

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		
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 SG Group 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		
11:30 am	Session 2 - Emotional Intelligence for International Teams	
13:00 pm		
13:00 pm	Lunch	
14:00 pm		
14:00 pm	Campus Tour	
15:00 pm		
15:00 pm	Session 3 - SG Group future Projects	SG Group
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	

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
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**

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		
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	
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	
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		
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	