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FACULTY OF HUMANITIES
UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN

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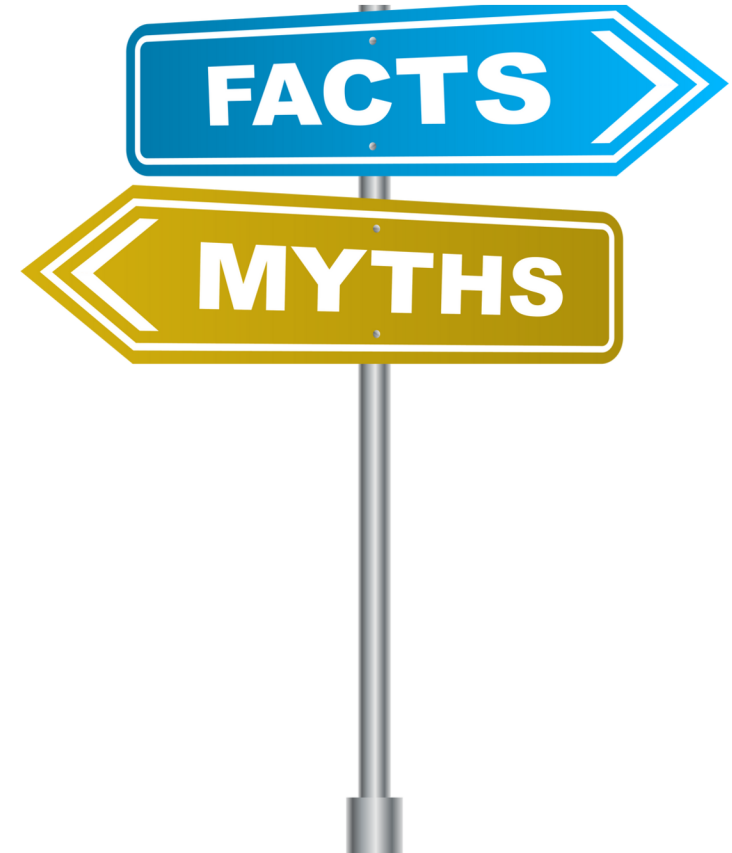
ERASMUS+

Faculty of Humanities

Blended Intensive Programme

RESILIENCE LAB: MEDIA FOR SOCIAL CHANGE

Course Description

In an era of information overload and media polarization, building resilience to disinformation is essential for social well-being and democratic participation. This course introduces students to the ways media shape public opinion and how they can be used as powerful tools for driving social change. The course helps students develop critical awareness and creative strategies for promoting responsible media engagement.

Through workshops, creative media projects and lectures, students learn to analyze sources of information, verify information credibility, and design media content that promotes critical thinking and positive social impact. The course combines theoretical perspectives on disinformation and social change with practice in media production, empowering students to become creative, critical, and resilient media creators and consumers.

Learning Outcomes

By the end of the course, you will be able to:

- Analyze media messages and understand how they shape public perception
- Verify information and identify disinformation
- Develop creative and responsible media content that fosters positive social change
- Build resilience to disinformation and manipulative media narratives

Resilience Lab: Media for Social Change

Format & Credits
Virtual sessions: May 4th, 2026
On-site component in Olsztyn: May 11 – 15, 2026
Location: Faculty of Humanities, Obitza 1, Olsztyn, Poland
Credits: 3 ECTS

Target Group
Bachelor, Master & PhD students in the humanities and social sciences.
Requirements: English (B2).

Deadlines
Partner participation confirmation: **January 23, 2026**
Student selection & confirmation: **February 23, 2026**

Resilience Lab: Media for Social Change

Funding & Costs

Erasmus short-term mobility grants available (ask your home university)

Students cover travel, accommodation and most meals (lunch included in the program)

Contact

Erasmus + Institutional Coordinator: Anna Dąbrowska, ania.dabrowska@uwm.edu.pl

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