



Uniwersytet  
SWPS

WYDARZENIE ONLINE

# SKANDYNAWSKI TYDZIEŃ KARIERY

22–26 listopada 2021 r.

PIĄTEK/FRIDAY  
26.11.2021

9.00–10.30

## Find yourself in business

Are you a university student studying foreign languages?

- Have you been thinking about your further career?
- Do you feel comfortable in an international environment?
- Would you like to use a foreign language at work every day?

**If your answer to these questions is 'YES', then sign up for our webinar, where you will:**

- Learn more about Philips
- Learn about job opportunities, internships and GBS Academy program available at Phillips
- Have a chance to meet our colleagues, who will tell you how their degrees in foreign languages enabled them to start their careers in a global company.

The workshop will be conducted in **English**.

**Ula Osipuk (TA Campus Recruiter)** – graduated from SWPS University and joined Philips in February of 2019. Since then she has brought close to 160 students and graduates to the company. She enjoys talking to young talented people and finding suitable entry positions for them at Phillips. On a daily basis, she collaborates with many universities and student organizations and shares knowledge about Philips and its operations.

**LinkedIn:** [linkedin.com/in/urszulaosipuk](https://www.linkedin.com/in/urszulaosipuk)

**Martyna Kocot (EMEA Campus Recruiter)** – joined Philips as a recruitment intern six months ago, while she was still studying towards her final year of Applied Linguistics and Specialized Translation, at the University of Warsaw. She also obtained a postgraduate diploma in HR Management. Recently, Martyna has completed her internship at the company and started working as a full-time recruiter, which makes her very happy and enthusiastic. In her job, she mostly enjoys meeting new people and using her language skills every day.

**LinkedIn:** [linkedin.com/in/martynakocot](https://www.linkedin.com/in/martynakocot)



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**Wiktoria Rymarczyk (Intern in OM Products NOR/AMAZ)** – began her career at Philips six months ago as an order management intern for Nordic countries. In her work, she enjoys talking with people from different countries, opportunities for continuous development, and learning new skills every day.

**Michał Grzybowski (Trainee in OM Products NOR/AMAZ)** – graduated from University of Gdańsk (Scandinavian studies, Danish language group). He began his journey within Philips as an Intern in SSD Team, responsible for Billing Administrator stuff for Demark. Nowadays, he works as an Order Management GBS Academy Trainee for Denmark. What he likes most is to develop his language skills, provide the Philips' customers in Nordics with the best customer service, and be part of the Philips community.

**Career website:** [Philips Careers](#) | [Philips Jobs](#)

**Instagram:** [Life At Philips](#) ❤️ (@lifeatphilips) • [Instagram photos and videos](#)

**LinkedIn:** [Philips](#) | [LinkedIn](#)

**11.00–12.30**

## **Dobry sen jest lepszy niż poranna kawa – jak spać, żeby wstać z energią i motywacją**

Zapraszamy na webinar o tym, jak zbudować dobre nawyki i wysypiać się lepiej. Porozmawiamy o tym, jak spać, aby być w jak najlepszej formie umysłowej i fizycznej. Od samego rana! Dowiesz się:

- jak zadbać o lepszy sen i regenerację – krok po kroku,
- ile i jak spać, aby być wyspanym i pełnym energii,
- jak dobry sen może pozytywnie wpłynąć na nasz nastrój i motywację,
- czym są fazy snu i dlaczego warto poznać je bliżej,
- jakie nawyki możesz wprowadzić już dziś, by spać lepiej i mieć więcej siły jutro rano.

**Karolina Stępień-Cach** – psycholożka pracująca w sporcie. Aktualnie jest w trakcie szkolenia uprawniającego do uzyskania certyfikatu psychoterapeuty poznawczo-behawioralnego akredytowanego przez Polskie Towarzystwo Terapii Poznawczej i Behawioralnej.

**LinkedIn:** [linkedin.com/in/karolina-st%C4%99pie%C5%84-cach-238233137](https://www.linkedin.com/in/karolina-st%C4%99pie%C5%84-cach-238233137)

**Kinga Gajewska** – psycholożka kliniczna, terapeutka snu, coach.

**LinkedIn:** <https://www.linkedin.com/in/gajewskakinga>



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13.00–14.30

## How to work in an international environment and become the right person at the right place?

We are excited to invite you to an inspiring talk featuring two female leaders at Nordea in Łódź – Agata Gawrych and Rebecka Nilsson. They both joined Nordea a few years ago as young specialists who decided to move to Poland and turn their lives around. Nowadays they manage their own teams, but their unique journeys have been quite different... curious to hear their stories? Join us on November 26<sup>th</sup> to spend an empowering hour with Nordea's representatives who started their careers in banking, without previous experience, but stood out thanks to their Scandinavian language skills. We hope they will inspire you to be open, and courageous in search of a fulfilling career!

The workshop will be conducted **in English**.

**Agata Gawrych** – Team Leader for Authority Requests Norway and Sweden at Nordea.

I started my adventure with Nordea in 2015, as a Process Officer. Over the years, I have met many fascinating people at Nordea, who helped me develop my skills and, eventually, I became a Team Coordinator in 2018, and then in 2020, a Team Leader. My team consists of 10 members (8 of them are Norwegian and Swedish speakers). My role is very simple – I do my best to help people grow in our company, encourage them to use possibilities that we have, and at the same time, support the business area and our customers. I always try to present an individual approach towards employees, who together contribute to the success of our team. While living in Norway for five years, I learned the Scandinavian approach to challenges, the style of work, and I try to focus on the positive aspects of daily work. I am also a 5<sup>th</sup> year psychology student at the University of Lodz, and I am a fine arts painter.

**LinkedIn:** [linkedin.com/in/agata-gawrych-2a5892142](https://www.linkedin.com/in/agata-gawrych-2a5892142)

15.00–16.00

## Language student – don't forget you are a communication expert

Since you are an expert on how languages work, you have a broad field of professional opportunities available to you. Learn about the demand for language expertise that exists outside of the traditional humanities-related professions, about what plain language is, and why it is important, and hear about the work of a Language Consultant.

The workshop will be conducted in **Norwegian**.



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**Michelle Uller is a Language Consultant** – She holds a Master's degree in Nordic Studies, Rhetorics and Language Communication from the University of Oslo. She is also a former lecturer in Norwegian at SWPS University.

**LinkedIn:** [linkedin.com/in/michelleuller9369a75a](https://www.linkedin.com/in/michelleuller9369a75a)

**15.00–16.00**

**Poznaj podróż Michała Piotrowskiego od skandynawistyki i fandomu ABBA w Polsce do kariery aktora i promotora polskiej kultury w Szwecji**

**Michał Piotrowski** – aktor, tłumacz, menedżer projektów kulturalnych, absolwent skandynawistyki na UAM w Poznaniu

**Kaja Nowakiewicz i Milena Kornas** – studentki skandynawistyki na Uniwersytecie SWPS