

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

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

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