University of Gdańsk

Subject card

Subject name and code	Far Eastern Religions. Buddhism - Classes, PG_00200642		
Field of study	Religious Studies		
Date of commencement of studies	October 2026	Academic year of realisation of subject	2026/2027
Education level	Bachelor's studies	Subject group	Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	1	Language of instruction	Polish
Semester of study	1	ECTS credits	1.0
Learning profile	academic	Assessment form	credit
Conducting unit			
Name and surname of lecturer (lecturers)	Subject supervisor	dr hab. Robert Czyżykowski	
	Teachers	dr hab. Robert Czyżykowski	

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	0.0	15.0	0.0	0.0	0.0	15

E-learning hours included: 0.0

Learning activity and number of study hours

Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM
Number of study hours	15	2.0	8.0	25

Subject objectives

The theoretical content discussed during the lecture will be deepened and discussed during the exercises, where various meditation techniques will be presented within the framework of the Buddhist trends presented during the lecture. During the exercises, students will learn about and experience various forms of meditation and meditation techniques.

Learning outcomes

Course outcome	Subject outcome	Method of verification
[RELL3_W08] Knows the risks arising from religious conflicts and understands the importance of actions aimed at reaching understanding and seeking solutions based on mutual respect and the rejection of all forms of discrimination.	The student is ready to recognize and respect different points of view determined by different religious, national and cultural backgrounds.	[SW1] oral statement/ conversation/discussion
[RELL3_W04] Has structured knowledge of the history of different religions and understands the historical factors shaping their development.	The student demonstrates a comprehensive knowledge of Buddhism and knows the place of Buddhism among the world's religions. Understands the historical conditions for the development of Buddhism in the world.	[SW1] oral statement/ conversation/discussion
[RELL3_W03] Has structured detailed knowledge in the area of culture and religion studies.	Has knowledge about Buddhism and its place among the world's religions.	[SW2] presentation/project/paper/ report
[RELL3_U02] Is able to identify various forms of past and contemporary cultural production and critically analyse and interpret them in order to determine their meanings, social impact and role in historical and cultural processes.	The student understands contemporary processes taking place in regions where Buddhism dominates.	[SU1] oral statement/conversation/ discussion
[RELL3_K03] Is prepared to recognise and respect different perspectives shaped by diverse religious, national and cultural backgrounds.	The student demonstrates openness and tolerance towards cultural and religious differences.	[SK1] oral statement/conversation/ discussion

Subject contents

1. Exercises of sample meditation techniques. 2. Films illustrating the cultural reality of Buddhists in Asia. 3. Contemporary Western therapies based on Eastern Buddhist philosophy. 4. Mindfulness and mindfulness therapies based on meditation techniques

Prerequisites and co-requisites

not applicable

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
project or report	51.0%	70.0%
active participation in classes	51.0%	30.0%

Recommended reading

Basic literature	Teasdale, J., Williams, M., Segal, Z. (2016). *Praktyka uważności*. Kraków: Wyd. Uniwersytetu Jagiellońskiego

	Supplementary literature	B. Literatura uzupełniająca Ricard, M., Trinh Xuan Thuan, (2004). *Nieskończoność w jednej dłoni. Od Wielkiego Wybuchu do Oświecenia.* Katowice: KOS. Tolle, E. (2006). *Potęga teraźniejszości.* Kraków: Wydawnictwo A. Ch. Trungpa, (1984). *Szambala święta ścieżka wojownika.* Warszawa: Santorski & co Oldenberg, H. (1994). *Życie i nauczanie i wspólnota Buddy,* Kraków: Oficyna Literacka. Mejor, M. (2001). *Buddyzm. Zarys historii buddyzmu w Indiach,* Warszawa: Prószyński i S-ka. Kozyra, A., (2004). *Filozofia zen.* Warszawa: Wydawnictwo Naukowe PWN. Zotz, V. (2007). *Historia filozofii buddyjskiej.* Kraków: Wydawnictwo WAM Michniewicz, T. (2010). *Samsara.* Kraków: Wydawnictwo: Otwarte
	eResources addresses	
Example issues/ example questions/ tasks being completed	brak	
Work placement	Not applicable	

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