University of Gdańsk

Subject card

Subject name and code	Far Eastern Religions. Buddhism - Lecture, PG_00200643		
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	2.0
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	15.0	0.0	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	33.0	50

Subject objectives

The aim of the course is to familiarize students with the basic issues of Buddhism as a philosophical system and a universalist religion of most Asian cultures. The subject is to familiarize students with the history of the origins of Buddhism, basic information on the organization, doctrine and philosophy of Buddhism, and the contemporary connections between Buddhism and Western science - mainly psychology. The aim of the lecture is also to show the diversity of Buddhism depending on the culture; therefore, the lecture content will be supplemented with original film and photo material brought from Buddhist temples in Tibet, China, India, Nepal, Vietnam, Laos, Cambodia, Japan. The theoretical content discussed during the lecture will be deepened and discussed during 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 the place of Buddhism among world 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

HISTORY AND PHILOSOPHY OF BUDDHISM History of Buddhism and Directions of Development in the World Hindu Roots of Buddhism Contemporary Branches of Buddhism: Mahayana Great Vehicle (Tibet, Vietnam, China, Japan, Korea) and Hinayana Small Vehicle (India, Ceylon, Burma, Indochina), Vajrayana, Lamaism (Powers, pp. 103-120) Life of Prince Siddhartha Gautama and His Path to Enlightenment (Powers, pp. 25-58) Basic Buddhist Philosophy and Terminology; Theory of Reincarnation as Exemplified by the Tibetan Wheel of Life and Death; Buddha's Teachings: Four Noble Truths (On Suffering, On the Origin of Suffering, On the Annihilation of Suffering, On the Path to the Annihilation of Suffering); The Eightfold Path (View, Attitude, Life, Aspiration, Meditation, Absorption, Awakening, Knowledge); The Five Prohibitions and Precepts; The Establishment of the Canon of Texts (Basket of Discipline, Basket of Sermons, Basket of Higher Doctrine) (Powers, pp.63-73) TIBETAN BUDDHISM (Lamaism): Schools of Tibetan Buddhism (Nyingma, Kagya, Sakya, Geluk) (Powers, pp.387-517) Tibetan Buddhist Doctrines and Practices, Bon Tradition, Tantric Practices (Tibet, China) (Powers, pp.271-346, pp.535-539) The Bardo Process (film); The Tibetan Book of the Dead (Bard-do Tos-grol) with Jungs Commentary (Powers, pp. 351-379) Shambala on Mount Kailash: The Mystical Realm of Enlightened Beings. A Travelogue. Buddhist Monasteries in Little Tibet (Laddhak, India). A Travelogue NATIONAL BUDDHISM, VIETNAMESE ZEN: Main Canons and Zen Philosophy Zen Meditation Techniques A Travelogue of a Visit to the Vietnamese Zen Monastery of Truc Lam BUDDHISM IN THE WORLD: Buddhism in China Buddhism in Japan Buddhism in Korea Buddhism in India

Prerequisites and co-requisites

lack

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
exam	51.0%	70.0%
participation in classes	51.0%	30.0%

Recommended reading	Basic literature	Powers, J. (1995). *Wprowadzenie do buddyzmu tybetańskiego.* Kraków: Wyd A Kalmus, M. (2008). *Tybet, legenda i rzeczywistość.* Kraków: Wydawnictwo Bezdroża Różycka-Tran, J. (2015). W kole życia i śmierci. W: Boski, P., Różycka-Tran, J., Sorokowski, P., *Podróże psychologiczne przez kultury świata.* s. 91-182. Poznań: Sorus. Trilok Chandra Majupuria, Rohit Kumar (2005). *Gods, Goddesses and religious symbols of hinduizm, buddhism and tantrism.* Kathmandu: Modern Printing Press Zen Master Thich Thanh Tu z klasztoru Truc Lam: *At the Zen Gate, The Carefree Leaves, Open the door to self emancipation, The source of Buddhist Dharmas, Buddhism for beginners* Fromm, E., Suzuki, D.T., De Martino, R. (2000). *Buddyzm ZEN i psychoanaliza.* Poznań: Dom wydawniczy Rebis. Drabina, J. (red.), (2004), *Buddyzm.* Kraków: Zeszyty Naukowe Uniwersytetu Jagiellońskiego Przybysławski, A. (red., 2005) *Forma i pustka. Od buddyzmu do nauki i z powrotem.* Opole: Wyd. Hung.

	Supplementary literature	Artykuły: Różycka-Tran., J., Tran, A.Q. (2021). Historia i specyfika buddyzmu wietnamskiego: zen Trúc Lâm, W: *Buddyzm - tradycje i idee* (Krzysztof Jakubczyk, red.), Kraków: Księgarnia Akademicka, 6 tom serii "Studia buddyjskie", w druku Różycka-Tran, J. (2020). Nie ma buddy bez Buddy. *Przegląd Religioznawczy, 4,* 59-69, doi: 10.34813/ptr4.2020.6; https://journal.ptr.edu.pl/index.php/ptr/article/view/190 Różycka-Tran, J., Tran A. Q. (2014). Self-regulation techniques in Vietnamese Zen Truc Lam monastery. *Gdańskie Studia Azji Wschodniej, 6,* 123-133. Różycka, J., Tran A. Q. (2012). Wpływ technik samoregulacyjnych na procesy psychofizyczne. Badania w grupie sztuk walki Thien Mon Dao. *Gdańskie Studia Azji Wschodniej, 1,* 69-83.doi: 10.4467/23538724GS.12.006.2029 Davidson, R. (2005). Emotion Regulation, Happines, and the Neuroplasticity of the Brain. *Advances in Mind-body Medicine* *21,*(3-4), 25-28. Ekman, P., Davidson, R. J., Ricard, M., & Alan Wallace, B. (2005). Buddhist and Psychological Perspectives on Emotions and Well-Being. *Current Directions in Psychological Science, 14*(2), 5963. https://doi.org/10.1111/j.0963-7214.2005.00335.x Kato H. (2005). Zen and Psychology. *Japanese Psychological Research, 47*,2,125-136.
	eResources addresses	
Example issues/ example questions/ tasks being completed	brak	
Work placement	Not applicable	

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