

EMOTIONAL INTELLIGENCE & SDGS IN ACTION

ERASMUS+ BIP AT LODZ UNIVERSITY OF TECHNOLOGY



About the Program

The international Blended Intensive Programme (BIP) followed a hybrid format (online and on-site), combining theoretical preparation with intensive, hands-on workshops in Łódź.

Its core objective was to develop empathy and the ability to translate knowledge about the SDGs into concrete, real-life action.

In the face of increasingly complex social, environmental, and economic challenges - often described as a “polycrisis” - universities play a crucial role not only in knowledge transfer but also in developing future-oriented competences such as critical thinking, social responsibility, collaboration, and emotional intelligence.

These challenges were addressed by the international Blended Intensive Programme (BIP) titled “Emotional Intelligence & SDGs in Action”, held on **11–15 May 2026** at Lodz University of Technology and organised by the International Cooperation Centre.

The programme brought together 16 students from Riga Technical University (RTU), 5 students from Universitat Autònoma de Barcelona (UAB), and students from Lodz University of Technology, creating a truly international space for collaboration and exchange.

Explore more: <https://www.edu4sdgs.eu>



WORKSHOPS: EMOTIONS, COMMUNICATION AND ACTION

During the workshop “Feel it, understand it, act on it”, led by Anna Laska-Leśniewicz and Magdalena Wróbel-Lachowska (TUL), participants worked with emotions, metaphors, and real-life-inspired scenarios. Through drawing, storytelling, and role play, they explored the SDGs from a human perspective - focusing on relationships, responsibility, and agency - while developing empathy, emotional awareness, and teamwork skills.

The workshop “Empathy-Driven Communication for the SDGs”, led by Anna Klepacz-Smółka (TUL) together with TUL student Zuzanna Jachowicz, focused on transforming SDG knowledge into clear communication and practical action. Participants analysed stakeholder perspectives, practised active listening, and learned how to navigate difficult conversations. Working with realistic scenarios, they strengthened their ability to engage others and build compelling arguments for sustainability.

WHAT WAS INVOLVED?

Workshops
Emotions, Communication
and Action

#edu4sdgs Game
Learning by Doing

Experiencing Empathy
Black World

Creative SDG Communication

The City and Campus
as Learning Environments

Debates
Ethics in Practice



FROM KNOWLEDGE TO ACTION



#EDU4SDGS GAME LEARNING BY DOING

During the games conducted at the International Cooperation Centre, participants completed a set of five interactive missions combining the SDGs with emotional intelligence. These activities included stress management, identifying unsustainable practices, creating visual sustainability messages, storytelling, and role-based simulations involving ethical decision-making. Through this experience, students learned how to translate SDGs into everyday choices, behaviours, and actions.



EXPERIENCING EMPATHY - BLACK WORLD

A powerful part of the programme was the immersive experience at Black World, conducted in complete darkness. Without the ability to see, participants relied on their other senses while collaborating, communicating, and building trust with one another. This experience offered a deeper understanding of the realities faced by people with visual impairments and highlighted the importance of accessibility and inclusion in designing social environments.



CREATIVE SDG COMMUNICATION

As part of the “SDG Video Challenge”, students shared personal perspectives on sustainability, grounded in real-life experiences and concrete examples of action. In recognition of the achieved learning outcomes, participants will receive micro-credentials, certifying the competences they have developed, i.e., empathy and self-awareness, communication and intercultural collaboration, critical and ethical thinking, ability to act in conditions of uncertainty and complexity.



FROM KNOWLEDGE TO ACTION



THE CITY AND CAMPUS AS LEARNING ENVIRONMENTS

The programme also extended beyond the classroom through field-based activities, allowing participants to explore Łódź and the university campus from a broader social and environmental perspective.

These activities provided insight into real-life examples of SDG implementation, including infrastructure solutions, accessibility measures, and community-oriented initiatives within both the urban space and the university environment.



DEBATES – ETHICS IN PRACTICE

The programme concluded with a debate tournament, moderated by Toms Kreicbergs (RTU). Students worked on real-life ethical dilemmas, including the limits of free speech and media responsibility, equality and inclusion in sport, and ethical aspects of surrogacy. The student teams were evaluated by staff from Lodz University of Technology, including project coordinator Dorota Piotrowska, as well as Daniel Franco Puentes (UAB), who participated throughout the programme and continuously supported students in their work.

The debates helped participants develop argumentation, critical thinking, and dialogue skills, while also strengthening their ability to make decisions in complex and ambiguous situations.

TPM IN MÜNSTER

OUR CONSORTIUM KEEP BRINGING SDGS TO THE FOREFRONT

In preparation for the Erasmus+BIP, the fourth Transnational Project Meeting was held in Münster, Germany, bringing together partners to drive the project forward. Key highlights included:



DIGITAL BADGES

Advance your EQ on SDG by enrolling in our courses. Explore our knowledge hub and learning pathways, and obtain a badge!

[EXPLORE](#)



SDGS UNIVERSITY SCENARIOS

Stay tuned for our Scenarios for EQ enhancement towards the SDGs! 22 missions will help you to advance your path towards SDGs!

[COMING SOON](#)



The “EQ = Social Responsibility” training for the project team, coordinated by Team Coaching, was hosted by ACEEU in Münster, Germany, as part of the 4th TPM in April 2026. The training brought together 15 participants and focused on strengthening emotional awareness, improving emotional management skills, and enhancing interpersonal communication in everyday professional situations. Developing emotional intelligence can contribute to greater professional effectiveness, stronger teamwork, and more constructive approaches to conflict resolution.

The training also explored the relationship between emotional intelligence and the Sustainable Development Goals. Participants were encouraged to reflect on how empathy, self-awareness, and responsible communication can support socially responsible professional practice and increase awareness of societal challenges connected to the SDGs.

More to come! Stay connected!

WWW.EDU4SDGS.EU



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