

AMU Careers Office

The AMU Careers Office offers access to a modern career portal, on the JobTeaser platform, where students and graduates will find many attractive job listings, internship and apprenticeship offers, targeted events, a newsletter with interesting initiatives for students, a calendar of meetings with career counselors and career advice.

The Office organizes numerous events that enable students to acquire competencies desirable on the labor market. The Office team provides career counseling for students and teaches job application principles, including cv and cover letter editing as well as walks you through the recruitment process. They also offer free testing of thinking and acting styles using the FRIS questionnaire®.

Ombudsman for Academic Rights and Freedoms

At Adam Mickiewicz University, systemic measures are taken to pursue a policy of equal treatment and to counteract all forms of discrimination. The Ombudsman for Academic Rights and Freedoms ensures that working and learning environment is safe and free from violence and discrimination. Together with the Anti-Discrimination Committee, the Ombudsman acts to prevent unequal treatment and discrimination of staff and students. As part of the Equality and Anti-Discrimination Policy approved by AMU, consultants have also been appointed for people or communities at risk of unequal treatment and discrimination:

- Anti-sexual harassment consultant,
- Anti-harassment consultant,
- Consultant for foreigners,
- Consultant for LGBT+ persons.

Dear Student, Dear Studying Persons,

We are glad to have you with us. We know that you are just getting to know the interesting, but sometimes also complicated, student world and are now absorbing a lot of news, yet we want to give you one more very important piece of information.

Studying is a period of growth and change, which can be both fascinating and difficult. At our University, we are committed to making sure that you are going to find people who will support you all the way through, while tackling challenges, coping with problems and producing solutions.

Please keep this leaflet safe and don't hesitate to call us or e-mail us when in need. We hope you find the information provided here useful in helping you gain new skills and acquire competences necessary to work together with others and to make this world a better place.

AMU Psychological Support Council

Important!

You can find extended information here:



The QR code redirects to a page on the UAM sharepoint - the page requires logging in via student email in the domain amu.edu.pl



ADAM MICKIEWICZ
UNIVERSITY
POZNAŃ



Support and advancement of AMU students



Emergency Assistance

For emergency interventions or severe crisis assistance you should contact the following specialized institutions:

- Psychiatry Emergency Room, operating 24/7 at **HCP Medical Center ul. 28 Czerwca 1956 No. 194 - Mental Health Center**
- **Crisis Intervention Point in Poznań**, providing psychological assistance around the clock in crisis situations
- if you can't reach the emergency room on your own and/or the situation is life or health-threatening, **call the emergency number 112 for help**

Psychological support of the Faculty of Psychology and Cognitive Science for AMU staff and students

Psychologists and psychotherapists from the Faculty of Psychology and Cognitive Science offer free psychological support and counselling to AMU staff and students and their family members who are going through difficult times, experiencing loneliness, anxiety or emotional crisis due to difficult circumstances.

Psychological support is provided over the phone only.

AMU Student Government

The AMU Student Government is the exclusive representative of all students of the University. It carries out student activities and coordinates student affairs, including student social and cultural life at AMU.

Support Office for Persons with Disabilities

Provides assistance from educational support consultants and adaptation of classes and exams to the needs and abilities of people with disabilities, neurodiversity and chronic illnesses. Educational support consultants conduct individual meetings with students who would like to improve their learning strategies, skills in coping with stress or in communicating with academic teachers or other students.

ul. Grunwaldzka 6, pok. 114
e-mail: bwon@amu.edu.pl
tel.: 61 829 12 10
www.bwon.amu.edu.pl

AMU Association of Students with Disabilities „Ad Astra”

„Ad Astra” is a student organization that actively works for the benefit of all students with disabilities by organizing numerous events, trips, integration meetings and workshops.

AMU LGBT+ Association

The Association creates a platform for advocacy, equality, culture and science, monitoring and counteracting any potential forms of bias. The Association stands for the teaching and promoting human rights, equal opportunities, European integration and the development of international contacts and cooperation.

AMU Psychological Development and Support

The AMU Psychological Development and Support offers short-term psychological and therapeutic assistance (up to 8 meetings) to students, doctoral candidates and employees of Adam Mickiewicz University in Poznań. Our Support Staff may also refer to professional psychiatric counselling in situations requiring medical assistance. Coping with various areas of life requiring assistance, may include:

- difficulties forging relationships with others,
- difficulties understanding, experiencing and expressing emotions,
- difficulties adapting to the university environment, finding one's way in a group or a community
- difficulties related to behavioral symptoms, as well as those caused by fears and anxieties,
- difficulties with goal setting and coping with new situations.

Sessions and appointments can be arranged by calling: +48 539 026 422.

Information about appointment dates and the full offer of the AMU Psychological Development and Support can be found on the website.

Independent Students' Association

The AMU Independent Students' Association is an organization that offers space for personal growth, meeting new people, turning ideas into actions and overcoming one's own weak points. It involves students to be more engaged, and draws attention to fundamental problems of life on campus.