



19th INTERNATIONAL WEEK

AT KLAIPĖDOS VALSTYBINĖ KOLEGIJA / HIGHER EDUCATION INSTITUTION

BLENDED INTENSIVE PROGRAMME

“WELLBEING OF STAFF IN HIGHER EDUCATION”

19 September Tuesday <i>(virtual day)</i>	Virtual programme on Microsoft Teams Seminar and situation simulation
25 September Monday <i>(physical day at KVK)</i>	Registration Presentation of Klaipėdos valstybinė kolegija Presentation on wellbeing Light lunch and international coffee break Presentations of guest institutions Guided excursion of Klaipėda old town
26 September Tuesday <i>(physical day at KVK)</i>	Interactive presentation of Technologies Faculty Visiting Nursing simulation centre Burnout prevention and stress management
	International Conference “Studies-Business-Society: Present and Future Insights VIII” <i>(optional, separate registration is required)</i>
27 September Wednesday <i>(physical day at KVK)</i>	Interactive presentation of Business Faculty Round table workshop on wellbeing of staff in higher education Pranayama (yoga breathing) Gong meditation
28 September Thursday <i>(physical day at KVK)</i>	Interactive presentation of Health Sciences Faculty Workshop on emotional intelligence Art therapy Heat and cold therapy (sauna and sea bath, optional)
	International Conference “Interdisciplinary Approach: Challenges and Opportunities in the Studies of Health Sciences” <i>(optional, separate registration is required)</i>
29 September Friday <i>(physical day at KVK)</i>	Excursion to Plateliai town Apitherapy and honey education (bee therapy) Ethnographic education and lunch

**The programme is preliminary, and it might change before the event.*



Participants

Maximum number of participants is 40, of which:

- coming for Training Mobility (Blended Intensive Programme) – 25,
- coming for Teaching Mobility – 15.

Fees

Activities indicated in the programme are free of charge for 19th International Week participants.

Accommodation is not provided.

Lecturing at the host department

If you come under Teaching Mobility Programme - individual lectures and meetings with departments are organized under separate a plan.

International Conferences

During the week, there will be two International Conferences, participation is optional.

Those who wish to participate in these conferences must register separately here:

[International Conference “Studies-Business-Society: Present and Future Insights VIII” on 26 September](#)

[International Conference “Interdisciplinary Approach: Challenges and Opportunities in the Studies of Health Sciences” on 28 September](#)

Contact person details:

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