

Dear colleagues

Following the resounding success of our Staff Well-being Programme last May, we are thrilled to announce that we are gearing up to bring this transformative initiative back to Tallinn University. Mark your calendars, because during **13.05.2024 - 17.05.2024**, we will once again gather together for a journey toward fostering well-being in the workplace.

Whether you're an academic or non-academic staff member, this programme is designed with you in mind. Our primary objective remains unchanged: to champion a culture of well-being within our university community and equip each participant with the indispensable tools necessary to cultivate a workplace environment that is both nurturing and sustainable.

By engaging in collaborative group activities, you will have the opportunity to contribute your unique perspectives and experiences, ultimately co-creating resources that will serve as a guide for all members of our university staff. Whether it's through the development of guides, events, or other innovative initiatives, together, we will pave the way for a happier, healthier, and more harmonious work environment.

During the course, you will have the opportunity to participate in a variety of activities designed to promote physical and mental health, as well as personal growth and self-care. Some of the activities include work-out possibilities, such as qigong, as well as practical information about physical health in your working environment. We are delighted to have professionals on board who will be giving lectures on topics that are relevant to well-being. Their expertise and guidance will provide you with valuable insights and tools to create a healthy and sustainable work environment.

This year we will also focus on digital well-being. As we increasingly rely on digital devices for work, communication, and leisure activities, it's essential to recognize the potential impact they can have on our mental, emotional, and physical health. Issues such as digital addiction, excessive screen time, and the constant influx of information can lead to stress, anxiety, and a diminished sense of well-being.

In addition to this, we will be offering workshops on mental health in the working environment, including stress management techniques and strategies for maintaining a healthy work-life balance. You will also have the chance to participate in an Estonian cuisine workshop, where you will learn about traditional Estonian dishes and how to prepare them.

Tallinn and Estonia are the perfect destinations for this course as they offer a unique opportunity to connect with nature and experience the beauty of the Estonian landscape. Our visit to an Estonian bog and forest is a highlight of the course, providing a chance to explore the natural environment and learn about its importance for well-being. Estonia has one of the highest proportions of forest cover in Europe, and the country is also home to many bogs, which are a unique type of wetland ecosystem that can only be found in certain parts of the world. Visiting the bog and forest is not only a chance to experience the stunning scenery, but also to learn about the vital role that nature plays in our well-being.

Studies have shown that spending time in nature can have a positive impact on both physical and mental health. It can reduce stress, improve mood, and increase energy levels. Walking in the forest or on a bog trail can also be a form of exercise, which has additional health benefits. Moreover, Estonian bogs are a unique feature of the country, and visiting them is an opportunity to learn about the history, culture, and ecology of Estonia. Bogs have played an important role in Estonian folklore and are a symbol of the country's connection to its natural environment. A visit to the bog is a chance to connect with this cultural heritage and learn about the importance of preserving these ecosystems for future generations.

Overall, Tallinn and Estonia offer a perfect balance of culture, nature, and well-being, making it the ideal destination for this course. We look forward to welcoming you to Tallinn and showing you everything that this beautiful city and country have to offer.

We believe that this course will also be a great opportunity for you to connect with colleagues from different parts of the world and learn new skills. We are confident that you will leave the course feeling inspired, refreshed and energized!

NB! It is important to note that the minimum number of participants for this course is 18. In the event that we have less than 18 participants, the course may be postponed to a later date. We encourage all interested individuals to register for the course as soon as possible, and to spread the word to colleagues who may be interested in this unique and innovative form of mobility. The maximum number of participants invited to participate in this course is 22.

Please register [here](#) by **31.03.2024**. The full programme and dates for the virtual part will be published in the beginning of April.

Thank you for considering this opportunity, and we look forward to welcoming you to Tallinn University!

Additional information can be received by e-mailing us at: studentmobilitycentre@tlu.ee