



# 7th International Staff Training Week

Building resilience: How to manage workplace stress

Iaşi, 20th - 24th of May 2024

#### FINAL PROGRAM



## Monday, 20th of May 2024

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



## Tuesday, 21st of May 2024

09:30 - 10:30 | Workshop on Time management

(facilitator: Diana Chihaia - Head of Students, Department Guidance and Professional Insertion and Alumni)

(Ferdinand conference room, 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

assist. prof. Alexandru (facilitator: Oprean - Faculty of Physical Education and Sports)

(Faculty of Physical Education and Sports, D Building - on the sports field)

13:00 - 14:00 Lunch

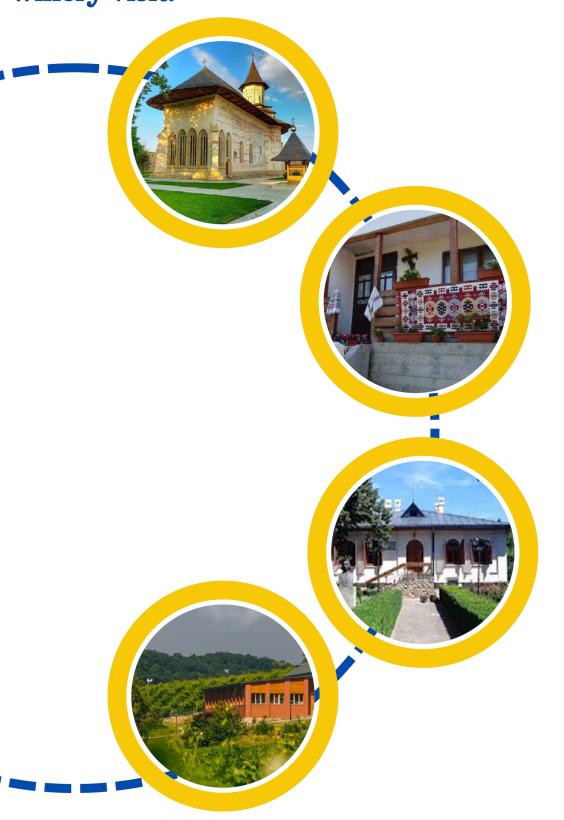
(on participants' free choice restaurant and on their own expenses)

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.



## Friday, 24th of May 2024

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)

