



We are opening application process for Call

We kindly invite you to join us in the Blended Intensive Programme
"The wellbeing of an office worker" with the main focus being mental and physical health.

HOST INSTITUTION "Ovidius" University of Constanta

COURSE DATES: 24 - 28 June 2024

Content

The proposed Blended Intensive Program aims to raise awareness over the importance of mental and physical health of the office worker and how these factors can improve the overall quality of the work environment.

Total workload: 25 hours

Format: Blended

Location: Constanta, Romania

Physical mobility

The physical mobility part will be running from 24 to 28 June 2024. Selected staff members will travel to Constanta, Romania at Ovidius University of Constanta, where they will attend (interactive) lectures and take part in seminars. Recreational activities will be planned throughout the week in Constanta.

Virtual part

The virtual mobility program will consist of one (1) feedback session, 2 weeks after the program is over, analyzing how the life of the participants improved after they integrated in their routine exercise, mental health check-ups and the recommended nutrition tips.

Attached to this email you will find the BIP proposal with all the necessary details.

If you find it interesting, please fill the application form:

<https://forms.gle/F6VUnN8E2DrYwQnN7> .

Registration deadline: 15.01.2024

Please forward this information to any interested colleagues!

We hope to see you in Constanta,

Andreea Soltaniuc