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Empowerment Workshop for Ukrainian students

Ukrainian students were invited to attend a peer-led workshop at HWR Berlin aimed at improving stress management, self-empowerment.

16.12.2024 — Vincent Bruin

As an initiative of a project (NICE*) aimed at enhancing the welcome experienced by special-interest groups at HWR Berlin, the Student Advisory Service's team delivered a workshop for Ukrainian students to benefit from empowerment techniques. This workshop was on the 8th of November in Haus B at Campus Schöneberg.

In attendance were over a dozen Ukrainian students from not only HWR Berlin, but also from the wider Ukrainian student community in Berlin/Brandenburg. A trained clinical psychologist - Iryna Korolets - from the not-for-profit KommMit e.V. led a presentation about stress management, before a digital element where a RU Bochum student Yuliia P. led a discussion about best practices from their experiences on how to best support Ukrainian students in Germany.

The workshop was on a peer-to-peer level, represented a safe space and its design came from an authentic origin. At the workshop's conclusion, the students hung around and exchanged contact details over biscuits and coffee. This demonstrated the safe, trusting and comfortable atmosphere, which came about thanks to the workshop's organisers and participants alike.

(*NICE stands for "Nurture International Campus Experiences". NICE is supported by DAAD's Stibet 1 funds in 2024.)