

EU4DUAL Staff Week Sustainability and Well-Being in the Workplace

05.-09.05.2025, FH JOANNEUM

Co-funded by the
Erasmus+ Programme
of the European Union



| Day 1 – Welcome! 05.05.2025 | |
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| Graz | <ul style="list-style-type: none"> • Registration of participants • Welcome event with keynote speeches • Campus tour of FH JOANNEUM • Getting to know each other • Opening dinner |
| Day 2 – Sustainability Day 06.05.2025 | |
| Graz | <ul style="list-style-type: none"> • Meeting the sustainability team at FH JOANNEUM • Workshops: <ul style="list-style-type: none"> • EU4DUAL and FH JOANNEUM sustainability reports • Communicating sustainability • Hands-on sustainability challenge • Sustainability @ partner universities: Workshops and best practices from the participants • Sustainable city tour of Graz |
| Day 3 – Well-Being Day 07.05.2025 | |
| Graz | <ul style="list-style-type: none"> • Meeting the Occupational Health Management Team at FH JOANNEUM • Health and well-being @ FH JOANNEUM: Workshops by various teams dealing with health-related topics • Healthy lunch • Health and well-being @ partner universities: Workshops and best practices from the participants • Joint movement and meditation session |
| Day 4 – Visit to Bad Gleichenberg 08.05.2025 | |
| Bad Gleichenberg | <ul style="list-style-type: none"> • Visit to FH JOANNEUM's campus in Bad Gleichenberg (focus: health and tourism) <ul style="list-style-type: none"> • Campus tour and presentation of study program offer • International projects: Presentation of BIP VULCANO • Walk & Talk in the Bad Gleichenberg spa gardens (<i>Kurpark</i>) • Excursion to the vocational school for tourism (<i>Landesberufsschule</i>) • Lunch with regional specialties • Visit to Zotter Chocolate Factory in the afternoon |
| Day 5 – Farewell 09.05.2025 | |
| Graz | <ul style="list-style-type: none"> • Reflection sessions, wrap-up after the week • Possibility for individual job shadowing |

Practical Information

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Virtual Component

This Staff Week will be organized as an **Erasmus+ Blended Intensive Program**. This includes a **virtual component**, where the participants meet online before/after the staff week.

There will be an online session on 07.04.25, focusing on:

- Getting to know each other and the team at FH JOANNEUM
- **Input on sustainability**
 - Preaching water and drinking wine - Why universities must do more to promote sustainability: A 45-minute input session discussing the role of universities as catalysts for a sustainable future, and the challenges and opportunities this presents.

Furthermore, a **short quiz** on the topic of **'Health and Wellbeing in the workplace'** will be sent to the participants in advance. The results will be presented during your stay and incorporated into an AI-supported video.

You will receive further information after the registration deadline.

Travelling to Graz

We encourage the use of green transport wherever possible. Graz is located in Central Europe and is easily accessible by train or bus from many European destinations. Tickets can be booked via [OEBB](#) or [FlixBus](#). The FH JOANNEUM is a 10-minute walk/two tram stops from Graz Hauptbahnhof.

Arrival via plane

- To Graz Airport Thalerhof: you can fly directly to Graz and get into the city via train (S-Bahn, line S5 to Graz Hauptbahnhof), bus (line 630 to Jakominiplatz) or taxi. Graz airport is small and does not have many connections, tickets may be expensive.
- To Vienna airport Schwechat: another option is to fly to Vienna and get to Graz via train or bus. You can take the train from Vienna airport to Graz Hauptbahnhof every hour (every second connection requires a change of trains at Vienna Hauptbahnhof), tickets can be booked in advance via OEBB or directly at the station. Another option is to take the FlixBus service from Vienna airport to Graz Girardigasse; direct services approximately every 2 hours. You will need approximately 3 hours to get from Vienna airport to Graz.

Register for the Staff Week

You can register for the Staff Week by filling out this form: <https://fhj.to/EU4DUALstaffweek>

Register by 01.03.25 at the latest!