

AGANDA for B.I.P. The wellbeing of an HEI's staff

B.I.P. ID: 2024-1-RS01-KA131-HED-000227386 -1

Physical component date: 22-26.06.2026.

- **Location: Academy of Technical and Art Applied Studies,**
- **Department: School of Electrical and Computer Engineering**
- **Address: Vojvode Stepe 283, 11010 Voždovac – Belgrade,**
- **Place: 6th floor, Ceremony Room**
- **Contact phone: +381 63 111 2393 (Viber, Whatsapp),**
- **Contact email: internationaloffice@atuss.edu.rs**
- **Virtual component Before BIP: June 19th 2026**

Virtual component before mobility will be used for program presentation, lecturers presentation and presentation of participants and their institutions

Monday, 22.06.2026

09:00 - 09:30	Registration
09:30 - 10:00	Opening Session
10:00 - 11:00	Energizer session
10:30 – 11:00	Coffee break
11:00 - 12:30	Workshop/seminar – nutrition (lecturer: Tatjana Pejović, nutritionist)
12:30 - 14:30	Lunch break
14:30 - 16:00	Workshop/seminar - nutrition (lecturer: Tatjana Pejović, nutritionist)



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Tuesday, 23.06.2024

- 09:00-09:30 **Registration**
- 09:30-10:00 **Energizer session**
- 10:00 – 10:30 **Workshop/seminar -physical mobility - Introduction**
(lecturer: *Ambulanta Dimitrijević*)
- 10:30 – 11:00 **Coffee break**
- 11:00 – 12:30 **Workshop/seminar -physical mobility**
(lecturer: *Ambulanta Dimitrijević*)
- 12:30 -14:30 **Nutrition lunch provided by ATUSS**
- 14:30 -16:00 **Workshop/seminar - physical mobility**
(lecturer: *Ambulanta Dimitrijević*)

Wednesday, 24.06.2024

- 09:00 - 09:30 **Registration**
- 09:30 -10:00 **Energizer session**
- 10:00 – 10:30 **Workshop/seminar – Stress management - Introduction**
(lecturer: - *Ivan Petkov - VTU*)
- 10:30 – 11:00 **Coffee break**
- 11:00 – 12:30 **Seminar – Stress management**
(lecturer: - *Ivan Petkov - VTU*)
- 12:30 - 14:30 **Lunch break**
- 14:30 -16:00 **Workshop/seminar - Stress management**
(lecturer: *Ivan Petkov - VTU*)



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Thursday, 25.06.2024.

09:00-09:30	Registration
09:30-10:00	Energizer session
10:00 – 10:30	Workshop/seminar – Communication in the working place Introduction (lecturer: <i>Julija Avakumović - ATUSS</i>)
10:30 – 11:00	Coffee break
11:00 – 12:30	Workshop/seminar - Communication in the working place: (lecturer: <i>Julija Avakumović - ATUSS</i>)
12:30 - 14:30	Lunch break
14:30 -16:00	Workshop – Communication in the working place (lecturer: <i>Ljiljana Pecić – ATUSS</i>)

Friday, 26.06.2024

09:00-09:30	Registration
09:30-10:00	Energizer session
10:00-17:00	Walking tour* and Belgrade sightseen

*Participants should bring comfortable clothing and shoes as the day will most likely involve walking by foot. *Don't forget to bring sun screen and hats.*

Virtual component after BIP date: 06.07.2026.

Virtual component description: *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.*

CONTENT OF BIP:

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. The program aims to provide physical education support, psychological aid, nutritional coaching, as other relevant work-recreation activities and the required skills the participants need in order to integrate these activities, once they return to their home countries.

MAIN TOPICS OF BIP ARE:

- mental and the physical health at the workplace,
- preventing mental health issues: from work overload to work balance,
- how to improve your nutrition habits as an office worker,
- how to make balance between sitting and movement intervals,
- how to start and maintain a regular exercise pattern: self-motivation, adherence, withdrawal, prevention
- how to improve communication on workplace

DESCRIPTION OF PHYSICAL MOBILITY ACTIVITIES:

Every day will begin with Energizer session (music and stretching exercises).

Each day is dedicated to one of the pillars of a good health and wellbeing:

- 1st day - Monday - Nutrition,
- 2nd - Tuesday - Physical mobility,
- 3rd - Wednesday - Stress management,
- 4th - Thursday - Communication in the working place
- 5th - Friday - is dedicated to walking tour and sightseen of Belgrade.

Before: Virtual component before mobility will be used for program presentation, lecturers presentation and presentation of participants and their institutions

After: 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.



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ADDITIONAL INFORMATION

Accommodation: If you want to stay near the Department VIŠER area, we can recommend the following accommodation units:

Hotel N – Bilećka 57 - <https://hotel-n.rs/>

Hotel M - Bulevar Oslobođenja 56a - <https://www.hotel-m.com/>

If you want to stay in the center or in another area of the city, there are a lot of nice hotels and apartments in the city center (<https://www.booking.com/>).

Your arrival in Belgrade: Depending the place and country you are coming from, you can come by: car, bus, shared car, mini-van from door-to-door, train or airplane to Belgrade.

The city transportation in Belgrade is free of charge.

For further information about Belgrade you can visit official website of Tourist Organization of Belgrade: <https://www.tob.rs/en>