



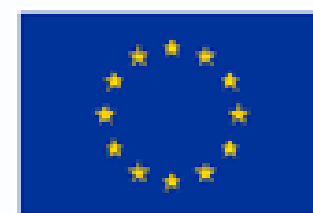
The wellbeing of an office worker

Blended Intensive Program

BIP CONTENT

The proposed Blended Intensive Program aims to raise awareness over the importance of the mental and physical health of an office worker and highlight how these factors can improve the overall quality of the work environment.

The program aims to provide physical education support, psychological aid, nutritional coaching, as well as other relevant recreational activities and the required skills the participants need in order to integrate these activities once they return to their home countries.



Funded by
the European Union

- Mental and physical health in the workplace
- Preventing mental health issues:
- *from work overload to work balance*
- Improving your nutrition as an office worker
- Mobility exercises: where to start?

MAIN TOPICS

MORE ABOUT THE BIP

Focus area: Health

OPEN TO: Administrative staff

On-site activities: 22-26.06.2026

Feedback session (on-line activity):
10.07.2026

Total workload: 25 h

Format: Blended

Location: Constanta, Romania

@ "Ovidius" University of Constanta

We would love to collaborate
with you!

Reach out to:
uocpoffice@gmail.com anytime!



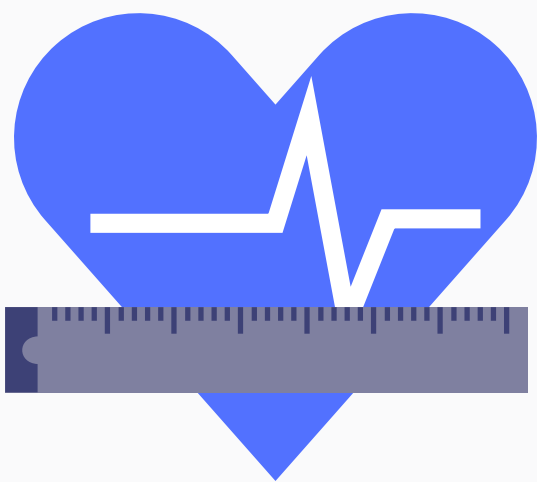
Take care of your wellbeing!



The wellbeing of an office worker

Blended Intensive Program

AGENDA



PHYSICAL
HEALTH
SEMINAR

NUTRITION
LUNCHES

MENTAL
AWARENESS
SEMINAR

NUTRITION
SEMINAR

RECREATIVE
GROUP
ACTIVITIES

CONSTANTA
CITY TOUR

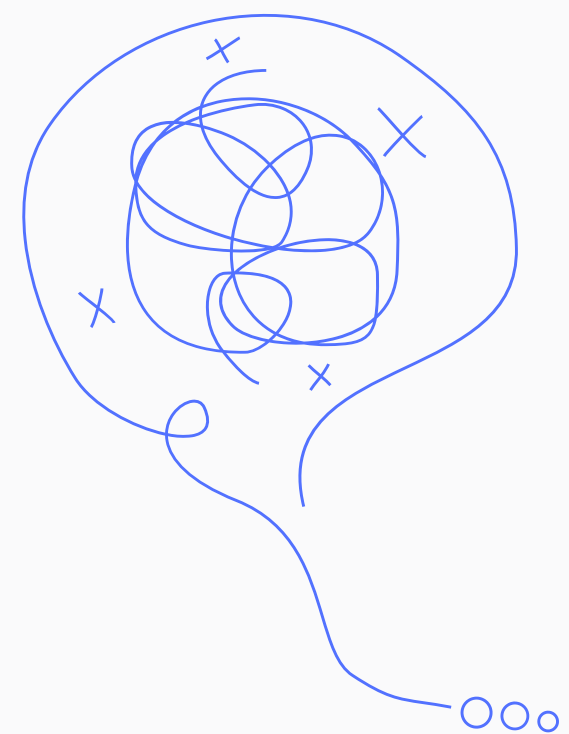
MOBILITY
EXERCISES

FUN SPORTS
ACTIVITIES

LECTURERS-to be announced

The lecturers are professionals in the following fields:

- Diabetes, Nutrition and Metabolic Diseases
- Sports and Physical education
- Psychology



Take care of your wellbeing!