

SGROUP INTERNATIONAL BIP STAFF WEEK

Erasmus Blended Intensive Programme on Resilience of the International Officers

8 - 12 June 2026, University of Ostrava, Czech Republic

| 8 June | | |
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| 09:00 am | Registration of the participants | |
| 09:30 am | The City Campus, address: Moravská Ostrava 3397, Ostrava 702 00 (link) | |
| 09:30 am | Official opening session | Arnim Heinemann SG Group President |
| 10:00 am | <ul style="list-style-type: none"> - Welcoming words by SGroup and by the University of Ostrava - Introduction of participants and their institutions | (TBC) University of Ostrava |
| 10:00 am | Session 1 - Time Management and Prioritisation Under Pressure | University of Ostrava |
| 11:00 am | | |
| 11:00 am | Coffee Break, kindly offered by the University of Ostrava | |
| 11:30 am | Session 2 - Emotional Intelligence for International Teams | Raquel Oliveira University of Minho |
| 13:00 pm | | |
| 13:00 pm | Lunch | |
| 14:00 pm | | |
| 14:00 pm | Campus Tour | |
| 15:00 pm | | |
| 15:00 pm | Session 3 - SGroup future Projects | SGroup |
| 16:00 pm | Sharing the best practices among the participants Networking ideas for projects | |
| 16:00 pm | Coffee Break, kindly offered by the University of Ostrava | |
| 16:30 pm | | |
| 16:30 pm | Free time | |
| 19:00 pm | | |
| 19:00 pm | Welcoming Dinner, kindly offered by the University of Ostrava | |

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| 09:00 am | The City Campus, address: Moravská Ostrava 3397, Ostrava 702 00 (link) | |
| 09:30 am 10:30 am | Session 4 - Thriving with AI: Best Practices and Challenges | University of Ostrava / AI4Uni |
| 10:30 am 11:00 am | Coffee Break, kindly offered by the University of Ostrava | |
| 11:00 am 12:00 pm | Session 5 - Preventing Burnout in International Relations Work | University of Ostrava |
| 12:00 pm 12:30 pm | Discussion and Wrap-up | |
| 12:30 pm 14:00 pm | Lunch | |
| 14:00 pm 17:00 pm | Networking activity /City Tour in Ostrava | |
| 17:00 pm 19:00 pm | Visit to the Local Beer Brewery | |
| 19:00 pm | Free time | |

10 June

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| 08:45 am | Meeting point in front of the City Campus Address: Moravská Ostrava 3397, Ostrava 702 00 (link) |
| 09:00 am 18:00 pm | Get to know your colleagues and start building stronger professional connections Trip to Punkva Caves and Castle (full day), kindly offered by the University of Ostrava The Punkva Caves can be found in the Canyon of Pustý Žleb. The caves were discovered in stages in the years 1909–1933 by Professor Absolon’s group of speleologists. The visitors walk through mighty underground spaces and passages decorated with stalactites and stalagmites, as far as the bottom of the world-famous Macocha (=Step Mother) Abyss. The abyss is 138,7 m deep, with fascinating ground dimensions: 174 by 76 m. The foot walk is followed by a motor boat ride along the underground river Punkva. The ride includes the visit of the Masaryk’s Dome, one of the most beautiful caves of the Moravian Karst. The Punkva Caves are an extension of the longest cave system in the Czech Republic, the Amateur’s Cave, whose passages are over 35 km long. |



18:00
pm

Free time

| 11 June | | |
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| 09:00 am | The City Campus, address: Moravská Ostrava 3397, Ostrava 702 00 (link) | |
| 09:30 am 10:30 am | Session 6 – Cultural Sensitivity and Resilience in Development Projects | Théodora University of Lille |
| 10:30 am 11:00 am | Coffee Break, kindly offered by the University of Ostrava | |
| 11:00 am 12:30 am | Session 7 - Strategies for Resilient Cross-Border Collaboration | SGroup |
| 12:30 pm 14:00 pm | Lunch | |
| 14:00 pm 15:30 pm | Session 8 - Building Team Resilience in International Offices | University of Ostrava |
| 15:30 pm 16:00 pm | Coffee Break, kindly offered by the University of Ostrava | |
| 16:00 pm 19:00 pm | Lower Area Vitkovice Visit | |
| 19:00 pm | Farewell dinner at the Lower Area of Vítkovice, kindly offered by the University of Ostrava | |

| 12 June | | |
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| 09:45 am | The City Campus, address: Moravská Ostrava 3397, Ostrava 702 00 (link) | |
| 10:00 am 10:30 am | Closing session | Arnim Heinemann |
| 10:30 am 12:30 am | Wrap up conclusions To-do list Certificates' award ceremony | Arnim Heinemann SGroup President (TBC) University of Ostrava |
| 12:30 am | Free Time | |