

# **BIP: Health and wellbeing - holistic approach to physical, mental and social well-being**

**No: 2024-1-RS01-KA131-HED-000222676-1**

*We are now accepting all interested students and staff members who wish to participate in the unique training program*

## Objectives:

- Developing a holistic understanding of health and wellbeing
- Promoting interdisciplinary and transnational learning
- Enhancing students' competencies in health promotion and prevention
- Strengthening digital, collaborative, and intercultural skills
- Encouraging reflective and responsible attitudes toward wellbeing
- Increasing Learning Outcomes

Upon successful completion of the Blended Intensive Program, students will be able to:

- Explain core concepts of holistic health and wellbeing
- Apply interdisciplinary approaches to wellbeing challenges
- Design basic health promotion and wellbeing interventions
- Collaborate effectively in international and intercultural teams
- Use digital tools for collaborative learning and knowledge sharing
- Critically reflect on personal and professional wellbeing practices
- Demonstrate increased health literacy and social responsibility

## **Getting started**

Date:

Application deadline April 15 2026

Virtual component: April 27 2026

Physical component: May 4 - May 8 2026

Venue: Akademija vaspitacko medicinskih strukovnih studija Krusevac, Serbia

Ćirila I Metodija 22, Kruševac

Google maps Address <https://maps.app.goo.gl/7JX45Sy6CEQd9gUy8>



Please fill out the form at the link below to register.

<https://forms.gle/ZhYuHBCPUvXsksbp9>



## **AGENDA**

### **Day 1: Introduction to Holistic Well-being**

Focus: Understanding the multidimensional nature of well-being.

Morning Session (9:00 AM - 12:00 PM)

Welcome & Program Introduction

Overview of the Blended Intensive Program

Icebreaker: "What does well-being mean to you?"

Lecture: Dimensions of Well-being – Physical, mental, emotional, and social health.

Lunch Break (12:00 PM - 1:00 PM)

Afternoon Session (1:00 PM - 4:00 PM)

Workshop: Self-Assessment: Your Current Wellbeing

Guided activities for students to assess their own well-being across different dimensions.

Discussion on individual goals and what they hope to achieve by the end of the program.

Evening Activity (6:00 PM - 7:00 PM)

Group Walk & Reflective Journaling

A mindful walk followed by a journaling session where students reflect on their well-being and what areas they would like to improve.

### **Day 2: Physical Wellbeing & Nutrition**

Focus: Physical health, exercise, and nutrition for well-being.

Morning Session (9:00 AM - 12:00 PM)

Lecture: The Science of Physical Well-being

Understanding the role of exercise, sleep, and movement in overall well-being.

Guest Speaker: Nutritionist – "Fueling Your Body for Optimal Health and Energy"

Discussion on meal planning, nutritional balance, and the impact of diet on mental clarity and physical performance.

Lunch Break (12:00 PM - 1:00 PM)

Afternoon Session (1:00 PM - 3:00 PM)

Workshop: Healthy Eating and Cooking on a Budget

Hands-on meal planning and cooking demonstrations.

Students create their own healthy, balanced meals with a focus on quick, affordable options.

Evening Activity (5:00 PM - 6:00 PM)

Outdoor Group Exercise Session

Yoga or a guided fitness class to emphasize the importance of regular physical activity in well-being.



## **Day 3: Mental and Emotional Well-being**

Focus: Building resilience, managing stress, and emotional self-care.

Morning Session (9:00 AM - 12:00 PM)

Lecture: Mental Health and University Life

Exploring the impact of stress, anxiety, and academic pressure on mental health.

Techniques for managing stress, such as mindfulness, time management, and emotional regulation.

Lunch Break (12:00 PM - 1:00 PM)

Afternoon Session (1:00 PM - 4:00 PM)

Workshop: Resilience and Coping Mechanisms

Students will participate in activities to enhance emotional intelligence, self-awareness, and stress management techniques.

Mindfulness Meditation Session: Guided practice in mindfulness for mental clarity and relaxation.

Evening Activity (6:00 PM - 7:30 PM)

Creative Expression Workshop:

Art, journaling, or creative writing as a form of emotional release and mental relaxation.

## **Day 4: Social Well-being and Relationships**

Focus: Building meaningful relationships, community engagement, and social well-being.

Morning Session (9:00 AM - 12:00 PM)

Lecture: The Importance of Social Connections

How healthy relationships contribute to well-being and emotional health.

Strategies for building and maintaining positive friendships, support networks, and managing conflict.

Lunch Break (12:00 PM - 1:00 PM)

Afternoon Session (1:00 PM - 4:00 PM)

Workshop: Communication and Interpersonal Skills

Group activities focused on active listening, empathy, and assertive communication.

Role-playing scenarios to practice conflict resolution and relationship building.

Evening Activity (5:00 PM - 6:00 PM)

Volunteer/Community Engagement Activity

Students participate in a community service project, fostering connection and contributing to social well-being.

## **Day 5: Integrating Well-being into Daily Life**

Focus: Sustainable practices for long-term well-being.

Morning Session (9:00 AM - 11:00 AM)

Lecture: Integrating Well-being into University Life and Beyond

How to sustain healthy habits in daily life and continue personal development.

Discussion on work-life balance, personal values, and maintaining motivation.

Break (11:00 AM - 11:15 AM)

Morning Session (11:15 AM - 12:30 PM)

Interactive Group Discussion:

Reflect on the key learning from the program.



Students share their personal action plans for integrating well-being practices into their routines.

Lunch Break (12:30 PM - 1:30 PM)

Afternoon Session (1:30 PM - 3:30 PM)

Final Workshop: Personalized Wellbeing Plans

Students create detailed, personalized well-being action plans based on the topics covered over the week.

Closing Ceremony: Certificates of completion and group photo.

Evening Activity (6:00 PM - 8:00 PM)

Social Gathering and Celebration

A relaxed social event where students can bond and reflect on the program's impact on their lives.

Program Highlights:

Holistic approach covering physical, mental, emotional, and social well-being.

Interactive and experiential learning through workshops and activities.

Practical tools and techniques to support students' ongoing well-being.

Personalized action plans for sustainable, lifelong wellbeing practices.

This timeline ensures a balanced blend of lectures, interactive workshops, and practical activities, with a strong emphasis on student engagement, reflection, and long-term habit formation.

Online Learning Agreement for Studies

<https://learning-agreement.eu/>

Higher Education

Academic Year 2025/2026

Student	Last name(s)		First name(s)	Date of birth	Gender	Nationality
					Female/Male	
	Field of education		Field of education clarification		Study cycle	
	select from the drop-down list				select from the drop-down list	
Sending Institution	Name	Faculty /Department	Erasmus code (if applicable)	Address	Country	Contact person name; email; phone
Receiving Institution	Name	Faculty /Department	Erasmus code (if applicable)	Address	Country	Contact person name; email; phone
	AKADEMIJA VASPITACKO MEDICINSKIH STRUKOVNIH STUDIJA	/	RS KRUSEVA02	Balkanska 18 st. Krusevac	Serbia	Ivan Tomic / itomic@aspks.edu.rs +38162794210

The level of language competence in that the student already has or agrees to acquire by the start of the study period is: English B2

Planned period of the mobility: from [day-month-year] 04-05-2026 to [day-month-year] 08-05-2026



Commitment	Name	Email / Phone	Position	Date	Signature
Student			Student		
Commitment	Name	Email / Phone	Position	Date	Signature
Responsible person at the Sending Institution			Responsible person at the Sending Institution		
Responsible person at the Receiving Institution	Katarina Tomic	katarinat@vaspks.edu.rs	Responsible person at the Receiving Institution		
Study Programme at Receiving Institution and recognition at the Sending Institution					
Component code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue)	Short description of the virtual component	Number of ECTS credits (or equivalent) to be awarded by the Receiving Institution upon successful completion	Automatic Recognition	
2024-1-RS01-KA131-HED-000222676-1	Health and wellbeing - holistic approach to physical, mental and social well-being	The virtual component of the Blended Intensive Programme consists of structured online activities conducted before and after the physical mobility period. It includes synchronous introductory lectures, asynchronous learning materials, and collaborative online tasks designed to establish a common theoretical foundation and support international teamwork. Students work in mixed-nationality groups using digital platforms to discuss key concepts of physical, mental, and social wellbeing, prepare group assignments, and reflect on learning outcomes. The virtual component ensures continuity of learning, active participation, and meaningful integration of the blended mobility experience.	3	Yes	