**STAFF MOBILITY FOR TRAINING[[1]](#endnote-2)**

**MOBILITY AGREEMENT**

Planned period of the training activity: from ***25/11/2024*** till ***29/11/2024***

Duration (days) – excluding travel days: 5 days

**The Staff Member**

|  |  |  |  |
| --- | --- | --- | --- |
| Last name (s) |  | First name (s) |  |
| Seniority[[2]](#endnote-3) |  | Nationality[[3]](#endnote-4) |  |
| Sex [*M/F*] |  | Academic year | **2024/2025** |
| E-mail |  | | |

**The Sending Institution**

|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | Faculty/Department |  |
| Erasmus code[[4]](#endnote-5)  (if applicable) |  |
| Address |  | Country/ Country code[[5]](#endnote-6) |  |
| Contact person  name and position |  | Contact person e-mail / phone |  |

**The Receiving Organisation**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | MASARYK UNIVERSITY | | |
| Erasmus code  (if applicable) | CZ BRNO05 | Faculty/Department | Faculty of Pharmacy, Institute of Lifelong Learning (ILL) |
| Address | Žerotínovo nám. 9,  601 77, Brno | Country/ Country code | Czech Republic |
| Contact person, name and position | Mgr.Vendula Stará  Faculty Erasmus+ coordinator | Contact person e-mail / phone | [+42060224758](tel:+420602247584)4  [starav@pharm.muni.cz](mailto:starav@pharm.muni.cz) |
| Type of enterprise:  NACE code [[6]](#endnote-7)  (if applicable) | P 85.42 | Size of enterprise  (if applicable) | <250 employees  >250 employees |

#### For guidelines, please look at the end notes on page 3.

#### **Section to be completed BEFORE THE MOBILITY**

#### **I. PROPOSED MOBILITY PROGRAMME**

Language of training: English

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| **Overall objectives of the mobility:**  The main purpose of the training course **Stress free & Mindful** is to provide participants with the know-how needed to handle stress, stay grounded and in the present moment. The training will focus on different situations that provoke stress reactions - these will be thoroughly explained also from the scientific point of view. Participants will go through various techniques of stress handling and different mindfulness methods will be introduced and exercised. |
| **Added value of the mobility (in the context of the modernisation and internationalisation strategies of the institutions involved):**  Stress is a disease of civilization in today's society. It can appear in almost all areas of our lives and, although it can sometimes have a motivating and positive effect, in most cases it is rather harmful and can cause various diseases or syndromes. Thanks to this training course particpants will have opportunity to experience stress, learn how similary or differently it influences people in other countries/cultures, enhance their intercultural awareness. They will learn to handle stress also thanks to digital technologies – videos, sounds, music and different apps for stress and time management, which will be introduced and compared. |
| **Activities to be carried out:**  The program will include topics and activities like: different forms of stress, its effects and symptoms, working under stress, acute and chronic stress and stressors, Mindfulness, Mindfulness principles, different meditation techniques, breathing excercises, stress and time management, past and future influences, thinking patterns, yoga. |
| **Expected outcomes and impact (e.g. on the professional development of the staff member and on both institutions):**  The training aims to help participants stay in the present moment and take care of their mental health. It will strenghten communication, self-reflective, assertive and intercultural skills and competences. All parties (participant and both – sending and receiving institution) will have a chance to enhance networking and professional relationships with academic and non-academic staff members from various environments, inspire, motivate and support each other and establish opportunities for cooperation with other institutions. |

**II. COMMITMENT OF THE THREE PARTIES**

By signing**[[7]](#endnote-8)** this document, the staff member, the sending institution and the receiving institution/enterprise confirm that they approve the proposed mobility agreement.

The sending higher education institution supports the staff mobility as part of its modernisation and internationalisation strategy and will recognise it as a component in any evaluation or assessment of the staff member.

The staff member will share his/her experience, in particular its impact on his/her professional development and on the sending higher education institution, as a source of inspiration to others.

The staff member and the sending institution commit to the requirements set out in the grant agreement signed between them.

The staff member and the receiving institution/enterprise will communicate to the sending institution any problems or changes regarding the proposed mobility programme or mobility period.

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| **The staff member**  Name:  Signature: Date: |

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| **The sending institution/enterprise**  Name of the responsible person:  Signature: Date: |

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| **The receiving institution**  Name of the responsible person: Mgr. Vendula Stará, Faculty Erasmus + coordinator  Signature: Date: |

1. In case the mobility combines teaching and training activities, **the** **mobility agreement for teaching template** should be used and adjusted to fit both activity types. [↑](#endnote-ref-2)
2. **Seniority:** Junior (approx. < 10 years of experience), Intermediate (approx. > 10 and < 20 years of experience) or Senior (approx. > 20 years of experience). [↑](#endnote-ref-3)
3. **Nationality:** Country to which the person belongs administratively and that issues the ID card and/or passport. [↑](#endnote-ref-4)
4. **Erasmus Code:** A unique identifier that every higher education institution that has been awarded with the Erasmus Charter for Higher Education receives.. It is only applicable to higher education institutions located in Programme Countries. [↑](#endnote-ref-5)
5. **Country code**: ISO 3166-2 country codes available at: [https://www.iso.org/obp/ui/#search](https://www.iso.org/obp/ui/" \l "search). [↑](#endnote-ref-6)
6. The top-level NACE sector codes are available at <http://ec.europa.eu/eurostat/ramon/nomenclatures/index.cfm?TargetUrl=LST_NOM_DTL&StrNom=NACE_REV2&StrLanguageCode=EN> [↑](#endnote-ref-7)
7. Circulating papers with original signatures is not compulsory. Scanned copies of signatures or electronic signatures may be accepted, depending on the national legislation of the country of the sending institution (in the case of mobility with Partner Countries: the national legislation of the Programme Country). [↑](#endnote-ref-8)