

I n v i t a t i o n



well-being

The project is co-financed by the Governments of Czechia, Hungary, Poland and Slovakia through Visegrad Grants from International Visegrad Fund. The mission of the fund is to advance ideas for sustainable regional cooperation in Central Europe.

Y o u ' r e I n v i t e d

WELL-BEING ONLINE CONFERENCE

Promoting the wellbeing concept at medical
and public sector of the Visegrad Region

JUNE 21, 2023

Please register [at this google form](#) till June 16!

PROGRAM

9:30–11:20 OPENING PLENARY SESSION

9:30 Welcome and opening speech • Laura Berta Csík, MSc
– University of Pécs, Medical School, Tamás Tényi MD, PhD,
DSc, full professor – University of Pécs, Medical School (5 min)

9:35 Welcome – Head of the Alliance of Well-being (10 min)

9:45 Visegrad Fund's mission & programs • Orsolya Rigó,
Project Manager, International Visegrad Fund (5 min)

**9:50 Well-being project – cooperation of four universities
in the Visegrad Region** • Balázs Borkovits,
Project Manager, University of Pécs (10 min)

10:00–11:20 Introduction of the well-being programmes

Mental health and burnout, physical health and
environmental elements, sports and recreation,
overcoming unhealthy addictions (20-20 min)

- University of Pécs, Medical School**
Zsuzsanna Varga, PhD, research associate professor
- Jessenius Faculty of Medicine in Martin**
Martin Janík, MD, PhD, associate professor
- Medical University of Gdansk** • Ashvika Ahuja, MSc
- Charles University, Faculty of Medicine in
Hradec Králové** • Eva Macourková, MSc

11:20–11:30 BREAK (10 min)

11:30–12:30 ROUND TABLE DISCUSSION

**Sharing the good practices of wellbeing in higher
education, the role and power of well-being
in the workplace, difference between wellness
and wellbeing, community activation, how to
introduce well-being to public** (20-20 min)

Boróka Gács, PhD, research associate professor – University
of Pécs, Medical School • Juraj Marček, MD, Psychiatrist –
Medical School, Jessenius Faculty of Medicine in Martin
• Agata Rudnik, PhD – Gdansk University • Eva Macourková,
MSc – Charles University, Faculty of Medicine in Hradec Králové

12:45–13:00 CLOSING PLENARY SESSION

12:30–12:45 Bringing a well-being world to life

István Kiss, PhD, full professor – University
of Pécs, Medical School (15 min)

• Visegrad Fund



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