

Once again the Polytechnic of Leiria is going to organise the **Open Staff Week**, from **19 to 23 February, 2024** on the theme **Crisis management in Disruptive Times**.

Challenging times bring programs to overcome anxiety and work pressure. We want to give our contribution and perspective in a holistic way through simple and comprehensive tips in several areas:

19 February

- Check-in since 10.30 am
- Presentation 11.00 am
- Welcome Lunch
- Ubuntu Session 03:00 pm

20 February – 9:30am/12:00 am

- Empowering Communities in disruptive times: How to decode mental health? (mental Health)

21 February – 9:30 am /12:00am

- Lego Serious Play (Management)
- Visit in the region 2:30pm/6:00 pm

22 February – 9:30am/12:00am

- Cyber resilience in the era of digital transformation(Cyber Security)
- Farewell Dinner
- 23 February
- Free day for networking

Included coffee-breaks, Welcome lunch and Farewell Dinner.

With a balance between workshops and practical work and games. Also you'll be able to attend a welcome lunch and a farewell dinner and take part in the cultural activity we organize for you!

2 meals + coffee-breaks+ cultural trip+ training workshops

Application Form: http://eventos.ipleiria.pt/portal/eventos?p_id=27928

It would be great to meet you in person and welcome you in our Institution.
More info [here](#) or to the e-mail: ana.boaventura@ipleiria.pt.

Looking forward to meet you in Leiria!

Warm hug,



ACTIVITIES PROGRAMME

FEBRUARY 19TH - MONDAY

Morning: Polytechnic University of Leiria Headquarters

Address: Serviços Centrais - Rua General Norton de Matos (Leiria)

10:30 - 11:30 | Registration of Participants (International Office)

11:30 - 12:30 | Welcome Session with Polytechnic University of Leiria Authorities

12:30 - 14:30 | Welcome Lunch

Afternoon: Campus 1 – Polytechnic University of Leiria

Address: Polytechnic University of Leiria Headquarters – Serviços Centrais - Rua General Norton de Matos (Leiria)

15:00 - 16:30 | WORKSHOP “UBUNTU SESSION”

Certificated team

FEBRUARY 20TH - TUESDAY

Morning: Polytechnic University of Leiria Headquarters

Address: Serviços Centrais - Rua General Norton de Matos (Leiria)

09:30 - 12:00 | WORKSHOP “EMPOWERING COMMUNITIES IN DISRUPTIVE TIMES: HOW TO DECODE MENTAL HEALTH?”

Serviços Centrais - Rua General Norton de Matos (Leiria)

Speaker: Prof. José Carlos Gomes

Department of Nursing Sciences

Afternoon: Free time for city walking visits

Visit suggestions: Leiria Castle, Leiria “Old Town”, walking on the Polis route following the Lis River, Leiria Museum (+Info: <https://www.visiteleiria.pt/en/home/>)

FEBRUARY 21ST - WEDNESDAY

Morning: Polytechnic University of Leiria Headquarters

Address: Serviços Centrais - Rua General Norton de Matos (Leiria)

09:30 - 12:00 | WORKSHOP “LEGO SERIOUS PLAY (MANAGEMENT)

ESECS- School of Education and Social Sciences

Speaker: Professor William Afonso Cantú

Department of Human Motricity and Artistic Languages

Afternoon: Cultural Visit – Leiria Region Tour

14:00 - 18:00 | Visit to Batalha Monastery (UNESCO World Heritage) and Beach of Nazaré (famous seaside town)

FEBRUARY 22ND - THURSDAY

Morning: Polytechnic University of Leiria Headquarters

Address: Serviços Centrais - Rua General Norton de Matos (Leiria)

09:30 - 12:00 | WORKSHOP “CYBER RESILIENCE IN THE ERA OF DIGITAL TRANSFORMATION”

Serviços Centrais - Rua General Norton de Matos (Leiria)

Speaker: Professor Mário João Gonçalves Antunes

Department of Computer Engineering

Afternoon: Free time for city walking visits

Visit suggestions: Leiria Castle, Leiria “Old Town”, walking on the Polis route following the Lis River, Leiria Museum (+Info: <https://www.visiteleiria.pt/en/home/>)

Night: Farwell Dinner

20:30 - 22:30 | INSTITUTIONAL DINNER WITH PORTUGUESE TYPICAL SPECIALITIES

FEBRUARY 23RD - FRIDAY

09:30 - 12:30 | Free time for Bilateral Meetings / Networking Activities