

**BIP- a 20-24.04.26**

**BIP Number: 2025-1-BG01-KA131-HED-000309609-11**



# **FLOURISHING – MENTAL HEALTH AND WELLBEING**

- **Blended Intensive Program Dates:** April 20–24, 2026
- **Venue:** Hospital “Tsaritsa Yoanna” (AULA and 10<sup>th</sup> hall)
- **Program Coordinator:** Faculty of Public Health “Prof. Tzecomir Vodenitcharov, MD, DSc”, Medical University Sofia, Bulgaria

**SCHEDULE IS IN CET+1 (that is GMT+2)**

## **ONLINE PRE-EVENT SESSION**

**Wednesday, April 16, 2026 | Online**

Time	Session	Speaker(s)	Format
14:00	Welcome Words	Prof. Alexandrina Vodenicharova	Online
14:10–14:45	Presentation of the BIP Program	Assoc. Prof. Elisaveta Petrova-Geretto, PhD Assoc. Prof. Nikola Georgiev, PhD	Online

		Asst. Prof. Simeon Slavchev, PhD	
	How to Navigate the Platform		
	Q&A Session		
14:45–15:30	Education to Navigate the Digital World: The Mental Wellbeing Blueprint	Dr. Oonagh O'Brien, MTU	Online
15:30–16:00	Mental Health Literacy	Dr Robert Griebler	Online
	BREAK		
16:15–16:45	Pathway to Mental Wellbeing in the Health Professions	Assoc. Prof. Nikola Georgiev, PhD	Online
16:45–17:15	Digital Wellbeing Strategies	Asst. Prof. Simeon Slavchev, PhD; N. Leventi, MD, PhD; E. Geretto, PhD	Online
17:15–17:45	Support Programs for Physicians: The Norwegian Example	Dr. Ole Johan Bakke, President CPME	Online
17:45–18:15	Welcome to Bulgaria Presentation	Assoc. Prof. Elisaveta Petrova- Geretto, PhD	Online
18:15–18:30	Q&A Session		Online

# CONFERENCE MAIN PROGRAMME

Day 1. Monday, April 20, 2026

***Hospital “Tsaritsa Yoanna” - AULA***

## Morning Session

Time	Session	Speaker(s)	Location
09:00–10:00	Registration	All Participants	AULA
10:00–10:45	<b>Official Welcome</b>	Prof. Alexandrina Vodenicharova, PhD, Dean Faculty of Public Health  Prof. Ventzislava Pencheva, MD, PhD, Vice-Rector	AULA
10:45–11:30	Keynote Address <u>Identity and mental health</u>	Prof. Hristo Hinkov	AULA
11:30–13:00	Lunch		

## Afternoon Session

Time	Session	Speaker(s)	Location
13:00–13:45	Who is Who Networking Session	Participants	AULA
13:45–15:15	Bulgarian Language & Culture	Ivaylo Parvanov, Bulgarian Academy of Sciences	AULA

## Evening

Time	Event	Location/Info
18:00–19:00	Walking Tour of Sofia	Sofia City Court (Palace of Justice)  max 9 students <a href="https://maps.app.goo.gl/Rn4Bnuh8aQAxoUHQ7">https://maps.app.goo.gl/Rn4Bnuh8aQAxoUHQ7</a>

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**Day 2. Tuesday, April 21, 2026**

***Hospital "Tsaritsa Yoanna" – 10<sup>th</sup> Hall***

**Morning Session**

Time	Session	Speaker(s)	Location
09:30–10:15	Occupational Medicine	Prof. Carolina Lubomirova, MD, PhD	10 <sup>th</sup> Hall
10:15–11:00	Smoking, Mental Health & Wellbeing	Dr. Antonio Ranchal	10 <sup>th</sup> Hall
11:00–11:45	Adapted Physical Activity & Physiotherapy in Mental Wellbeing <i>- Practical approaches to calming the nervous system and building resilience</i>	Asst. Prof. Elena Zheleva, PhD	10 <sup>th</sup> Hall
11:45–13:00	Lunch		

## Afternoon Session

Time	Session	Speaker(s)	Location
13:00– 14:30		Mrs. Madlen Algafari / Dr. Anton Daraktchiev	10 <sup>th</sup> Hall
14:30– 14:45	Coffee Break		10 <sup>th</sup> Hall
14:45– 15:30	Wellbeing Methodology & Practice	Maria Angelova, Founder of the Angelova Method	10 <sup>th</sup> Hall
15:30– 16:30	Practicum	Maria Angelova, Founder of the Angelova Method	10 <sup>th</sup> Hall

## Day 3. Wednesday, April 22, 2026

### *Hospital "Tsaritsa Yoanna" 10th Hall*

## Morning Session

Time	Session	Speaker(s)	Location
09:30– 10:15	Sustainable Development Goals and Mental Health	Assoc. Prof. M. Okolyisky	10 <sup>th</sup> Hall
10:15– 11:00	Adverse Childhood Experience	Assoc. Prof. R. Dinolova	10 <sup>th</sup> Hall
11:00– 11:15	Coffee Break		
11:15– 12:00	Mental Health Stigma & History of Psychiatry in Bulgaria	Assoc. Prof. V. Nakov	10 <sup>th</sup> Hall

12:00– 13:15	Lunch		
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## Afternoon Session

Time	Session	Speaker(s)	Location
13:15– 14:00	<b>"The Community Cares"</b>	Assoc.prof. Elisabeta Ioana Hirișcău	10 <sup>th</sup> Hall
14:00– 16:30	Student-Led Discussion & Group Tasks	Student Facilitators	10 <sup>th</sup> Hall

## Evening

Time	Activity	Location/Info
18:00	Walking Tour of Sofia	Sofia City Court (Palace of Justice)  max 9 students <a href="https://maps.app.goo.gl/Rn4Bnuh8aQAxoUHQ7">https://maps.app.goo.gl/Rn4Bnuh8aQAxoUHQ7</a>

## Evening

Time	Event	Location/Info
18:30	Official Dinner	Restaurant Vodenitzata, Vitosha Mountain

Day 4. Thursday, April 23, 2026

*Hospital "Tsaritsa Yoanna," 10th Hall*

### Morning

Time	Session	Speaker(s)	Location
09:30– 13:00	Simulation Training: Treating Mental Distress Patients, Part 1	Salonen Hannu  Hämäläinen Jarno  XAMK - FI	10 <sup>th</sup> Hall
13:00– 14:00	Lunch		

### Afternoon Session

Time	Session	Speaker(s)	Location
14:00– 16:00	Global Unitive Healing	Prof. Elena Mustakova	10 <sup>th</sup> Hall
16:00– 16:30	Coffee Break		10 <sup>th</sup> Hall
16:30– 17:00	Student-Led Discussion & Group Tasks	Student Facilitators	10 <sup>th</sup> Hall

### Evening

Time	Activity	Location/Info
18:00	Walking Tour of Sofia	Sofia City Court (Palace of Justice)  max 9 students <a href="https://maps.app.goo.gl/Rn4Bnuh8aQAxoUHQ7">https://maps.app.goo.gl/Rn4Bnuh8aQAxoUHQ7</a>

Day 5. Friday, April 24, 2026

**Hospital "Tsaritsa Yoanna," 10th Hall + Koprivshitsa (Outdoor Activity)**

**Morning & Midday**

Time	Session	Speaker(s)	Location
09:30– 13:00	Simulation Training: Treating Mental Distress Patients, Part 2	Hannu Salonen  Hämäläinen Jarno  XAMK - FI	10 <sup>th</sup> Hall
13:00- 14:00	Lunch		

**Afternoon Session**

Time	Activity	Location/Info
14:00-16:00	Hands-On Wellbeing Session  <i>Includes walking outdoors – please prepare with appropriate clothing</i>	PLOVDIV (Outdoor)

# POST-EVENT ONLINE SESSION

Wednesday, May 7, 2026 | Online

Time	Session	Speaker(s)	Format
15:00– 15:30	E-HELPEd-It project	Prof. Anjelika VELKOVA, MD, PhD  Prof. Antoniya YANAKIEVA, PhD	Online
15:30- 16:15	REST Report of EJD	Dr Alvaro Cerame, President  European Junior Doctors	Online
16:15- 17:00	Presentation of Student Group Work	Student Groups	Online
17:00- 17:15	Official Farewell	All Participants	Online

## NOTES FOR PARTICIPANTS

- **Outdoor Activities:** Please bring appropriate clothing for outdoor walking tours and the final wellbeing session in Plovdiv.
- **Accessibility:** All venues are accessible. For specific accommodations, please contact the organizing committee in advance.
- **Language:** Sessions will be conducted in English

**For questions or further information, please contact:**

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