

EUGLOH WELL-BEING WEEK & MOBILITY WORKSHOPS | STAFF WEEK

5-8 APRIL 2022 | UNIVERSITY OF SZEGED

DAY 0 – 5TH APRIL

MOBILITY WORKSHOPS

UNIVERSITY OF SZEGED | RECTOR'S DEPARTMENT

12.00 - 13.00	Arrival & Registration with lunch
13.00 - 14.30	Mobility Common Questions Workshop
14.30 - 15.00	Coffee break
15.00 - 16.00	Mobility Terminologies Workshop (Common language)

DAY 1 – 6TH APRIL

OPENING PLENARY SESSION | WELL-BEING WORKSHOPS

UNIVERSITY OF SZEGED | RECTOR'S DEPARTMENT

09.00 - 10.00	Arrival & Registration with coffee break
10.00 - 12.00	Opening Plenary Session Keynote speaker: <u>Barbara Oakley</u> – "Learning How to Learn: Powerful Mental Tools to Help You Master Tough Subjects"
12.00 - 13.00	Group Photo, Lunch
13.00 - 14.30	Cultural Issues Workshop (1st section)
14.30 - 15.00	Coffee break
15.00 - 16.30	Cultural Issues Workshop (2nd section)

OPTIONAL LEISURE PROGRAMMES (6TH APRIL)

SIGNUP AT THE REGISTRATION DESK | MEETING POINT IN FRONT OF THE RECTOR'S

DEPARTMENT

17.00 - 19.30	Guided City Tour
17.00 - 19.30	Guided visit to the University Library
17.00 - 19.30	Guided visit to the City Museum

DAY 2 – 7TH APRIL

WELL-BEING WORKSHOPS

UNIVERSITY OF SZEGED | RECTOR'S DEPARTMENT

09.00 - 10.30	Emotional Issues Workshop (1st section)
10.30 - 11.00	Coffee break
11.00 - 12.30	Emotional Issues Workshop (2nd section)
12.30 - 13.30	Lunch
14.00 - 15.30	Practical Issues Workshop (1st section)
15.30 - 16.00	Coffee break
16.00 - 17.30	Practical Issues Workshop (2nd section)

EVENING PROGRAMME FOR ALL PARTICIPANTS

VENUE: TISZA RIVER CAFE CLUB & RESTAURANT

19.00 -	Staff Week Closing Dinner
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European University Alliance for Global Health

DAY 3 – 8TH APRIL

TEAM BUILDING ACTIVITY

MEETING POINT AT UNIVERSITY OF SZEGED | RECTOR'S DEPARTMENT

09.00 - 14.00

Team Building

A fun team building competition organized at a location approx. 40 minutes from Szeged (shuttle is provided both ways).

14.00 - 15.00

Lunch

- END OF PROGRAMME -

