

Planning

## Health & Social Matters Busiskills Wellbeing@work

**BLENDED INTENSIVE PROGRAMME**

**Hénallux Social Department**

March 2022

**Intercultural and multidisciplinary project about Wellbeing@work**

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**busiskills**

wellbeing@work

**SPRING 2022**

**Blended  
Intensive  
Programme**



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**Monday 14th March 2022 (6 hours together)**

**In each institution – virtual meeting in late afternoon (different time zones) OR on another day before 27<sup>th</sup> March 22**

<p>For Hénallux students 9.00-12h30 (= 3h30)</p> <p>Same day for other students OR any other time before meeting in Namur on Sunday 27 March 2022</p>	<p>Explanation today's programme: schedule</p> <p>Goal of this project: Road map (simplified version)</p> <p>Working on the presentation of our city, Hénallux University College, Bachelor degree PWP</p> <p>Small groups with the students' choice of topic for research</p> <p>Preparation for a guided visit of Namur by Hénallux students (some spots they would show the other students, while walking through the city center...) and/or Street art challenge <a href="https://www.namurtourisme.be/fr/musees-culture-patrimoine/culture/street-art/">https://www.namurtourisme.be/fr/musees-culture-patrimoine/culture/street-art/</a></p> <p>Preparation of the ice-breaking activity for Sunday 27<sup>th</sup> - March BINGO</p> <p>Doing research about your topic (facts and figures – in your country – in your study field)</p>
<p>12.30-13.25</p>	<p>Lunch</p>

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13.30-15.30 (2hours) Hénallux students	Doing research about your topic (facts and figures – in your country – in your study field) Per working group (Hénallux students in small groups)  Getting ready for the international week at the end March
15.30-16.00 CET (30 min) <b>All participating students !!!!</b> Could be postponed to a later period on the same day or later, before 27 March 2022	<b>Lecture:</b>  <b>Ezra Charlier: Working in intercultural teams (online presentation later in the day so that everyone is free)</b>

<p><b>Sunday 27th March 2022</b></p> <p><b>For all H&amp;SM Busiskills participants</b></p>	
10h30 – 12h30	<p>Programme of the day                      Welcoming students                      Student pack – Namur NEW</p> <p>Break the ice activity : games with students                      // Gronaleu à Groningen</p> <ul style="list-style-type: none"> <li>- Sitting at a table, opposite one another</li> <li>- Bingo (see Delphine)</li> </ul> <p>Country presentation / Institution / Bachelor</p> <p>Meeting your working group mates and your facilitator</p>
12h30-13h30	<p>Lunch at school: sandwiches                      Every group brings something typical from country of origin to share with other students</p>

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14h – 16h30	<p>Visit Namur city center <b>With JF Husson</b> Quick Guided tour from above in English Cable car to get to the citadel</p> <p><b>Challenge</b> Discovering the city through its Street Art (60 minutes ...) + making a picture of the group in front of these paintings</p> <p>Hénallux students give info about 1 landmark they have selected (see 14<sup>th</sup> March activity) -while doing the challenge</p>
18.00 – 19.00  19.00	<p>Evening meal Youth Hostel together</p> <p>Blind Test ... Evening walk through the city</p>

<p><b>Monday 28th March 2022</b>  <b>For all H&amp;SM Busiskills participants</b></p>	
<p>9.30</p>	<p>Kick-off                      Information about this blended intensive programme</p>
<p>10.00-12.15</p>	<p>Socializing with your working group and facilitator                      // break the ice - Murielle (Team building)                      Presentation of their study field                      Motivation to participate in the project</p> <p>Working groups – specific topic – research and share information</p>
<p>12.30-13.45</p>	<p>Le Perron de L’Ilon : <a href="https://www.centrelilon.be/leperron/">https://www.centrelilon.be/leperron/</a>                      short information about this special restaurant and lunch together</p>
<p>14.00-14.30</p>	<p><b>Lecture/Workshop</b>                      Teams with students at the social department                      Clélia KESTERMONT : Well-being and telework</p>

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14.30-15.15	<p><b>Lecture &amp; Workshop</b> : at the social department Aurélie DURVAUX (from the Psycho-social Service for Hénallux students (Service psycho-social étudiants Hénallux) Topic : Positive psychology – The cult of Happiness</p>
15.15-17.00	<p>Working groups Sharing info about topic</p>
17.00-19.00	<p>Movie in English – Les Grignoux - Namur city centre Movie related to the topic</p> <p>Free evening</p>

<p><b>Tuesday 29th March 2022</b>  <b>For all H&amp;SM Busiskills participants</b></p>	
<p>9.00</p>   <p>9.20h-12.30</p>	<p>Meeting students at youth hostel and walk to the Social department (with some Hénallux students)</p> <p>9h25-11h25 : Working groups with facilitators</p> <p>11h30-12h15/30 : Testimonial  <b>Lecture/Testimonial</b> by Véronique Michel                      Topic : Experience - Well-being at work</p>
<p>12.30-13.30</p>	<p>Sandwich at school</p>
<p>15.15-17.00</p>	<p><b>Company visit</b>  <b>Choice among .....</b></p> <ul style="list-style-type: none"> <li>- L'Oréal Libramont (see Eglantine BRUYNS) Certification en matière de sécurité...  <a href="https://www.loreal.com/en/belgium/">https://www.loreal.com/en/belgium/</a></li> <li>- Decathlon Loyers</li> <li>- TRAKK (Namur city center)                      Co-working space in Namur  <a href="https://www.trakk.be/">https://www.trakk.be/</a></li> </ul>



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17.00-17.45	<b>Lecture</b> - via Teams Ludovic Tiphanel – IGS RH Paris Topic : Social and environmental responsibility of companies
18.00	Free time in Namur Blind test !!!

<p><b>Wednesday 30th March 2022</b>  <b>For all H&amp;SM Busiskills participants</b></p>	
9h30-12h00	<p>Working groups</p> <p>Finalizing the presentation for Thursday</p> <ul style="list-style-type: none"> <li>- PWP</li> <li>- Who says what?</li> <li>- Interactive game based on what is explained</li> </ul>
12.00-12.30	<p><b>Lecture</b></p> <p>Yvonne Farrand</p> <p>EntreMWB – <b>Young entrepreneurs and well-being</b> – survey</p> <p><a href="https://entremwb.eu/">https://entremwb.eu/</a></p>
12h30-13h45	<p>Sandwich at school or lunch in Namur</p>
13h45-14h15/30	<p><b>Lecture</b></p> <p>Franck CHEZZA</p> <p><b>Employability skills – Leadership Management by love vs Management by fear</b></p>

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14h30- 16h30 (or later if necessary)	Working groups – Finalizing the presentation for Thursday And PR instrument for Businet and for SONA RI
18.30-19.00	Dinner together Restaurant Belgo belge <a href="https://bistrobelgobelge.be/">https://bistrobelgobelge.be/</a>

<p><b>Thursday 31st March 2022</b>  <b>For all H&amp;SM Busiskills participants</b></p>	
<p>9.30 – 12.00</p>	<p>Final presentations                      All groups</p> <p>Sharing experience and debriefing of international project</p>
<p>12.30</p>	<p>Lunch together in a restaurant                      Tasty Bar based on enrolment (not compulsory)</p>
<p>14.00-15.00</p>	<p>Debriefing session – Evaluation of the programme with facilitators                      Assessment grids and marks for students                      Free time</p>
<p>15h30 -16h 30</p>	<p>La Houppe : Company visit                      for those who want to or are still in Namur  <a href="https://www.houppe.be/fr/">https://www.houppe.be/fr/</a></p>