Anti-burnout puzzle for academics

SYLLABUS

1. General information
Workshop title: Sport bridge as brain training and an antidote to stress
Form of classes: Interactive lecture, exercises, practical workshops
Duration: 8 teaching hours, divided into two sessions of 4 hours each
Lecturer: Stanisław Gołębiowski Bridge player, international grandmaster, multiple-time representative of Poland in international competitions, bridge referee, sports instructor, team captain, coach
2. General objective of the workshop
Participants will learn the value of sport bridge as an activity that supports mental health and prevents professional burnout. They will develop awareness of the cognitive, social, and emotional benefits of the game and acquire basic bridge skills.
3. Learning outcomes (in line with the EQF)
Knowledge – Participant: **K1.** Knows the mechanisms by which bridge supports mental health and social relationships **K2.** Understands how sport bridge fosters cognitive development (concentration, memory, analysis) **K3.** Knows the basics and rules of sport bridge as a team game
Skills – Participant: **S1.** Identifies bridge as a potential form of mental regeneration **S2.** Analyses the positive effects of engaging in sport bridge as part of work-life balance **S3.** Can apply basic bridge rules in practice **S4.** Controls emotions related to stress and failure
Social competences – Participant: **C1.** Demonstrates openness to new activities supporting work-life balance **C2.** Can share reflections on personal experiences in team games **C3.** Adapts to cooperation in a bridge partnership, respecting communication and partnership principles
4. Programme content (list of topics discussed during the workshop)
Topic 1: Sport bridge as a form of burnout prevention and mental health support **Topic 2**: Cognitive, social, and emotional benefits of playing bridge

Topic 3: Basics of sport bridge – rules, game structure, partnership communication **Topic 4**: Exercises – practical bridge play **Topic 5**: Analysis of hands, partnership cooperation, impact of the workshop on personal attitudes		
5. Teaching methods used during the workshop		
x pair/group work	x lecture with presentation	☐ project
x case study	☐ simulations	x moderated discussion
x practical exercises indoor	☐ outdoor practical exercises	☐ ……
6. Methods of verifying learning outcomes		
x observation of activity	☐ presentation	x self-assessment
x group feedback	☐ test or quiz	☐ evaluation survey
☐ …….		
7. Teaching materials		
Multimedia presentation, excerpts from scientific and popular literature, websites enabling participation in bridge games, websites for improving bridge skills, worksheets with sample bridge hands		
8. Literature		
https://bridgetothepeople.eu/		
9. Organisational remarks (e.g. technical requirements, accessibility for persons with disabilities, necessary equipment to be provided by participants, recruitment conditions)		
Necessary equipment: multimedia presentation tools (computer, projector), playing cards (minimum 4 decks), bridge tables (minimum two square tables), space for practical play (adequate distance between tables). It is recommended to provide a room accessible to people with disabilities.		