

Staff Week in France

International students'
well-being and mental health

June 17th to June 21st, 2024

Discover Lille,
in the North region of France!



PROVISIONAL PROGRAM

Please note that the given document is subject to changes

STAFF WEEK IN LILLE – JUNE 2024

International students wellbeing and mental health

	MONDAY JUNE 17th	TUESDAY JUNE 18th	WEDNESDAY JUNE 19th	THURSDAY JUNE 20th	FRIDAY JUNE 21st
Theme	Welcome!	Psychological wellbeing, mental health <i>Better quality of mental healthcare, making it more accessible, raising awareness...</i>	Physical wellbeing	Cultural integration and wellbeing	Social factors for wellbeing
Place	Palais Rihour (City center)	Campus Pont de Bois	Polytech School (Campus Cité Scientifique)	EURASPORT (Campus Health) / Lilliad (Campus Cité Scientifique)	ENSAIT (Campus Roubaix)
Morning	//	9 AM – 9 :30 AM : Wellbeing activity (TBC) 9:30 AM – 10:30 AM The challenges of psychological care for International students, cultural barriers... Fight stigma and discrimination 10:30 AM – 12:30 PM : Prevention, early detection and care of suicidal behavior	9 am – 9 :30 am : Wellbeing activity (TBC) 9:30 AM – 10:30 AM : Discussion: what is physical wellbeing, the different factors (sleep, nutrition, hygiene), how is it in your universities, access to information and help... (SUMPPS actions presentation) 10:30 AM – 11:30 AM : From Students to Students: - Encouraging Healthy Behaviors with the Relais-Santé Program (ERS) - Promoting Well-being in the Campus: A Master's Project	9 am – 9 :30 am : Wellbeing activity (TBC) 9.30 AM – 12 :30 pm : EURASPORT - Presentation of the Sport Department How sport can increase your wellbeing	9 am – 9 :30 am : Wellbeing activity (TBC) 9 :30 AM – 10 :30 AM : Circular Economy, and social well being for students 10:30 AM – 11 :30 AM : Fighting discrimination, gender inequality, sensibilization about violences... 11:30 AM – 12:30 PM : Wellbeing strategies 12:30 AM – 13:30 PM : ENSAIT Guided tour

			11:30 AM – 12:30 PM : Cooking Workshop		
Lunch	12.30 – 1.30	12.30 – 1.30	12.30 – 1.30	12.30 – 1.30	1.30 – 2.30
Afternoon	<p>4.30 – 5 PM : Arrival, registration and Welcome coffee</p> <p>5 – 6 PM : Welcome address:</p> <p>Direction of International Relations</p> <p>Mental Health and Wellbeing at the Center of Our Strategy</p> <p>Quick Presentation of the Staff Training Week</p> <p>6 – 7 PM : Ice breaker – Let’s get to know each other</p> <p>7 PM : Walking together to Restaurant</p>	<p>1.30 PM - 2.30 PM : Taking care of your own health and your staff, promoting healthcare in your workplace and educating</p> <p>2.30 PM – 3.30 PM : Tackle loneliness in vulnerable groups</p> <p>3.30 PM – 4.30 PM : Workshop: How to promote the university highlighting students’ well-being</p> <p>5 PM : Cinema session</p>	2 PM – 4 PM : Visit of Xperium	<p>1.30 PM – 2.30 PM : Feeling at home far from home : the Maison Internationale role in promoting intercultural experiences</p> <p>1.30 PM – 2.30 PM : Culture Direction</p> <p>How art can help to discuss and heal trauma</p> <p>2.30 PM : Free time Meetings with administrative departments and/or faculties possible</p>	<p>2 :45 PM – 3 : 45 : Visit of the museum la Piscine in Roubaix</p> <p>4 PM – 5 PM : Farewell coffee</p>