



ALEXANDRU IOAN CUZA  
UNIVERSITY of IAȘI



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# 7th International Staff Training Week

## **Building resilience: How to manage workplace stress**

Iași, 20th – 24th of May 2024

## FINAL PROGRAM



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# Monday, 20th of May 2024

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| <b>09:30 - 10:30</b> | <b>Registration</b><br>(Ferdinand conference room, A building)  |
| <b>10:30 - 12:30</b> | <b>Welcome and Presentation of UAIC and of the guests' universities</b><br>(Ferdinand conference room, A building)                      |
| <b>12:45 - 13:15</b> | <b>Guided tour of the Hall of the Echoeing Footsteps</b><br>(facilitator: assist. prof. Mihai Bulai – Faculty of Geography and Geology) |
| <b>13:30 - 14:45</b> | <b>International fair &amp; Swedish buffet</b><br>(Hall of the Echoeing Footsteps)  |
| <b>14:45 - 15:30</b> | <b>Financial matters: cashing scholarships (KA171 participants only)</b><br>(Hall of the Echoeing Footsteps)                            |



# Tuesday, 21st of May 2024

- 09:30 - 10:30** | **Workshop on Time management**  
(facilitator: **Diana Chihaia** – Head of Department for Students, Career Guidance and Professional Insertion and Alumni)  
(Ferdinand conference room, A building)
- 11:00** | **Group photo** (in front of A building)  
& **Coffee break** (Ferdinand conference room, A building)
- 11:30 - 13:00** | **Workshop on Stress Management**  
(facilitator: **prof. Daniela Muntele** – Faculty of Psychology and Education Sciences)  
(Ferdinand conference room, A building)
- 13:30 - 14:30** | **Lunch\***  
(Gaudeamus University cafeteria)  
\*provided by the organizers
- 15:00-16:00** | **Individual visits to homologue faculties/departments**  
Meeting point: in front of A building
- 17:00-19:00** | **Walking guided tour in downtown of Iasi**  
(facilitator: **assist. prof. Mihai Bulai** – Faculty of Geography and Geology)  
Meeting point: Mihai Eminescu Central University Library





# Wednesday, 22nd of May 2024

- 09:00 - 11:00** | **Workshop on Effective communication at the workplace**  
(facilitator: **assoc. prof. Corina Barbaros** – **Faculty of Philosophy and Social-Political Sciences**)  
(Ferdinand conference room, A building)  
\*Coffee break
- 11:30 - 13:00** | **Workshop on motor-sport skills development**  
(facilitator: **assist. prof. Alexandru Oprean** - **Faculty of Physical Education and Sports**)  
(Faculty of Physical Education and Sports, D Building - on the sports field)
- 13:00 - 14:00** | **Lunch**  
(on participants' free choice restaurant and on their own expenses)
- 15:00 - 16:00** | **Individual visits to homologue faculties/departments**





**Thursday, 23rd of May 2024**

**Trip to central Moldavian region: Probota monastery (UNESCO monument) – traditional Romanian village (Dolhestii Mici) – the Museum of Vine and Wine (Harlau) – Cotnari winery visit.**



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# Friday, 24th of May 2024

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- 09:30 - 10:30** | **Tour of the Botanical Garden**  
(facilitator: biologist **Cristiana Petre**)
- 10:30 - 12:30** | **Ikebana workshop**  
(facilitator: biologist **Cristiana Petre**)  
(Botanical Garden)  
**\*Coffee break**
- 12:30 - 13:00** | **Certificate award and closing ceremony**  
(**Botanical Garden**)

