



Erasmus+/KA1/STAFF MOBILITY FOR TEACHING
May 16-17, 2016

SENDING INSTITUTION: Kujawy and Pomorze University in Bydgoszcz, Poland

RECEIVING INSTITUTION/DEPT.: ASPETE, Dept. of Education

Name of Staff Members:

dr Magdalena Prentka, Department of Pedagogy

dr Marta Malecka, Department of Pedagogy

- The Concepts of Stress: Anti-Stress Prevention, Sense of Coherence, Resilience and Strategies for Coping with Stress