



## PHD CAMP 2025 – Programme

### Day 1 – Friday, October 24, 2025

09:00 – Boarding the bus (UW Main Campus, Krakowskie Przedmieście 26/28)

09:15/30 – Departure from the UW Main Campus

12:30 – Snack

13:00–15:00 – Active walk to the ruins of Chęciny Castle

15:00–16:00 – Lunch

16:00–17:00 – Welcome address by the University and Doctoral Schools authorities

17:00–18:30 – Lecture by Prof. Radosław Pawelec: The Polish Language in the Academic World

19:30 – Dinner

20:30 – "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

16:30–17:30 – Gymnastics class

18:00 – Dinner



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19:00 – Group meetings (divided by Doctoral Schools)

21:00 – Integration bonfire

**Day 3 – Sunday, October 26, 2025**

08:00–09:00 – Morning exercise

09:00–10:00 – Breakfast

10:00–11:30 – Lecture by 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.