

Training Schedule: Discover potential of cultural differences. Cultural Adaptation Workshops.

Institute of Public Affairs, Szpitalna St. 522, Warsaw Map:

 $\frac{\text{http://maps.google.pl/maps?f=q\&source=s\_q\&hl=pl\&geocode=\&q=szpitalna+5\%2F22+warszawa\&aq=\&sll=52.025459,19.204102\&sspn=9.66053,19.753418\&ie=UTF8\&hq=\&hnear=Szpitalna+5,+Warszawa,+Mazowieckie\&ll=52.23303,21.0147\&spn=0.004692,0.009645\&z=17\&iwloc=r6}$ 

## 19 May - Day I

9.00-10.00	Introduction to training, integration.
10.00-11.30	What challenges are there in life in Poland? Challenges linked with immigration and psychological aspects of functioning in a new culture.
11.30-12.30	Norms and values in Polish culture. What is Poland like and how do foreigners perceive it?
12.30-13.30	Lunch
13.30 -14.15	Culture as an iceberg. How do cultures differ from each other?
14.15-15.30	The influence of cultural differences on cooperation-building and the arising of conflicts
15.30-15.45	Summary of the day's activities

## 20 May - Day II

9.00-10.00	Start, integration. Reflections from the previous day
10.00-11.30	Conflict resolution methods.
11.30-12.30	Cultural and individual styles of reacting to a conflict
12.30-13.30	Lunch
13.30- 14.30	Resolving conflicts in the context of cultural differences — in relation to real-life situations encountered by workshop participants.
14.30-15.15	Methods of coping in difficult situations – summary
15.15-15.45	Recommendations. Training summary. Evaluation.

There will be a 15 min break every 1.5 h. during the workshops.

The workshop is being organised under the aegis of the project: "At the Crossroads of Cultures - Taking Action to Build Intercultural Dialogue", co-financed by the European Fund for the Integration of Third Country Nationals and the state

