

# Schedule

## 4<sup>th</sup> Erasmus+ International Staff Week

### Monday, 11 May

- 11:00–12:00 Signature of Erasmus+ KA171 documents
- 12:00–12:30 Registration KA131
- 12:30–14:00 Welcome speech & UPT presentation
- 14:00–15:00 Welcome cocktail
- 15:00–17:00 City tour

### Tuesday, 12 May

- 09:30–11:00 Let's Meet: Ice-Breaking Session / Teaching activities (for teaching mobilities)
- 11:00–11:30 Coffee break
- 11:30–13:00 Balanced Voices: Communication Strategies for a Reflective Workplace/ Teaching activities (for teaching mobilities)
- 13:00–15:00 Lunch
- 15:00–17:00 Universities' booths: Present your university to UPT students, teachers and partners

### Wednesday, 13 May

- 09:30–11:00 Emotionally Intelligent Interactions in Multicultural Settings / Teaching activities (for teaching mobilities)
- 11:00–11:30 Coffee break
- 11:30–13:00 Reflecting on Well-Being: Managing Stress Across Cultures/ Teaching activities (for teaching mobilities)
- 13:00–14:00 Lunch
- 17:00–21:00 Gala dinner

### Thursday, 14 May

- 09:00–11:30 Trip to the city of Hunedoara
- 11:30–13:00 Hunedoara Cultural Experience (visit to Corvin's Castle)
- 13:00–14:30 Lunch
- 14:30–15:30 Well-Being Workshop
- 15:30–16:30 Global Connections. Local Balance /Teaching activities (for teaching mobilities)
- 17:00 Departure to Timișoara

### Friday, 15 May

- 9.30–11.00 UPT Campus Tour
- 11.30–13.00 Closure ceremony

Join us for a week dedicated to mindfulness, introspection, and the values that guide academic life.

Together, we will explore how to maintain balance, foster meaningful collaborations, and embrace diversity in all its forms, including generational perspectives like those of Generation Z.

This week is also an opportunity to discuss good workplace practices, share ideas, and reflect on rights and responsibilities at work, all while cultivating empathy and understanding for colleagues and students alike.

Grounded in science and ethical practice, it is a space to reflect, recharge, and connect with others and, most importantly, with yourself.