

<http://staffmobility.eu/staffweek/happiness-work-2024>

The aim of the course is to present ideas on how to achieve happiness and peace, and enjoy life and the present moment. Join this course with participants from all over the world and build international contacts.

**Target group:** administrative/non academic, academic/teaching staff

**Course highlights:**

- A guide to mindfulness and well-being: learn mindfulness techniques and stress reduction strategies. Find inner peace and work-life balance.
- Yoga practice: learn how you can use yoga to improve your well-being. Learn how to reduce anxiety, increase energy and flexibility, boost your immune system and improve strength.
- Networking opportunities: meet new people from all over the world and create fruitful and long-lasting relationships. Get inspired and exchange ideas.
- Cultural experiences: discover the beauty of Gdansk with guided tours and unforgettable moments in historical places. Visit unique museums and take part in culinary workshops.
- Educational workshops: get inspired by ideas that will broaden your horizons in terms of internationalization. Take part in a brainstorming session.
- English language improvement opportunities: expand your knowledge and skills in English.

**Staff Week workshops will be led by qualified specialists from the University of Gdańsk:**

- Darshika Thejani Bulathwatta is a dedicated researcher at the Psychological Support Centre at the University of Gdańsk and is responsible for adaptation workshops, research, and psychological consultations. With her extensive background and passion for promoting mental health, Darshika brings a wealth of knowledge and experience to this workshop. In her workshop, you will learn techniques for simple relaxation and progressive muscle relaxation methods.
- Stefan Biedronka is a sociologist of culture and a PhD candidate at the Doctoral School of Humanities and Social Sciences at the University of Gdańsk. His research delves into the impact of cultural elements on social life, with a keen interest in the intersection of culture and mental well-being. His extensive travels around the globe have provided him with diverse insights into the concept of happiness across different cultures. In his workshops, he shares mindfulness techniques from various cultural perspectives.
- Magdalena Herzberg-Kurasz is a sociologist, research assistant at the Institute of Sociology, University of Gdańsk, teacher and passionate yoga practitioner, breathing trainer, currently in formal practice in the mindfulness method. During the workshop you will experience gentle, flowing movement. We will learn to synchronize it with your breath. You will experience breathing techniques to support your nervous system, which can be easily implemented into your daily life.

More details and information on registration are available in the **attached brochure**.

Detailed programme will be available for participants in due course.

Should you require any additional information, do not hesitate to contact us by e-mail: [staffweek@ug.edu.pl](mailto:staffweek@ug.edu.pl).

# Happiness at Work 2024

Join us for  
a soothing week!

**18-22**  
November  
**2024**



Fee EUR 200 - includes the  
training, lunches, coffee corner  
& social events



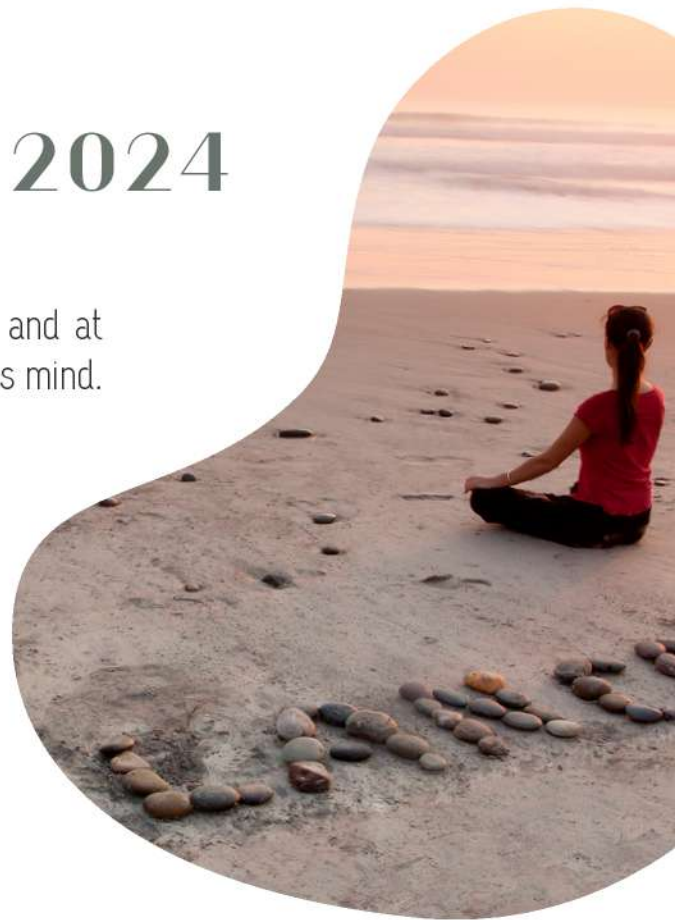
[staffweek@ug.edu.pl](mailto:staffweek@ug.edu.pl)

Please register here



# Happiness at Work 2024

Improve your well being and awareness in everyday life and at work. Enjoy living the present moment with a more curious mind. This course has been designed to offer you ideas on how you can reach happiness and calmness. Join this course with participants from around the world, and make connections to last for life.



## Program Highlights

- 1 Guide to Mindfulness and Wellbeing:** Explore mindfulness techniques, stress reduction strategies and self-care practices. Find inner peace and work-life balance.
- 2 Yoga Practice:** Find out how you can use yoga to improve your well-being. Learn how to reduce anxiety, increase energy, boost immune system, improve strength and enhance flexibility.
- 3 Networking Possibilities:** Meet new people from around the world and create fruitful and long lasting relations. Get inspired and exchange ideas.
- 4 Cultural Adventures:** Discover the beauty of Gdańsk through guided cultural excursions and unforgettable moments at historic sites. Visit unique museums and prepare traditional polish cuisine.
- 5 Educational Workshop:** Explore a wide range of ideas that will expand your horizons within internationalization. Take part in a brainstorming session.
- 6 English Improvement Opportunity:** Expand your knowledge and English skills.



## Dates

18-22.11.2024



## Location:

University of Gdańsk,  
Gdańsk, Poland

## Why participate in Happiness at Work Staff Week?

### Stress Relief



Mindfulness and yoga practice as tools to cope with stress and avoid burnout in personal and professional life.

### Practices and Experiences



The opportunity to exchange knowledge and experience through discussions, interactive workshops and practical exercises led by qualified trainers and mediation experts.

### Social Skills



The occasion to make new acquaintances through networking and cultural exchange with colleagues from universities across Europe.

### Cultural Immersion



Integration between participants including sites visits as a chance to discover the excellence of our city.

## Who Can Join?

### You, you and you!!!

The "Happiness at Work" Staff Week is ideal for administrative/non-academic and academic/teaching staff.

All activities will be held in English, a minimum B1 level is recommended.

## How To Apply?

The participant fee is **EUR 200** which includes the training, lunches, coffee corner & social events.

Travel and accommodation costs to be covered by the participants.

Optional activities at an additional cost.

Please register here



For inquiries contact us: [staffweek@ug.edu.pl](mailto:staffweek@ug.edu.pl)

We look forward to welcoming you to the Erasmus+ Staff Week at the University of Gdańsk!