

Mental Health, Resilience and Happiness

An international one-week programme for students • Zadar, Croatia • October 2026

5–9 OCTOBER 2026

On-site week in Zadar, Croatia

2ND HALF OCTOBER

Virtual component online via MS Teams

ENGLISH LANGUAGE

Language of instruction, multicultural teams

ERASMUS+ FUNDED

Mobility grants for participating students and staff

ABOUT THE PROGRAMME

A Blended Intensive Programme (BIP) is a short, intensive international course. It combines five working days of on-site teaching in Zadar (5–9 October 2026) – lectures, workshops, panels and mentored teamwork on a project solution – with a virtual component in the second half of October 2026 (approximately three hours, synchronous, via MS Teams).

All teaching is in English, and students/staff work in multicultural teams. The week concludes with a public presentation of each team's project.

THEMATIC UNITS

INTRO VIRTUAL **ONLINE**

Digitalisation and AI in Well-being: Introductions, programme overview, ethics and use of AI and digital tools in mental health.

UNIT 1 **UCV VALENCIA**

Neuroscientific & Technological Foundations: The brain, emotion, stress and recovery; potential and limits of technology.

UNIT 2 **AUA ATHENS**

One Health Perspective: Connecting human health, technology and behaviour change; habits, positive psychology and self-regulation.

UNIT 3 **UNIV. OF ZADAR**

Resilience, Mental Health & Happiness: An integrative framework of resilience and subjective well-being, and evidence-based ways to strengthen them.

APPLICATION AND SELECTION CRITERIA:

- Applications are reviewed on a first-come, first-served basis. Priority will be given to applicants from EU-CONEXUS partner universities.
- Applicants are strongly encouraged to apply ASAP by requesting an invitation/acceptance letter, please contact Tina Marin at tmarin@unizd.hr

WHAT YOU GAIN

- Evidence-based understanding of mental health, resilience and well-being
- Practical tools: self-regulation, positive psychology, stress management
- Critical appraisal of AI and digital tools in mental health
- Teamwork on a real intervention or campaign, presented publicly
- Intercultural communication and presenting in English
- Erasmus+ mobility experience and ECTS recognition

WHO CAN APPLY AND HOW

WHO: Undergraduate students (EQF level 6) and Master's students (EQF level 7) + staff for training

PARTNER UNIVERSITIES

University of Zadar

Croatia

Coordinator

Universidad Católica de Valencia

Spain

Partner

Agricultural University of Athens

Greece

Partner

CONTACT & COORDINATION

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