

RECHARGE AND RECONNECT

The Power of Body and Mind

Osijek, Croatia, 14 - 15 May 2025



Co-funded by
the European Union





Wednesday, 14 May 2025

**VENUE: Old bakery/Stara pekara, Tvrđa
Trg Vatroslava Lisinskog 11, Osijek**

9:30 - 10:00	Registration (Old bakery/Stara pekara, Tvrđa)
10:00 - 10:15	Welcome speech and opening of the CoLab
10:15 - 11:30	Micro lectures – 1st session 1) A 15-minute Body and Breath Flow – Marko Gašić 2) Mindfulness is Superpower! – Prof. Dr. Ana Kurtović 3) Supportive Universities, Thriving Students - PSIHOS student club
11:30- 11:45	Coffee break
11:45- 13:00	Micro lectures – 2nd session 4) Balanced Diet, Balanced Life: The Key to Well-Being – Ivana Sović, M.Sc. (Nutrition) and Marija Kribl, M.D. 5) Athlete lecturer - David Šain
13:00 - 14:00	Lunch (on-site)
14:00- 15:30	Panel discussion – 1st session: <i>problem definition and discussion</i>
15:30 - 15:45	Coffee break
15:45 - 17:30	Workshop – 2nd session: <i>From ideas to projects - group work on posed challenges</i> Showcasing the challenge solutions
17:30 - 18:00	Knowledge Caffe - <i>an overview of possible approaches on how to connect Quadruple Helix partners on a local level to tackle identified issues</i>
20:00 - 23:00	Dinner in the Bulart 1887 Gastro pub (Ul. Franje Kuhača 4, Osijek)





Thursday, 15 May 2025

09:00 - 18:00

09:00 - 12:00

Field Trip: Visit to the Erdut Old Wine Cellar from 1730 with the world-largest wooden wine barrel; visit to the 19th-century Adamovich-Cseh Castle

12:00 - 18:00

Retreat Sessions for STRESS MANAGEMENT

Offered workshops:

- Open Sky Yoga: Strength, Stillness and Breath
- Trail & Treasure Hunt
- Figure out the Straw
- Painting Therapy
- Moss & Art
- Pastry Shop
- Clay Creation

Lunch will be served at 14: 00

REGISTRATION FORM

