

SEMINAR

Culture Defense

Programme

Lublin

23-25
April
2026



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THURSDAY | 23 April 2026

9:00 – 9:30 Welcome of guests and presentation of the seminar programme

9:30 – 11:10 | Culture as Care Infrastructure

Resilience is a critical force that not only determines survival, but also unlocks a system's capacity for change. The experiences of European Capitals of Culture and cities operating under wartime conditions demonstrate how diverse and complex cultural actions can strengthen resilience. In times of crisis, culture becomes a foundation for both defense and hope.

PRESENTATIONS AND PLENARY SESSION:

9:30 - 9:45 Making Sense in a Time of War: Beyond Resilience in Ukrainian Culture / Iryna Polikarchuk (Artsvit, Dnipro)

In the talk Making Sense in a Time of War: Beyond Resilience in Ukrainian Culture, Iryna Polikarchuk will reflect on how cultural institutions in Ukraine continue to operate amid the full-scale war. Drawing on the experience of Artsvit Gallery, she will discuss everyday challenges - from security risks to power outages - and how cultural teams adapt their practices. The talk will also question the widely used narrative of "Ukrainian resilience" and offer a more critical perspective on this term. Special attention will be given to the role of culture as a space for collective sense-making in times of war. The lecture invites audiences to consider why cultural institutions keep working under such conditions and what role they play in society today.

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9:45 - 10:00 European Capitals of Culture: Beyond Events, Towards Care / Angeliki Lampiri (Eleusis 2023)

Resilience begins with people finding ways to stay connected in difficult times. Through culture, communities create bonds, share stories, and build networks that sustain them. European Capitals of Culture can foster these support mechanisms by empowering bottom-up processes, laying the foundation for a true infrastructure of care.

10:00 - 10:15 Culture as Care Infrastructure: From Symbolic Value to Social Capability / Sara Vuletić (Novi Sad 2022)

This presentation explores how culture can function as a form of “care infrastructure,” going beyond creating meaningful experiences to actively supporting public value, trust, and resilience. It focuses on the institutional conditions that make this kind of care possible in a concrete and lasting way.

10:15 - 11:00 Conversation: Iryna Polikarchuk, Angeliki Lampiri, Sara Vuletić; Moderation: Marta Ryczkowska

11:00 - 11:20 | Break

11:20 – 12:10 | Change from Within – Well-being and Cultural Management

Can we speak about the quality of culture without the quality of its management? The starting point of the debate is the belief





that the well-being of people working in cultural institutions is not a “soft add-on,” but a fundamental condition of their functioning. The conversation will focus on the tensions between systems and the everyday reality of institutional work: the responsibility of the state and cultural organizers, the actual agency of managers, and the pressures under which teams operate on a daily basis. The panel will feature: Hanna Wróblewska (long-time Director of Zachęta – National Gallery of Art, Commissioner of the Polish Pavilion at the Venice Biennale, and Minister of Culture and National Heritage in 2024–2025), Anna Długołęcka (HR expert, psychologist, trainer, and manager), and Sławomir Książniak (Director of the Węglin District Cultural Centre in Lublin).

12:10 - 12:30 | Break

12:30 – 14:00 | The City as a Laboratory

European Capitals of Culture test mechanisms that strengthen resilience through culture. The city functions as a learning community, and a shift away from the “trauma → growth” narrative towards care, regeneration, and co-creation makes it possible to develop a catalogue of formats that can be implemented in Lublin.

12:30 - 12:55 Monitoring and Evaluation Team of the European Capital of Culture 2029 / Prof. Agnieszka Kolasa-Nowak, Prof. Radosław Maćik, Monika Ratajczyk, PhD, Andrzej Stawicki, PhD; Małgorzata Dziekanowska, PhD

The Monitoring and Evaluation Team plays a key role in analys-

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ing the processes activated by the European Capital of Culture programme, linking research with day-to-day management. Its task is to systematically collect and interpret data, assess the effects of activities, and support institutions in learning and implementing the programme. The team members will speak about culture as a tool of social change, the mechanisms underlying this process, and the ways in which research makes it possible to capture both its immediate effects and its long-term consequences.

12:55 - 13:10 Why Do We Need a Joint Strategy for Culture and Health in Poland? / Edyta Ruta

A contribution to the discussion showing why Poland needs a joint strategy linking culture and health in the face of growing social and mental health crises. Starting from the idea of “culture as care infrastructure,” it highlights the real yet underutilized potential of cultural activities in fostering well-being and social resilience. It is an invitation to reflect on the need for systemic cross-sector cooperation and the implementation of solutions inspired by European practices, such as social prescribing.

13:10 - 13:25 Characteristics of Lublin’s Cultural Workforce – Potentials and Challenges / Marcin Cabak, PhD

13:25 - 13:55 Conversation: Edyta Ruta (Pasma Foundation), Marcin Cabak, PhD (UMCS), Agnieszka Wojciechowska (Workshops of Culture), Monika Ratajczyk, Andrzej Stawicki (M&E ECoC Lublin 2029) Moderation: Aga Kozak



13:55 – 14:00 Summary and preview of the next day

14:00 | Break

15:00 – 18:00 | Workshops

The body is a source of knowledge and a site where overload accumulates. The workshops address the psychosomatic effects of project-based, activist, and curatorial work. They are multisensory in nature: activating touch, hearing, and smell, and restoring balance. Movement, somatic, and breathing practices become tools of regeneration. A set of simple, scientifically grounded techniques emerges, which can be applied within cultural institutions.

15:00 - 17:30 Music in Action – Areas of Experience, Exploration and Regulation / Prof. Krzysztof Stachyra (UMCS)

The potential of using music to achieve a wide range of goals, including therapy and support, is vast. During the workshop, we will explore selected aspects of listening to music and making music as a space of experience and well-being. PLEASE NOTE: no musical skills are required to participate in the workshop.

15:00 - 17:30 It's Said It Can't Be Done. And Yet: How to Transform a Cultural Institution from Within – into a Better Workplace / Anna Długolecka

How can we make an organisation (NGO, institution, cultural centre) not only a workplace, but a space where people feel valued, have a sense of agency, want to develop, and come to

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work without a knot in their stomach? During a 2.5-hour dynamic workshop, we will define which factors contribute to a good workplace, examine what works today, and explore interesting practices from other institutions across Poland. We will identify the most important areas of influence for funders, managers, and staff, and discuss how to cope with what lies beyond our control. Together, we will develop ideas that can transform everyday working life in Lublin's cultural institutions – from small, quick improvements to long-term systemic solutions.

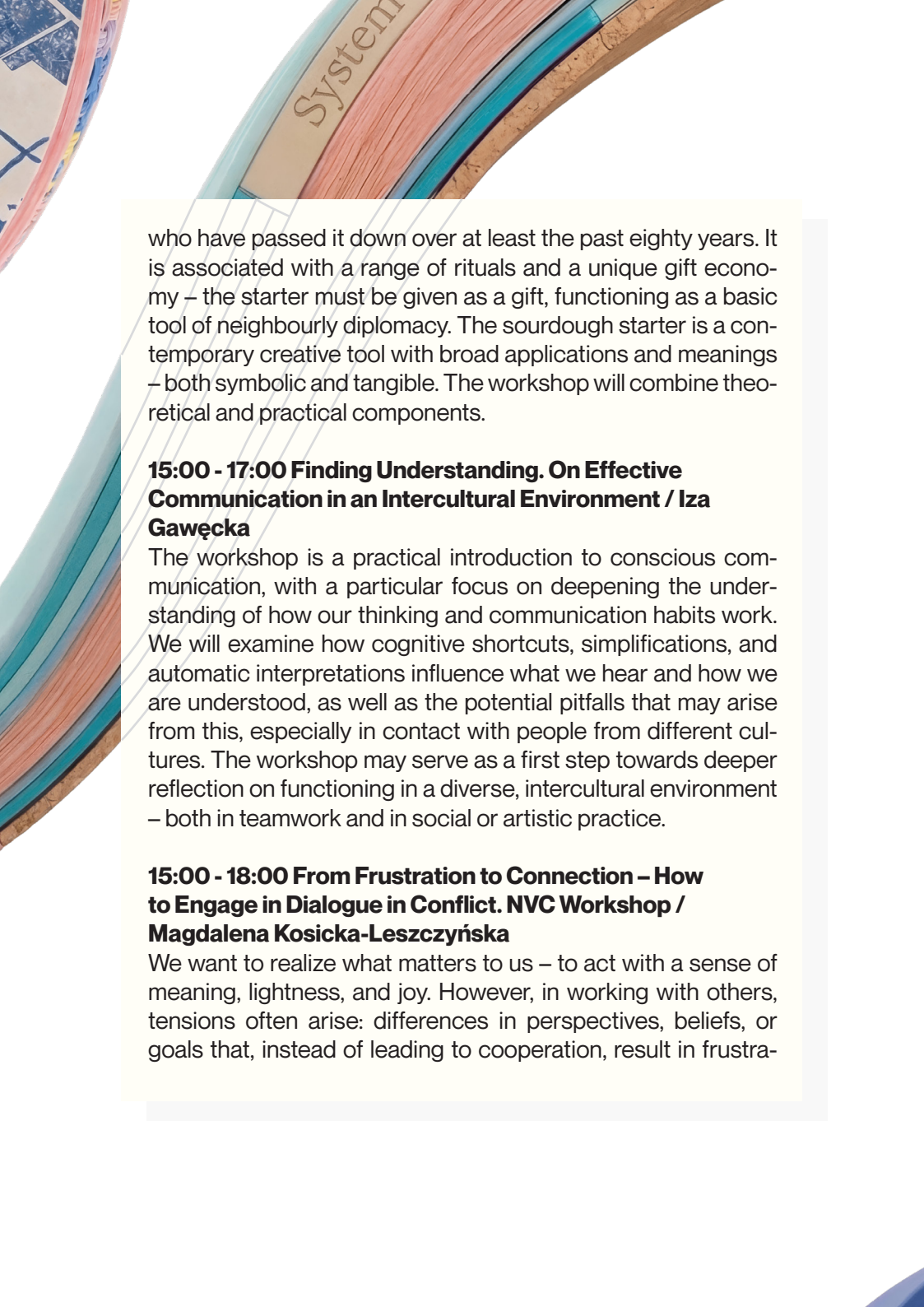
15:00 - 16:30 Starting from Care / Konrad Kurowski

The workshop focuses on the body as a source of knowledge, resources, and potentials that can support us in the face of overload related to work in the cultural sector. Through simple movement and mindfulness practices, we will explore how to restore contact with ourselves and recognize signals of tension and the need for regeneration. The session creates a space for experiencing care not as an abstract idea, but as an embodied practice – a tool for preventing burnout and a way of building new forms of relationships within the work environment.

15:00 - 18:00 A Jar of Sourdough Starter as a Tool of Survival / Łukasz Radziszewski

The raw, grey dough in a jar is a fragment of a private reality – a family home and the surrounding farm, whose overarching goal has always been to ensure full self-sufficiency, resilience, and the capacity for improvisation. The history of the sourdough starter is linked to several generations of rural women





who have passed it down over at least the past eighty years. It is associated with a range of rituals and a unique gift economy – the starter must be given as a gift, functioning as a basic tool of neighbourly diplomacy. The sourdough starter is a contemporary creative tool with broad applications and meanings – both symbolic and tangible. The workshop will combine theoretical and practical components.

15:00 - 17:00 Finding Understanding. On Effective Communication in an Intercultural Environment / Iza Gawęcka

The workshop is a practical introduction to conscious communication, with a particular focus on deepening the understanding of how our thinking and communication habits work. We will examine how cognitive shortcuts, simplifications, and automatic interpretations influence what we hear and how we are understood, as well as the potential pitfalls that may arise from this, especially in contact with people from different cultures. The workshop may serve as a first step towards deeper reflection on functioning in a diverse, intercultural environment – both in teamwork and in social or artistic practice.

15:00 - 18:00 From Frustration to Connection – How to Engage in Dialogue in Conflict. NVC Workshop / Magdalena Kosicka-Leszczyńska

We want to realize what matters to us – to act with a sense of meaning, lightness, and joy. However, in working with others, tensions often arise: differences in perspectives, beliefs, or goals that, instead of leading to cooperation, result in frustra-

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tion and discouragement. During the workshop, we will explore how to build communication based on understanding and mutual recognition. We will learn how to express our needs in a clear and constructive way, how to listen to others without judgment, and how to respond to emotions, both our own and those of others. Working with the NVC (Nonviolent Communication) method, we will develop the ability to set boundaries while taking other people into account, as well as to create a space for cooperation in which dialogue, flow, and genuine support within a team become possible.

19:30 - 20:45 | Centre for Culture, Bright Hall (Sala Jasna)

Sound Bath. Gong and Singing Bowl Concert / Rima Sadurska
A sound bath is an immersive acoustic experience based on the vibrations of singing bowls, gongs, and ethnic instruments. The artist combines the sounds of therapeutic instruments with singing and her own guided meditative process. She creates a gentle space for cultivating sensitivity and emotional cleansing, using sound as a tool for working with the nervous system. The event has a calming character and supports self-regulation processes – guiding participants towards deeper contact with the body and psyche. Here, sound becomes a medium that enables the release of tension, regeneration, and a gentle entry into the realm of subconscious experience. The concert takes place in a lying position. Mats, blankets, and pillows will be available on site – participants are also encouraged to bring their own for maximum comfort.

Praktyka opieki





FRIDAY | 24 April 2026

9:30 – 11:30 | Culture as the Infrastructure of Care

Cities that have developed programmes or applied for the title of European Capital of Culture demonstrate how complex the thinking about resilience built through culture can be. Their experiences reveal a network of interconnections between cultural activities and areas such as heritage protection, mental health, and relations within democratic systems. We also highlight European initiatives that strengthen social cohesion through culture.

PRESENTATIONS AND PLENARY SESSION:

9:40 - 10:00 Lviv's Path to the ECoC: the competition is over, "Responsibility to Be" continues / Yulia Khomchyn (Lviv 2030 – candidate city)

Responsibility to Be is the concept with which Lviv applied for the title of European Capital of Culture 2030. It understands culture as a force that bears witness, remembers, works with loss, cares, heals, connects, and offers vision. It was a proposal to Europe to co-create a culture that may be one of the few forces today capable of taking responsibility and providing inner certainty in an increasingly fragile world. In October 2025, it was announced that Lviv had not been awarded the ECoC 2030 title. Yet there was a clear understanding: this was only a stage. The need for responsibility does not disappear. Lviv is transforming the idea of "Responsibility to Be" and continues to work with it. Last year, the city adopted a dedicated cultural support programme under the same name for 2025–2030. This year, at the national level and together with the Ukrainian Cultural Foundation, it initiated a call for cultural

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actors of the city, focused on “culture that bears witness, cares, and imagines the future. Today, the idea of “responsible being” and culture as a space where we can process our diverse experiences and find new meanings has become one of the foundations of life in Lviv — above all, as a community. It is a story of acceptance, rehabilitation, healing, care, accessibility, the search for grounding, mutual understanding, and unity. We call this an ecosystem of humanity — something that each of us creates through our actions every day.

10:00 - 10:20 Resilience, care and open culture / Rosella Tarantino (Matera 2019)

How resilience is perceived in the South of Italy? Matera, European Capital of Culture 2019, stands as a symbol of resilience, with over 10,000 years of continuous human presence. Its UNESCO World Heritage status reflects not the work of renowned architects, but the collective, layered efforts of generations of capomastri who shaped a sustainable relationship with the natural environment. Drawing inspiration from this collective legacy, we adopted the “open culture” model stemming from the open-source movement, based on principles of sharing, collaboration, and openness, which can generate new forms of culture. Matera 2019 was therefore built on a cultural production model based on citizens’ participation and on the removal of barriers to accessing culture. How did we articulate the concept of open culture and collective intelligence? What are the impacts of co-creation and participatory practices in terms of well-being, social empowerment and civism? Can these approaches foster adaptive change (resilience), or do they challenge and break significantly existing practices?



10:20 - 10:40 Culture for resilience - Communities as the soft core of societal resilience / Felix Schartner Giertta (BSR Cultural Pearls)

Communities are increasingly described as the backbone of societal resilience. But when it comes to building trust, cohesion and the ability to act together, responsibility becomes unclear—and action even more so. At the same time, a growing focus on security risks downgrading the importance of local engagement, culture and creativity. The Cultural Pearls initiative starts from a different premise: that culture is not an “add-on,” but a quintessential tool for strengthening cohesion community, and social resilience at the local level. Smaller cities often face having to address added challenges and stressors with less resources. With the Pearls initiative small and medium-sized cities are incentivized to strategically address the transformative capacity of their communities with culture. Across the Baltic Sea Region, these municipalities are testing how public engagement through culture can translate into stronger communities—and more liveable places.

10:40 - 11:20 The discussion will feature: Yuliia Khomchyn (Lviv 2030 – candidate city), Rosella Tarantino (Matera 2019), Felix Schartner Giertta (BSR Cultural Pearls). Moderation: Marta Ryczkowska.

11:20 - 11:40 | Przerwa

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11:40 – 12:40 Building Resilience

Artistic practices and intercultural facilitation function as a safe testing ground in which one can learn cooperation, build relationships, and overcome fear, enabling instinctive and effective action in situations of real threat.

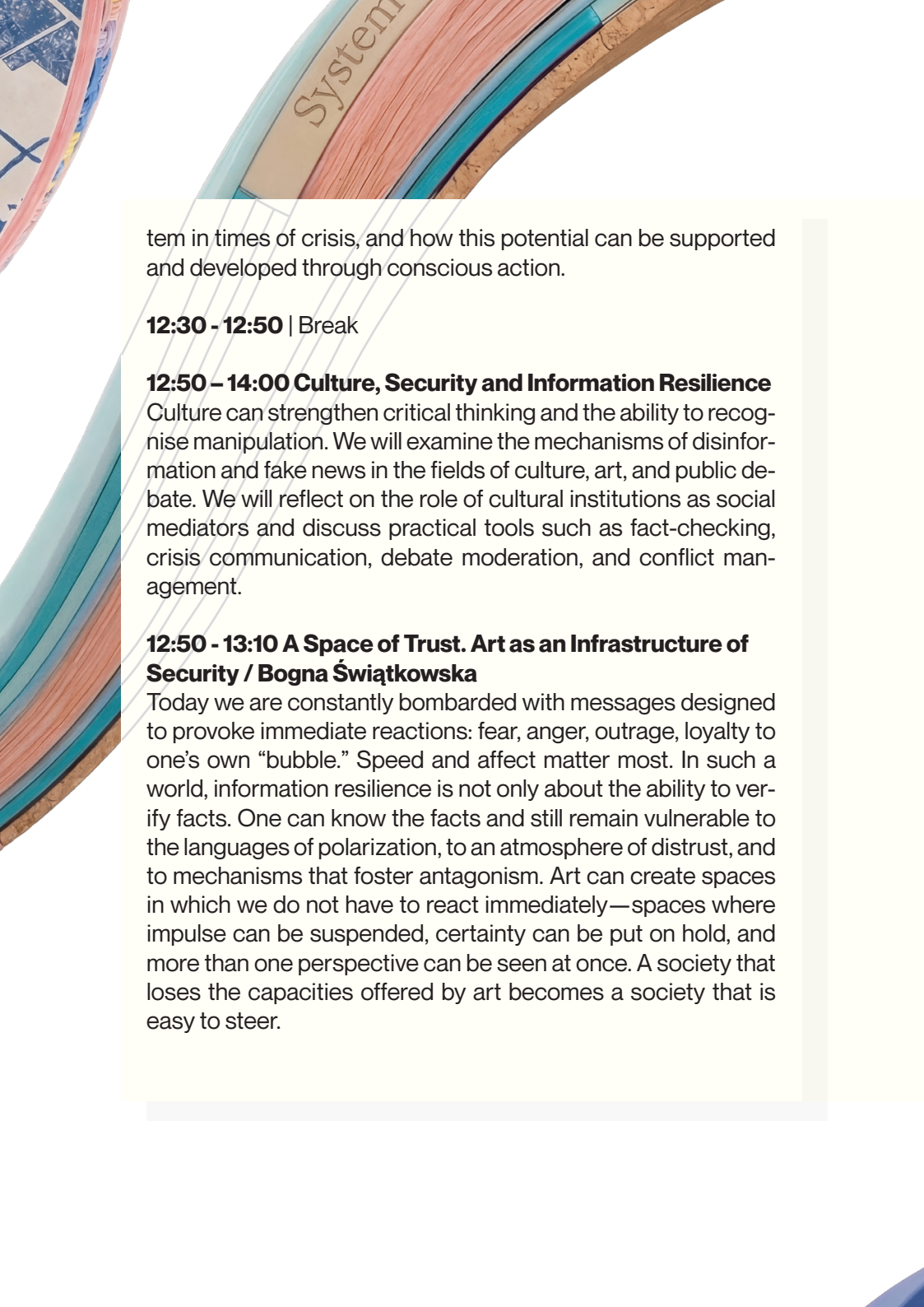
PRESENTATIONS:

11:40 - 12:00 Cultural animators in the work environment – psychosocial conditions / Urszula Lewartowicz, PhD (Maria Curie-Skłodowska University), Andrzej Różański, DSc, Prof. UMCS

12:00 – 12:15 | The artist in crisis / Katarzyna Klimkowska, DSc, Prof. UMCS

12:15 – 12:30 | Intercultural facilitation and crisis resilience / Marcin Skrzypek (Brama Grodzka – NN Theatre Centre, Spacial Culture Forum)

The presentation is based on the study 2% Noble Burst of Logistics. Intercultural Facilitation and Crisis Resilience on the Example of Lublin 1989–2022. Data from 2022 show that although more than two-thirds of society was engaged in supporting refugees, only 2% of people met their most urgent needs by providing transport or accommodation. The analysis of this case leads to the hypothesis that even a small percentage of individuals taking action of critical importance can determine the survival of a crisis situation, especially when institutional systems fail. This raises questions about how to understand social cohesion in practice, what conditions must be met for a community to function as an efficiently operating sys-



tem in times of crisis, and how this potential can be supported and developed through conscious action.

12:30 - 12:50 | Break

12:50 – 14:00 Culture, Security and Information Resilience

Culture can strengthen critical thinking and the ability to recognise manipulation. We will examine the mechanisms of disinformation and fake news in the fields of culture, art, and public debate. We will reflect on the role of cultural institutions as social mediators and discuss practical tools such as fact-checking, crisis communication, debate moderation, and conflict management.

12:50 - 13:10 A Space of Trust. Art as an Infrastructure of Security / Bogna Świątkowska

Today we are constantly bombarded with messages designed to provoke immediate reactions: fear, anger, outrage, loyalty to one's own "bubble." Speed and affect matter most. In such a world, information resilience is not only about the ability to verify facts. One can know the facts and still remain vulnerable to the languages of polarization, to an atmosphere of distrust, and to mechanisms that foster antagonism. Art can create spaces in which we do not have to react immediately—spaces where impulse can be suspended, certainty can be put on hold, and more than one perspective can be seen at once. A society that loses the capacities offered by art becomes a society that is easy to steer.

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13:10 - 13:30 In the Network of Narratives / Rafał Sakowski

Each of us today functions in a space of constant tension: between manipulation, polarization, and the need to find shared meaning. Every day we are drawn into ready-made stories about the world that organize reality into simple categories: “us” and “them,” “truth” and “lie.” Yet we rarely ask who creates these narratives and in whose interest they operate. As a result, part of society becomes entrenched in polarized positions, while an even larger part withdraws from public life, no longer knowing whom to trust or what to believe. It is precisely in this gap—between dogmatic conviction and weary disengagement—that one of the most important conflicts of the present unfolds. Authoritarian states, using specialized influence centers and organized propaganda machinery, invest enormous resources in designing narratives aimed at weakening communities, destabilizing democracies, and, above all, capturing the social imagination.

13:30 - 13:55 The discussion will feature: Bogna Świątkowska (President of the Bęc Zmiana Foundation for New Culture), Rafał Sakowski (founder of the PASMO Foundation – Institute of Social Resilience), and Ada Florentyna Pawlak (lecturer at SWPS University, anthropologist of technology, lawyer, and art historian). Moderation: Aga Kozak.

13:55 – 14:00 Summary and preview of the next day

14:00 | Break



**15:00 – 18:00 | Psychosomatics and Affective Labour:
From Tension to Regulation**

The body is a source of knowledge and a site where overload accumulates. The workshops address the psychosomatic effects of project-based, activist, and curatorial work. They are multisensory in nature – activating touch, hearing, and smell, and restoring balance. Movement, somatic, and breathing practices become tools of regeneration. A set of simple, scientifically grounded techniques emerges, which can be applied within cultural institutions.

**15:00 - 18:00 Movement Toward the Future / Marysia
Stokłosa**

Movement Toward the Future is an exploration of the possibilities of the moving body, in which we learn to perceive ourselves as part of a larger composition. Through dancing, collaboration, and the development of artistic competences, we transform—together with the ways in which we participate in the world. Movement practice directs our attention to the full spectrum of experience: it can be pleasurable and relaxing, but also demanding. It is always connected with the risk of exposure. By opening collectively to embodied experience, we confront what is unexpected and unknown. Movement Toward the Future is a call to practice courage and curiosity, as well as to develop tolerance, both towards oneself and towards others.

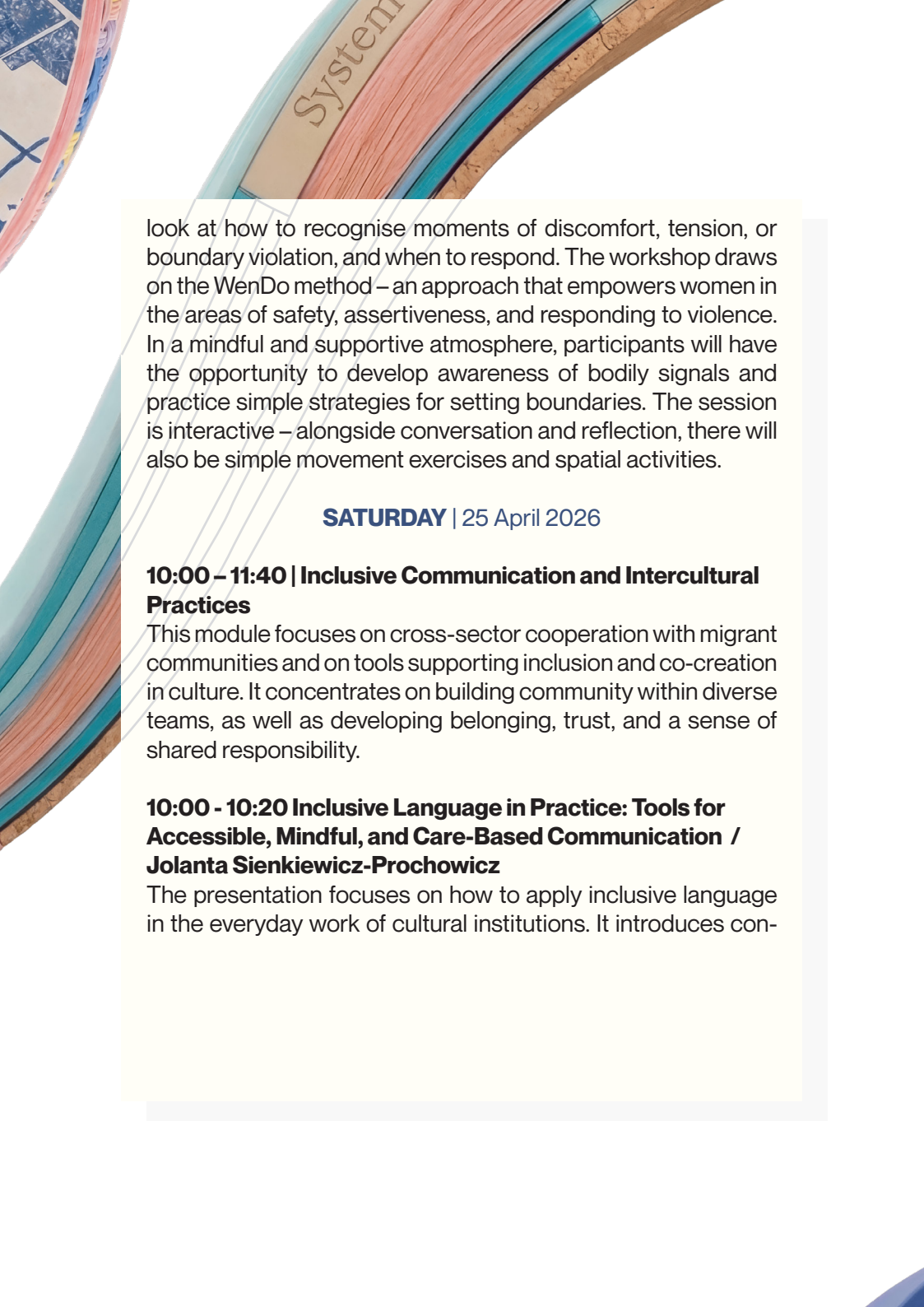
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15:00-18:00 Working in Culture Without Burnout? Workshop for the Cultural Sector / Karolina Pluta

Too many responsibilities, decreasing job satisfaction, inadequate pay, constant rush, and the need to do many things at once—does this sound familiar? For many people working in culture, this is everyday reality. During the workshop, participants will examine the phenomenon of professional burnout in the cultural sector: its causes, symptoms, and ways of responding that can support well-being and the sustainability of work. The starting point will be the concept developed by Christina Maslach, an American psychologist who was among the first to describe burnout as a response to long-term emotional and physical overload embedded in a professional context. Burnout develops in relationships and in environments where accumulated stress is neither recognised nor released. The workshop will be a space for reflection, but also for sharing concrete practices and tools. How can we recognise early signals of overload before they turn into chronic exhaustion? How can we think about well-being not as an add-on, but as a key element of professional practice? How can we create work environments that are not based solely on survival, but that support regeneration, collaboration, and development?

15:00-17:00 My Boundaries – Workshop on Recognising One's Limits / Iza Gawęcka

Where in your body do you feel tension when you encounter something difficult? How can you trust your intuition? What is your body trying to tell you? This meeting will be a practical introduction to working with personal boundaries understood as an important element of building a sense of safety. We will



look at how to recognise moments of discomfort, tension, or boundary violation, and when to respond. The workshop draws on the WenDo method – an approach that empowers women in the areas of safety, assertiveness, and responding to violence. In a mindful and supportive atmosphere, participants will have the opportunity to develop awareness of bodily signals and practice simple strategies for setting boundaries. The session is interactive – alongside conversation and reflection, there will also be simple movement exercises and spatial activities.

SATURDAY | 25 April 2026

10:00 – 11:40 | Inclusive Communication and Intercultural Practices

This module focuses on cross-sector cooperation with migrant communities and on tools supporting inclusion and co-creation in culture. It concentrates on building community within diverse teams, as well as developing belonging, trust, and a sense of shared responsibility.

10:00 - 10:20 Inclusive Language in Practice: Tools for Accessible, Mindful, and Care-Based Communication / Jolanta Sienkiewicz-Prochowicz

The presentation focuses on how to apply inclusive language in the everyday work of cultural institutions. It introduces con-

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crete tools for accessible, attentive, and care-based communication that help build a sense of belonging, strengthen relationships within teams, and support collaboration in diverse environments. It also outlines directions for work on how language can reduce exclusion and help create responsible institutional practices.

10:20 - 10:40 Art as Support and an Accessible Space for People with Visual Impairments / Ewa Niesterowicz, DSc (Maria Curie-Skłodowska University)

10:40 - 11:40 The discussion will feature: **Jolanta Sienkiewicz-Prochowicz** (philosopher, anti-discrimination trainer), Dr hab. **Margaret Ohia-Nowak** (linguist, media studies scholar, UMCS), and **Anna Dąbrowska** (President of the Homo Faber Association). Moderation: **Aga Kozak**.

11:40 - 12:00 Break

12:00 – 13:30 | Empowering Artistic Practices

This module shows how artistic practices strengthen resilience and the well-being of creators. We explore performative tools in work with young people. We also analyse how institutional resilience is built and how the “health condition” of cultural institutions and art academies can be monitored.





**12:00 - 12:20 Perception and Discomfort Laboratory /
Paulina Kempisty**

The presentation focuses on the project Perception and Discomfort Laboratory as an artistic practice developing psychological resilience and perceptual sensitivity through work with time, attention, and the experience of discomfort. The project is based on long-term performative actions in changing environments, which allow participants to test and expand their capacity for concentration, as well as deepen their way of receiving stimuli and their sense of presence in a given place and time. A key element is “discomfort training,” understood as a tool for developing attentiveness, endurance, and conscious body awareness within the creative process. The programme is dedicated primarily to work with young artists and offers a model that can be implemented in artistic institutions as a tool supporting well-being, concentration, and more balanced approaches to performative education. The project is a concept developed based on methodological practices of performance artists, adapted and further developed by Artur “Arti” Grabowski, Professor at the Academy of Fine Arts in Kraków, and implemented over the past three years, including at the Grotowski Institute in Wrocław.

**12:20 - 12:40 From Sensitivity to Resilience: Mechanisms
for Building Well-being in Artistically Gifted Individuals /
Małgorzata Kuśpit, DSc, Prof. UMCS**

12:40 - 13:25 The discussion will feature: Paulina Kempisty (Grotowski Institute), Dr hab. Małgorzata Kuśpit, Prof. UMCS, Dr hab. Marta Bosowska (performance artist, University of the Arts in Poznań), Dr Marta Ryczkowska (ESK Lublin 2029), and Łukasz Radziszewski (artist).

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13:25 - 13:30 Summary and closing of the seminar

13:30 | Break

**14:30 – 16:00 | Psychosomatics and Affective Labour:
From Tension to Regulation**

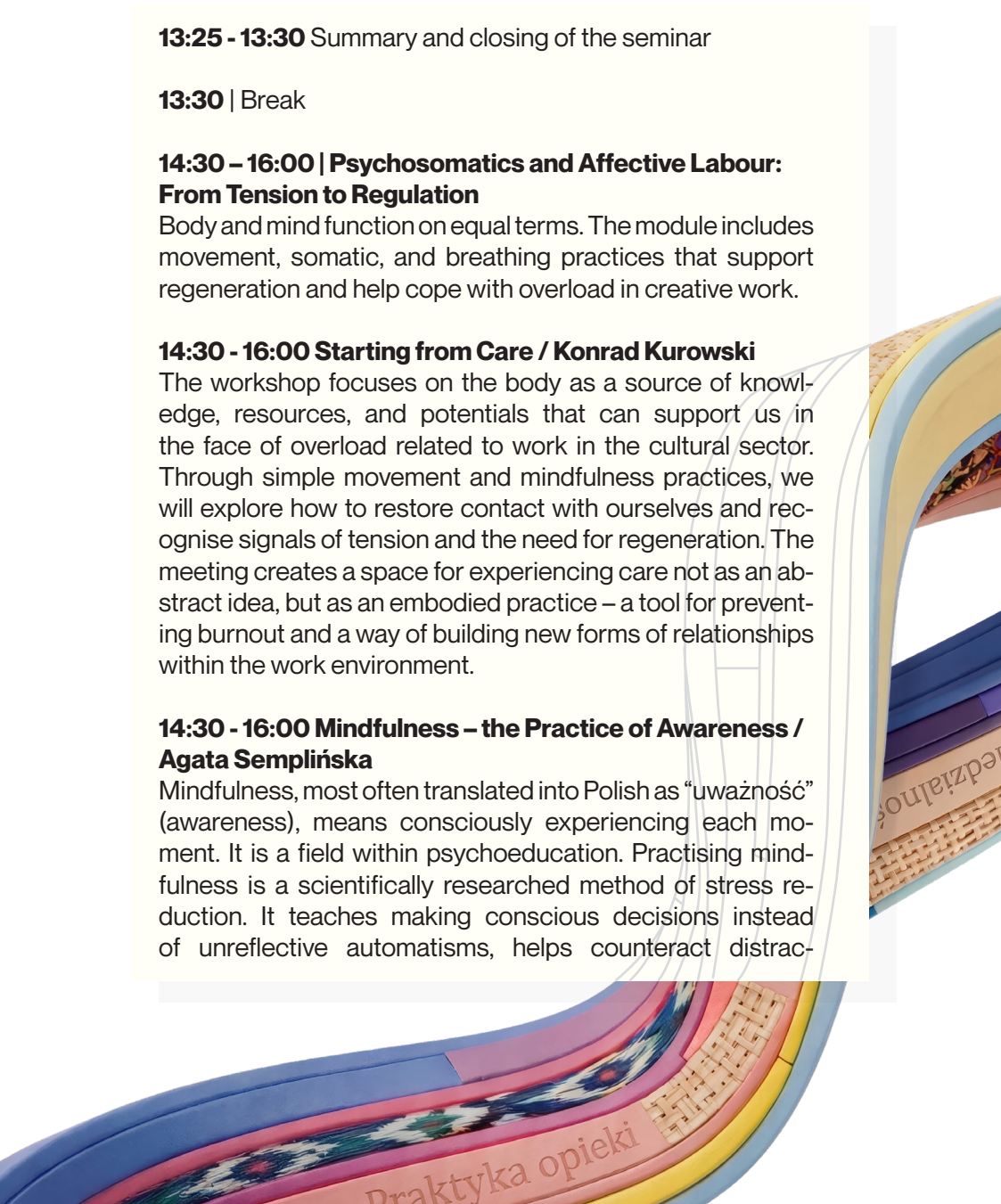
Body and mind function on equal terms. The module includes movement, somatic, and breathing practices that support regeneration and help cope with overload in creative work.

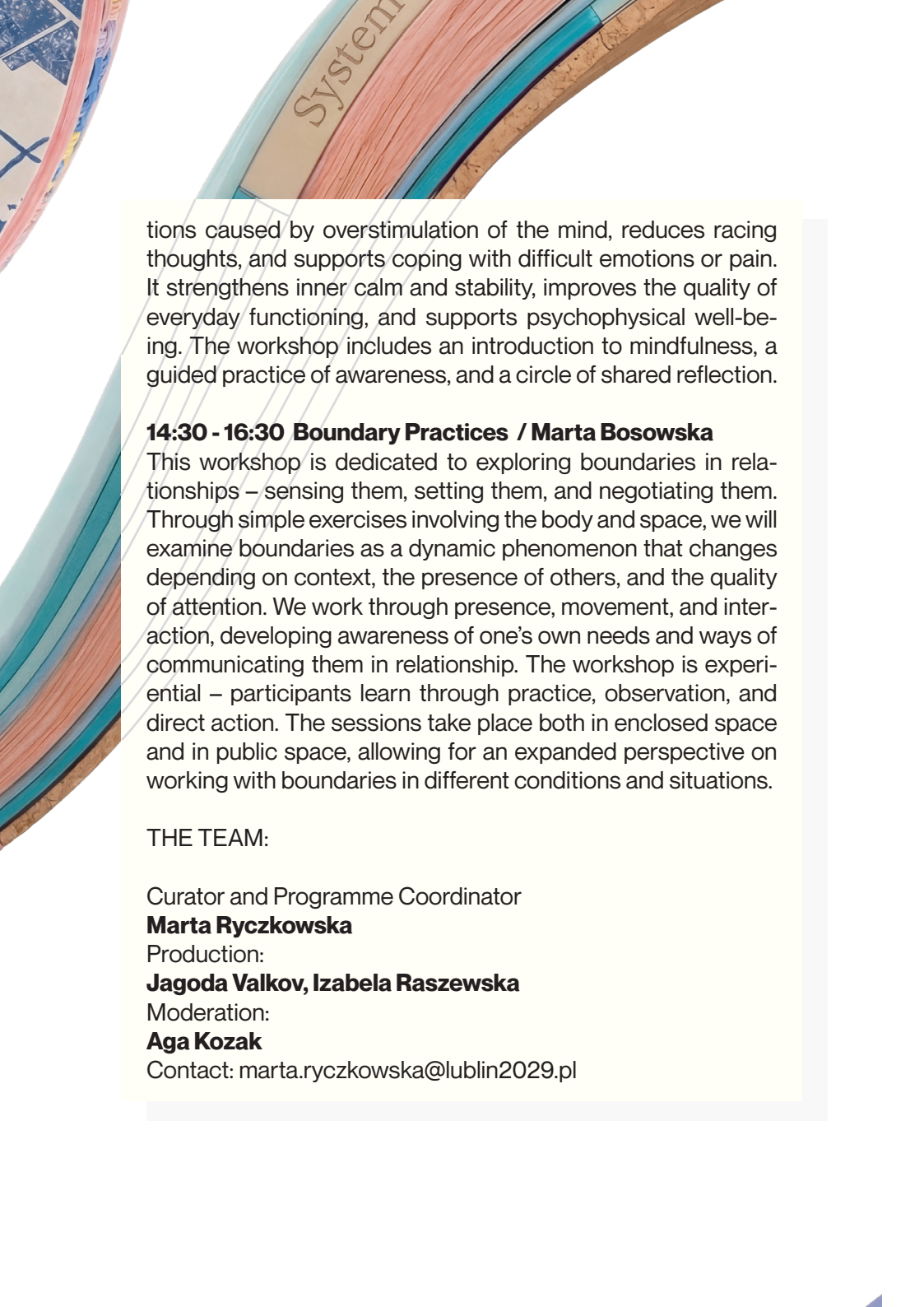
14:30 - 16:00 Starting from Care / Konrad Kurowski

The workshop focuses on the body as a source of knowledge, resources, and potentials that can support us in the face of overload related to work in the cultural sector. Through simple movement and mindfulness practices, we will explore how to restore contact with ourselves and recognise signals of tension and the need for regeneration. The meeting creates a space for experiencing care not as an abstract idea, but as an embodied practice – a tool for preventing burnout and a way of building new forms of relationships within the work environment.

**14:30 - 16:00 Mindfulness – the Practice of Awareness /
Agata Semplińska**

Mindfulness, most often translated into Polish as “uwaga” (awareness), means consciously experiencing each moment. It is a field within psychoeducation. Practising mindfulness is a scientifically researched method of stress reduction. It teaches making conscious decisions instead of unreflective automatism, helps counteract distract-





tions caused by overstimulation of the mind, reduces racing thoughts, and supports coping with difficult emotions or pain. It strengthens inner calm and stability, improves the quality of everyday functioning, and supports psychophysical well-being. The workshop includes an introduction to mindfulness, a guided practice of awareness, and a circle of shared reflection.

14:30 - 16:30 Boundary Practices / Marta Bosowska

This workshop is dedicated to exploring boundaries in relationships – sensing them, setting them, and negotiating them. Through simple exercises involving the body and space, we will examine boundaries as a dynamic phenomenon that changes depending on context, the presence of others, and the quality of attention. We work through presence, movement, and interaction, developing awareness of one’s own needs and ways of communicating them in relationship. The workshop is experiential – participants learn through practice, observation, and direct action. The sessions take place both in enclosed space and in public space, allowing for an expanded perspective on working with boundaries in different conditions and situations.

THE TEAM:

Curator and Programme Coordinator

Marta Ryczkowska

Production:

Jagoda Valkov, Izabela Raszewska

Moderation:

Aga Kozak

Contact: marta.ryczkowska@lublin2029.pl

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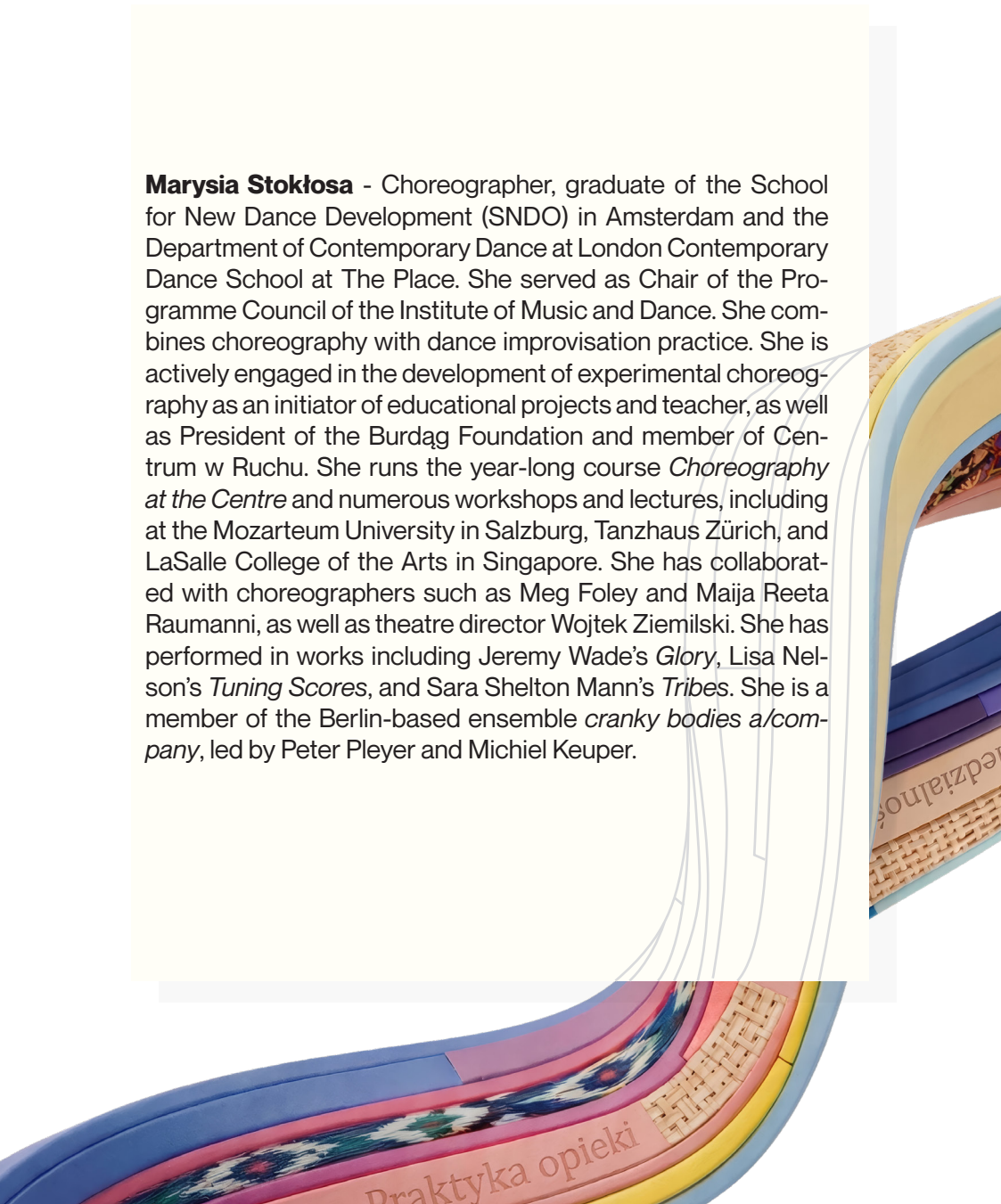
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Marysia Stokłosa

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Marysia Stokłosa - Choreographer, graduate of the School for New Dance Development (SNDO) in Amsterdam and the Department of Contemporary Dance at London Contemporary Dance School at The Place. She served as Chair of the Programme Council of the Institute of Music and Dance. She combines choreography with dance improvisation practice. She is actively engaged in the development of experimental choreography as an initiator of educational projects and teacher, as well as President of the Burdag Foundation and member of Centrum w Ruchu. She runs the year-long course *Choreography at the Centre* and numerous workshops and lectures, including at the Mozarteum University in Salzburg, Tanzhaus Zürich, and LaSalle College of the Arts in Singapore. She has collaborated with choreographers such as Meg Foley and Maija Reeta Raumanni, as well as theatre director Wojtek Ziemilski. She has performed in works including Jeremy Wade's *Glory*, Lisa Nelson's *Tuning Scores*, and Sara Shelton Mann's *Tribes*. She is a member of the Berlin-based ensemble *cranky bodies a/company*, led by Peter Pleyer and Michiel Keuper.



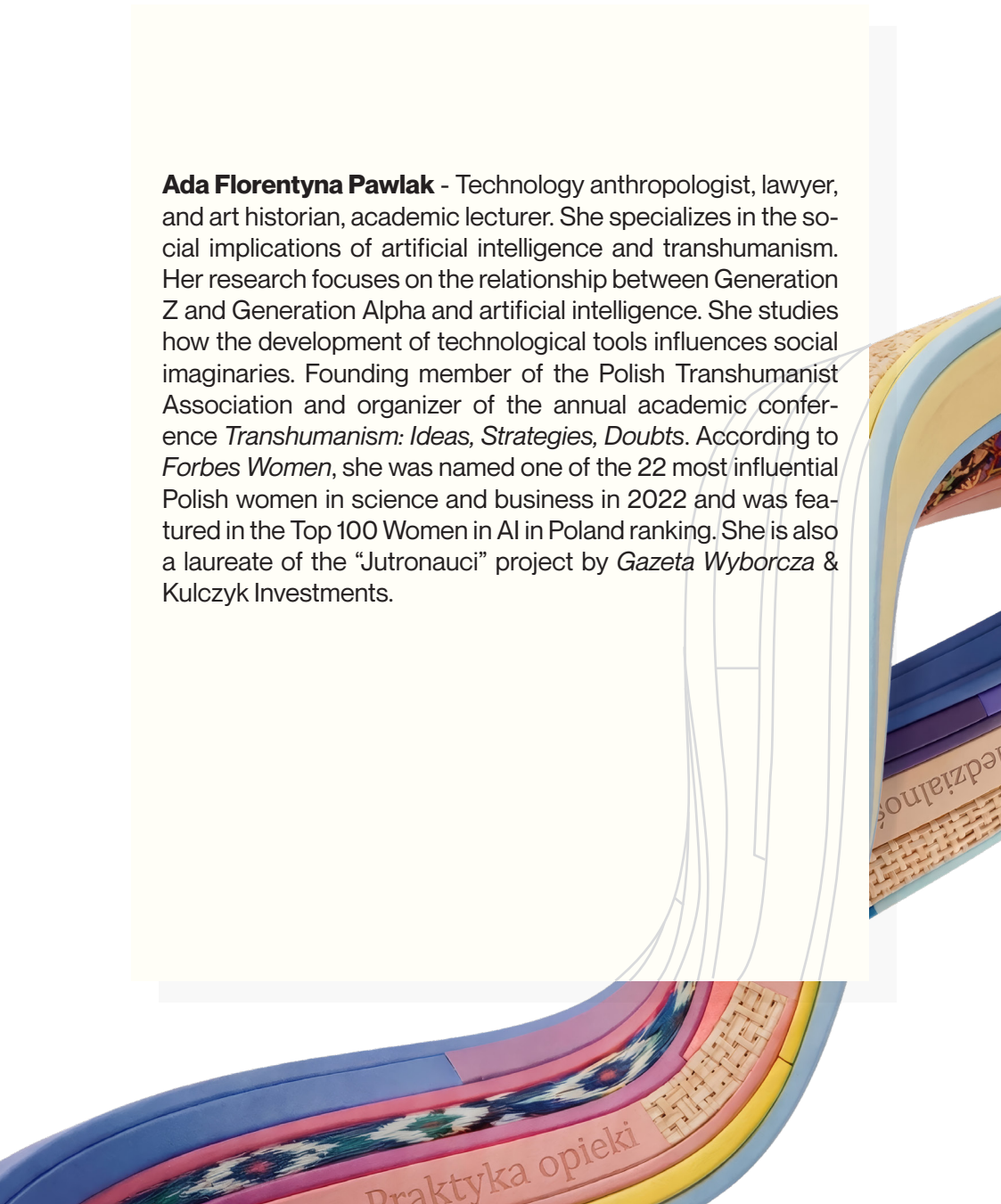


**Ada
Florentyna
Pawlak**

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Ada Florentyna Pawlak - Technology anthropologist, lawyer, and art historian, academic lecturer. She specializes in the social implications of artificial intelligence and transhumanism. Her research focuses on the relationship between Generation Z and Generation Alpha and artificial intelligence. She studies how the development of technological tools influences social imaginaries. Founding member of the Polish Transhumanist Association and organizer of the annual academic conference *Transhumanism: Ideas, Strategies, Doubts*. According to *Forbes Women*, she was named one of the 22 most influential Polish women in science and business in 2022 and was featured in the Top 100 Women in AI in Poland ranking. She is also a laureate of the “Jutronauci” project by *Gazeta Wyborcza* & Kulczyk Investments.





**Anna
Długołęcka**

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Anna Długołęcka - HR expert, psychologist, trainer, manager, and social activist. She has led numerous organizational change processes and has been responsible for development and training in large international corporations. She specializes in consulting on people management, organizational change processes, building healthy, respectful institutional cultures, and implementing new solutions that support employee motivation and development, as well as coping with stress and workplace pressures. For over 15 years, she has collaborated with cultural institutions, supporting them in becoming better workplaces, including the Adam Mickiewicz Institute, National Institute of Music and Dance, Theatre Institute, POLIN Museum of the History of Polish Jews, Polish National Radio Symphony Orchestra, Sinfonia Varsovia, National Forum of Music, and the Centre for Contemporary Art. She is the author and facilitator of numerous trainings on psychological competencies, communication and conflict resolution, motivation, stress management, and resilience-building—understood as the ability to cope with difficulties, crises, and breakdowns, as well as managing change and employee motivation during transformation processes. For the past 12 years, she has been running the Warsaw Psycho-oncology Centre Foundation.

Praktyka opieki

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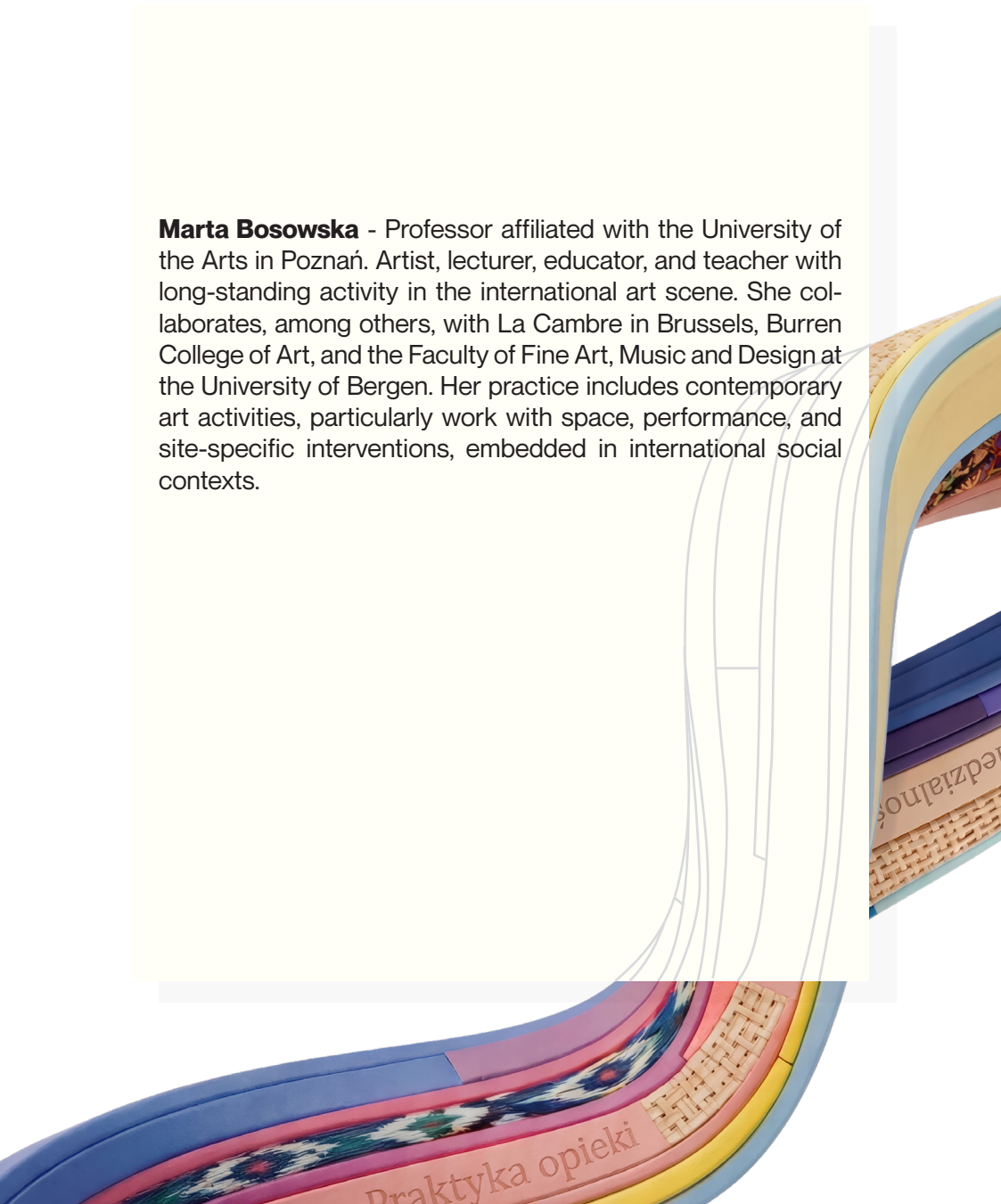


**Marta
Bosowska**

SEMINAR

Culture Defense

Marta Bosowska - Professor affiliated with the University of the Arts in Poznań. Artist, lecturer, educator, and teacher with long-standing activity in the international art scene. She collaborates, among others, with La Cambre in Brussels, Burren College of Art, and the Faculty of Fine Art, Music and Design at the University of Bergen. Her practice includes contemporary art activities, particularly work with space, performance, and site-specific interventions, embedded in international social contexts.





**Paulina
Kempisty**

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Culture Defense

Paulina Kempisty - Art historian, associated with the Centre for Performance Art in Lublin. In 2010–2018 she was affiliated with Labirynt Gallery, where she worked as a curator and head of the programming department. She served as President of the Performance Art Foundation from 2010 to 2023. Since 2011 she has been the producer of the Performance Platform Lublin festival. In the 2019–2020 season she worked at the Wrocław Opera as Head of the Promotion Department. She is currently employed at the Jerzy Grotowski Institute. Her main field of interest is performance art. At present, she focuses primarily on the production and coordination of performance and theatre events, as well as inter-institutional cooperation in Poland and abroad.

Praktyka opieki

edzialnoś



**Rossella
Tarantino**

SEMINAR

Culture Defense

Rosella Tarantino - Economist by training, with extensive experience across Europe, Rosella Tarantino is passionate about public policy, culture, and civic participation. She has collaborated with international and national institutions, linking strategy and delivery to drive cultural transformation for cities and communities. She played a leading role in the *Matera 2019 European Capital of Culture* project from its early stages in 2010, shaping its successful bid strategy and contributing to the reimagining of the city through to its designation in 2014. She subsequently worked on the development and production of the 2019 cultural programme, overseeing international partnerships and citizen engagement strategies, and later leading the monitoring and evaluation of achieved results. She was the first Italian expert appointed to the International Panel for the Selection and Monitoring of the European Capitals of Culture, nominated by the Council of Ministers of the European Union for the period 2022-2024, and also served as Chair in several selection and monitoring sessions. She has extensive experience in regional public policy, with a focus on culture-led local development programmes, social innovation strategies, and cultural policy evaluation. She also brings significant expertise in designing and managing transnational programmes with third countries, including India and the Mediterranean region, promoting cooperation in the cultural and education sectors. She has served on multiple European Commission selection panels for projects in the media and cultural sectors. European committed, she had the privilege of being one of the first Erasmus students (1988 University of Louvain-la-Neuve).

Praktyka opieki

edzialnoś



**Sara
Vuletić**

SEMINAR

Culture Defense

Sara Vuletić - art and culture strategist with over a decade of international experience across curation, programme leadership, and institutional partnerships. She has played a central role in Novi Sad – European Capital of Culture as a program director and head of international partnerships and served as UNESCO Media Arts Focal Point. Sara Vuletic consulted the City of Nikšić on its successful bid for the European Capital of Culture 2030, with a focus on international relations, networks, and partnerships. She also advised the City of Nikšić on its successful UNESCO Creative Cities Network (UCCN) application in the field of music. She is currently managing international relations for the City of Novi Sad. She is also co-founder of Vuletic Patrick, an advisory and research initiative exploring how cultural institutions can become clearer in purpose, stronger in capability, and more effective in delivering public value. Her work spans exhibitions, cultural programmes, and cross-border collaborations across Europe and the Middle East. Trained in Arabic language and literature, and cultural policy and management through the UNESCO Chair MA programme, Sara's practice is grounded in translating cultural purpose into public-facing programmes that carry meaning, legitimacy, and reach.

Praktyka opieki

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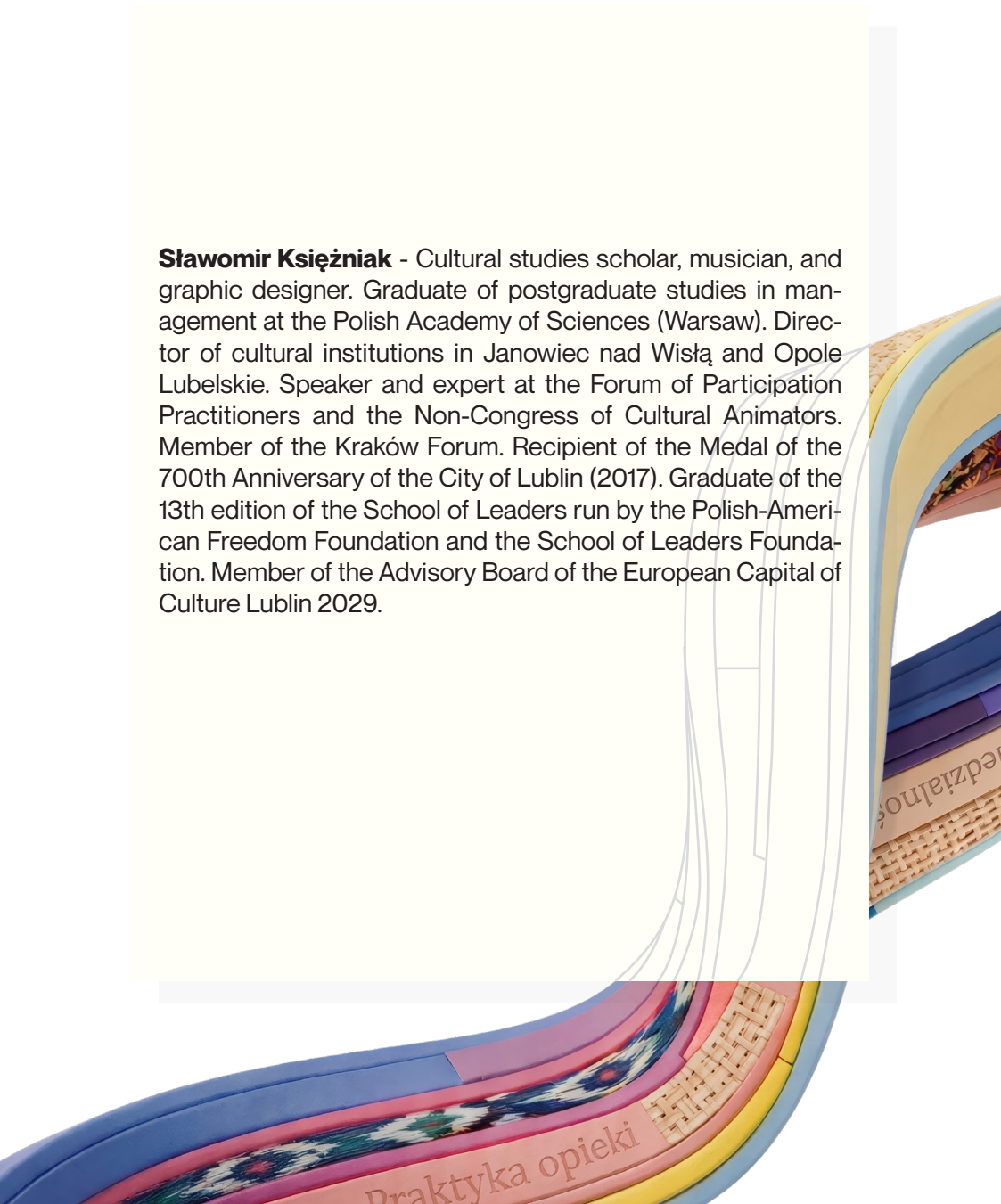
A portrait of a middle-aged man with a grey beard and a red beanie, wearing a blue hoodie and a brown jacket. He is smiling slightly. The background is white with a large, circular, textured graphic element in shades of blue and brown. A red banner is overlaid at the bottom right.

**Sławomir
Książniak**

SEMINAR

Culture Defense

Sławomir Księżniak - Cultural studies scholar, musician, and graphic designer. Graduate of postgraduate studies in management at the Polish Academy of Sciences (Warsaw). Director of cultural institutions in Janowiec nad Wisłą and Opole Lubelskie. Speaker and expert at the Forum of Participation Practitioners and the Non-Congress of Cultural Animators. Member of the Kraków Forum. Recipient of the Medal of the 700th Anniversary of the City of Lublin (2017). Graduate of the 13th edition of the School of Leaders run by the Polish-American Freedom Foundation and the School of Leaders Foundation. Member of the Advisory Board of the European Capital of Culture Lublin 2029.





**Yulia
Khomchyn**

SEMINAR

Culture Defense

Yulia Khomchyn - Cultural manager and public sector leader with over 20 years of experience in project management, cultural policy, and international cooperation. Proven track record in leading large-scale cultural initiatives, institutional management, and cross-sector partnerships at local and international levels. She is an acting Director of the Municipal Institution Cultural Strategy Institute in Lviv. She initiated the Lviv Culture Development Strategy 2025, and led the development of the Lviv Community Culture Development Strategy 2035. She also developed the model for a municipal cultural fund in Lviv (Lviv Culture Fund – since 2021), which also served as the basis for establishing a UNESCO Hub in cooperation with the Ministry of Culture and Strategic Communications, the Ministry of Foreign Affairs, and the UNESCO Office. She is a director of the Congress of Culture. In 2024–2025, she led Lviv’s application for the title of European Capital of Culture 2030. Since 2023, she has been a lecturer at the Lviv Polytechnic National University, and since 2016 she has served as a member of the Lviv City Council.

Praktyka opieki

edzialnoś



Rima Sadurska

SEMINAR

Culture Defense

Rima Sadurska - Sound artist, performer, sound therapist, and naturopath. She creates immersive works at the intersection of theatre, ecology, and meditation, as well as experimental music, working with voice, silence, and relationality. For over 15 years, she has been working with sound, emotions, and group processes. She leads ceremonies, workshops, and individual sessions, integrating sound therapy, bodywork, meditation, and ritual practices. Her practice is based on a holistic approach, supporting processes of transformation, mindfulness, and the building of relationships with nature. Her projects focus on collective experience, where participants become part of the process and co-create artistic situations.

Praktyka opieki

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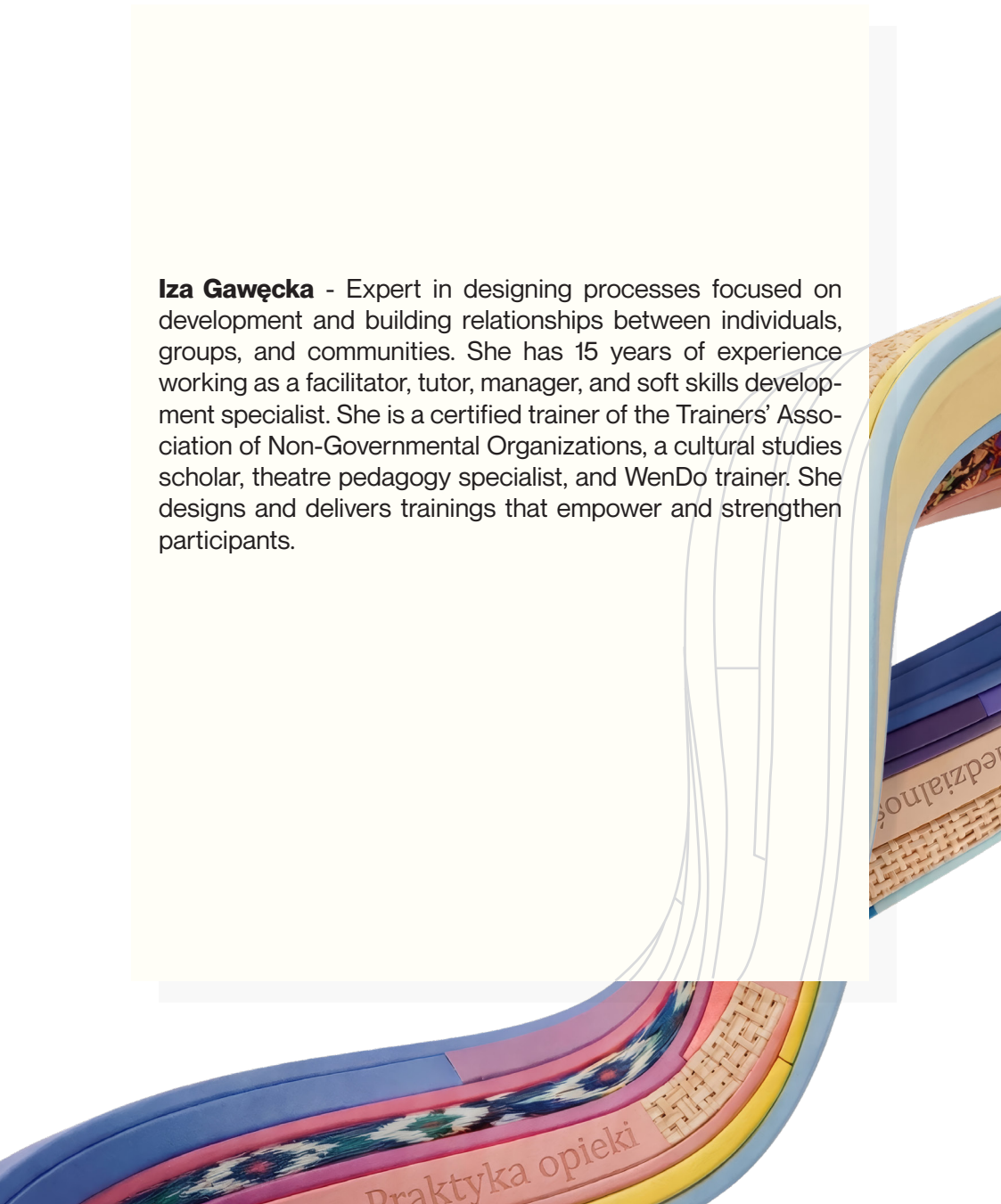


Iza
Gawęcka

SEMINAR

Culture Defense

Iza Gawęcka - Expert in designing processes focused on development and building relationships between individuals, groups, and communities. She has 15 years of experience working as a facilitator, tutor, manager, and soft skills development specialist. She is a certified trainer of the Trainers' Association of Non-Governmental Organizations, a cultural studies scholar, theatre pedagogy specialist, and WenDo trainer. She designs and delivers trainings that empower and strengthen participants.





**Konrad
Kurowski**

SEMINAR

Culture Defense

Konrad Kurowski - Independent dramaturg working from a somatic perspective, curator, and facilitator of artistic processes. In 2014–2023 he was a member of the Lublin Dance Theatre. In 2023–2024 he was part of the curatorial team preparing Lublin's bid for the title of European Capital of Culture 2029. Since 2020 he has been developing his own movement practice based on the embodiment of care. He is the author of choreographic works: *Exercises in Being, Looking and Acting, WORK IT!*, and *Szygium. Practices of Active Hope*. He has curated the International Dance Theatre Meetings in Lublin and has been a member and co-organiser of dance initiatives such as Aerowaves – European Dance Network, the Polish Dance Network, Przechylenie Sztuki Lublin, as well as the artistic-research collective Shared Space.

Praktyka opieki

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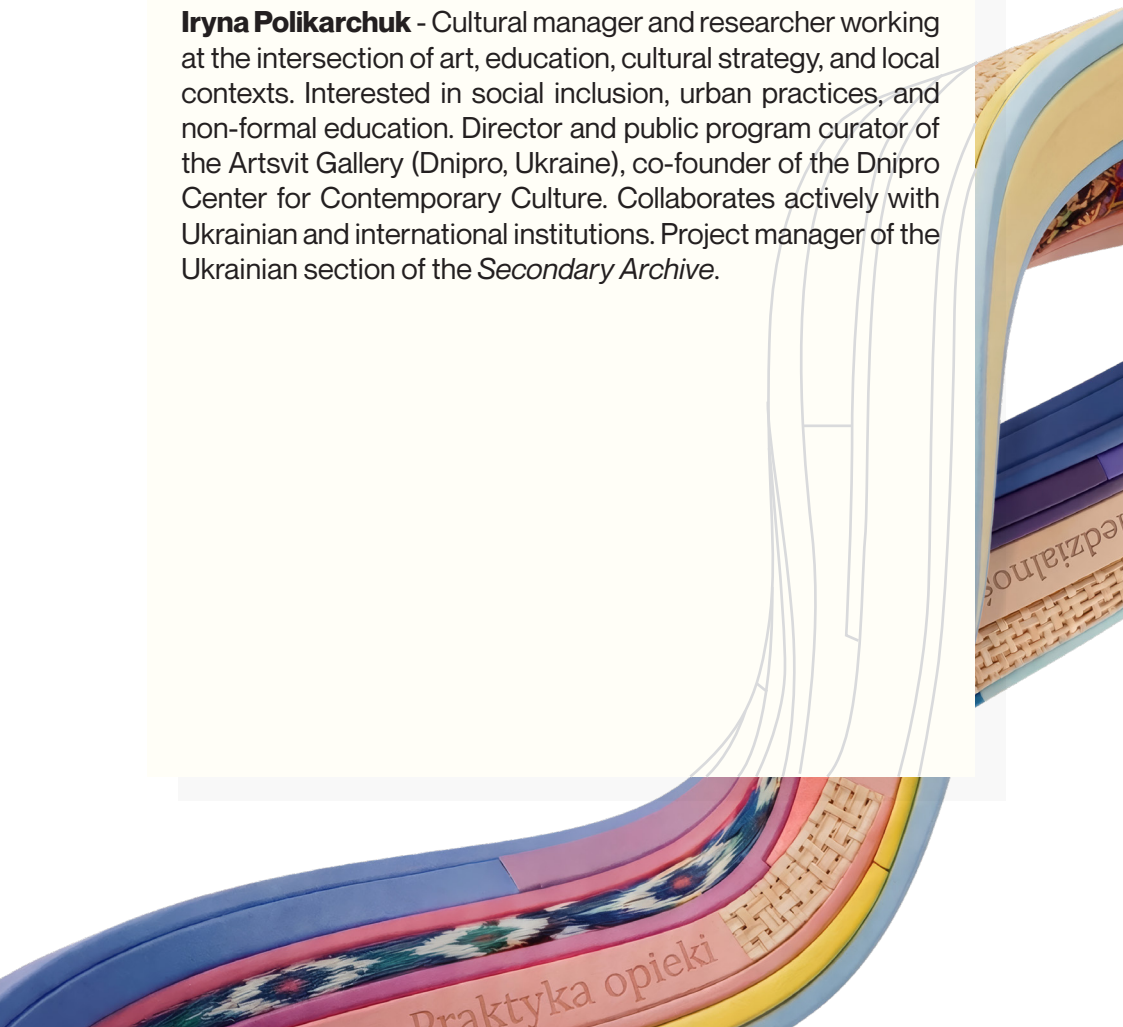


**Iryna
Polikarchuk**

SEMINAR

Culture Defense

Iryna Polikarchuk - Cultural manager and researcher working at the intersection of art, education, cultural strategy, and local contexts. Interested in social inclusion, urban practices, and non-formal education. Director and public program curator of the Artsvit Gallery (Dnipro, Ukraine), co-founder of the Dnipro Center for Contemporary Culture. Collaborates actively with Ukrainian and international institutions. Project manager of the Ukrainian section of the *Secondary Archive*.



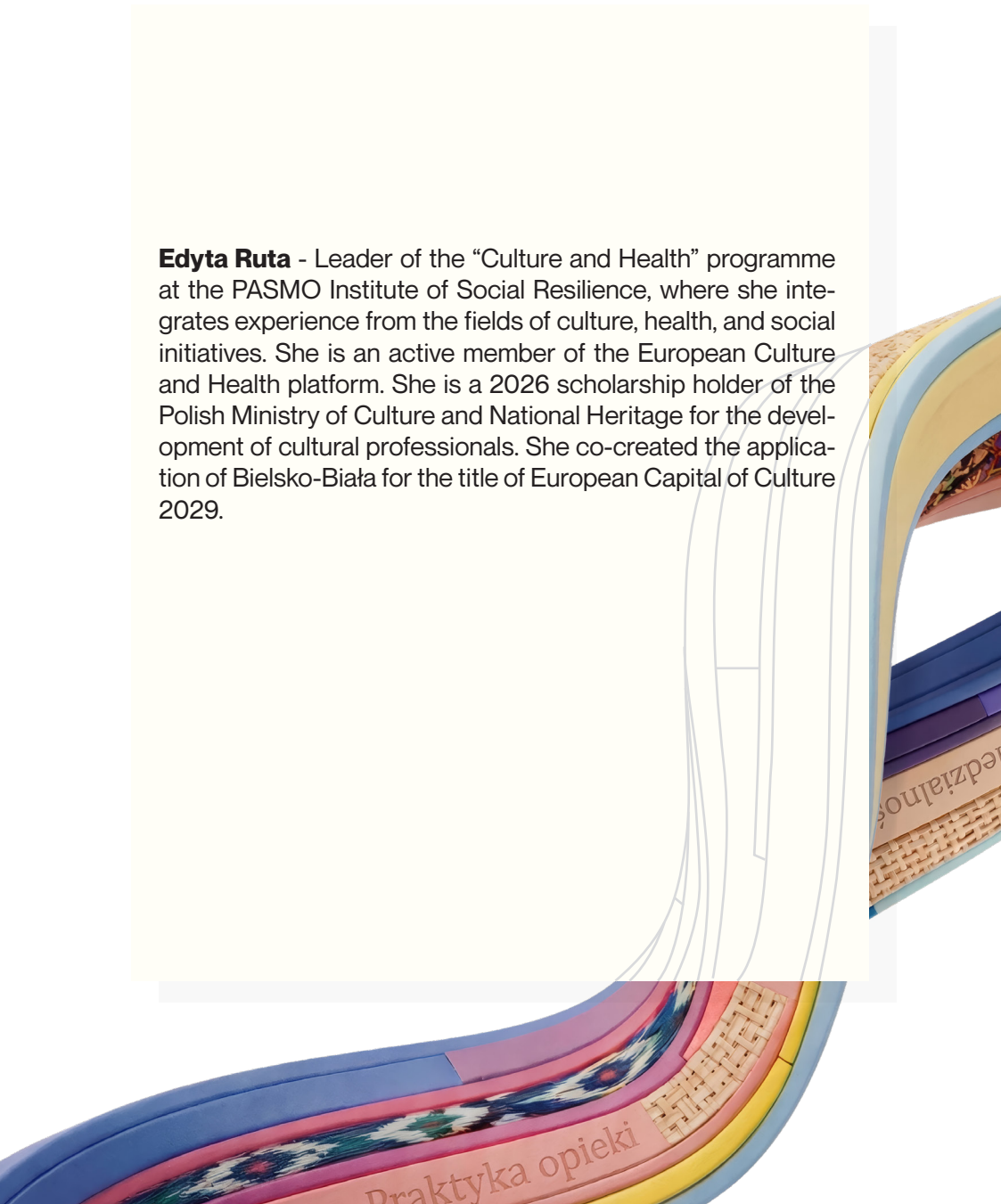


**Edyta
Ruta**

SEMINAR

Culture Defense

Edyta Ruta - Leader of the “Culture and Health” programme at the PASMO Institute of Social Resilience, where she integrates experience from the fields of culture, health, and social initiatives. She is an active member of the European Culture and Health platform. She is a 2026 scholarship holder of the Polish Ministry of Culture and National Heritage for the development of cultural professionals. She co-created the application of Bielsko-Biała for the title of European Capital of Culture 2029.





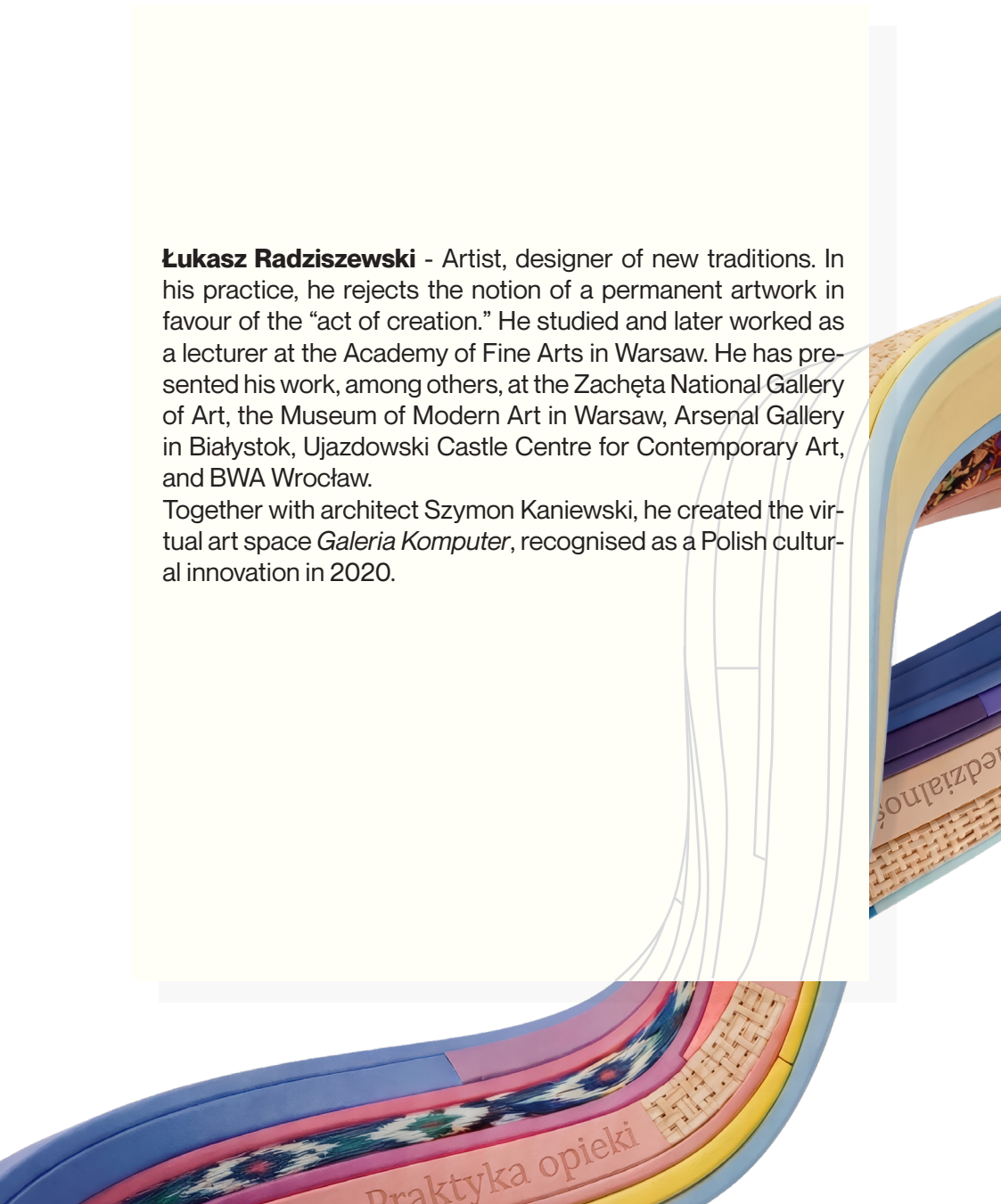
Łukasz
Radziszewski

SEMINAR

Culture Defense

Łukasz Radziszewski - Artist, designer of new traditions. In his practice, he rejects the notion of a permanent artwork in favour of the “act of creation.” He studied and later worked as a lecturer at the Academy of Fine Arts in Warsaw. He has presented his work, among others, at the Zachęta National Gallery of Art, the Museum of Modern Art in Warsaw, Arsenal Gallery in Białystok, Ujazdowski Castle Centre for Contemporary Art, and BWA Wrocław.

Together with architect Szymon Kaniewski, he created the virtual art space *Galeria Komputer*, recognised as a Polish cultural innovation in 2020.



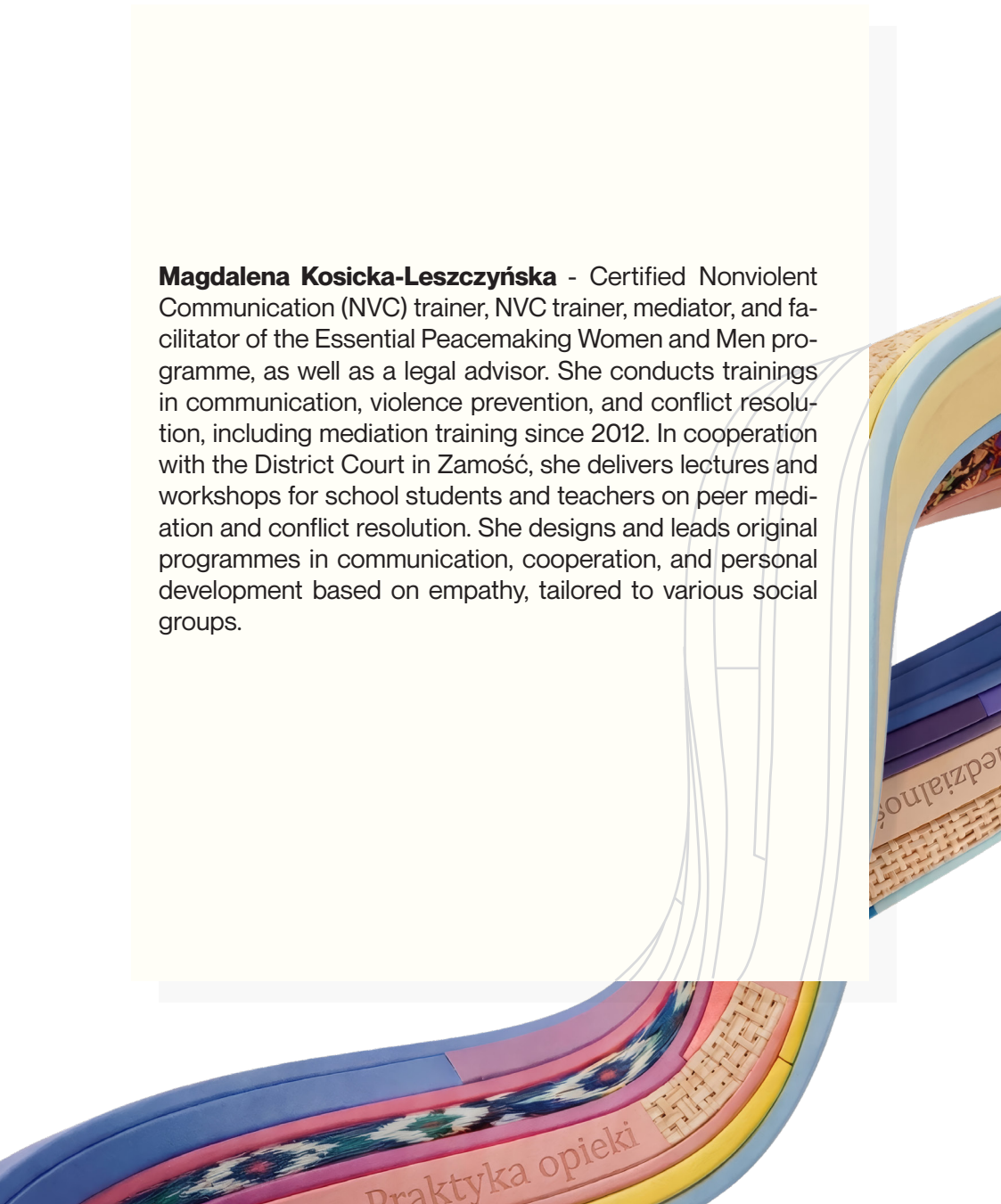


**Magdalena
Kosicka-Leszczyńska**

SEMINAR

Culture Defense

Magdalena Kosicka-Leszczynska - Certified Nonviolent Communication (NVC) trainer, NVC trainer, mediator, and facilitator of the Essential Peacemaking Women and Men programme, as well as a legal advisor. She conducts trainings in communication, violence prevention, and conflict resolution, including mediation training since 2012. In cooperation with the District Court in Zamość, she delivers lectures and workshops for school students and teachers on peer mediation and conflict resolution. She designs and leads original programmes in communication, cooperation, and personal development based on empathy, tailored to various social groups.



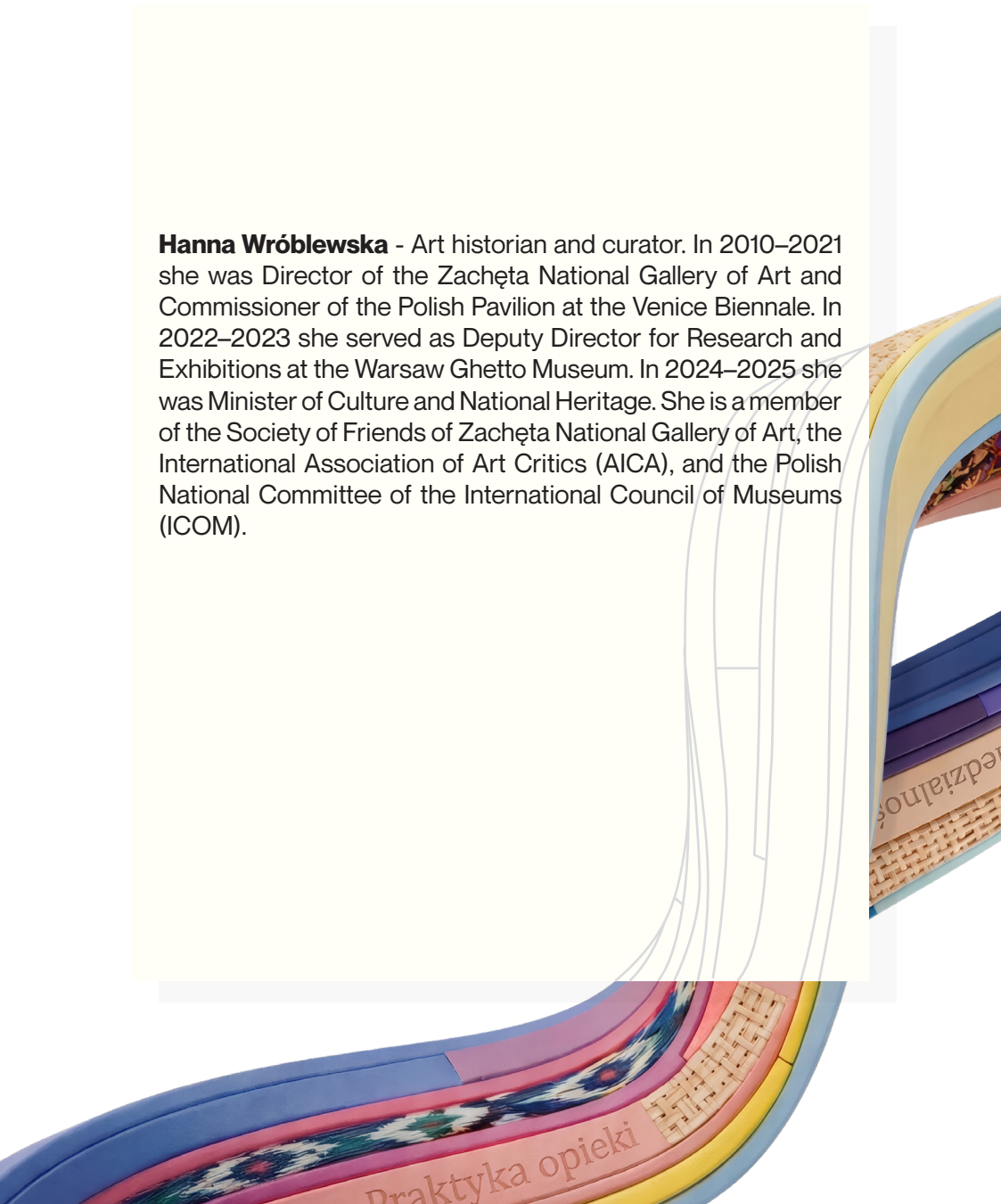


Hanna
Wróblewska

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Culture Defense

Hanna Wróblewska - Art historian and curator. In 2010–2021 she was Director of the Zachęta National Gallery of Art and Commissioner of the Polish Pavilion at the Venice Biennale. In 2022–2023 she served as Deputy Director for Research and Exhibitions at the Warsaw Ghetto Museum. In 2024–2025 she was Minister of Culture and National Heritage. She is a member of the Society of Friends of Zachęta National Gallery of Art, the International Association of Art Critics (AICA), and the Polish National Committee of the International Council of Museums (ICOM).



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Angeliki
Lampiri

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Angeliki Lampiri - economist specialized in the design, implementation, and evaluation of international projects, with a focus on culture, capacity building, networking, and social innovation. She served as Director of Strategic Planning & Operations at the World Human Forum until January 2026. She was Director of Cultural Training for 2023 Eleusis European Capital of Culture (2018–2024), after joining the Eleusis team during the ECoC bid process in 2016. She managed a wide portfolio of 2023 Eleusis projects aimed at empowering local communities and cultural operators, organizing international conferences and networking meetings, contemporary dance performances, and developing international relations. She was a board member of the Culture Next Network (2022–2024) and currently serves as Conference Coordinator of the network. She is the founder of Cultural Transit, an organization dedicated to cultural strategy, international collaboration, with a focus on bottom-up and cross-sectoral approaches.

Praktyka opieki

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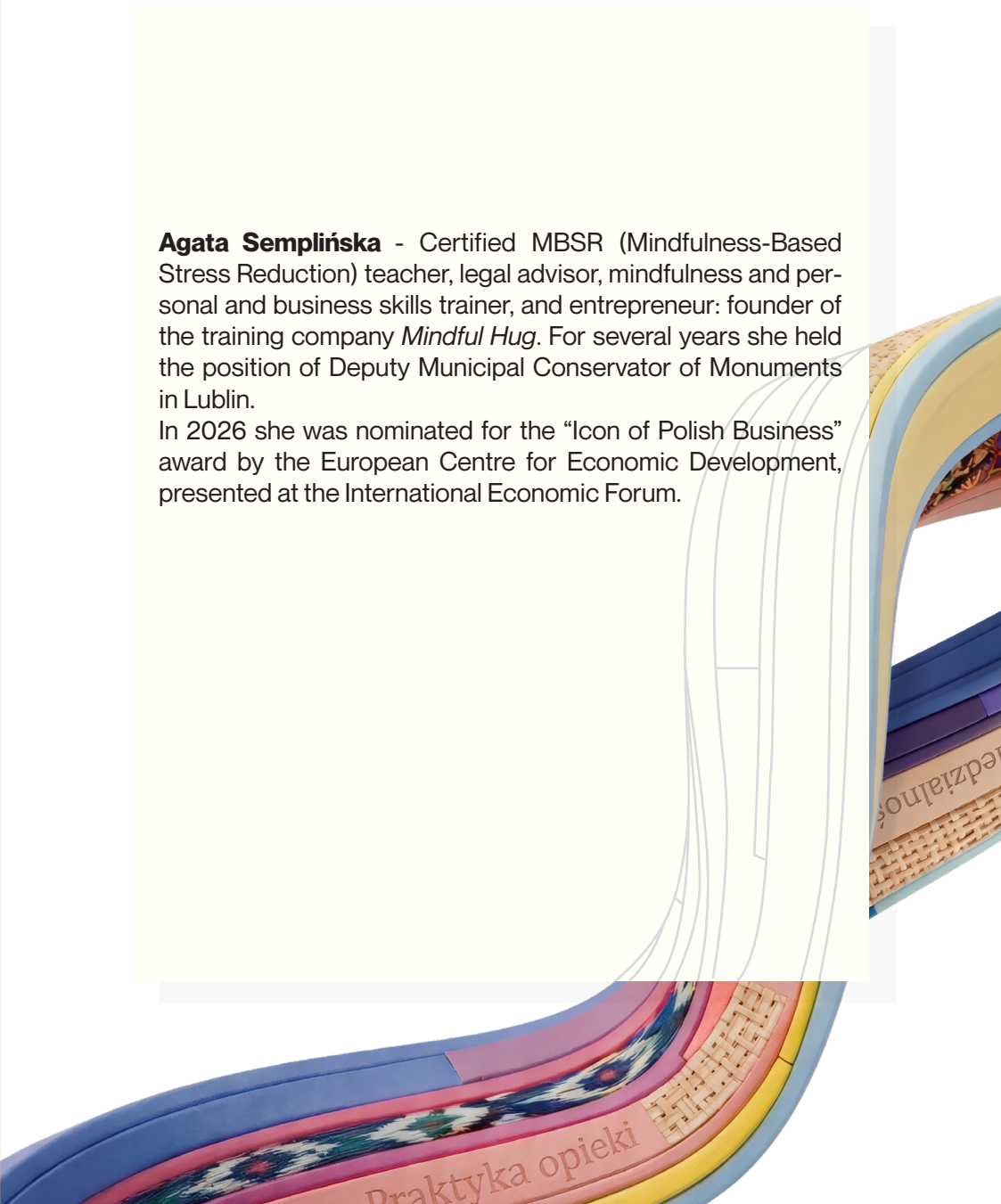
**Agata
Semplińska**

SEMINAR

Culture Defense

Agata Semplińska - Certified MBSR (Mindfulness-Based Stress Reduction) teacher, legal advisor, mindfulness and personal and business skills trainer, and entrepreneur: founder of the training company *Mindful Hug*. For several years she held the position of Deputy Municipal Conservator of Monuments in Lublin.

In 2026 she was nominated for the “Icon of Polish Business” award by the European Centre for Economic Development, presented at the International Economic Forum.



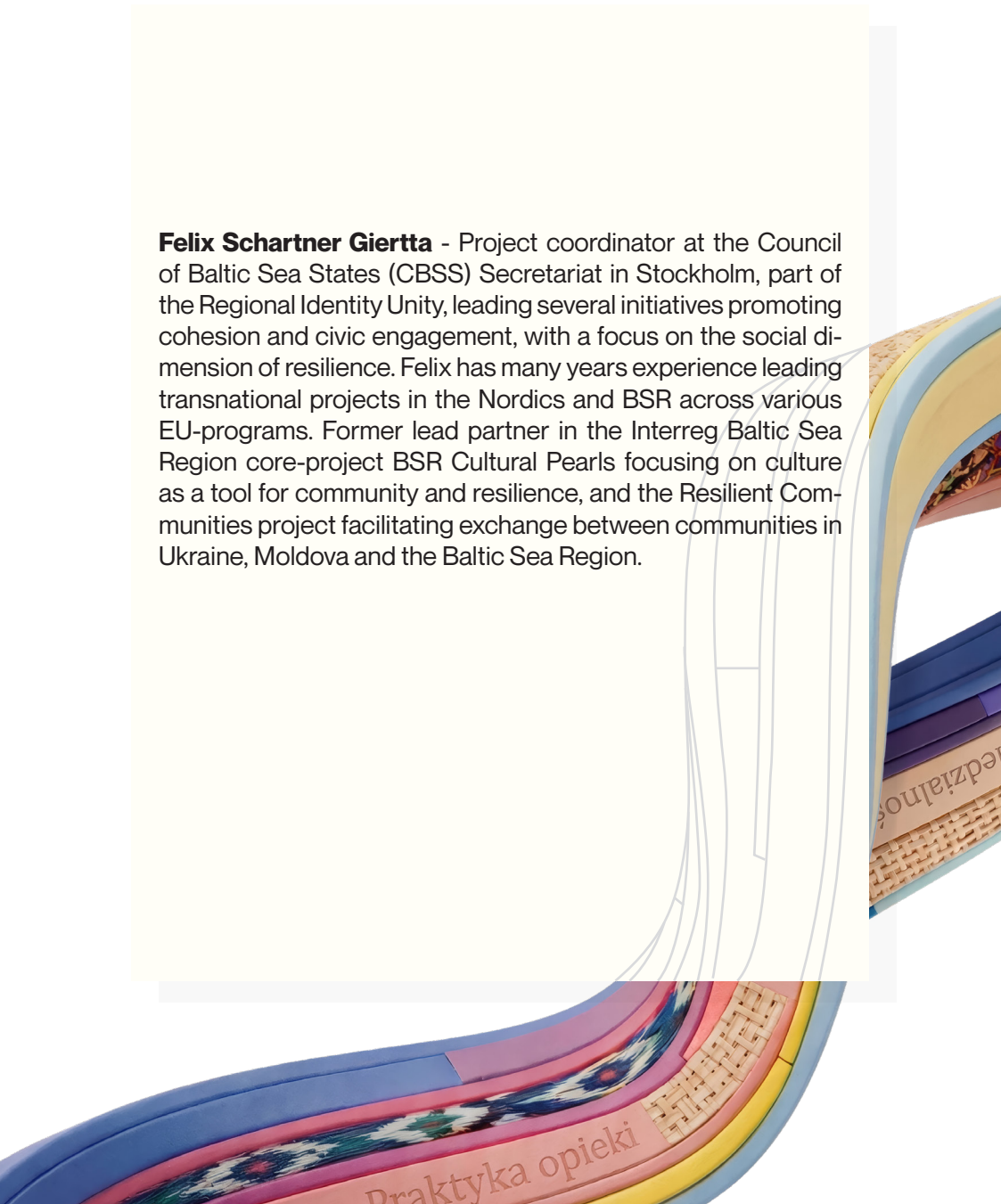


**Felix
Schartner
Giertta**

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Felix Schartner Giertta - Project coordinator at the Council of Baltic Sea States (CBSS) Secretariat in Stockholm, part of the Regional Identity Unity, leading several initiatives promoting cohesion and civic engagement, with a focus on the social dimension of resilience. Felix has many years experience leading transnational projects in the Nordics and BSR across various EU-programs. Former lead partner in the Interreg Baltic Sea Region core-project BSR Cultural Pearls focusing on culture as a tool for community and resilience, and the Resilient Communities project facilitating exchange between communities in Ukraine, Moldova and the Baltic Sea Region.





**Aga
Kozak**

SEMINAR

Culture Defense

Aga Kozak - Journalist, cultural studies scholar, and personal development trainer who has long combined the worlds of culture, media, and business. She has published in outlets such as *Gazeta Wyborcza*, *Pismo* magazine, and *Znak*, focusing on culture, psychology, and social transformation. As a trainer and facilitator, she works with leaders, creators, and teams in organizations such as KGHM, PepsiCo, and Orange, supporting them in developing future skills, well-being, and conscious leadership. She designs and leads original workshops and talks at the intersection of culture, psychology, and business.

Praktyka opieki

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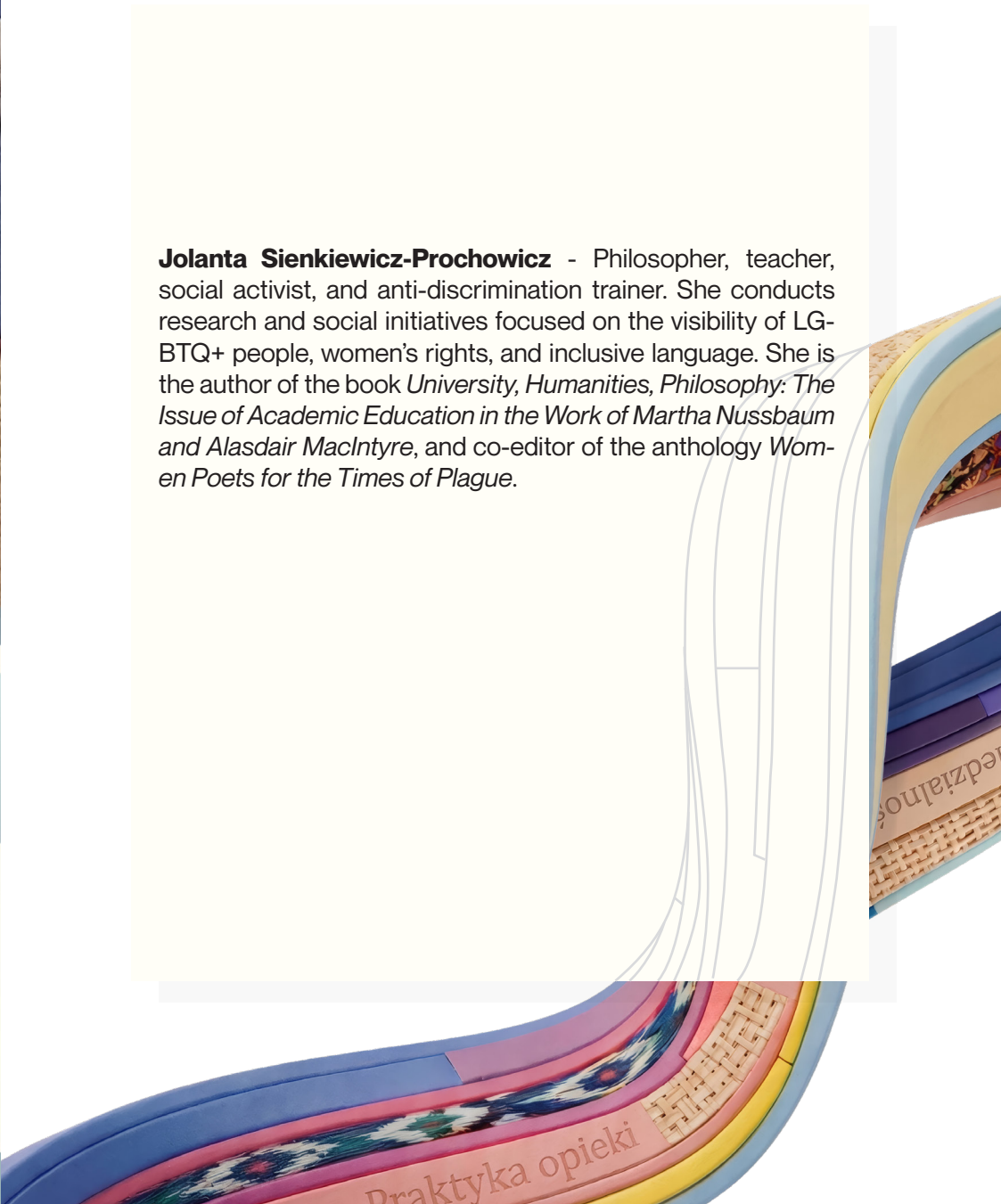


**Jolanta
Sienkiewicz
Prochowicz**

SEMINAR

Culture Defense

Jolanta Sienkiewicz-Prochowicz - Philosopher, teacher, social activist, and anti-discrimination trainer. She conducts research and social initiatives focused on the visibility of LG-BTQ+ people, women's rights, and inclusive language. She is the author of the book *University, Humanities, Philosophy: The Issue of Academic Education in the Work of Martha Nussbaum and Alasdair MacIntyre*, and co-editor of the anthology *Women Poets for the Times of Plague*.



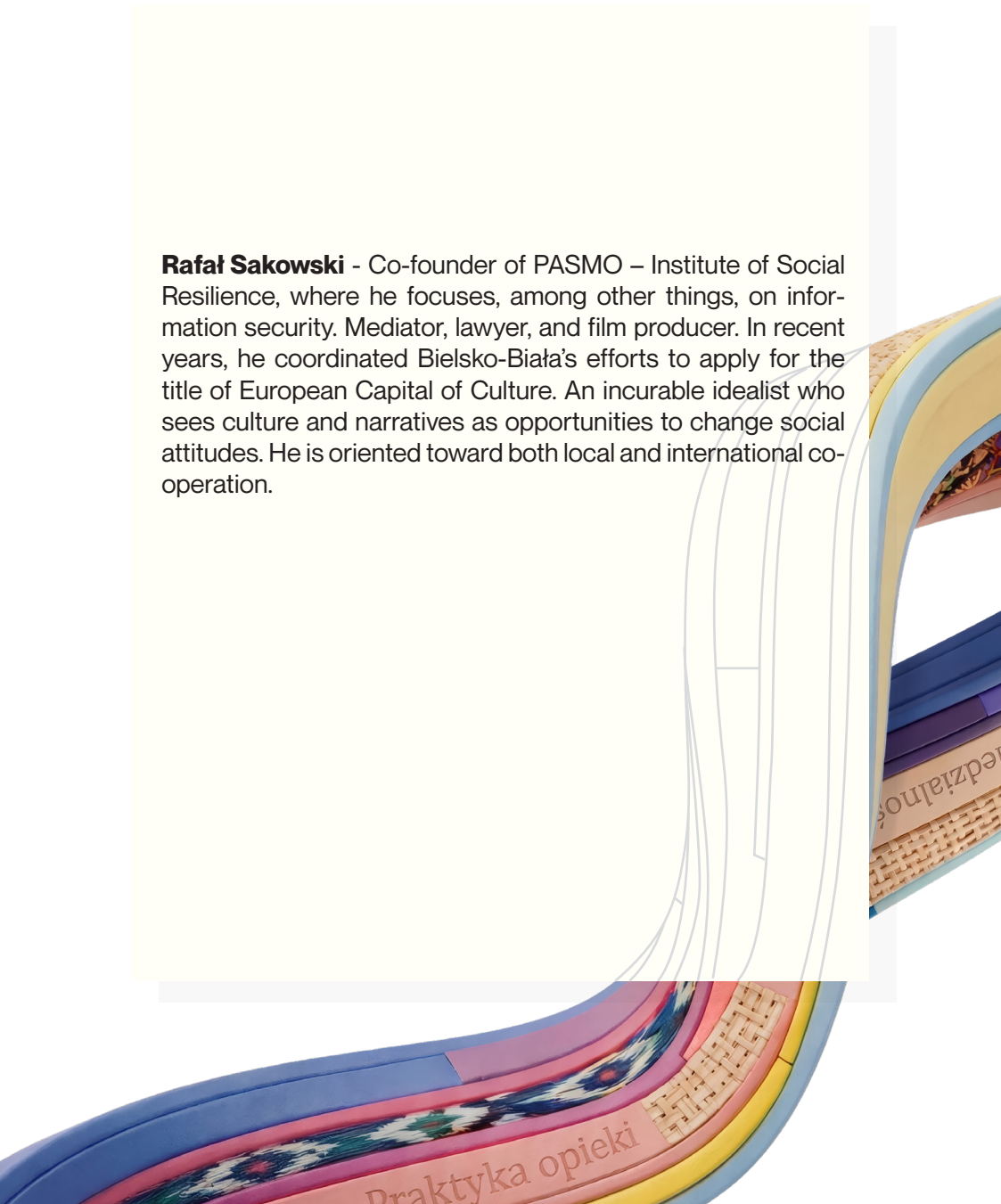


Rafał
Sakowski

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Culture Defense

Rafał Sakowski - Co-founder of PASMO – Institute of Social Resilience, where he focuses, among other things, on information security. Mediator, lawyer, and film producer. In recent years, he coordinated Bielsko-Biala's efforts to apply for the title of European Capital of Culture. An incurable idealist who sees culture and narratives as opportunities to change social attitudes. He is oriented toward both local and international co-operation.





**Karolina
Pluta**



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Culture Defense

Karolina Pluta - Trainer, expert in supporting cultural professionals, and performer. She leads workshops and creative processes, supporting teams in cultural institutions and NGOs in preventing burnout, and facilitates mediation processes as well as individual and group supervision. She is a co-founder of the Association of Theatre Pedagogues and the Culture Shock Foundation. In her free time, she develops her comedic skills through improvisation workshops.

A portrait of Margaret Ohia-Nowak, a woman with voluminous curly brown hair, wearing a light pink blazer over a white turtleneck. She is smiling slightly and looking towards the camera. The background features a large, circular, multi-colored decorative element with patterns in blue, white, red, green, and yellow. A dark purple banner with white text is overlaid at the bottom of the image.

**Margaret
Ohia-Nowak**

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Margaret Ohia-Nowak – Professor at the Institute of Social Communication and Media Sciences at Maria Curie-Skłodowska University in Lublin. Media scholar, linguist, and cultural studies researcher. Author of the book *Anti-Black Racism. Language – Discourse – Communication* (2025) and other academic and popular science publications on racism, interculturality, and anti-discrimination. She is currently the principal investigator of a National Science Centre (NCN) grant titled *Multimodal Racializing Discourses in Polish Large Language Models*. Fulbright alumna at the University of California, Berkeley. Lecturer in Women's and Gender Studies at the University of Łódź and at the Black Europe Summer School in Amsterdam. Recipient of the international Emmy E. Goldman Scientific Award (2025). Graduate of the prestigious Obama Foundation Leaders program. Certified intercultural trainer. For years, she has been engaged in activism for communities of African descent in Poland.

Praktyka opieki

edzialnoś



Marcin Skrzypek

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Marcin Skrzypek - English philologist and cultural animator. Since 1992 he has been playing, singing, and performing in the folk group Orkiestra św. Mikołaja. Since 1998 he has been working at the Grodzka Gate – NN Theatre Centre, where he focuses on the culture of space as well as internship and training programmes. He is a co-author of numerous urban strategic documents. He collaborates with ProjektPulsar.pl and the weekly magazine *Polityka*.





Współwzrost

**Agnieszka
Wojciechowska**

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Culture Defense

Agnieszka Wojciechowska - Cultural manager, curator of local and international art projects, and festival producer with nearly twenty years of experience. She is currently affiliated with Warsztaty Kultury in Lublin, where she serves as Head of Programming of the institution and Programme Director of the “East of Culture – Different Sounds” festival. She is the author and coordinator of numerous educational programmes aimed at cultural professionals, the creative industries, and the music sector. Within the Keychange network, she supports women in the music industry. She is a member of the team preparing Lublin’s bid for the title of European Capital of Culture 2029, Chair of the Consortium – Union of Lublin Cultural Operators, and Chair of the Advisory Board of the European Capital of Culture Lublin 2029.

Praktyka opieki

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**Anna
Dąbrowska**

SEMINAR

Culture Defense

Anna Dąbrowska - She is a graduate of the Human Rights School of the Helsinki Foundation for Human Rights and the Institute of Legal Sciences of the Polish Academy of Sciences. Alumna of the U.S. Department of State International Visitor Leadership Program (IVLP 2024). From 2009 to 2017, she coordinated the “Welcome to Lublin” programme, whose main aim was to test integration tools at the city level. Since 2021, she has served as Chair of the Civic Dialogue Committee for migrant integration in Lublin. She leads the process of developing the city’s integration policy. She is the author of, among others, *Outline of Local Integration Policies (2022)* and *Entering the City. How to Build a Coordination Mechanism for Integration Services at the Municipal Level (2026)*. Since 2023, she has co-managed Baobab, a community centre and integration space for both new and long-term residents of Lublin. She is a recipient of the Janina Paradowska and Jerzy Zimowski Foundation Award (2018), the Andrzej Wajda Award (2022), and the Solidarity and Human Rights Badge of the European Solidarity Centre (2025).

Praktyka opieki

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**Bogna
Świątkowska**

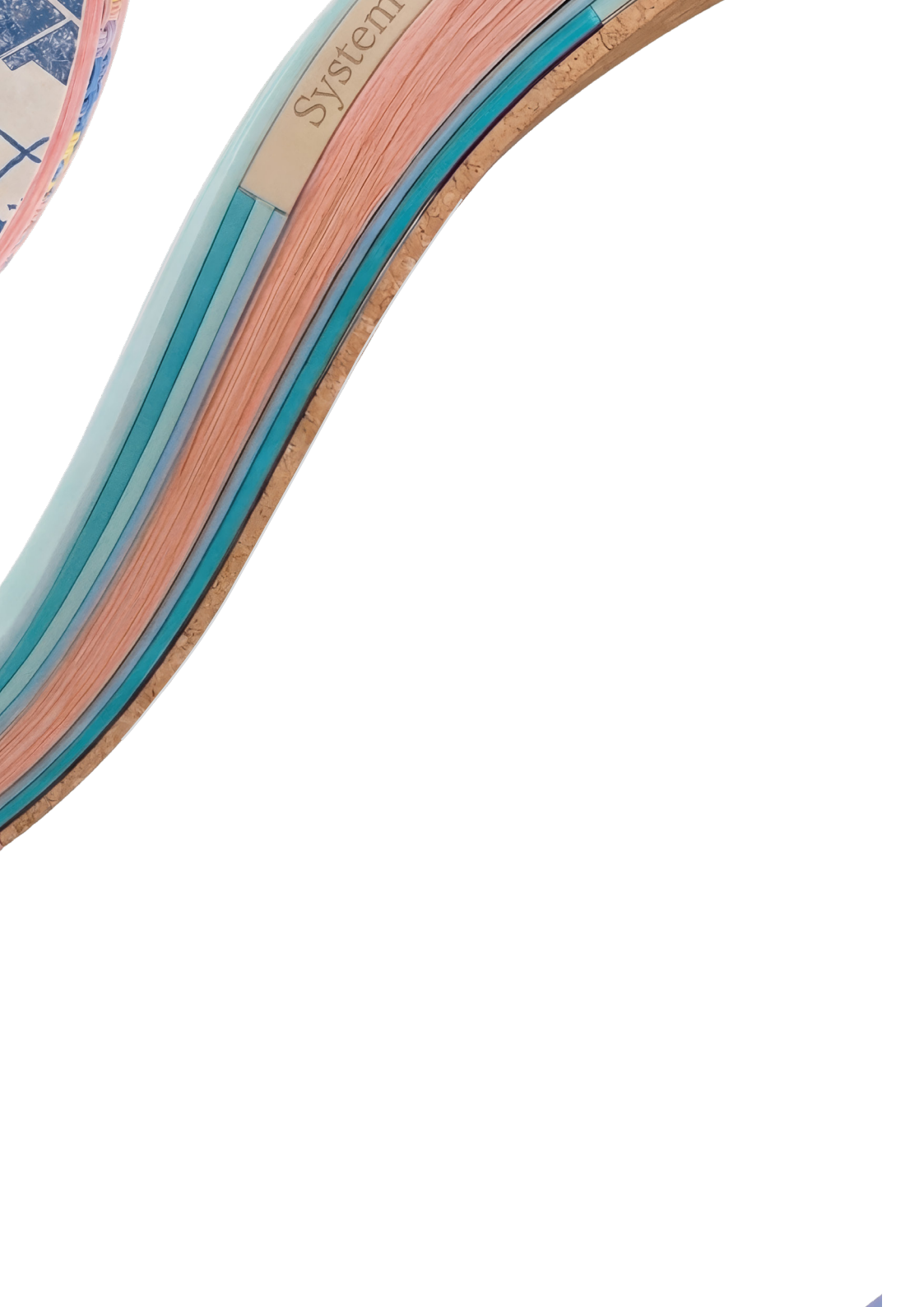
SEMINAR

Culture Defense

Bogna Świątkowska – originator, founder, and president of the management board of the Bęc Zmiana Foundation, with which she has realized dozens of projects devoted to public space, architecture, and design, including research on the potential of urban social space. Initiator and editor-in-chief of the contemporary culture magazine Notes on 6 Weeks. Previously editor-in-chief of Machina (1998–2001), the first Polish pop-culture monthly. Author of numerous articles, interviews, radio and television programmes devoted to contemporary popular culture. Scholarship holder of the Polish Minister of Culture and National Heritage (2014). Member of the Social Council for Culture to the Mayor of Warsaw (2012–2015), the Architecture and Public Space Council of Warsaw (2015–2018), and the Expert Team for Local Culture at the National Centre for Culture (2015–2017). She has served on programme councils of cultural and artistic institutions, including TRAF0 Trafostacja Sztuki in Szczecin, Rondo Sztuki Gallery of the Academy of Fine Arts in Katowice, and Galeria EL Centre for Art in Elbląg. She is also a member of the Public Programme Advisory Board at the Museum of Modern Art in Warsaw and a member of the Council of the Academy of Fine Arts in Katowice. Graduate of Management and Leadership studies at SWPS University in Warsaw. Mentor in the Mentors4Starters programme. In 2025 she received the “Meritorious for Polish Culture” honorary badge awarded by the Minister of Culture and National Heritage, as well as the “Bene Merentibus” medal from the Association of Polish Architects for her contributions to Polish architecture.

Praktyka opieki

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System

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Workshops

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THURSDAY | 23 April 2026

Prof. Krzysztof Stachyra (UMCS) – Music in action – areas of experience, exploration and regulation **room 331**

Anna Długolecka – They say it can't be done. And yet: how to transform a cultural institution from within – into a better workplace **room 332**

Konrad Kurowski – Starting from care **room 423**

Łukasz Radziszewski – A jar of sourdough as a survival tool **room 424**

Iza Gawęcka – Finding understanding. On effective communication in an intercultural environment **room 406**

Magdalena Kosicka – From frustration to connection – how to conduct dialogue in conflict **room 402**

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FRIDAY | 24 April 2026

Marysia Stokłosa – Movement towards the future **room 423**

Karolina Pluta – Working in culture without burnout?
Workshops for the cultural sector **room 426**

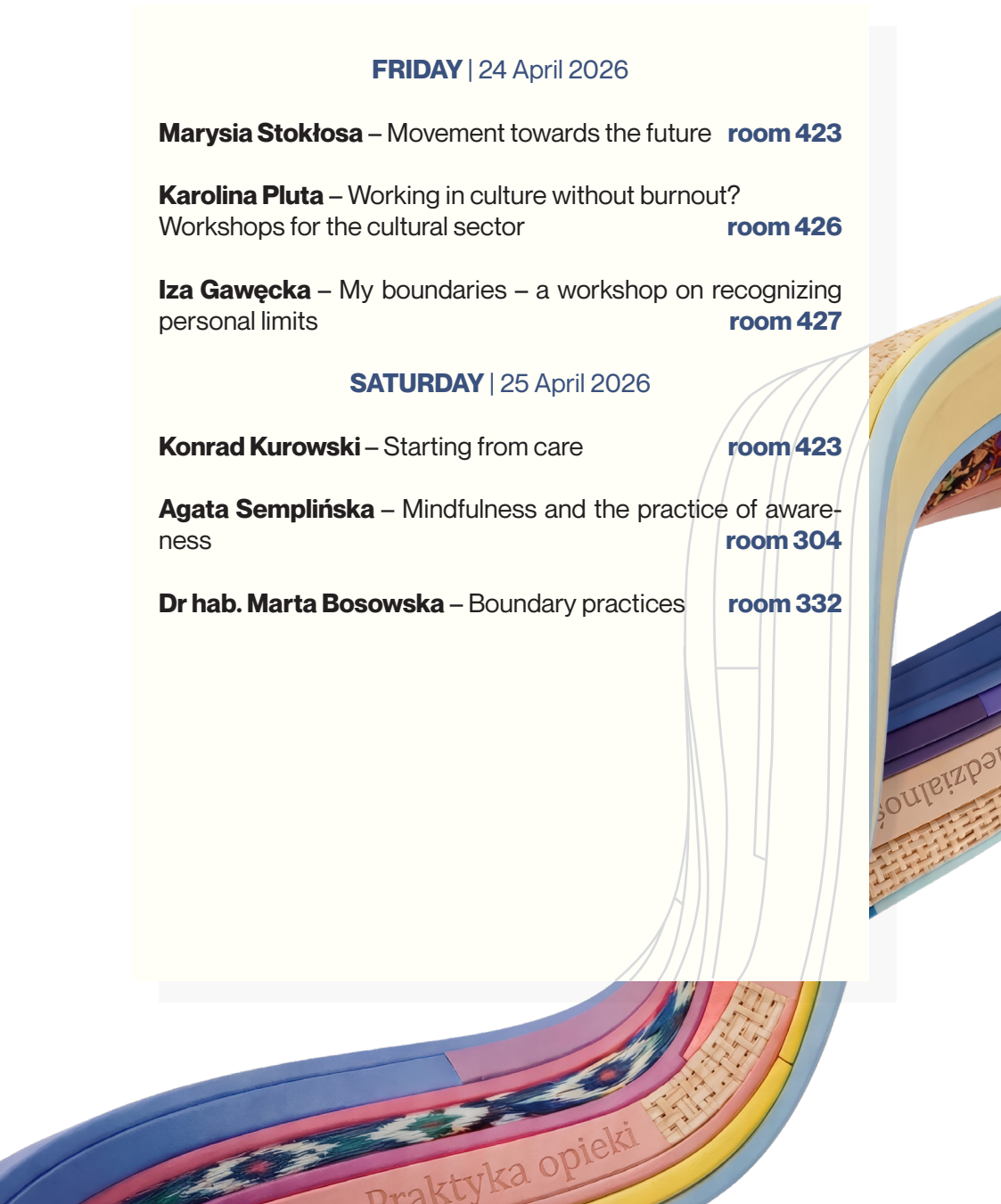
Iza Gawęcka – My boundaries – a workshop on recognizing
personal limits **room 427**

SATURDAY | 25 April 2026

Konrad Kurowski – Starting from care **room 423**

Agata Semplińska – Mindfulness and the practice of aware-
ness **room 304**

Dr hab. Marta Bosowska – Boundary practices **room 332**





THURSDAY | 23 April 2026

15:00–17:30 Prof. Krzysztof Stachyra (UMCS) | *Music in action – areas of experience, exploration and regulation*

The potential of using music to achieve a wide range of goals, including therapeutic and supportive purposes, is vast. During the workshop, we will explore selected aspects of listening to music and making music as a space for experience and well-being.

NOTE: no musical skills are required to participate.

15:00–17:30 Anna Długołęcka | *“They say it can’t be done. And yet: how to transform a cultural institution from within – into a better workplace”*

Working in culture can be a dream, a passion – even a form of love – but it can also be a major challenge. Small teams, multi-tasking, limited budgets, and the expectations of funders, audiences, residents, and partners are only some of the difficulties faced by people working in the sector.

How can we ensure that an organisation (NGO, institution, cultural centre) is not just a workplace, but a space where people feel valued, have a sense of agency, want to develop, and come to work... without a knot in their stomach?

During this 2.5-hour dynamic workshop we will:

define the factors that contribute to a good workplace

explore what currently works – including inspiring practices from institutions across Poland identify key areas of influence for managers, organisers, and employees, as well as discuss how to deal with what we cannot change co-develop ideas that can transform everyday work in Lublin’s cultural institu-

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tions – from small, quick improvements to long-term solutions. This will not be a theoretical session – we will work in a workshop format so that each participant leaves with a concrete idea for action and a sense that “it is possible” to build a better workplace, even in a small team and with limited resources.

The workshop is aimed at people who want to actively engage in change and collectively search for ways to improve atmosphere, motivation, and work organisation.

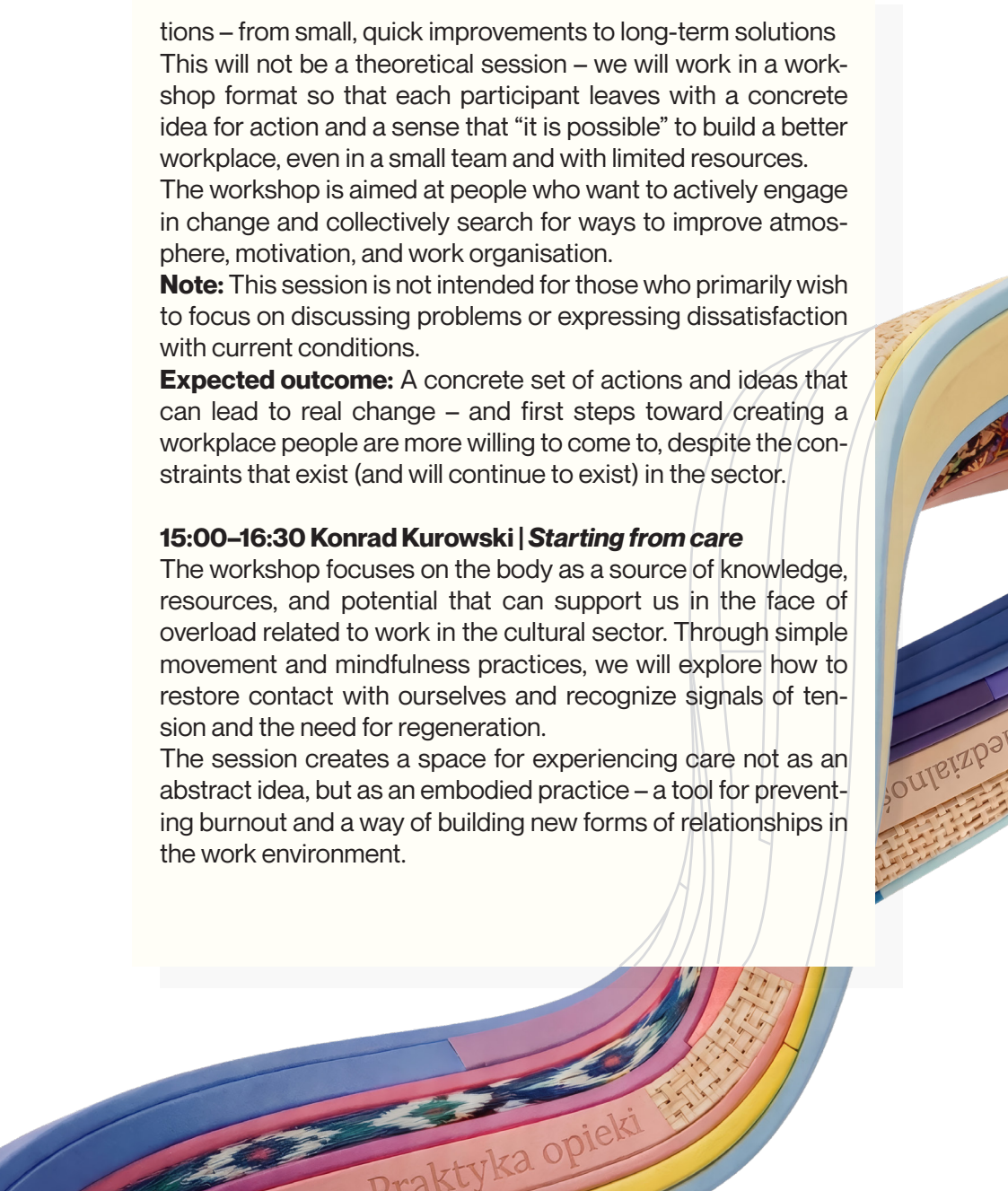
Note: This session is not intended for those who primarily wish to focus on discussing problems or expressing dissatisfaction with current conditions.

Expected outcome: A concrete set of actions and ideas that can lead to real change – and first steps toward creating a workplace people are more willing to come to, despite the constraints that exist (and will continue to exist) in the sector.

15:00–16:30 Konrad Kurowski | *Starting from care*

The workshop focuses on the body as a source of knowledge, resources, and potential that can support us in the face of overload related to work in the cultural sector. Through simple movement and mindfulness practices, we will explore how to restore contact with ourselves and recognize signals of tension and the need for regeneration.

The session creates a space for experiencing care not as an abstract idea, but as an embodied practice – a tool for preventing burnout and a way of building new forms of relationships in the work environment.





15:00–18:00 Łukasz Radziszewski | *A jar of sourdough as a survival tool*

In *Fallout 2*, a legendary computer game from the turn of the millennium, the main goal was to find a fictional technological wonder: the G.E.C.K. – a tool capable of transforming post-apocalyptic, scorched wastelands into habitable land. Hence its full literary name: *Garden of Eden Creation Kit*, translated in Polish as *Generator Ekosystemu Cudownej Krainy*.

The functioning of the device was never explained; it always appeared as a small, portable suitcase. Its interior may not have contained technology at all, only the promise of it – a promise widely believed in. The G.E.C.K. was understood as a survival tool, a foundation for life and for starting anew.

This becomes an ideal metaphor for sourdough starter – a “starter culture.” The raw, grey dough in a jar is a fragment of my personal reality: a family home and adjoining farm, whose primary purpose was self-sufficiency, resilience, and the ability to improvise. The history of this sourdough is connected to several generations of rural women who have passed it down for at least eighty years. It is tied to rituals and a unique gift economy – the starter must be given as a gift, functioning as a basic tool of neighbourly diplomacy, similar to helping build a house or sharing food in times of scarcity.

I have recognised sourdough as a contemporary creative tool with wide symbolic and practical significance. Bread is a foundation of human existence and one of the most powerful and ancient archetypes, which re-emerges with renewed strength in times of growing uncertainty and broken social ties. In recent years, I have taught bread-making and shared sourdough with several thousand people, collaborating with schools, cultural

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centres, rural women's associations, and cultural institutions. For example, in the coming months I have been invited to run a training programme in Warsaw commissioned by the Museum of Modern Art and the *Warszawa w Budowie* programme.

For whom:

People of all ages. Maximum group size: 25 participants.

Workshop format:

dynamic, hands-on workshop

combines seated and standing work during dough preparation
each participant receives their own pair of gloves for kneading dough

Accessibility:

the workshop is accessible for blind and visually impaired participants

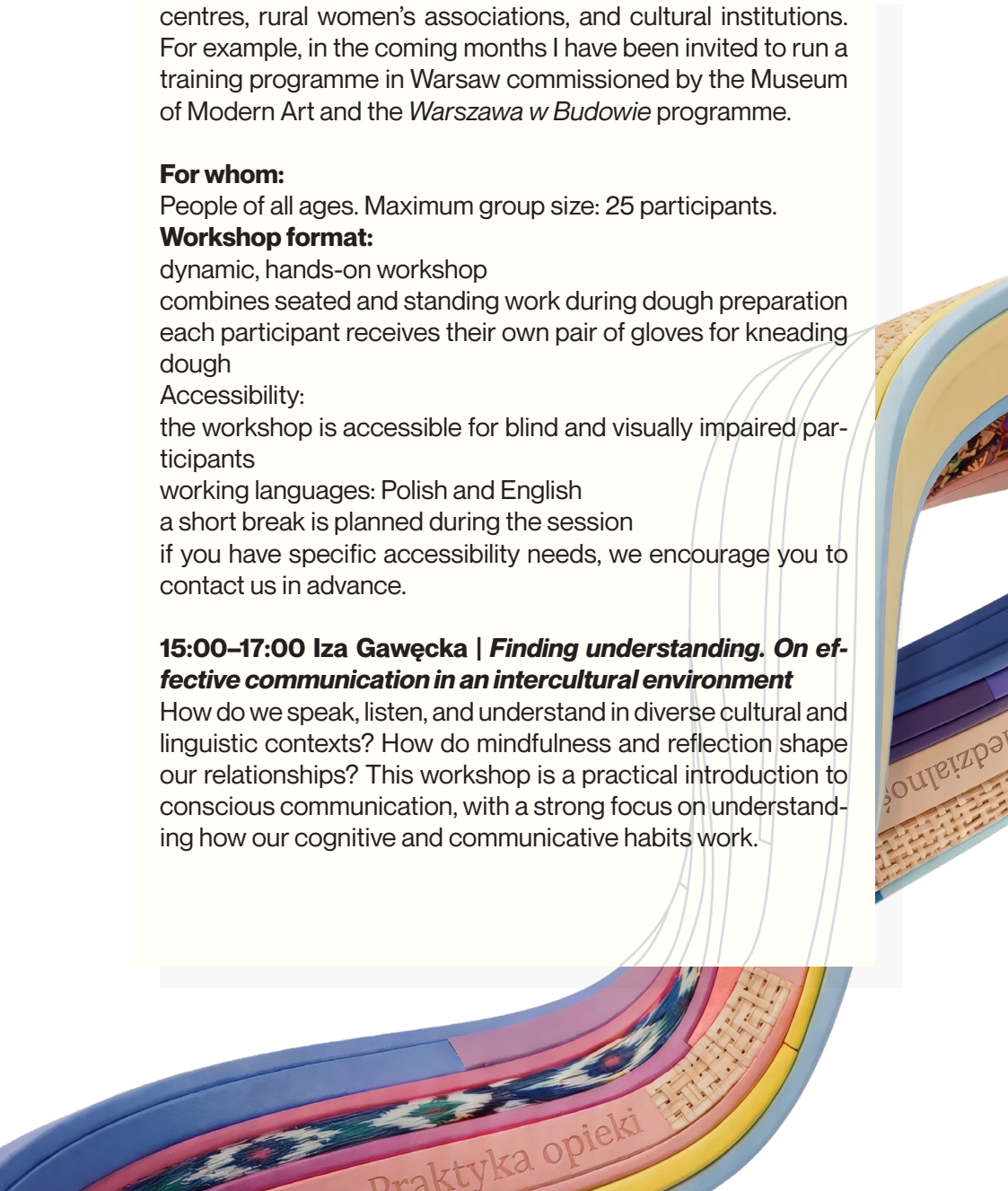
working languages: Polish and English

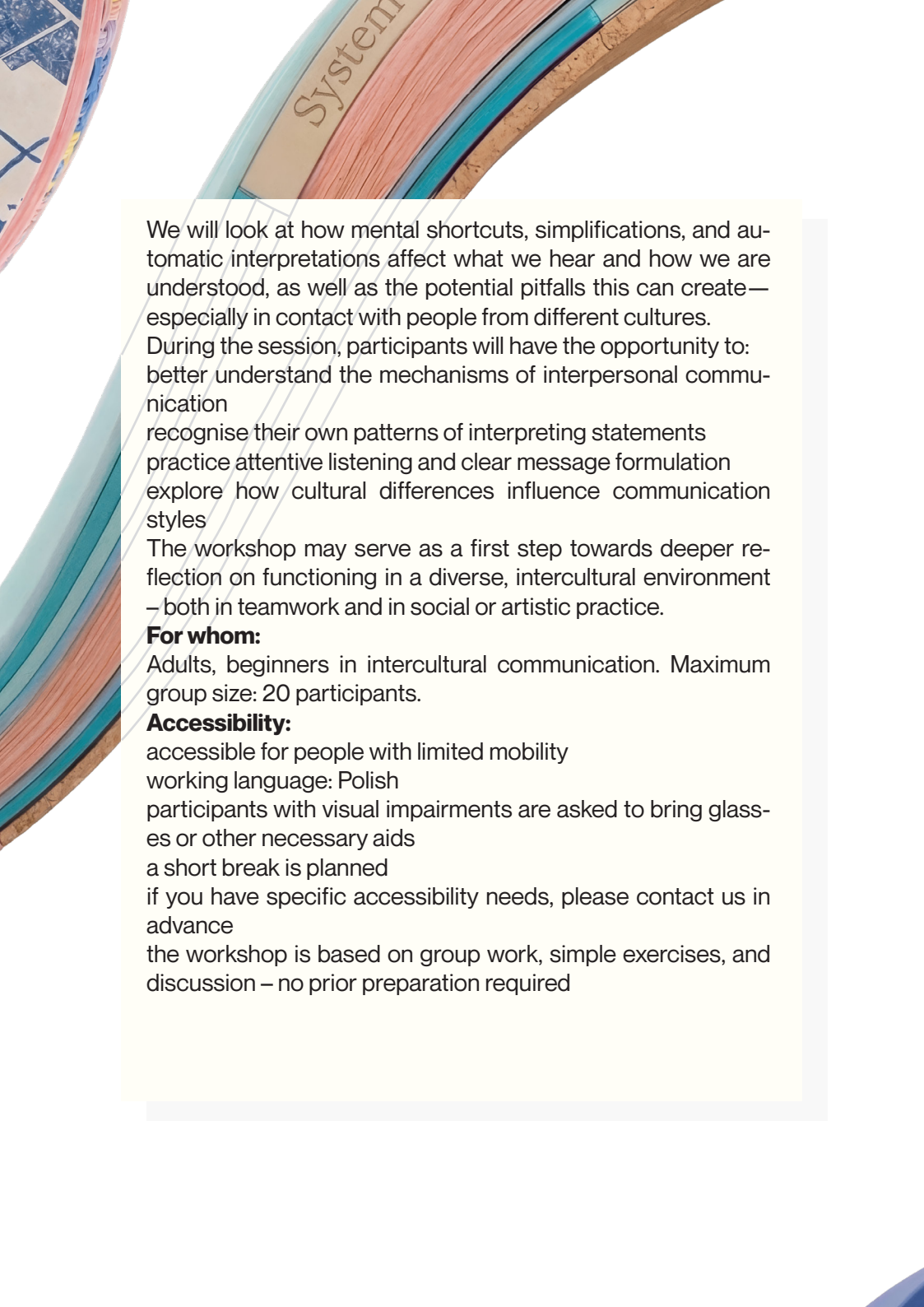
a short break is planned during the session

if you have specific accessibility needs, we encourage you to contact us in advance.

15:00–17:00 Iza Gawęcka | *Finding understanding. On effective communication in an intercultural environment*

How do we speak, listen, and understand in diverse cultural and linguistic contexts? How do mindfulness and reflection shape our relationships? This workshop is a practical introduction to conscious communication, with a strong focus on understanding how our cognitive and communicative habits work.





We will look at how mental shortcuts, simplifications, and automatic interpretations affect what we hear and how we are understood, as well as the potential pitfalls this can create—especially in contact with people from different cultures.

During the session, participants will have the opportunity to:
better understand the mechanisms of interpersonal communication

recognise their own patterns of interpreting statements

practice attentive listening and clear message formulation

explore how cultural differences influence communication styles

The workshop may serve as a first step towards deeper reflection on functioning in a diverse, intercultural environment – both in teamwork and in social or artistic practice.

For whom:

Adults, beginners in intercultural communication. Maximum group size: 20 participants.

Accessibility:

accessible for people with limited mobility

working language: Polish

participants with visual impairments are asked to bring glasses or other necessary aids

a short break is planned

if you have specific accessibility needs, please contact us in advance

the workshop is based on group work, simple exercises, and discussion – no prior preparation required

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15:00–18:00 Magdalena Kosicka – *From frustration to connection – how to conduct dialogue in conflict*
NVC workshop

We want to pursue what matters to us. We would like to grow with joy and ease. Yet when we meet other people, challenges may arise – a clash of perspectives, beliefs, or goals. Instead of cooperation, flow, and mutual support within a team, frustration and discouragement may appear.

Can it be different?

During the workshop we will explore how to:
engage in dialogue in a way that supports understanding and cooperation

see others in a way that opens contact and understanding

take care of our own emotions

respond constructively to the emotions of others

set and maintain boundaries while considering other people

For whom:

Adults, maximum group size: 20 participants.

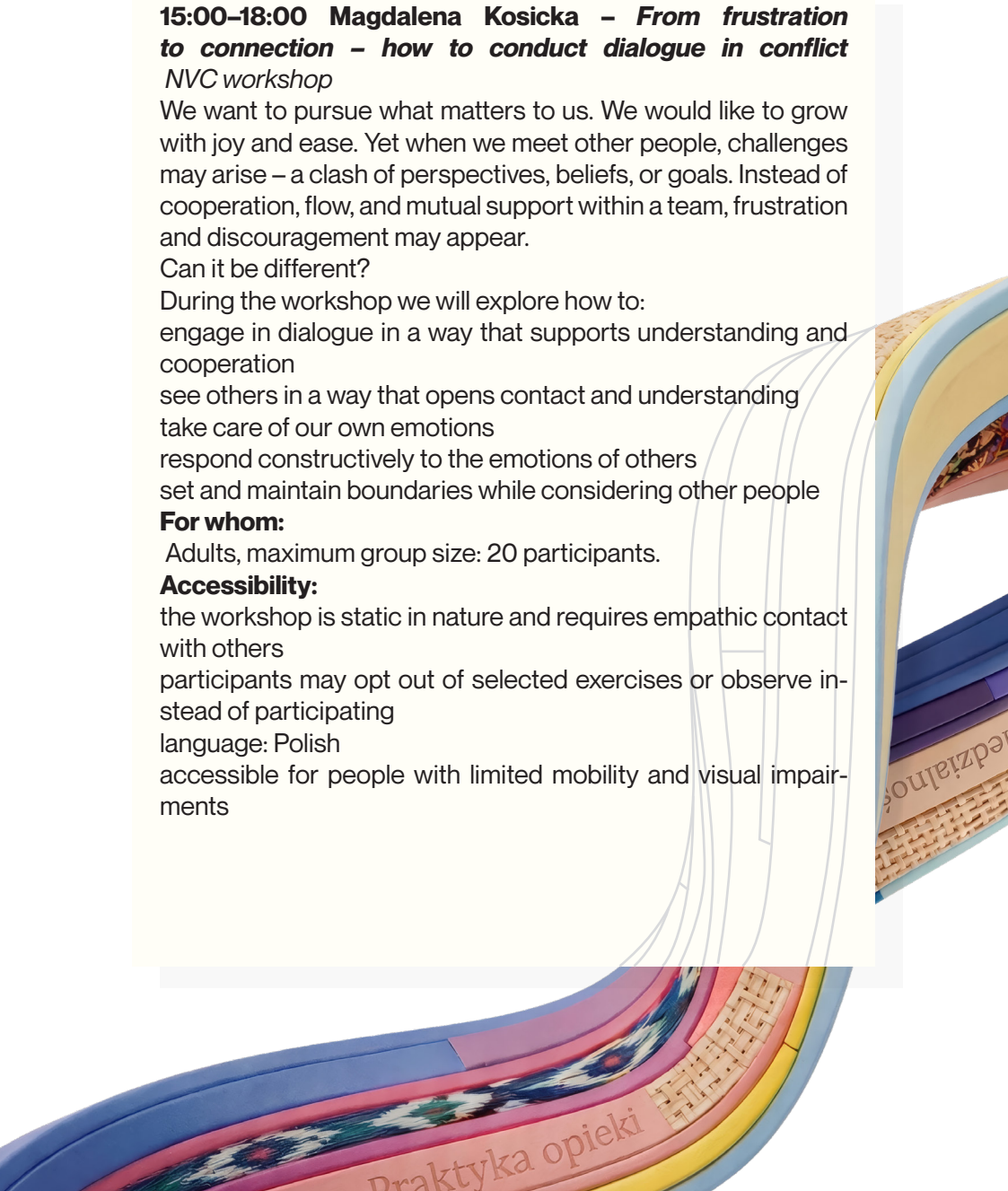
Accessibility:

the workshop is static in nature and requires empathic contact with others

participants may opt out of selected exercises or observe instead of participating

language: Polish

accessible for people with limited mobility and visual impairments





**19:30–20:15 Centre for Culture in Lublin / Rima Sadurska
/ *Sound Bath***

A sound bath is an immersive acoustic experience based on the vibrations of singing bowls, gongs, and ethnic instruments. The artist combines the sounds of therapeutic instruments with voice and an original guided meditative process.

She creates a gentle space for cultivating sensitivity and emotional cleansing, using sound as a tool for working with the nervous system. The event has a calming and regulating character – guiding participants toward deeper contact with body and psyche. Sound becomes a medium that allows for the release of tension, regeneration, and a gentle entry into subconscious experience.

The concert takes place in a lying position. Mats, blankets, and pillows will be available on site. For comfort, participants are also encouraged to bring their own.

FRIDAY | 24 April 2026

15:00–18:00 | Marysia Stokłosa | *Movement Towards the Future*

Movement Towards the Future is an exploration of the body in motion, during which we learn to perceive ourselves as part of a larger composition. Through dancing, collaborating, and developing artistic skills, we transform – along with the ways in which we participate in the world.

Movement practice directs our attention to the full spectrum of experience: it can be pleasurable and relaxing, but also demanding. It always involves the risk of exposure. By collectively opening up to bodily experience, we confront what is unexpected and unknown.

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Movement Towards the Future is a call to practice courage and curiosity, as well as to develop tolerance towards both ourselves and others.

For whom:

Max. 20 participants.

Accessibility:

The workshop is movement-based and physically active.

Language: Polish.

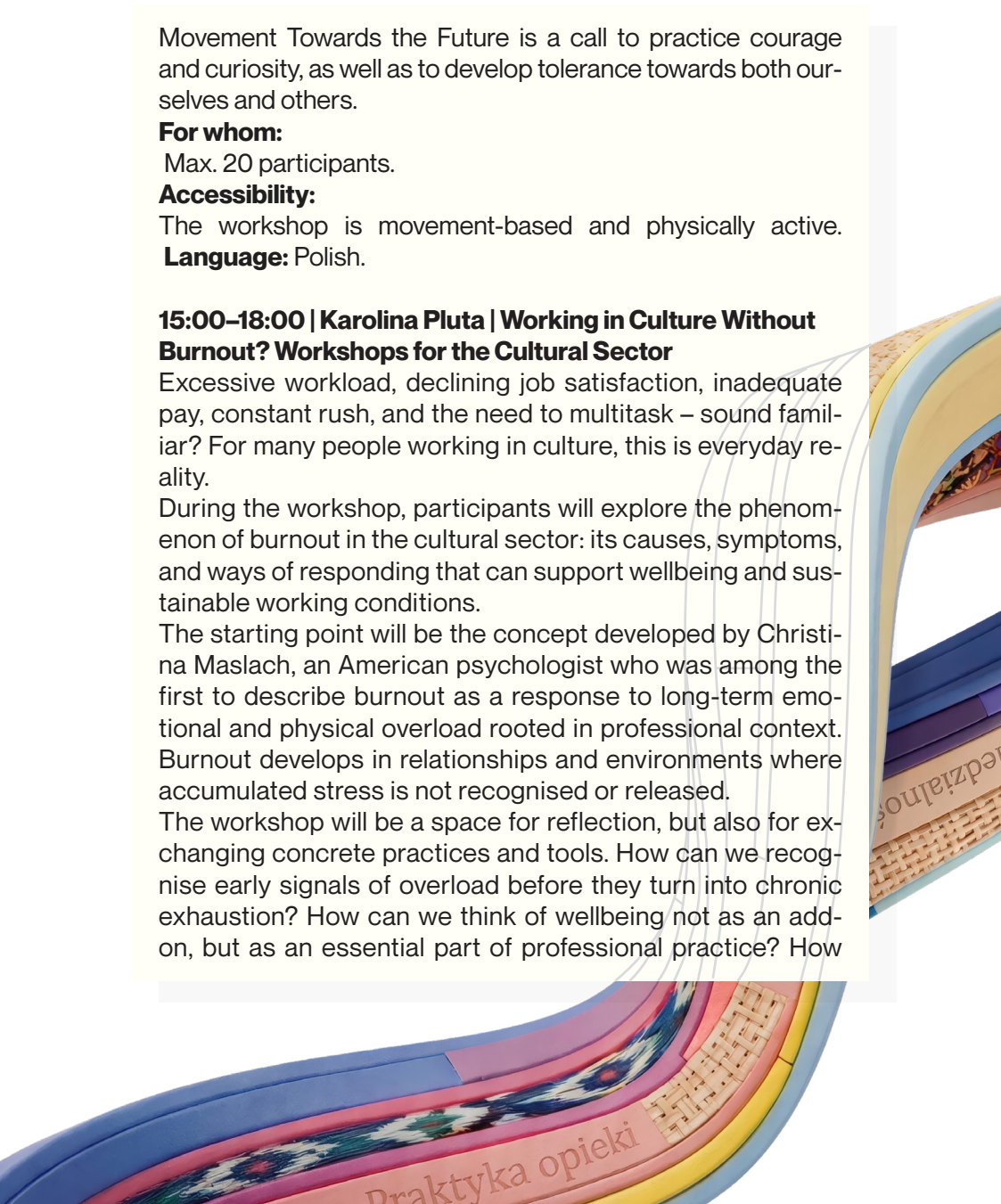
15:00–18:00 | Karolina Pluta | Working in Culture Without Burnout? Workshops for the Cultural Sector

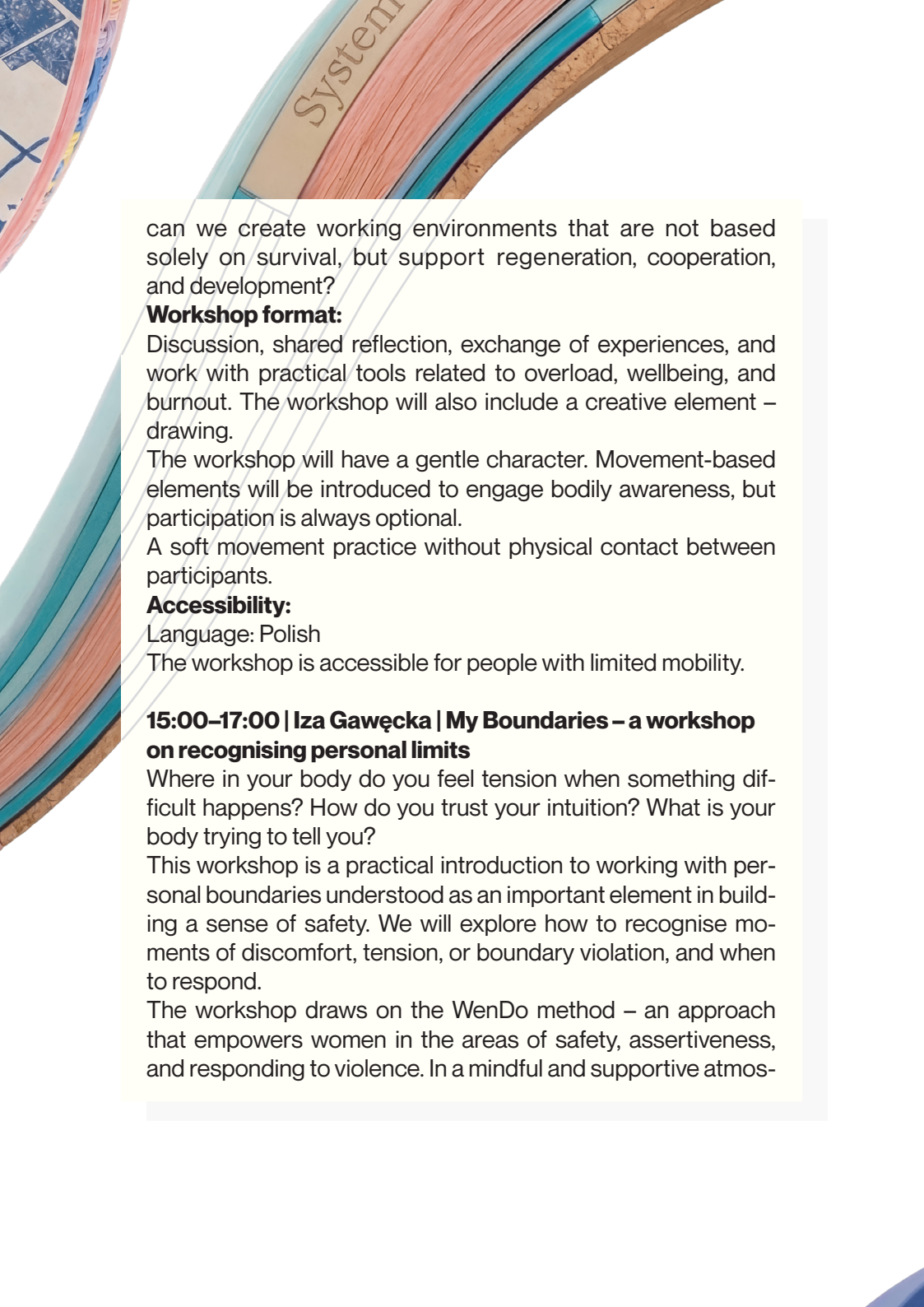
Excessive workload, declining job satisfaction, inadequate pay, constant rush, and the need to multitask – sound familiar? For many people working in culture, this is everyday reality.

During the workshop, participants will explore the phenomenon of burnout in the cultural sector: its causes, symptoms, and ways of responding that can support wellbeing and sustainable working conditions.

The starting point will be the concept developed by Christina Maslach, an American psychologist who was among the first to describe burnout as a response to long-term emotional and physical overload rooted in professional context. Burnout develops in relationships and environments where accumulated stress is not recognised or released.

The workshop will be a space for reflection, but also for exchanging concrete practices and tools. How can we recognise early signals of overload before they turn into chronic exhaustion? How can we think of wellbeing not as an add-on, but as an essential part of professional practice? How





can we create working environments that are not based solely on survival, but support regeneration, cooperation, and development?

Workshop format:

Discussion, shared reflection, exchange of experiences, and work with practical tools related to overload, wellbeing, and burnout. The workshop will also include a creative element – drawing.

The workshop will have a gentle character. Movement-based elements will be introduced to engage bodily awareness, but participation is always optional.

A soft movement practice without physical contact between participants.

Accessibility:

Language: Polish

The workshop is accessible for people with limited mobility.

15:00–17:00 | Iza Gawęcka | My Boundaries – a workshop on recognising personal limits

Where in your body do you feel tension when something difficult happens? How do you trust your intuition? What is your body trying to tell you?

This workshop is a practical introduction to working with personal boundaries understood as an important element in building a sense of safety. We will explore how to recognise moments of discomfort, tension, or boundary violation, and when to respond.

The workshop draws on the WenDo method – an approach that empowers women in the areas of safety, assertiveness, and responding to violence. In a mindful and supportive atmos-

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phere, participants will have the opportunity to develop awareness of bodily signals and practise simple strategies for setting boundaries.

During the session we will:

develop awareness of the body and its reactions in situations of stress and tension,

explore what boundaries are and how to recognise them,

strengthen contact with personal intuition.

The workshop is interactive – alongside conversation and reflection, there will be simple movement exercises and spatial work. All activities are designed so they can be adapted to individual abilities and comfort levels.

For whom:

Adults, both beginners and advanced participants interested in working with boundaries. Max. 20 participants.

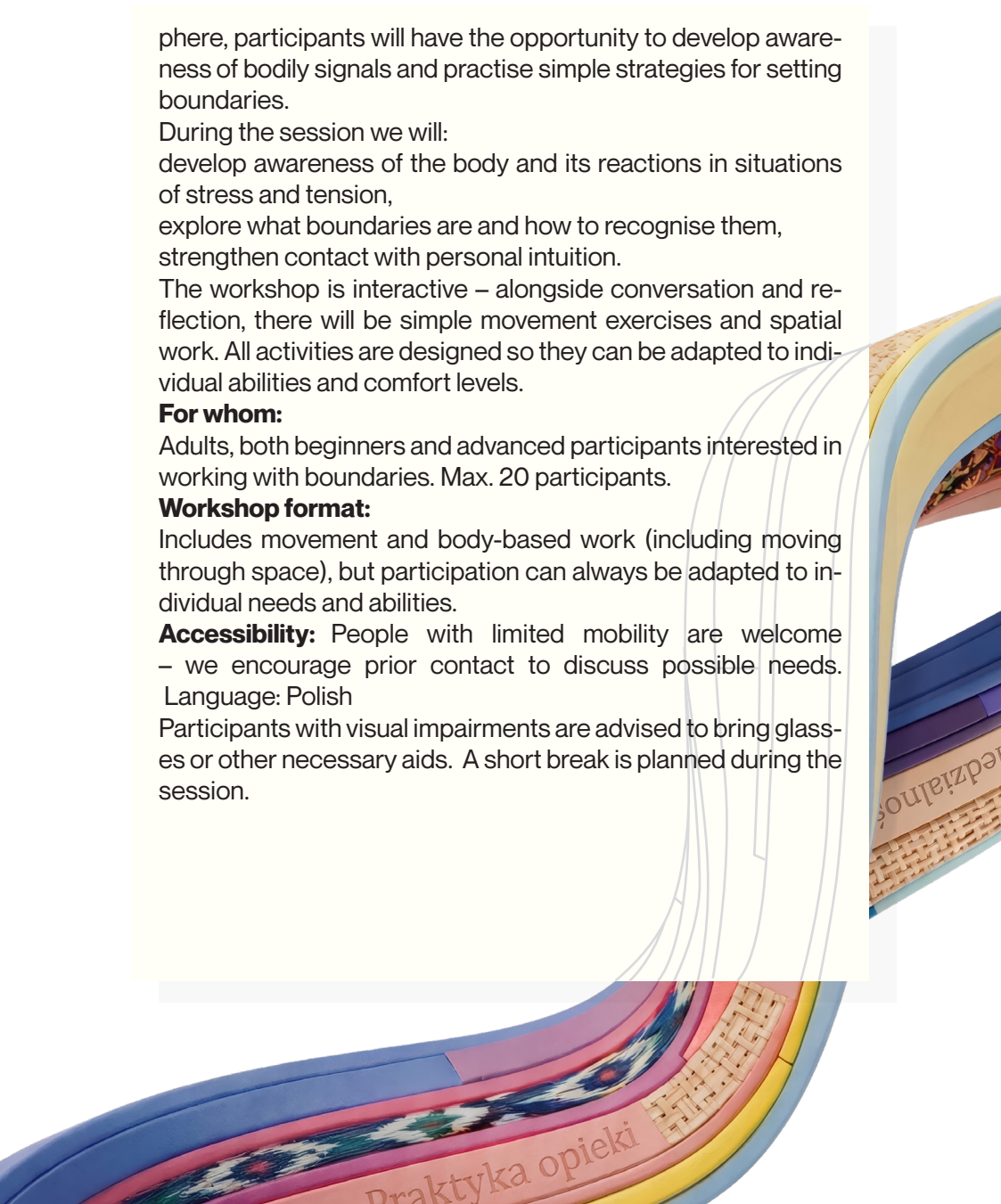
Workshop format:

Includes movement and body-based work (including moving through space), but participation can always be adapted to individual needs and abilities.

Accessibility: People with limited mobility are welcome – we encourage prior contact to discuss possible needs.

Language: Polish

Participants with visual impairments are advised to bring glasses or other necessary aids. A short break is planned during the session.





SATURDAY | 25 April 2026

14:30–16:00 | Konrad Kurowski | Starting from Care

This workshop focuses on the body as a source of knowledge, resources, and potential that can support us in the face of overload related to work in the cultural sector. Through simple movement and mindfulness practices, we will explore how to reconnect with ourselves and recognise signals of tension and the need for regeneration.

The session creates a space for experiencing care not as an abstract idea, but as an embodied practice – a tool for preventing burnout and a way of building new forms of relationships within the working environment.

Workshop format:

The session combines elements of lecture, dialogue, and simple exercises (mostly individual, performed on one's own body). Partner exercises involving physical contact will be optional and intended for those who wish to participate.

The entire workshop follows a care-based approach, meaning participants can work at their own pace, skip exercises, or observe instead of participating.

Accessibility:

The workshop includes movement-based and body-oriented elements (including moving through space), but participation can always be adapted to individual abilities. It is accessible for people with limited mobility and visual impairments – we encourage prior contact to discuss individual needs. Languages: Polish and English

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14:30–16:00 | Agata Semplińska | Mindfulness – the Practice of Awareness

Mindfulness, most often translated into Polish as “uważność” (awareness), means consciously experiencing each moment. It is a field within psychoeducation.

Mindfulness practice is a scientifically researched method of stress reduction. It teaches how to make conscious decisions instead of acting through automatic, unreflective patterns; helps counteract distraction caused by overstimulation; reduces racing thoughts; and supports dealing with difficult emotions or pain.

It strengthens calmness and inner stability, improves the quality of everyday functioning, and supports psycho-physical wellbeing.

The workshop includes an introduction to mindfulness, guided awareness practice, and reflection shared in a circle.

Organisational information:

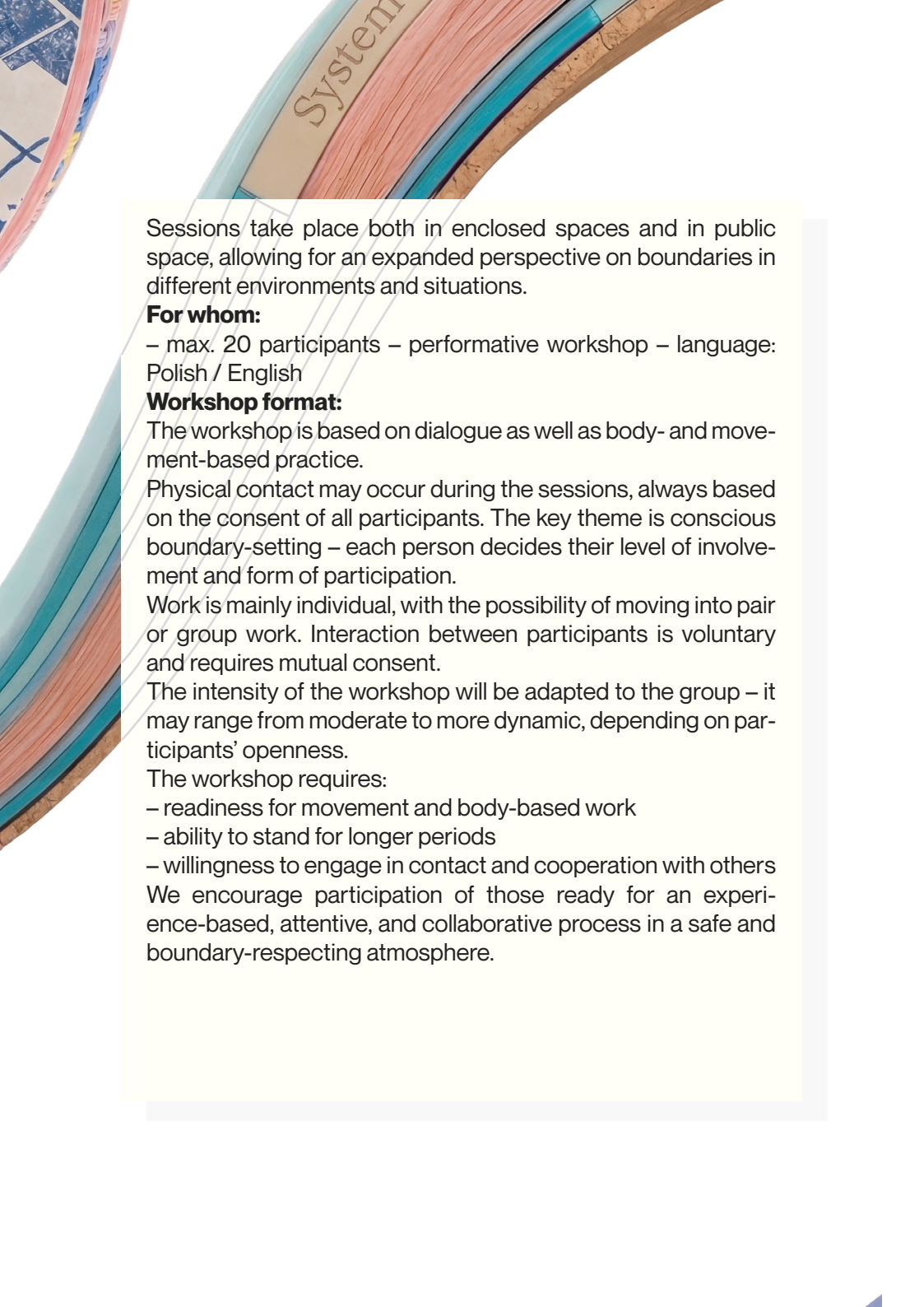
– max. 20 participants – language: Polish / English

14:30–16:30 | Marta Bosowska | Practices of Boundaries

This workshop focuses on exploring boundaries in relationships – how they are sensed, set, and negotiated. Through simple exercises involving the body and space, we will approach boundaries as a dynamic phenomenon that changes depending on context, the presence of others, and the quality of attention.

We work through presence, movement, and interaction, developing awareness of personal needs and ways of communicating them in relationships. The workshop is experiential – participants learn through practice, observation, and direct action.





Sessions take place both in enclosed spaces and in public space, allowing for an expanded perspective on boundaries in different environments and situations.

For whom:

– max. 20 participants – performative workshop – language: Polish / English

Workshop format:

The workshop is based on dialogue as well as body- and movement-based practice.

Physical contact may occur during the sessions, always based on the consent of all participants. The key theme is conscious boundary-setting – each person decides their level of involvement and form of participation.

Work is mainly individual, with the possibility of moving into pair or group work. Interaction between participants is voluntary and requires mutual consent.

The intensity of the workshop will be adapted to the group – it may range from moderate to more dynamic, depending on participants' openness.

The workshop requires:

- readiness for movement and body-based work
- ability to stand for longer periods
- willingness to engage in contact and cooperation with others

We encourage participation of those ready for an experience-based, attentive, and collaborative process in a safe and boundary-respecting atmosphere.

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Accessibility information

Lublin

23-25

April

2026



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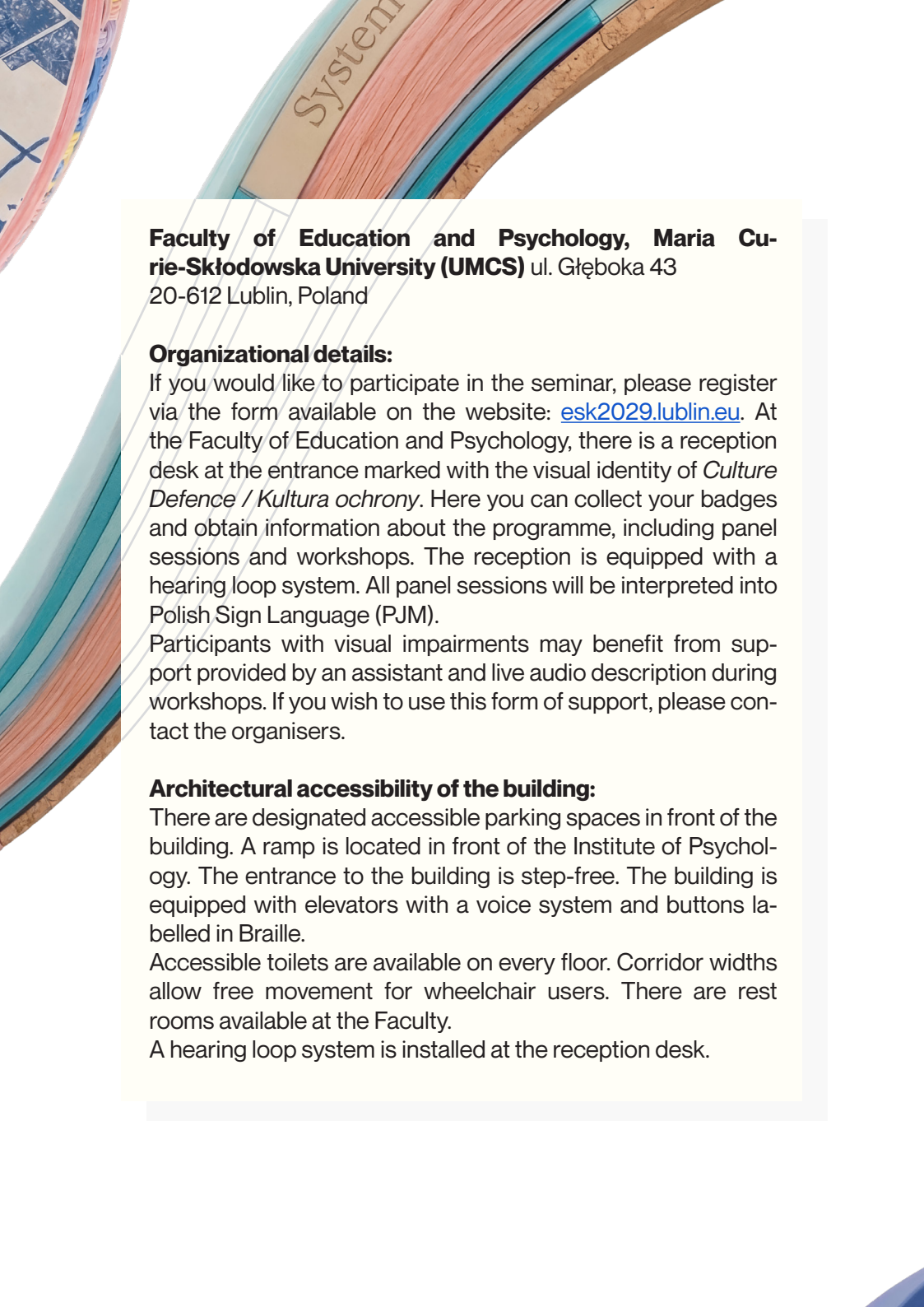
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Faculty of Education and Psychology, Maria Curie-Skłodowska University (UMCS) ul. Głęboka 43
20-612 Lublin, Poland

Organizational details:

If you would like to participate in the seminar, please register via the form available on the website: esk2029.lublin.eu. At the Faculty of Education and Psychology, there is a reception desk at the entrance marked with the visual identity of *Culture Defence / Kultura ochrony*. Here you can collect your badges and obtain information about the programme, including panel sessions and workshops. The reception is equipped with a hearing loop system. All panel sessions will be interpreted into Polish Sign Language (PJM).

Participants with visual impairments may benefit from support provided by an assistant and live audio description during workshops. If you wish to use this form of support, please contact the organisers.

Architectural accessibility of the building:

There are designated accessible parking spaces in front of the building. A ramp is located in front of the Institute of Psychology. The entrance to the building is step-free. The building is equipped with elevators with a voice system and buttons labelled in Braille.

Accessible toilets are available on every floor. Corridor widths allow free movement for wheelchair users. There are rest rooms available at the Faculty.

A hearing loop system is installed at the reception desk.

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The lecture hall (aula) in the Institute of Psychology, where panel sessions take place, is not fully accessible for people with reduced mobility. However, the entrance to the hall is step-free. Wheelchair users are asked to take seats in front of the first row. Workshop rooms in the Institute of Pedagogy are architecturally accessible.

Public transport:

You can reach the *Culture Defence / Kultura Ochrony* seminar at the Faculty of Education and Psychology (UMCS, ul. Głęboka 43) by bus line 12, which runs through key parts of the city (including al. Kraśnicka, al. Raławickie, and the city centre) and stops at the UMCS West Campus.

Additionally, nearby stops (ul. Głęboka / surrounding area) are served by other lines, including: 3, 7, 20, 30, 151, 153, 154, 155, 158, 159.

From the UMCS West Campus stop: it is approx. a 2–5 minute walk to the Faculty building (campus pedestrian routes).

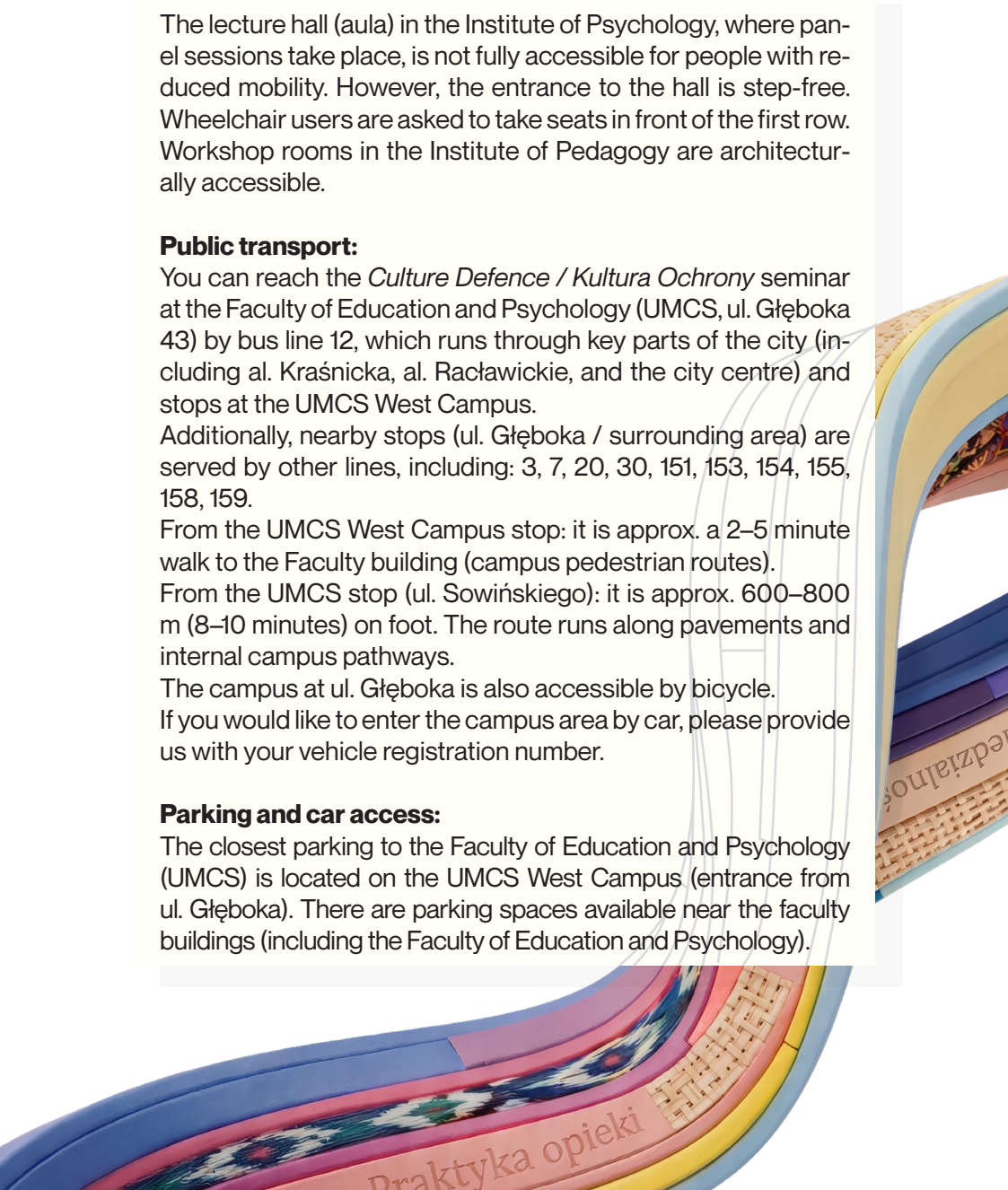
From the UMCS stop (ul. Sowińskiego): it is approx. 600–800 m (8–10 minutes) on foot. The route runs along pavements and internal campus pathways.

The campus at ul. Głęboka is also accessible by bicycle.

If you would like to enter the campus area by car, please provide us with your vehicle registration number.

Parking and car access:

The closest parking to the Faculty of Education and Psychology (UMCS) is located on the UMCS West Campus (entrance from ul. Głęboka). There are parking spaces available near the faculty buildings (including the Faculty of Education and Psychology).





Access to the campus is controlled by barriers (university parking system). The number of parking spaces is limited.

Please note: The campus parking is a controlled, permit-based system:

it is mainly used by staff, registered users, and some students entry is possible only after prior notification to the organisers or with appropriate authorisation

Alternative public parking nearby:

If access to campus parking is not available, public parking spaces are available in the surrounding area.

UMCS parking at ul. Langiewicza

approx. 10–15 minutes on foot

includes spaces accessible for people with disabilities

Parking along ul. Głęboka and ul. Sowińskiego

public, street parking spaces in the city area

availability may vary

Parking at other UMCS facilities (e.g. ACK “Chatka Żaka”, the Library, Faculty of Biology)

some operate within the university parking system

Access routes from all parking areas lead via paved pedestrian walkways.

Contact:

marta.ryczkowska@lublin2029.pl,

izabela.raszewska@lublin2029.pl