

We kindly invite you to join 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.

See the document on the link:

<https://drive.google.com/file/d/17KxluNd1UGJB95jo4o1tqs67CZzCgH1J/view?usp=sharing>

### **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.

**DEADLINE FOR APPLICATION: 31.05.2024.**

**Your application must be sent on: [mobilnost@atuss.edu.rs](mailto:mobilnost@atuss.edu.rs)**

**Application must consist of:**

- 1.** CV on English,
- 2.** Work agreement with ATUSS,
- 3.** Motivation Letter

**NOTE: Costs are covered through ATUSS KA131 2023 project**



Co-funded by  
the European Union