



## MP4S - MINDFULNESS PRACTICES FOR STUDENTS IN SOCIETY



### MULTIPLIER EVENT



 10 SEPTEMBER 2024

 ONLINE



# Mindfulness Practices for Students in Society Multiplier Event

Hosted by UNICA

Online

10.09.2024, 10h00 – 12h00 (CEST)

### Objective

The primary aim of the Erasmus + project MP4s project is to investigate the extent to which mindfulness could provide practice-based context to learn about the nature of human behaviour and how it can be transformed. This multiplier event organized by UNICA, Network of Universities from the Capitals of Europe, aims to showcase the keystone results and outputs achieved in this regard.

### Registration

On the [UNICA event webpage](#) , accessible until September 3, 2024. The link to the webinar will be automatically provided subsequent to registration.

## Agenda

10.00	<b>Welcome</b>
10.10	<b>Mindfulness practices in Higher Education</b> Presentation by Ioana Dewandeler, Policy Officer Higher Education, DG EAC
10.20	<b>Short introduction to the project (content, design and goals)</b> Presentation by Fatma Fourati-Jamoussi, MP4s Project leader, Institut Polytechnique UniLaSalle and Samira Bühner, Policy & Project Officer, UNICA
10.30	<b>E-learning: Sit4Planet</b> Presentation by Fatma Fourati-Jamoussi, MP4s Project leader, Institut Polytechnique UniLaSalle and Samira Bühner, Policy & Project Officer, UNICA Q&A
10.50	<b>MP4S Manuals (Trainers and Students)</b> Presentation by Institut Polytechnique UniLaSalle, Consorzio Scuola Comunità Impresa Q&A
11.10	<i>Break</i>
11.15	<b>Recommendations for Higher Education Institutions on Mindfulness Practices in Higher Education</b> Presentation by Samira Bühner, Policy & Project Officer, UNICA Q&A
11.25	<b>Public Policy Recommendations to include mindfulness practices into Society</b> Presentation by Melek Ergul, Teacher, Ocak izi derneği Q&A
11.40	<b>Recommendation for education institutions to incorporate SIT4 Planet through Open badges in Moodle</b> Presentation by Consorzio Scuola Comunità Impresa Q&A
11.55	<b>Closing and Outlook</b>