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IRUAS-Conference 2024: Student Wellbeing and Mental Health

Thursday and Friday, 24 – 25 October 2024
Lucerne University of Applied Sciences and Arts

FH Zentralschweiz

HSLU Lucerne University
of Applied Sciences
and Arts

Dear Participants

A very warm welcome to the Lucerne University of Applied Sciences and Arts! We look forward to discussing our topic «Students Wellbeing and Mental Health» with you, with the aim to better equip ourselves in due situations.

Thanks to various volunteers we believe that an exciting and interesting two days lie in front of us. Thanks to everyone involved!

We look forward to a productive and inspiring conference.

Best wishes,
Lucerne University of Applied Sciences and Arts

Programme

Venues

- Lucerne Universities of Applied Sciences and Arts, Inseliquai 12b, 6005 Lucerne
- Kulturzentrum Neubad, Bireggstrasse 36, 6003 Lucerne

If you have any questions, please contact:

Manuel Birrer, T +41 76 476 42 62 or
Barbara Stettler, T +41 79 449 40 51



For more information
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Thursday, 24 October 2024

14:00	Check-in and Welcome Coffee	Foyer
14:30	Welcome Note Sandra Sommer (Head of International Office), Lucerne University of Applied Sciences and Arts	Auditorium
14:35	Welcome Speech (Video) Barbara Bader (Dean), Lucerne University of Applied Sciences and Arts	Auditorium
14:45	Keynote Mental Fitness for Students, Teachers, and Future Leaders – What Skills are Needed? Diego Hangartner (Pharm.D./PCC)	Auditorium
15:30	Coffee Break	Foyer
16:00	Panel-Discussion Challenges for International Students: Inclusion and Integration Jillaine Farrar (Head Exchanges HSLU-W), Dominik Fasnacht (Board Member Luna Nightline), Laura Jurkovich (International Student HSLU-W), Sylvan McGowan (International Student HSLU-DFK), Sofia Mella (International Student HSLU-W), Giuliana Breu (Moderation)	Auditorium
17:00	Walk to Kulturzentrum Neubad	
18:00	Guided Tour, Dinner, Music, Networking	Kulturzentrum Neubad

Friday, 25 October 2024

08:30	Check-in and Welcome Coffee	Foyer
09:00	Keynote Health of International Students at Swiss Higher Education Institutions: How are they doing? Yassin Boughaba (Federal Statistical Office)	Auditorium
10:00	Input Selected International Studies on Student Wellbeing and Mental Health tbd	Auditorium
10:30	Coffee Break	Foyer
11:00	Workshops 1: Navigating Mental Health Challenges Among International Students Anne-Marie Jäger-Stevenson (Head of International Office), Nicole Massüger-McLauchlan (International Student Advisor), University of Applied Sciences of the Grisons 2: Ressource-oriented Approach to Students Struggling with Mental Health Problems Sibylle Matter (Psychological Counselling Centre Campus Lucerne) 3: Fostering Intercultural Skills in the Workplace with Positive Psychology Claudia Buschor Schaub (Lecturer Positive Psychology), Manuel Birrer (Student BSc Business Psychology), Lucerne School of Business 4: Strengthening Student Mental Health at Universities of Applied Sciences Annie Oulevey Bachmann (PhD, Full professor UAS, Head of the LAB Prevention and Community Health Promotion), Myriam Guzman Villegas-Frei (MScI, Lecturer), Jonathan Jubin (PhD, Research fellow), HES-SO Haute École Spécialisée de Suisse Occidentale 5: A Way of Belonging to a University of Applied Sciences Maikel Boelema (Student Support Center), Sven Nijhuis (Study Skills Officer), Saxion University of Applied Sciences, Holland	Room 2 Room 8 Room 3 Room 9 Room 10
13:00	Conclusion Sandra Sommer (Head of International Office), Lucerne University of Applied Sciences and Arts	Auditorium
13:15	Apero Riche	Foyer