

Program of the Staff Week

05-07.05.2026

WE ARE
UNIC!

UNIVERSITY
OF LODZ

UNIC

Supporting those who support others – taking care of wellbeing and professional skills of experts

Day 1 Tuesday 05.05. (UniLodz MAIN LIBRARY, 32/38 Jana Matejki Str., 09:00-15:00)



9:00 - 9:20 Registration

9:20 – 9:45 Welcome message and a short 'Ice Breaking' session

9:45 – 11:30 Understanding the other person's perspective (identifying their interests) when dealing with difficult situations

11:30 – 12:30 Lunch

(at the Training and Conference Centre of the University of Lodz, 16/18 Kopcińskiego Str., room 6)
Return to the Main Library

12:30 – 13:30 Generation Z in the labour market: Challenges and opportunities

13:30 – 13:45 Short break

13:45 – 14:45 Generation Z in the labour market: How to prepare for collaboration in a multigenerational team

Day 2

Wednesday 06.05. (UniLodz MAIN LIBRARY, 32/38 Jana Matejki Str.)

9:30 – 11:30 Taking care of myself when dealing with difficult situations – how to clearly express one's own concerns using a constructive 'I-message'

11:30 – 12:00 Coffee break

12:00 – 14:00 What is gender and diversity mainstreaming, or intersectionality in everyday life and research

14:00 – 15:00 Lunch

(at the Training and Conference Centre of the University of Lodz, 16/18 Kopcińskiego Str., room 6)



Day 3 Thursday 07.05. (RECTORATE, 68 Gabriela Narutowicza Str.)



9:30 – 10:00 UNIC European Alliance at UniLodz

10:00 – 10:45 Using social media as a promotional and communication tool

10:45 – 11:15 Coffee break

11:15 – 11:30 UNIC - why is it more than just a project?

11:30 - 12:00 Networking

12:00 – 12:30 Summing up the Staff Week and awarding certificates

12:30 – 14:00 Job shadowing with UniLodz units

14:15 – 15:15 Lunch

(at the Training and Conference Centre of the University of Lodz, 16/18 Kopcińskiego Str., room 6)

Day 1 Tuesday 05.05. Integration

18:00 – 19:00 City-centre guided tour

19:00 – 21:00 Dinner (MANUFAKTURA 58 Drewnowska Str.)