



## Preliminary Program

**JUNE 23-27** | PORTUGAL  
**Health and Wellbeing  
at Work**

### Monday, 23 Welcome

- 9h30 – Welcome and registration of participants
- 10h > 10h30 – Welcome Session
- 10h30 > 11h00 – Presentations of the participants
- 11h00 > 11h15 – Group photo
- 11h15 > 11h30 – Coffee break
- 11h30 > 12h15 – Portuguese Crash Course
- 12h15 > 12h00 – Short musical performance
- 12h30 > 14h00 – Welcome Lunch (University Restaurant)
- 14h00 > 15h30 – University Campus Tour

### Tuesday, 24 Partnerships Day

- 9h30 > 10h00 – Coffee and networking
- 10h > 11h15 – Display of posters brought by participants about their HEI's and countries
- 11h15 > 12h15 – **Session 1**: key note speaker
- 12h30 > 14h30 Lunch (free)
- 14h45 > 15h45 Aveiro City Tour
- 16h00 > 17h00 Boat Tour

### Wednesday, 25 Health and Wellbeing at Work

- 9h30 > 10h00 – Coffee and networking
- 10h > 11h15 – **Session 1**: Health and Wellbeing at work
- 11h15 > 12h15 – **Session 2**: Serene Mind, Strong Body: Stress Relief Through Yoga & Mindfulness
- 12h30 > 14h30 - Lunch (free)
- 14h > 19h00 - Free time
- 19h00 > 22h30 – Social Dinner (University Restaurant)

### Thursday, 26 Health and Wellbeing at Work

- 9h30 > 10h30 – **Session 1**
- 10h30 > 11h00 – Coffee break
- 11h00 > 12h15 – **Session 2**
- 12h30 > 14h30 - Lunch (free time)
- 17h00 > 19h00 – Sunset party

### Friday, 27 Goodbye

- 10h00 – Closing Session and handing the Certificates



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