EUniWell Showcase Conference 2023

EUniWell on campus – Linnaeus University

INTRODUCTION

On EUniWell, Linnaeus University had a fruitful year. We have four EUniWell student ambassadors from Kalmar and Växjö in addition to the two local university officials to help spread the word about EUniWell among students. Linnaeus University is well-known among international students, we were able to engage with more international students.

Throughout the past year, we have held yoga classes on the Kalmar campus. Our major success, EUniWell Paint Workshop, had a remarkably high level of student participation. In addition, we had the opportunity to discuss and join the Linnaeus Student Union, and we have formed a committee to target in more Swedish student engagement in EUniWell.

ACTIVITIES

EUniWell Pop-Up Yoga

"Yoga is an ancient physical, mental, and spiritual practice that originated from India. Yoga can be a powerful tool to help people deal with stress and anxiety while improving overall physical well-being."

We held pop-up yoga classes in the outdoors in Kalmar every Wednesday during Spring, and Autumn 2023. In particular, during Spring, a yoga class outside was followed by a swim in the Baltic Sea in Kalmar.

Students attend our yoga classes specifically for their well-being since it helps them be more aware and relaxed during their demanding academic lives.

Yoga instructors: Sandrina Maria and Lena Sammüller.

FestiWell 2023

The third FestiWell and the EUniWell Rector's Assembly took place on the Linnaeus University campus in Växjö on two consecutive days in April.

Students participated in immersive workshops with the FestiWell theme "Upskill, Connect, and Celebrate" and had spirited debates.

Numerous workshops and other events were available during FestiWell 2023 to explore and advance technical, academic, communicative, entrepreneurial, and creative abilities. Other than that, the students got a chance to participate in a variety of social and well-being activities.

EUniWell Paint Workshop

"Art is a tool that can be used to help people to talk and express themselves about a wide range of important issues, especially those that have to do with their well-being."

In conjunction with International Women's Day, we, the Linnaeus University EUniWell student ambassadors, held a creative art workshop on the Växjö campus.

Using art, we wanted to encourage students' overall well-being. It was a creative activity that gave everyone the chance to converse, learn, or showcase their artistic abilities while taking in some soothing music and talking about the theme of Women's Day in 2023.

Everyone was welcome to the gathering, regardless of their gender identity. Students eagerly participated in our painting and crafting activity and used art to express their thoughts and feelings.

EUniWell Committee

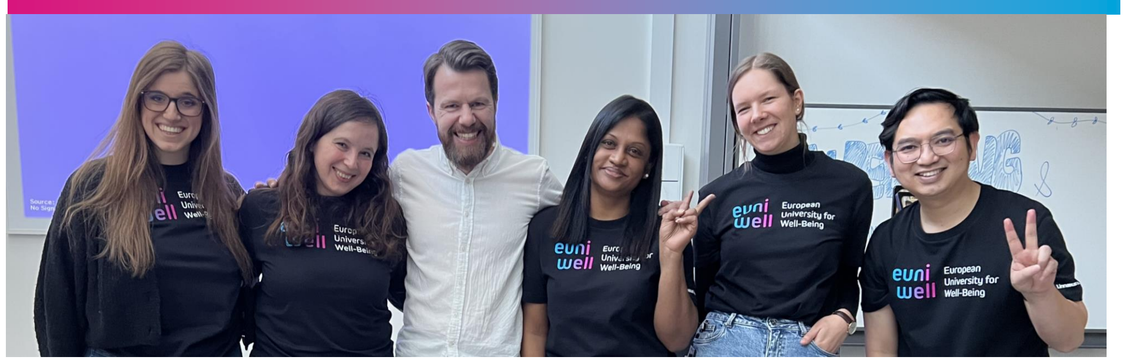
One of the Linnaeus University EUniWell delegates, Xuan Dong, "Cassie", started a successful drive to get EUniWell to join the Linnaeus Student Union. We are organizing activities for the autumn semester to inform both local and international students about EUniWell.

Noah Sörmander, from Linnaeus Student Union, has formed the EUniWell Committee under the union. During the Linnaeus Student Union's "members coffee" event, we were able to raise awareness of the new EUniWell Committee.

The committee will start soon having events during the Autumn term, and it will focus on social events that will bring people together. For the Spring we are planning to do social events as well as a trip abroad and a celebrity hosted lecture.

EUniWell had the opportunity to participate in the yearly Welcome Fair in both campuses. We were able to spread the word among the students since many students actively participated in our events.

STUDENTS



EUniWell student ambassadors from Linnaeus University, from left to right:

- Isabella Gigante
- Yelyzaveta Hordiienko
- Linus Karlsson, University Manager
- Iresha Dharmadasa
- Sarina Strobel, Intern from Konstanz
- Iriantoni Almuna

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