



**Blended Intensive Programme**

# **Personal Development in International Environment**

**University of Bielsko-Biala, Poland  
Faculty of Management and Transport  
International Relations Office**

**Virtual part: 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> of July  
Physical mobility: 15<sup>th</sup> - 19<sup>th</sup> of July**

## **ABOUT US**

The University of Bielsko-Biala was founded in October 2001 as an independent governmental academic institution. At present, about 5,000 students study at five faculties: Faculty of Mechanical Engineering and Computer Science; Faculty of Materials, Civil and Environmental Engineering; Faculty of Management and Transport; Faculty of Humanities and Social Sciences, and Faculty of Health Sciences. The University employs about 400 people, including 200 experienced professors and other academic staff. As the only state educational institution in the Podbeskidzie region which provides tertiary education, the University of Bielsko-Biala has a vibrant community of ambitious individuals who contribute to the University's research and didactic potential by constantly attaining their professional, educational and social goals. The University is firmly rooted in the region which is reflected in various enterprises with members of the community and also in its research interests.



**The "Blended Intensive Program on Personal Development in International Environment" offers a comprehensive overview of communication and development skills, focused on building strong position on future labor market, through a combination of remote lectures and stationary practical workshops. The program covers diverse topics to provide participants with a well-rounded understanding of personal development.**

**Area of lectures and workshops:**

- ✓ Raising and upskilling inter-personal competences
- ✓ Building Individual Development Plan
- ✓ Overcoming stereotypes and maintain business relations in international team and society
- ✓ Analysis of personal place on labor market, based on competence preferences
- ✓ Using AI tools in personal development
- ✓ Preparing for job interview based on various types of intelligence

We invite students from all European universities from the areas of: Languages, Management, International Management, Psychology, Economy, Business Communication and similar.

We also invite to collaborate teachers/researchers/specialists who are open to sharing their knowledge with students in an active and engaging way. BIP has the way of practical side with workshops, study visits, round tables and offers student a possibility to gain additional 3 ECTS points to their curriculum.

The program's blended approach, combining theoretical understanding through remote lectures and practical application in stationary sessions, ensures participants gain a comprehensive skill set in personal development.

**The maximum number of participants in this BIP is limited to 25.**





### Forms of activity

- ✓ Online lectures before arrival - 0.5 ECTS (12 hours)
- ✓ Physical part at our University 1.5 ECTS (lectures, workshops and study visits)
- ✓ Students' own work - 1 ECTS (25 hours)

### Number of credits for BIP – 3 ECTS

### Practical information for physical component

- ✓ Venue: Campus of the University of Bielsko-Biala, 2 Willowa Str.
- ✓ Dates: 15<sup>th</sup> -19<sup>th</sup> of July 2024

## PRELIMINARY PROGRAM

### Virtual part (MS Teams Platform)

#### Monday, 8<sup>th</sup> July

- 9:00 – 10:30 BIP introduction and personal management skills nowadays
- 10:30 – 12: Skills and competences required on European Labor Market

#### Wednesday, 10<sup>th</sup> July

- 9:00 – 10:30 Cross cultural communication
- 10:30 – 12: Artificial intelligence as a tool used in professional development

#### Friday, 12<sup>th</sup> of July

- 9:00 – 10:30 Culture differences and conflicts
- 10:30 – 12: Building personal brand



## Physical mobility (Campus of the University of Bielsko-Biala)

### Monday, 15<sup>th</sup> July

8:00 – 8:30	Morning coffee
8:30 – 8:35	<i>Official opening of the Blended Intensive Programme</i>
8:35 – 9:00	<i>Presentation of the University of Bielsko-Biala and the city</i>
9:00 – 10:30	<i>I can adapt to the new international environment /campus tour with exercises, quiz about the UBB with prizes for winners/</i>
10:30 – 12:00	<i>I can present myself - I am open to getting to know others /active exercise to engage participants, presentation of UBB/</i>
12:30 – 13:30	Lunch in the city center
13:30 – 14:30	Sightseeing
14:30 – 16:00	<i>I can listen carefully – improving communication skills during a city game</i>

### Tuesday, 16<sup>th</sup> July

8:00 – 8:30	Morning coffee
8:30 – 10:00	<i>I can get the knowledge about personal development at individual, team, and organizational level</i>
10:00 – 11:30	<i>I can collaborate effectively in an intercultural team</i>
11:30 – 16:00	<i>I can ask the right questions /Campfire workshops – team working upskilling/</i>



### **Wednesday, 17<sup>th</sup> July**

- 8:00 – 8:30 Morning coffee
- 8:30 – 10:00 *I can use new technology tools /about AI/*
- 10:00 – 11:30 *I can find my inventor /bulling competences in the area of entrepreneurship/*
- 12:30 Lunch in Krzywa Chata – Dam in Wapienica
- 13:30 – 15:00 *I am ready to attend a job interview*

### **Thursday, 18<sup>th</sup> July**

- 8:00 – 8:30 Morning coffee
- 8:30 – 10:00 *I have the knowledge about possible opportunities for my future*
- 10:30 – 13:00 Visit in the local Town Hall
- 13:00 – 14:30 Visit in the Regional Chamber of Commerce and Industry
- 14:30 – 15:30 Lunch
- 15:30 – 17:00 *I can reflect on myself / Individual exercise, task: short video/*

### **Friday, 19<sup>th</sup> July**

- 8:00 – 8:30 Morning coffee
- 8:30 – 10:00 Round table – project presentations
- 10:00 – 11:00 Closing ceremony