

Dear partners,

Greetings from the University of Primorska, Slovenia!

We are delighted to invite you to the **2026 University of Primorska Staff Week on Health and Well-being at HEIs**, which will take place from **23 to 27 March 2026** in the charming coastal town of **Izola, Slovenia**.

This interactive Staff Week, organized as a BIP (Blended Intensive Programme) and hosted by the University of Primorska, will offer practical insights, inspiring discussions and opportunities to build connections with colleagues from around the world. Tentative activities include:

- **Virtual component:** end of February
- **Monday:** Tour of InnoRenew CoE and individual meetings with UP colleagues
- **Tuesday:** Strategic approaches to workplace well-being
- **Wednesday:** Healthy breakfast and practical approaches to health and well-being
- **Thursday:** Impact of the built environment, staying healthy at work and beyond, mental health sessions, and dinner
- **Friday:** Field trip

For more information, please visit [iMotion](#).

Why join?

Gain **practical insights**, build **lasting partnerships**, and enjoy an inspiring week in the beautiful setting of Izola.

How to apply:

If you are interested in participating, kindly complete this [form](#). The **application deadline is 25 January 2026**. Participation is free of charge. Applicants will be notified of their application status in early February. We will evaluate the applications based on your field experience, motivation and work context, inviting 30 participants (with a maximum of 2 per institution) to join our UP Staff Week. For additional information, please contact us at international@upr.si.

We hope you can join us for this exciting opportunity to share expertise, foster collaboration and enrich our collective approaches to health and well-being.

Warm regards,

UP International Office

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