

## Call for Applications Junior Summer School 2025

### “Cultivating Resilience and Well-being in Academia”

Are you ready to immerse yourself in a week of growth, learning, and well-being in Italy? The INGENIUM European University invites Bachelor students from diverse academic fields to participate in its Junior Summer Schools. These unique programs provide opportunities to develop essential life skills, gain international experience, and explore new perspectives. Join us in **Chieti-Pescara, Italy**, from **May 26–30, 2025**, for the **Summer School on Cultivating Resilience and Well-being in Academia**. Don't miss this opportunity to enhance your academic and personal journey in the heart of Italy!

#### 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, 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.

## **Assessment and Recognition**

Your performance will be assessed based on:

- Practical application of skills learned.
- Active participation in workshops and group activities.
- Feedback from peers and instructors.

Grading will follow a scale from 18 (E) to 30 (A).

## **Application Process**

This program is open to Bachelor students from all disciplines. Each INGENIUM partner university may select up to **6 students**, ensuring gender balance among the participants. Submit your application by **April 4**. Proposals will be reviewed by the INGENIUM team, and decisions will be communicated within 3 weeks of submission.

**Apply here:** [Junior Summer School at Ud'A](#)

For any questions, contact your INGENIUM team at [ingenium@h-ka.de](mailto:ingenium@h-ka.de)

## **Experience Italy**

Spend a week enhancing your academic skills while enjoying the stunning landscapes, vibrant culture, and warm hospitality of Italy. Join us to transform your approach to well-being and academic success through this enriching Summer School experience.