

## Draft of the Program

 Monday, Jan 26: Welcome and Inspiration 

| Time                              | Activity                                                       | Description                                                                                                          |
|-----------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Afternoon</b><br>(13:30–16:30) | Registration of Participants and Welcome Ceremony <sup>9</sup> | Opening address by the Rector and introduction to the Medical College, its history, and focus. Program introduction. |
|                                   | Ice Breakers and Mutual Introduction Activities                |                                                                                                                      |
|                                   | Presentation of Study Opportunities at (Erasmus+)              | Experience of foreign studies                                                                                        |

 Tuesday, Jan 27: Academic Exchange and Workshops

| Time                              | Activity                                                   | Description                                                    |
|-----------------------------------|------------------------------------------------------------|----------------------------------------------------------------|
| <b>Morning</b> (9:30–12:30)       | Introduction of the <b>Onkofit Project</b>                 | Demonstration of physiotherapists' work with oncology patients |
| <b>Afternoon</b><br>(13:30–16:30) | Presentations of (Student) Projects, Learning and Research | Presentations from partner universities.                       |

 Wednesday, Jan 28: Visit to Bohnice Hospital

| Time                              | Activity                                                    | Description                                                                                                  |
|-----------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Morning</b><br>(9:30–12:30)    | Introduction of the <b>Simprena Project</b> and Simulations | Presentation by Dr. Jaroslav Pekara.                                                                         |
| <b>Lunch</b>                      | Lunch at the Bohnice café                                   | The meal is prepared by people with mental illness.                                                          |
| <b>Afternoon</b><br>(14:00–16:00) | Tour of the Bohnice Campus                                  | Including the farm                                                                                           |
| <b>Evening</b><br>(19:00)         | <b>Networking Dinner:</b>                                   | Festive farewell dinner to strengthen mutual relations and open doors for future collaboration for academics |

 Thursday, Jan 29: Resilience and Sustainability

| Time                           | Activity                                                                                     | Description                                   |
|--------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------|
| <b>Morning</b><br>(9:30–12:30) | <b>9:30–11:00:</b> Dr. Marie Nejedlá: Primary Prevention and Health Promotion in the Czechia | Lecture about system of prevention in Czechia |

| Time                            | Activity                                                               | Description                                                                                                                      |
|---------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| 11:00–12:30                     | Dr. Eva Kočovská Introduction of the Medical College Resilience Center | Lecture on mental health and burnout prevention for healthcare professionals.                                                    |
| <b>Afternoon</b><br>13:30–16:30 | <b>Brainstorming New Projects</b> within the Erasmus+ Program          | Participants will divide into mixed groups (academics and students) and work on developing core concepts for future cooperation. |

🍷 Friday, Jan 30: Conclusion and Culture <sup>31</sup>

| Time                         | Activity                                            | Description                                           |
|------------------------------|-----------------------------------------------------|-------------------------------------------------------|
| <b>Morning</b><br>9:30–12:00 | <b>Final Presentations</b> of brainstorming results | Evaluation of the week and certificate award ceremony |
| <b>Afternoon</b>             | Free time for exploring Prague                      |                                                       |