

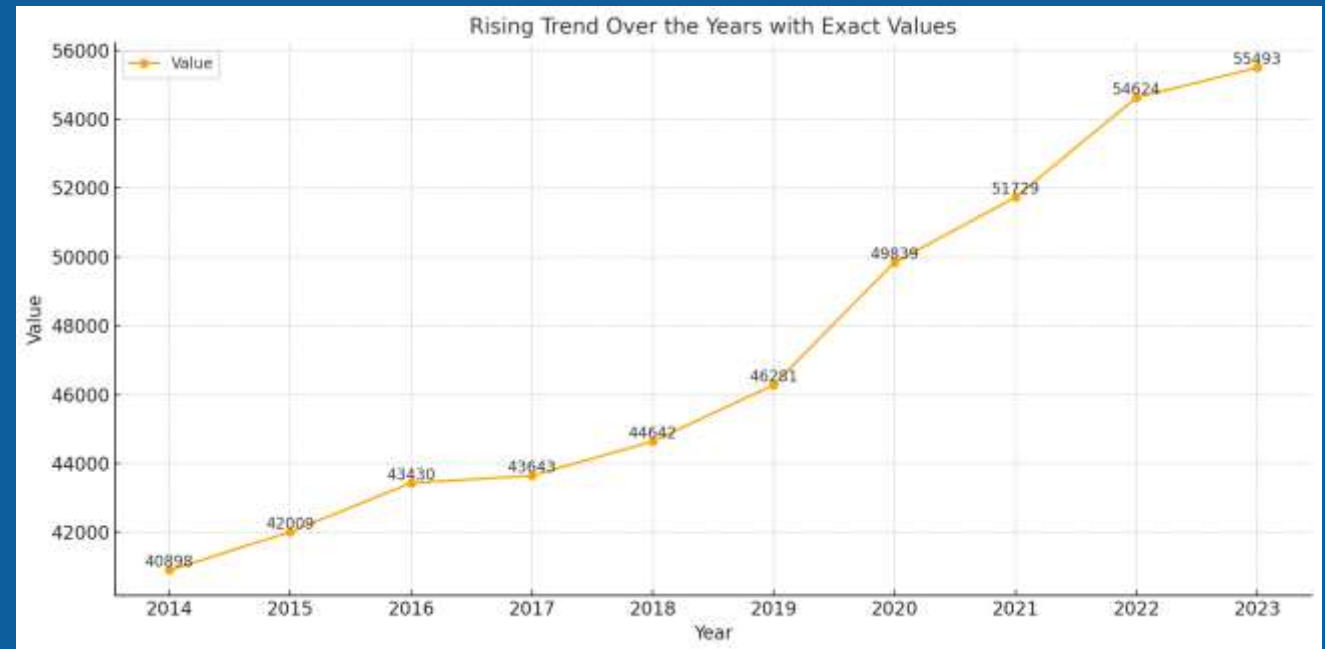
"The world is a book, and those who do not travel read only one page."

– Saint Augustine



Transformation of International Environments in HEIs in the Czech Republic

- Total of **304,518** st.
- Total of **55,493** intern. st.
- Average annual increase of approximately **2.92%** (1,622 students) in enrollment



Source: Adapted from MŠMT (2023)

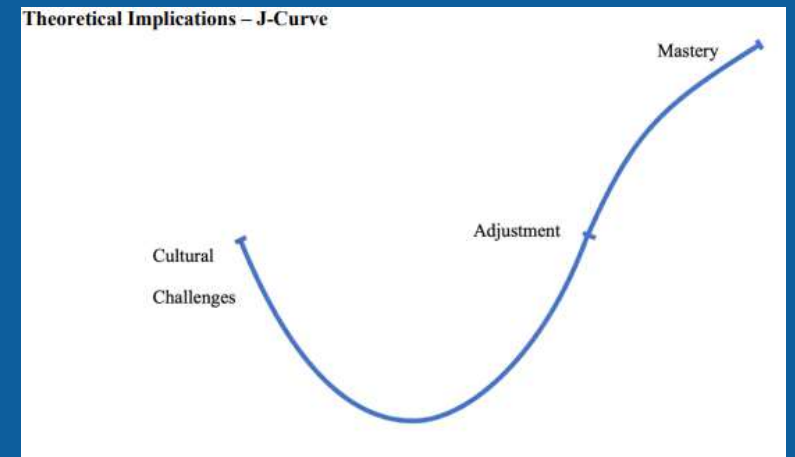
"We have to forge mutual understanding and establish stronger support for the responsibility to protect as a key tool of protection and prevention."
- António Guterres



The Importance of Prevention in Addressing International Support

Identification of Societal Threats

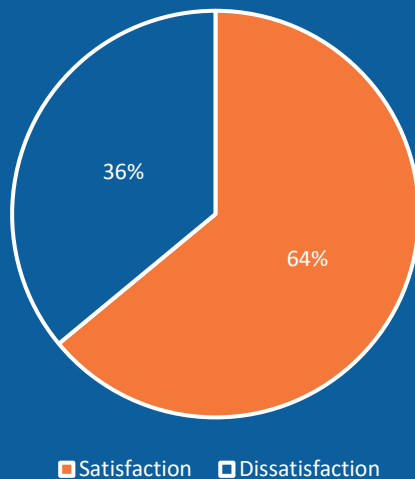
- **Geopolitical tensions**, including war conflicts, family separation, and cultural differences, contribute to trauma, societal rigidity, and distress.
- The **lasting effects of COVID-19** have caused social withdrawal, isolation, and reduced mobility for studying abroad.
- The rapid **evolution of cyber technologies** and **AI** has expanded content, leading to anxiety and decision-making challenges.



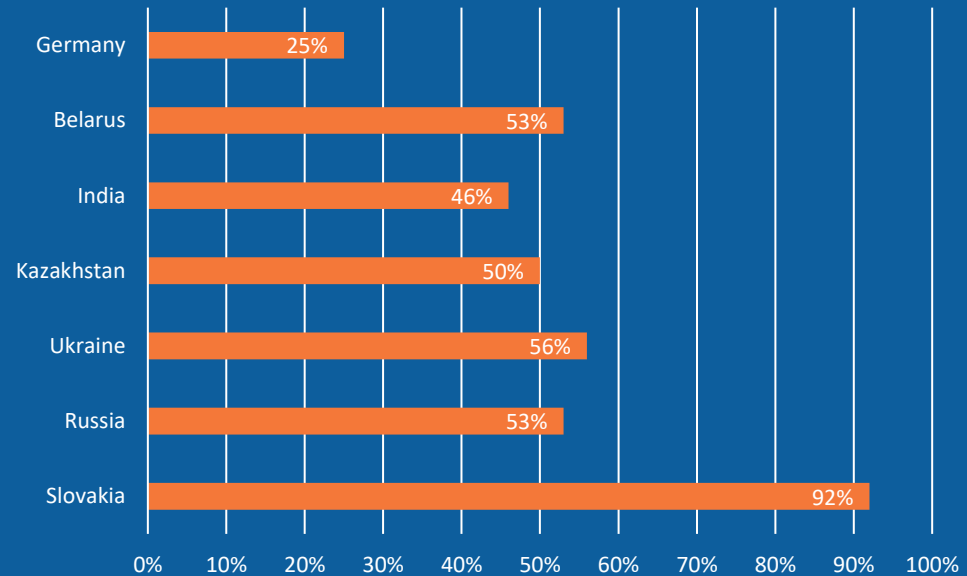
Source: Adapted from Dailey-Strand et. al (2021)

Analysis of National and Institutional Data

Assessment of Satisfaction with Counselling Services at University Institutions by Students in English (Psychological and Advisory Support). (N = 4,317)



I feel integrated among Czech students. (N = 5006)

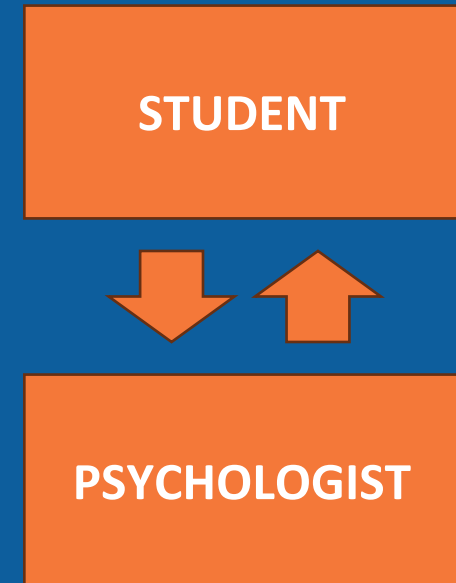


Source: Adapted from Šmutzer et. al (2024)



Existance of Palacký University's Psychological Support Systems

- Faculty Centers for Psychological Counseling
- Center for Students with Special Needs
- Institute of Social Health at Palacký University Olomouc (OUSHI)
- Support Activities for National Students
- Limitations in Psychological Support at



HEIs

Pilot Program for Prevention and Intervention

Main Aim: Establishing harmony between personal well-being and academic challenges in both theoretical and practical dimensions

Focus Group: International students

Theme Selection: A broad spectrum for pilot testing

Time Frame: Summer semester 2024



Theme Selection for Specialized Workshops

1. Music Relaxation: A Touch of Healing Tones
2. Emotions and Mental Health from the Chinese Medicine Perspective I and II
3. Well-being and Self-Care: Fostering a Balanced Life
4. Strategies for Effective Learning
5. Time Management and Techniques for Successful Planning
6. Nutrition Practices with TCM: Self-Massage Techniques I and II
7. Positive Effects of Tibetan Dance Techniques on Mental Health
8. Mindfulness: Focusing on the Present Moment

Designing a Well-being Program for International Students



This session will guide you in designing a **well-being program** specifically tailored to international students.

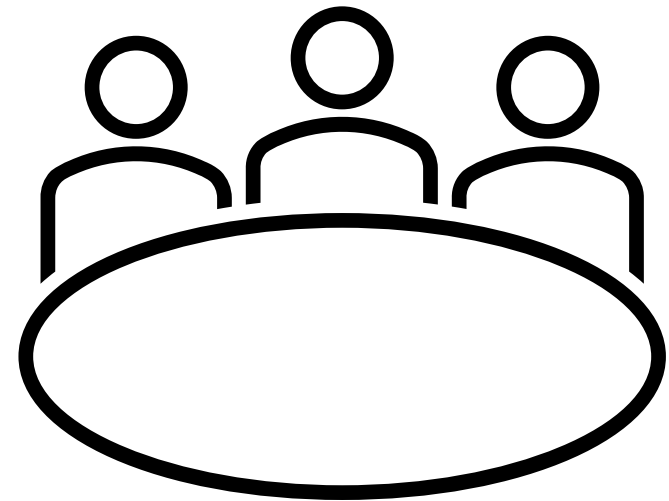
Work in small groups to **create a comprehensive plan** that includes practical aspects such as **topic selection, logistics, and resources.**

Designing a Well-being Program for International Students



Please form groups of **3-5 people**. Each group will work together to plan a well-being program.

The activity consists of **two parts**, with each part involving a discussion of **four given topics**, followed by a reflection on the groups' outcomes.





PART ONE ~ *8 minutes*

CONCEPTUAL FRAMEWORK FOR PROGRAM DESIGN

1. THEMES AND TOPICS

- Choose specific themes or a series of related topics.
- Consider how these topics will help students feel supported and engaged.

2. FREQUENCY AND TIMING

- Determine the ideal semester and whether this will be a series or a single event.
- Consider the best day of the week based on students' schedules to ensure high attendance.

3. LECTURERS AND HUMAN RESOURCES

- Decide who will lead the sessions: university resources, external experts, popular or well-respected figures, or senior international students with relevant experience.

4. TARGET GROUP

- Define your target audience (e.g., international students, national students, exchange students, degree students, others).
- Consider the specific needs and benefits/drawbacks for each group.



PART TWO ~ 8 minutes

IMPLEMENTATION AND OPERATIONAL STRATEGY

1. BUDGET

- Identify potential funding sources and budget amounts per event.
- List types of expenses and explore how to maximize resources with limited funding.

2. PROMOTION

- Plan how you will promote the program to reach as many potential participants as possible.

3. LOGISTICS

- Identify practical considerations, including the venue, volunteers, refreshments, and other logistical needs, number of participants.

4. POTENTIAL CHALLENGES AND RISKS

- Consider possible issues (e.g., low attendance, cultural misunderstandings, ensuring a safe environment, fostering interaction) and how you might address them.

Results, Threats and Potential Advancements for the Future



Number of Workshops

- Total of 10; Execution of 9 in total

Number of Registered Participants

- 132 (107 participated; 81 % participation from registered participants)

Participation of Targeted Groups

- Majority of International Students (degree, exchange, Ph.D. candidates, postdoctoral researchers, employees, national students)

Potential Advancements

- Number of Workshops; Summer/Winter Semester; Theme Selection; Specific Time/Day Choices



“I liked it when I felt the vibration of the instruments on my body.”



“I enjoyed taking a break from my studies for a moment. The lecturer was very polite and friendly, making the session delightful and refreshing!”

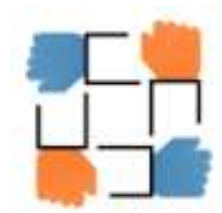




“I appreciated when the lecturer guided us through exercises with music; it helped me relax in a quiet setting.”



“I found the lecturer herself astonishing; she was spontaneous, funny, and provided us with interesting metaphors to accompany the techniques.”





Knowing that someone is caring about international students is great for me as well.



“Make it more often!”





Mindfulness: Focusing on the Present Moment

Marie Buchtová has extensive experience as a social worker in marginalized communities, focusing on education and inclusion. She is skilled in dance movement therapy, art therapy, and mindfulness techniques. She is currently a researcher at the Institute of Social Health. Her research focuses on psychosomatics and human health sensibility. Buchtová's diverse background and dedication to social health make her an expert at integrating therapeutic practices for holistic well-being.

Annotation

In today's society, people often focus on the future, planning what will happen in days, weeks, or even years, rather than living in the present moment. This workshop addresses the importance of being present and helps participants realize what is truly important in their lives. It introduces several techniques to enhance focus on the current state of mind and present activities.

The workshop is structured to help participants better understand and control their emotions, cope with overwhelming situations and respond adequately to emotionally challenging scenarios. Additionally, it provides an environment conducive to mutual communication and the development of critical thinking through activities in pairs or smaller groups. Participants also engage in exercises designed to foster mindfulness and improve emotional resilience. This enriching experience not only promotes personal growth and emotional stability but also encourages collaborative learning and sharing of diverse perspectives.

"Knowing that someone cares about international students is truly meaningful to me." – Workshop Participant

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<https://youtu.be/dVdqk0iYacE?si=a3fPx-fbJCR6PqJX>

Welcome Office Palacký University Olomouc

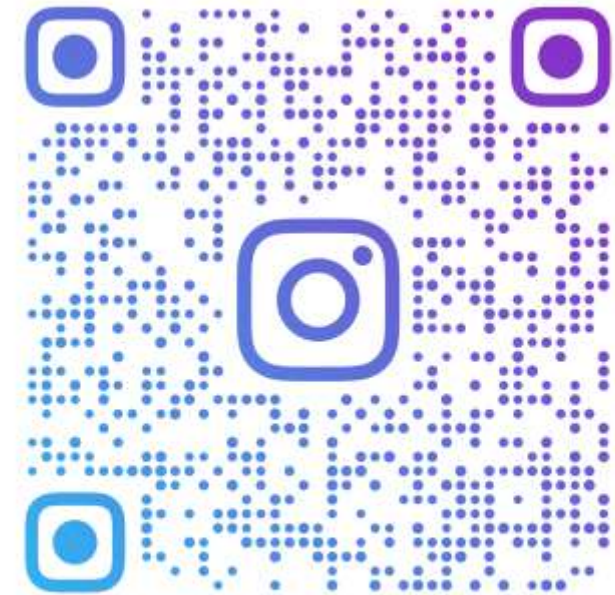


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 www.upol.cz/welcome-office



UP_WELCOME_OFFICE

**"There is no real ending. It's just
the place where you stop the
story.,,"**

- Frank Herbert

THANK YOU FOR YOUR ATTENTION

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