



**STAFF TRAINING WEEK**  
18-22 May 2026  
Konstantin Preslavsky University of Shumen



**Erasmus+**

We are delighted to invite academic and administrative staff from partner universities to participate in the **Erasmus+ Staff Training Week from May 18th to May 22nd, 2026**. The participants will learn about Shumen University and increase their ability to manage stress in their everyday lives. The event is a unique opportunity to exchange good practices, learn from each other, and explore opportunities for collaboration.

**APPLICATION DEADLINE:**

**13 March 2026**

To apply, click [HERE](#)

Contacts: [erasmus@shu.bg](mailto:erasmus@shu.bg)

*The programme may be subject to change.*

**Monday**

- Arrivals
- Registration
- Welcome Speech and Presentation
- Campus Tour and Trip to the Faculty of Education
- Participants Presentations
- Welcome Dinner

**Tuesday**

- Workshop on Staying Balanced in a Busy World – *Practical Strategies for Managing Stress and Preventing Burnout*. Because balance is not a luxury – it's a survival skill
- Discover Bulgaria (a bit of culture, history and food)
- Guided Tour around Shumen

**Wednesday**

- Departmental meetings with colleagues and exchange of good practices
- Visits to Unesco World Heritage Site the Madara rider and the First Bulgarian Capital Pliska

**Thursday**

- Visit to the Shumen plateau (University Observatory and Planetarium, Monument 1300 Years of Bulgaria, and Shumen Fortress)

**Friday**

- Certificates and Departure
- Trip to Varna Campus (optional component)

