



## PHD CAMP 2025 – Programme

### Day 1 – Friday, October 24, 2025

- **09:00** – Boarding the bus (UW Main Campus, Krakowskie Przedmiescie 26/28)
- **09:30** – Departure from the UW Main Campus
- **13:00–14:00** – Lunch
- **14:00–15:00** – Check-in and free time
- **15:00–16:00** – Welcome address by the University and Doctoral Schools authorities
- **16:00–17:30** – Lecture by Prof. Radosław Pawelec: *“The Polish Language in the Academic World”*
- **17:30–18:30** – Rest or stretching session on mats
- **18:30–20:00** – Dinner
- **20:00–21:00** – “Speed Friending” (a series of 5-minute conversations)

### Day 2 – Saturday, October 25, 2025

- **07:30–08:00** – Morning exercise
- **08:00–09:00** – Breakfast
- **09:00–13:00** – Soft skills training – Strategies for Stress Management and Burnout Prevention (Part 1)
- **13:00–14:00** – Lunch
- **14:00–16:00** – Soft skills training – Part 2
- **16:00–18:00** – Active walk to the ruins of Chęciny Castle (*in case of rain – indoor sports activities*)
- **18:30–21:30** – Dinner and integration bonfire

### Day 3 – Sunday, October 26, 2025

- **08:00–09:00** – Morning exercise
- **09:00–10:00** – Breakfast



- **10:00–11:30** – Dr. Aleksander Jakubowski: *“A Brief Introduction to the Tradition and the System of Higher Education, as well as the Systemic Challenges of Science Management in Poland”*
- **12:00-13:30** – Group workshop activity
- **13:30–14:30** – Lunch
- **14:30–15:00** – Closing ceremony of the Camp
- **15:00–18:00** – Return trip to the UW Main Campus



## **Workshop Title : Strategies for Stress Management and Burnout Prevention**

Trainer: Anfisa Yakovina

### **Workshop Description:**

Starting a PhD can be both exciting and overwhelming. The demands of research, publishing, and academic expectations often lead to high levels of stress—and if left unaddressed, can contribute to burnout. This interactive workshop is designed specifically for first-year PhD students to help you build resilience early in your academic journey.

Through evidence-based strategies, practical exercises, and peer discussion, you'll learn how to:

- Recognize early signs of stress and burnout
- Develop sustainable work habits and boundaries
- Manage academic pressure while maintaining motivation
- Build a personal toolkit for emotional and mental well-being
- Join us to gain tools that not only support your success in the program but also your long-term health and productivity as a researcher.