

Title of course: **Inclusion through Wellbeing and Resilience in Care and Education**

Lecturer: prof. Anna Odrowąż-Coates

Teaching language: English

Course description:

There is no inclusion without wellbeing and resilience. The class focusses on the issues of wellbeing and resilience in care and education. It is meant to contribute to the wellbeing and self-awareness of participants and to increase knowledge about the intersectional aspects of wellbeing. Course content is based on the research findings from the EU-funded project EDUCATORE: End of Disaster: Undoing Crisis. Active Tutors Open to Reflective Education. Educatore (aps.edu.pl) <https://erasmus-plus.ec.europa.eu/projects/search/details/2021-1-PL01-KA220-HED-000022919>.

It is a very relaxing class fostering wellbeing of participants. No additional work outside the classroom. All work done in the classroom.