University of Gdańsk

NAWA ASPIC Strategic Partnerships Programme with Vietnam (09/2024-08/2026)

www.en.ug.edu.pl



The largest humanities and psychology project being carried out in Vietnam by a Polish academic institution.

Applied Social Psychology in an Intercultural Context: Synergies between UG and Vietnam ASPIC

Based on 17-year-long scientific collaboration with Vietnamese universities:

GOAL: STRATEGIC and ACADEMIC collaboration in the field of mental health

MAIN AREAS OF COLLABORATION: Research exchange and joint projects; Improvement of academic programs; Internationalization of education and research; Strengthening social impact.

SCIENCE AND EDUCATION: Psychological factors shaping mental health and well-being across cultures; culturally sensitive diagnostic tools (neurodiversity); Create modern intercultural intervention strategies; International conferences, workshops, and educational camps; Publish results in leading international journals.

SOCIAL IMPACT: Academic and student exchange programs; Innovative teaching materials and intercultural diagnostic standards; Guidelines for psychological diagnosis and support in intercultural contexts; Strengthened intercultural competences among students and staff.

CONTRIBUTION TO SUSTAINABLE DEVELOPMENT (Good Health and Well-being) by promoting: Inclusion and intercultural dialogue; Improved quality of life in academic and local communities;, Stronger synergy between science and social practice; Enhanced international prestige of partner institutions.

Rector of UG prof. Piotr Stepnowski and Rector of USSH VNU prof. Hoàng Anh Tuấn with delegations



Rector of UG prof. Piotr Stepnowski and President of Vietnam Academy of Social Sciences: prof. Tạ Minh Tuấn, with delegations













Innovation Camp on Mental Health: 13 VN students

Gdańsk UG, 8-12 June 2025

SCIENCE – more than 50 scientists in 5 research teams:

Psychology of **Family**; Diversity, **Inclusion & Equality**; Cross-Cultural Adaptation of **Measurement Tools; Neurodiversity in a cross-cultural context; Childbirth-related PTSD symptoms** in Poland and Vietnam




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Cat V Piercing & MORE
HONDA


Cultural Adaptation of a Psychometric Tool


University of Gdańsk
Applied social psychology in a cross-cultural context: UG synergies with Vietnam' (ASPIC)
CHỦ TỊCH HỘI ĐỒNG

„Psychological Issues Among Adolescents in the Contemporary Context” VASS, Hanoi
„Psychology and Human Development in a Changing World” November 2025, USSH, Hanoi









75th anniversary of Poland–Vietnam relations
Vietnam–Poland Higher Education Forum

Edu&Science Meetings November 2025





East and West Dialogue: Science and Practice in Mental Health








Contents lists available at ScienceDirect

Biological Psychology

journal homepage: www.elsevier.com/locate/biopsycho

Electrophysiological correlates of zen meditation: An investigation using in-monastery EEG acquisition

Open Access Article

Zen Meditation and Aromatherapy as a Core to Mental Health: Studies in Vietnamese Monasteries

by Joanna Różycka-Tran [1,*], Khanh Ha Thi Truong [2], Klaudia Teresa Bochniarz [1], Stanisław Radoń [3] and Quan Anh Tran [4]





Mental Health in practice

INTRODUCTION TO VIETNAMESE *TRÚC LÂM* ZEN MEDITATION

An accessible introduction to Vietnamese Zen - exploring its essence through practice and understanding.



- Bring a cushion or blanket
- Non prior experience necessary

St. John's attic, Gdańsk
Świętojańska 50

26.08.2026
14:30-16:00

REGISTER https://aspic.ug.edu.pl/rejstracja/

MORE INFO https://aspic.ug.edu.pl/congress-2026/




ASPIC
THE EURO-ASIAN SCIENTIFIC
CONGRESS ON MENTAL HEALTH
25–28 AUGUST 2026, GDAŃSK,
POLAND
Project funded by:



THE EURO-ASIAN SCIENTIFIC CONGRESS ON MENTAL HEALTH

25–28 AUGUST 2026, GDAŃSK, POLAND

Project funded by:

NAWA POLISH NATIONAL AGENCY FOR ACADEMIC EXCHANGE

University of Gdańsk

Main organizer

Uniwersytet Gdański

Institutional partner

Nadbałtyckie Centrum Kultury Gdańsk

PSPS Polish Social Psychological Society

Honorary patronage

Rector of the University of Gdańsk
Dean of the Faculty of Social Sciences, University of Gdańsk
Director of the Institute of Psychology, University of Gdańsk

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