



SUPPORTING STUDENTS' MENTAL HEALTH

WHEREVER THEY GO

This is the live agenda of the [Mobile Minds in Motion project](#) event, taking place in the framework of the [Higher Education Transformation Week](#) on **Thursday 15 October (09:00-12:30)**, in Brussels at Vrije Universiteit Brussel (D Building, room 2.01 Promotiezaal), [Boulevard de la Plaine 13 Ixelles](#).

Registrations are open until **18 September 2026** —sign up [here](#).

This interactive 3-hour workshop explores how student mobility and mental wellbeing intersect.

Drawing on findings from the Mobile Minds in Motion (MMM) project on mobile students' mental health, participants will discover emerging insights, practical tools and guidelines developed to support institutions in addressing students' emotional and psychological needs.

Through discussion and exchange, International Relations Officers and higher education staff will reflect on current practices, share challenges, and identify actionable approaches to strengthen support systems.

Attendees will leave with concrete resources, inspiration, and ideas to enhance wellbeing support for mobile students across their institutions.

AGENDA

TIME	SESSIONS TITLE
09:00-09:15	Arrival & Registration
09:15-09:25	Welcome <i>Brief introduction to the workshop, its objectives and the Mobile Minds in Motion project.</i>
09:25-09:45	Ice-breaker & baseline pulse check
09:45-10:20	What are we talking about when we talk about students' mental health? <i>An evidence-based overview of the mental health challenges and coping mechanisms students face before departure, during their stay, and on return — drawn directly from MMM project data, highlighting how mental health, psychological distress and</i>



	<i>help-seeking behaviours may be understood and expressed differently across cultural contexts.</i>
10:20-10:35	Coffee Break
10:35-11:05	Resources for the right moment(s): the MMM learning hub & checklists <i>A hands-on exploration of the MMM Learning Hub and Checklists: what's available, when to use it, and how to tell when a situation is beyond your role and needs referral.</i>
11:05-11:50	In their shoes: Case studies from mobile students' real experiences <i>Participants tackle short case studies drawn from real MMM findings, including scenarios involving intersectionality and multiple vulnerabilities (e.g., disability, financial hardship or minority backgrounds) and propose a course of action — testing the tools and checklists from the previous session against situations they might actually face.</i>
11:50-12:05	Group discussion <i>An open exchange on challenges, practices, and what emerged from the case studies.</i>
12:05-12:25	One thing I'll change <i>Participants identify one individual action they will implement in their own practice and one institutional change they would like to promote within their university, helping translate workshop learning into organisational practice.</i>
12:25-12:30	Closing and wrap up

**Please note that the agenda may be subject to change*

For any questions about the event, please contact us at charles.degroot@uni-foundation.eu

For questions regarding the Erasmus+ Staff grant, please reach out to higherred.transformation@uni-foundation.eu

This document has been prepared and edited by the Mobile Minds in Motion Consortium as the event organiser. The European University Foundation cannot be held responsible for the content of this document.