



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ
UNIVERSITY OF CRETE



Call for INGENIUM Junior Summer School 2025 “Cultivating Resilience and Well-being in Academia”

Chieti-Pescara, Italy 26-30 May 2025

The University ‘G. d’Annunzio’, Chieti-Pescara organizes the Summer Junior School in the fifth edition of the “10 days of INGENIUM” events. This Summer Junior School: “Cultivating Resilience and Well-being in Academia” provide opportunities to develop essential life skills, gain international experience, and explore new perspectives.

Program Theme and Highlights

This program is crafted to empower participants to flourish in academic settings by prioritizing well-being as a foundation for success. It offers practical strategies to reduce stress, enhance concentration, and build resilience. Through a blend of theoretical exploration, experiential learning, and mindfulness exercises, participants will cultivate a holistic approach to sustaining mental and emotional balance while achieving their academic and personal goals.

Key programme highlights include:

- Techniques for managing stress and emotions effectively.
- Time management and goal-setting workshops.
- Guided **meditation sessions** to enhance mental clarity and focus.
- Collaborative problem-solving and teamwork exercises.
- Personalized resilience plans for academic and personal success.

What Awaits You?

- **Virtual Pre-Sessions (May 15, 2025):** Two hours of interactive online activities to introduce foundational concepts and prepare you for the on-site program.
- **On-site Program (May 26–30, 2025):** Engage in dynamic workshops, practical exercises, and mindfulness practices,



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including daily meditation sessions to boost focus and well-being.

- **Certification:** Earn **3 ECTS credits** for successfully completing the program.

Why Participate?

- Learn to handle academic challenges with resilience and confidence.
- Develop a mindful approach to stress management and mental well-being.
- Gain insights from international experts and connect with peers from various backgrounds.
- Enhance critical skills in communication, collaboration, and personal growth.
- Enjoy a unique combination of learning, relaxation, and cultural immersion in Italy.

Eligibility and Selection Criteria- (Required)

- ✓ Undergraduate Student (third year of studies)
- ✓ Level of English (Very Good) (C1-3 points)
- ✓ Letter of Motivation (max 500 words- up to 10 points)
- ✓ Curriculum Vitae (in English)

Optional

- ✓ Level of English (Excellent)(C2-3 points)
- ✓ Courses/Seminars relevant to sustainable development and resilience (2 points for each course)

Interview

Selected candidates may be invited to a short interview by the evaluation committee.

Five people will be selected who meet the necessary qualifications and have the highest number of points. Based on the number of applications, priority will be given to students who have not participated in previous INGENIUM Junior Schools.

Travel and accommodation expenses for students are covered by the INGENIUM - European University program.





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Apply [here](#)

Important Dates:

- Application deadline: **28 March 2025**
- Summer school arrival (Students & Mentor): **25 May 2025**
- Summer school program (Students & Mentor): **26-30 May 2025**

For questions please contact: **ingenium@uoc.gr**



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