

STAFF WEEK ULILLE – JUNE 2025

Sustainability and Well-being in International Mobilities

Confirmé Non confirmé	MONDAY JUNE 23rd	TUESDAY JUNE 24th	WEDNESDAY JUNE 25th	THURSDAY JUNE 26th	FRIDAY JUNE 27th
Theme	Welcome!	Mental Health and Physical Well-Being	Sustainability and Well-Being	Sharing Best Practices	Social Well-Being and Community
Place	Lille – The Gymnase	University of Lille – Pont de Bois Campus (salle A1.631)	University of Lille – Cité Scientifique Campus (salle d'Arsonval – Polytech)	University of Lille – Cité Scientifique Campus (Agora – ESPRIT)	University of Lille – Santé Campus (Salle du Conseil – Warembourg 1)
Morning	//	9 AM – 9.30 AM : Well-being session: Laughter yoga. Emilie Dédès 9.30 AM – 10.30 AM Breaking Down Barriers: Addressing Mental Health Stigma Zohra Abdelkader 10.30 AM – 11.30 AM Navigating the Complexities of International Student Mental Health Support Pauline Degorre 11.30 AM – 12.30 PM : Addressing Isolation Among International Students Albane André	9 AM – 9.30 AM : Well-being session: cargo bike Antoine Delanoë 9.30 AM – 10.30 AM : Raising Sustainability Awareness Among International Students Fanny Van Heems 10.30 AM – 11.30 AM : Sustainable Mobility: Embracing Slow Travel in International and Daily Life Mobility Antoine Delanoë 11.30 AM – 12.30 PM : Eco-Responsible and Eco-Conscious Academic Mobilities Llewelyne Delelis	9 AM – 9 :30 AM : Well-being session: Conservation grazing Pierre Farges 9.30 AM – 10.30 AM : Sharing best practices : Round table 1 10.30 AM -11.30 AM : Sharing best practices : Round table 2 11.30 AM -12.30 PM : Sharing best practices : Round table 3	9 AM – 9.30 AM : Well-being session: Nature walking Sébastien Sadaune 9.30 AM – 10.30 AM : Student refugees wellbeing Natalia Tsybuliak 10.30 AM – 11.30 AM : Fighting discrimination, and gender inequality JB Bonjean du Manoir Hermeline Pernoud Léa Gimenez 11.30 AM – 12.30 PM : Students with disabilities and their wellbeing Hélène Deroussent & Maverick Gentil 12.30 PM Farewell Cocktail
Lunch		12.30 – 1.30: R.U Flers	12.30 – 1.30: R.U Sully	12.30 – 1.30: R.U Sully	12.30 – 1.30: Cocktail

Afternoon	4.30 – 5 PM : Arrival, registration and Welcome coffee 5 – 6 PM : Opening remarks Nil Toulouse Anne Goffard Opening conference 6 – 7 PM : Quick Presentation of the Staff Training Week - Staff Week ULille Team Ice breaker - Let's get to know each other 7 PM : Dinner at L'Avant Scène	1.30 PM - 2.30 PM : Using Board Games to talk about Mental Health Cyril Blondel 2.30 PM – 3.30 PM : Physical well-being during a mobility Louise Malta-Bey 3.30 PM – 4.30 PM : Creative Workshop : Héloïse Debaisieux 5 PM : French Cinema session (Film À bicyclette)	1.30 PM – 3.30 PM Cooking Workshop 3.30 PM – 4.30 PM : Xperium Visit	1.30 PM - 2.30 PM: Meetings with partners 3. PM – 4.30 PM : Guided tour Capucine Corradi	