



University  
of Gdańsk

Cooperation and  
International  
Relations Office

HAPPINESS AT WORK

2026

Join us for a  
*s o o t h i n g* week!

[staffweek@ug.edu.pl](mailto:staffweek@ug.edu.pl)

**23-27 NOV**

# Happiness at Work 2026 – Join us for a *soothing* week!

Improve your well being and awareness in everyday life and at work. Enjoy living the present moment with a more curious mind. This course has been designed to offer you ideas on how you can reach happiness and calmness. Join this course with participants from around the world, and make connections to last for life.

## Program Highlights



**Guide to mindfulness and wellbeing:** Explore mindfulness techniques, stress reduction strategies and self-care practices. Find inner peace and work-life balance.



**Yoga practice:** Find out how you can use yoga to improve your well-being. Learn how to reduce anxiety, increase energy, boost immune system, improve strength and enhance flexibility.



**Networking possibilities:** Meet new people from around the world and create fruitful and long lasting relations. Get inspired and exchange ideas.



**Cultural adventures:** Discover the beauty of Gdansk through guided cultural excursion and unforgettable moments at historic sites.



**Integration workshops:** Build relationships, exchange experiences, and strengthen collaboration with fellow participants from diverse cultures and countries.



**English improvement opportunity:** Expand your knowledge and English skills.



**DIY creative workshops:** Unleash your creativity through hands-on DIY activities. Create unique handmade crafts, explore new artistic techniques, and enjoy a relaxing space for self-expression.



## DATE

23-27 Nov 2026

## LOCATION

University of Gdańsk  
Gdańsk, Poland

# Why participate in Happiness at Work Staff Week?



**Stress relief:** Mindfulness and yoga practice as tools to cope with stress and avoid burnout in personal and professional life.



**Practices and experiences:** The opportunity to exchange knowledge and experience through discussions, interactive workshops and practical exercises led by qualified trainers and mediation experts.



**Social skills:** The occasion to make new acquaintances through networking and cultural exchange with colleagues from universities across Europe.



**Cultural immersion:** Integration between participants, including site visits as a chance to discover the excellence of our city.

## Who Can Apply?

**YOU, YOU AND YOU!!!**

The Happiness at Work Staff Week is ideal for administrative/non-academic and academic/teaching staff. All activities will be held in English; a minimum B1 level is recommended.

## How to Apply?

- Fee: EUR 280 (includes training, lunches, coffee corner & social events).
- Travel and accommodation costs have to be covered by the participants.
- Limited Spots Available. Reserve your place now!
- Application Deadline: 30 September 2026



***We look forward to welcoming you to the Erasmus+ Staff Week at the University of Gdansk.***

***For inquiries contact us: [staffweek@ug.edu.pl](mailto:staffweek@ug.edu.pl)***