polish culture, discussing the chosen examples in details. Next point of the programme was a show of the regional culture. Ms. Małgorzata Rojczyk, a student of the UBB, active also in Regional Ensemble Magurzanie from Łodygowice, and her partner from that ensemble, Mr. Wojciech Skoczeń have presented the shepherds’ and festive outfits of the Żywiec Highlanders, as well as three regional dances: Obyrtka, Polka and Hajduk. The last presentation was given by dr Małgorzata Jopek-Bizoń, who talked about the region of Podbeskidzie as a cultural space. The meeting was concluded by a degustation of the regional snacks: cheese, bread, pickled cucumbers and lard.

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On Tuesday, 28th of November 2023 the second event “Meet my culture” – Spanish culture took place. Students presentations covered subjects of typical and atypical elements of the Spanish culture, stereotypes on Spain and Spanish people and Spanish cuisine – with a degustation. The event was supported by Poles and Spaniards; UBB staff and students, including Polish students of Spanish philology and Spanish students who came to us participating in the Erasmus+ programme. The topics of the presentations covered the recent history of Polish-Spanish diplomatic relations, famous Spanish artists, politicians and scientists, the stereotypes concerning both nations, the cultural and language differences, as well as Spanish cuisine and customs. The last presentation, prepared by the Spanish participants of the Erasmus+ programme at our university, included also a component of degustation. The participants of the meeting could taste three Spanish meals: tortilla de patatas, empanada de atún and ensaladilla rusa. Before that, there was a little cooking competition. Some of the Polish participants of the event had brought the tortillas prepared by themselves and the Spaniards had to decide which one was the closest to the Spanish original.

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“Meet my culture” workshops are held within the framework of the Project “Internationalisation begins at home”, co-financed by the Polish National Agency for Academic Exchange within the framework of the “Welcome to Poland” Programme (2022).

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