



## Recharge, Refocus, and Rediscover Balance

Join us for a transformative 5-day **retreat** at **Masaryk University, Brno, Czech Republic**, designed for **young researchers from across Europe**. Take a break from the pressures of academia and explore essential topics like wellbeing, work-life balance, resilience, and mindfulness. This retreat is a unique opportunity to reconnect with yourself, gain practical tools to manage stress, and find a supportive community of like-minded young colleagues from different backgrounds. Invest in your mental health and return to your research with renewed clarity, motivation, and energy.

**What:** **MENTAL HEALTH OF YOUNG RESEARCHERS**

Retreat for PhD candidates and postdocs from the EDUC Alliance

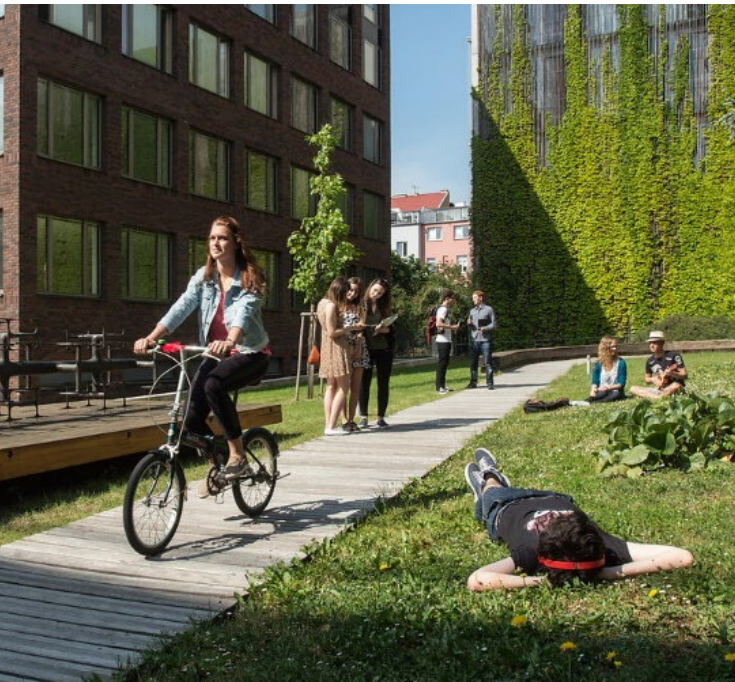
**When:** **1<sup>st</sup> – 5<sup>th</sup> June 2025**

**Where:** **Masaryk University, Brno, Czech Republic**

**How:** **Apply for a mobility scholarship at your home university**



## Why...



### ... this retreat?

- Step away from daily pressures to focus on self-care, mental health, and finding balance.
- Connect with fellow researchers who understand the unique challenges of academia.
- Gain fresh perspectives by engaging with peers from diverse research areas and backgrounds.
- Discover practical strategies to enhance your personal and professional life.
- Build a supportive network that spans countries and fields, fostering collaboration and understanding.
- Return with renewed energy, clarity, and tools to thrive in your research and beyond.

### ... Masaryk University?

- MUNI is the 2<sup>nd</sup> oldest and 2<sup>nd</sup> biggest Czech university that was found in 1919.
- More than 35,000 young people study here, among them over 2,000 PhD candidates.
- It's a prestigious Central European University that was ranked 408<sup>th</sup> out of 1,503 institutions in 2024 in the global QS World University Rankings.
- MUNI is acknowledged for its unique infrastructure, world-class research, and for its own Antarctic station.



### ... Brno, Czech Republic?

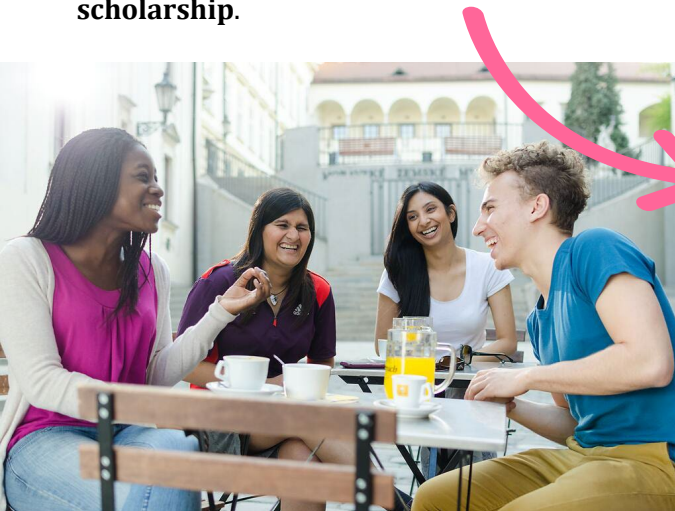
- Brno is the 2<sup>nd</sup> biggest city of the Czech Republic seated in the real heart of Europe, close to Prague, Vienna, Bratislava, Berlin, Wroclaw and other famous cities.
- It's a vibrant place with a great cultural scene, world famous architecture, and an infinite number of cafés or restaurants, surrounded by a breathtaking nature.
- It's a home to 6 universities, making it a city with a student soul thanks to nearly 20% student population.



# MUNI Retreat Details

## What to know before applying

- To participate in the retreat, you must have at least a **B2 level in English**.
- This event is open to **PhD candidates** as well as **postdocs** from all 8 EDUC universities.
- You can **join the retreat** regardless the area in which you conduct your research.
- Participation in the retreat is supported by a **mobility scholarship**.



## How to apply

### ① Pre-selection at your home university

Your university will decide on participants eligible for the mobility scholarship to attend the retreat.

### ② Registration to the retreat

Once selected by your university, you can register for the retreat at the Course Catalogue.

The registration will be open from 1<sup>st</sup> to 31<sup>st</sup> March 2025.

You will receive the registration link and a related password from your home university.

## What to look forward to

- **Lectures**
  - How mental health is made: what you take away from psychotherapy as knowledge
  - Flourishing in Academia: Effective Strategies for PhD Students' Well-being and Resilience
  - Sleeping: Crucial strategies of efficient Work-Life Balance & Stress management
  - Compassion in Academia: Mindfulness-Based Strategies for Developing Empathy and Social Connection in PhD Students
  - Who is the impostor? Figuring out realistic and unrealistic expectations in academia
  - From Cultural Ideals to Biohacking: The Impact on Self-Perception, Health, and Life Satisfaction
- **Workshops**
  - Mindfulness: how to work with stress and anxieties
  - Physiotherapy selfcare: how to take care of your body in stressful situations
- **Various social events**
  - [Brno](#) tour, visit to [SIMU Centre](#) and [Mendel Museum](#)
  - Closing reception and other get-together activities

