UNIVERSITY OF COLOGNE

euni well European University for Well-Being

Celebration conference and FestiWell programme

Celebrating Five Years of EUniWell: Well-Being for our Futures

22-23 October 2025
University of Cologne

In an era of global uncertainty, the concept of **well-being** extends beyond the individual: It is a fundamental aspect of our democratic resilience, environmental sustainability, and social stability. Well-being connects all dimensions of our lives – and research on it helps us understand and shape these connections from inclusive education and ethical innovation to social justice. **The European University for Well-Being (EUniWell) offers an interdisciplinary perspective on our futures**, bringing together academics, researchers, and students from across Europe to explore how we can collectively shape a future for all.

Marking five years of EUniWell, the Celebration conference and FestiWell workshop day let us dive deeper into how higher education, policy, and collective action can foster a future that is not only prosperous but also just, inclusive, and ecologically responsible. From inclusive healthcare and climate justice to AI ethics and multilingual societies, academic research plays a vital role in understanding and shaping our tomorrow.

EUniWell brings together voices from all disciplines on **22-23 October 2025 at the University of Cologne** to ask: How do, e.g. open science, AI, diversity and inclusion, health and sustainability go hand in hand with well-being? How do we equip the next generations to thrive? **Join us to rethink what well-being means, and why it matters now more than ever!**

Wednesday, 22 October 2025 | Celebration conference

Location: **Hörsaalgebäude** | University of Cologne Universitätsstraße 35 |50931 Cologne

Time in CEST	**Programme item**
09:00-09:30	*Welcome coffee and registration*
09:30-11:10 **Hörsaal B & live online**	**Opening ceremony** *Moderation:* Dr. Graham Harrison, EUniWell Managing Director **Welcome** from Prof. Dr. Beatrix Busse, Vice-Rector for Teaching and Studies, University of Cologne, and EUniWell Chief Development Officer, Prof. Dr. Giorgia Giovanetti, Dr. Ruth Möhlig-Falke, and Sarah Bermann, EUniWell Chief Student Officer • **Welcoming remarks** by the Rector of the University of Cologne**, Prof. Dr. Joybrato Mukherjee** • **Opening remarks** by **Dr. Ralf Heinen**, Mayor of the City of Cologne • **Invited Remarks** by **Dr. Susanne Conze,** Head of Unit for Higher Education, Directorate General for Education, Culture, Youth and Sport, European Commission • **Introductory speech** by **Prof. Dr. Beatrix Busse**, EUniWell Chief Development Officer • **"One word on EUniWell": Rectors' Assembly intervention** **Musical interlude: Vokalensemble aember** **Happiness (research) is not zero sum** **Keynote by Prof. Dr. Lara Aknin**, distinguished professor of social psychology at Simon Fraser University in British Columbia, Canada, and editor of the World Happiness Report One of the most reassuring findings to emerge from the science of happiness is that the pursuit of happiness is not zero sum. Indeed, a body of evidence demonstrates well-being is achieved alongside and in service of others, rather than at the expense of others. Dr. Aknin will summarise this research and ask: How robust is this evidence? Do people appreciate the power of connection and prosociality to promote happiness? And what can we (as researchers studying well-being) take from this insight?
11:10-11:40	*Coffee break*
11:40-12:00 **Hörsaal B & live online**	**Greetings from the European institutions** • **Live digital remarks** by **Vanessa Debiais-Sainton**, European Commission, Member of Cabinet of Executive Vice-President Roxana Mînzatu (online) • **Video message** by **Laurence Farreng,** Member of the European Parliament
12:00-12:50 **Hörsaal B & live online**	**Why Well-being matters – in research, education, and innovation** Inaugural panel discussion with preceding impulse speech from Prof. Dr. Roger Crisp *Moderation:* **Prof. Dr. Beatrix Busse** • **Prof. Dr. Roger Crisp**, Professor of Moral Philosophy, Uehiro Fellow and Tutor in Philosophy, St Anne's College, Oxford University • **Dr. Susanne Conze**, Head of Unit for Higher Education, Directorate General for Education, Culture, Youth and Sport, European Commission • **Prof. Dr. Alessandra Petrucci**, Rector, University of Florence • **Prof. Dr. Jean-Francois Huchet,** President, Inalco • **Prof. Dr. M. Cristina Polidori**, MD MPhil FRCP, University of Cologne
12:50-14:30	*Lunch break*

14:30-16:00	**Gathering of the community: celebration workshops** **Value-driven approaches to AI in the academic context** Led by Prof. Dr. Beatrix Busse (University of Cologne), Prof. Dr. Pierre-Antoine Gourraud (Nantes Université), and Ingo Kleiber (University of Cologne) **Hörsaal C** **Well-being in teacher education: insights and perspectives across Europe** Led by Dr. Carmen Widera (University of Konstanz) and Dr. Jan Springob (University of Cologne) **Room S01 (Seminar Building)** **Well-being indicators and the future of development and flourishing** Led by Prof. Dr. Gaby Umbach (Robert Schuman Centre for Advanced Studies, European University Institute) **Tagungsraum (Seminar Building)** **Planetary Well-being: perspectives from the Environmental Humanities** Led by Alexander von Humboldt-Prof. Dr. Kate Rigby (University of Cologne) **Hörsaal B and live online** *Please find further details on all workshops below.*
16:00-16:30	*Coffee break*
16:30-17:30 **Hörsaal B & live online**	**Closing session: co-creating tomorrow – from well-being foundations to forward vision** This closing panel reflects on the first five years of EUniWell and looks ahead to the next five years and beyond. University leaders, academics, students, and the audience will share perspectives on shaping EUniWell's future and resilient pathways for European higher education. *Moderation:* Prof. Dr. Giorgia Giovannetti • **Sarah Bermann**, EUniWell Chief Student Officer • **Prof. Dr. Kseniia Smrynova**, Vice-Rector, Taras Shevchenko National University of Kyiv • **Dr. Jan Springob**, Head of Team School Network and Internationalisation, Center for Teacher Education, University of Cologne • **Prof Dr. Ludovic Thilly**, Vice-Rector, University of Poitiers • **Prof. Dr. Miklós Kellermeyer**, Head of the Department of Biophysics and Radiation Biology, Semmelweis University • **Prof. Dr. Robin Mason**, Pro-Vice-Chancellor, University of Birmingham
19:00	**Celebration dinner** at Cologne Chocolate Museum (*Invitation only*) Address: Am Schokoladenmuseum 1a, 50678 Köln

Thursday, 23 October | Celebration continued: FestiWell

Location: **Seminargebäude** | University of Cologne Universitätsstraße 37 | 50931 Cologne

Time in CEST	Programme item
09:00-17:30	**FestiWell Base Camp** Discover, recharge, and connect all day ⋙
10:00-10:45	**Celebration continued: FestiWell opening session** *Moderation*: Dr. Graham Harrison, EUniWell Managing Director • **Prof. Dr. Beatrix Busse**, EUniWell Chief Development Officer • **Gaida Lefeuvre Mendoza**, EUniWell Executive Team member **Rise & shine at FestiWell: Your 20-minute morning boost** Led by **Dr. Lars Hanke,** Co-founder and doctor of sports science, AUF DEN PUNKT GesundheitsImpuls Start your day full of energy: This 20-minute morning workout gets your circulation going, loosens tense muscles and strengthens your body with simple exercises for mobility and strength. No need to change clothes or use any equipment – but you'll feel the difference and get a fresh start to your day!
11:00-12:30	**FestiWell: celebration workshops** **Open Science café** Led by Dr. Jens Dierkes (University of Cologne) and Dr. Josefine Honke (University of Konstanz) **Room S15** **Therapeutic gardens: A bridge between campus and community** Led by Karin Palmlöf Pavia (Jardines Sociales y Terapéuticos) and Prof. Dr. David Iyú Espinosa (University of Murcia) **Room S11** **Crisis and conviviality in the Mediterranean: multidisciplinary perspectives on Mediterranean pasts and futures** **Room S12** Led by Dr. Christoph Lange (University of Cologne) **PhD survival lab** Led by Dr. Ádám Orosz and Dr. Tamás Bozó (Semmelweis University) **Room S13** **Dietary supplements: between health support and risk** Led by Prof. Dr. Joanna Giebułtowicz and Dr. Sylwia Michorowska (Medical University of Warsaw) **Room S01** **The art of well-being: unlock your creative power** Co-created by students and Hannah Hofmann (University of Konstanz Dance Group) **Seminarraum I & II (Different building: Kerpener Straße 15)** **Discrimination and well-being: the impact of racism in the university context** Led by Dr. Rahab Njeri (University of Cologne) **Room S16** *Please find further details on all workshops below.*

Join academics and students from across Europe and the University of Cologne at **FestiWell Base Camp**! Exchange ideas on inclusion, well-being, and transformation toward a sustainable university and meet local initiatives:

- **Student engagement within EUniWell: best practices from across the Alliance** Interactive stand by the international Student Board
- **Creative Corner** with the EUniWell Cologne Student Board: Craft your own bracelet or necklace, paint your own postcard, and embroider your conference bag!
- Check your health with the TK **Back-Check module**
- **GesundeUni Köln** (Healthy University Cologne)
- **Sustainability Office** (University of Cologne)
- **Central Office for Protection against Discrimination and Abuse of Power** (University of Cologne)
- Teacher Education for a Future in Flux (**teff**) Academy

<table>
<tr><td>12:30-14:00</td><td>Lunch</td><td rowspan="5">Join academics and students from across Europe and the University of Cologne at FestiWell Base Camp! Exchange ideas on inclusion, well-being, and transformation toward a sustainable university and meet local initiatives:
Student engagement within EUniWell: best practices from across the Alliance Interactive stand by the international Student Board
Creative Corner with the EUniWell Cologne Student Board: Craft your own bracelet or necklace, paint your own postcard, and embroider your conference bag!
Check your health with the TK Back-Check module
GesundeUni Köln (Healthy University Cologne)
Sustainability Office (University of Cologne)
Central Office for Protection against Discrimination and Abuse of Power (University of Cologne)
Teacher Education for a Future in Flux (teff) Academy</td></tr>
<tr><td>14:00-15:30</td><td>FestiWell: celebration workshops

Multilingualism and linguistic diversity within EUniWell: a workshop for participation in research and discussion
Led by Prof. Dr. Julie A. Panagiotopoulou and Dr. Yasemin Uçan (University of Cologne)
Room S11

Opening up higher education: a pathway to well-being in teaching and learning
Led by Erwan Louërat (Nantes Université) and Dr. Magdalena Spaude (University of Cologne)
Room S15

Universities co-creating civic engagement for societal well-being
Room S16
Led by Helen Hook (University of Birmingham) and Ruth Eades (University of Konstanz)

Understanding PMS & PMDD — breaking the silence, building support
Led by Dr. Pana Djamtorki, iHera Seed Funding initiative
Room S13

Loneliness at university: a dialogue between psychology, sociology, and philosophy
Led by Dr. Rainer Weber and Dr. Erik Dzwiza-Ohlsen (University of Cologne)
Room S12

You belong here: a workshop on imposter syndrome
Led by Dr. Ann-Kristin Kolwes (University of Cologne)
Room S14

Please find further details on all workshops below.</td></tr>
<tr><td>15:30-16:00</td><td>Coffee break</td></tr>
<tr><td>16:00-17:00

Room S01 & live online</td><td>Closing keynote: The science of happiness
Open lecture by Prof. Dr. Laurie Santos, Professor of Psychology at Yale University (hybrid)

Dr. Santos will discuss why she developed her record-breaking Yale course and review what science of happiness shows about how to live a more fulfilling life. We will explore how we can use healthier behaviours and mindsets to reduce stress and feel happier.</td></tr>
<tr><td>09:00-17:30</td><td>FestiWell Base Camp Discover, recharge, and connect all day ⋙</td></tr>
<tr><td>19:00-21:00</td><td colspan="2">Role model night: Well-being edition

In this inspiring event, student speakers share their personal stories about navigating university life and its challenges, resources, and their well-being. From first-generation perspectives to international experiences, discover insights that resonate across all academic levels. Stay afterwards for snacks, drinks, and open networking in a welcoming, inclusive setting.</td></tr>
</table>

Celebration workshops | Detailed information for 22-23 October

Wednesday, 22 October	
14:30-16:00 **Hörsaal C**	**Value-driven approaches to AI in the academic context** The rapid development of Artificial Intelligence has raised questions about the future of (higher) education and how to responsibly use and control AI as an educational tool. This workshop explores core principles of (generative) AI in education and its future directions. It will discuss the role of human educators, the different approaches of educational institutions, debates about both old and emerging competencies, and how to move from control and suspicion toward co-responsibility and pedagogical transformation. • Prof. Dr. Pierre-Antoine Gourraud, Nantes Université • Prof. Dr. Beatrix Busse, University of Cologne • Ingo Kleiber, University of Cologne
14:30-16:00 **Room S01 (Seminar Building)**	**Well-being in teacher education: insights and perspectives across Europe** Led by Dr. Carmen Widera (University of Konstanz) and Dr. Jan Springob (University of Cologne) Further speakers: • Sarah Roos, University of Konstanz • Dagmar Benincasa, University of Cologne This workshop explores how well-being is addressed in teacher education across Europe and beyond. After showcasing achievements and best practices of the EUniWell Arena on Teacher Education, we will discuss European and transatlantic approaches: How can institutions better support pre- and in-service teachers? What role does international cooperation play in fostering well-being in teacher education? The aim is to identify challenges, share experiences, and develop innovative, collaborative solutions.
14:30-16:00 **Tagungsraum (Seminar Building)**	**Well-being indicators and the future of development and flourishing** Led by Prof. Dr. Gaby Umbach (Robert Schuman Centre for Advanced Studies, European University Institute) The workshop brings together three complementary strands of the global development discourse relevant to framing understandings of healthy and meaningful lives and societies: well-being, sustainable development, and flourishing. Individual working groups will discuss how well-being, sustainable development indicators, and the measurement of human 'flourishing' contribute to an actionable and policy-relevant vision of future human and societal development. The combination of these three conceptual spaces aims to inspire a post-2030 development trajectory.
14:30-16:00 **Hörsaal B & live online**	**Planetary well-being: perspectives from the Environmental Humanities** Led by Alexander von Humboldt-Prof. Dr. Kate Rigby , University of Cologne, Environmental Humanities, Director of MESH (Multidisciplinary Environmental Studies in the Humanities) This session explores communicating, re-imagining, and reconstituting more-than-human well-being on a planet in peril. Following an introduction to the Environmental Humanities and to the 2024 Autumn Academy on Planetary Wellbeing, we showcase interactive Futures and Foresight training. Using climate imaginaries from social media, we invite to jointly reflect on how multimodal online interactions shape meanings of well-being, nature at risk, and conservation urgency. Together we ask: How can collective intelligence and futures thinking shape visions of planetary well-being? Speakers: • Prof. Dr. Mariagrazia Portera (online), University of Florence, Philosophy, Aesthetics • Dr. Nsah Mala, University of Cologne, Coordinator of the UoC's UNESCO-MOST BRIDGES Hub for Planetary Wellbeing • Dr. Carolin Schwegler, University of Cologne, Sociolinguistics, Associate Director of MESH & Senior Postdoctoral Researcher

Thursday, 23 October	
11:00-12:30 Room S15	**Open Science café** Led by Dr. Jens Dierkes (University of Cologne), Dr. Josefine Honke (University of Konstanz), and Dr. Katja Restel (University of Cologne) What does Open Science mean for you, and what do you need to make it work? We would love you to join our World Café for coffee and candid conversations with fellow researchers, students, postdocs and professionals from the fields of infrastructure and administration. Your ideas will help to shape our next steps across EUniWell and on each campus, and we can't wait to hear them! All you need to bring is your curiosity – we've got the coffee! Let's co-create Open Science – one cup at a time!
11:00-12:30 Room S11	**Therapeutic gardens: a bridge between campus and community** Led by Karin Palmlöf Pavia (Jardines Sociales y Terapéuticos) and Prof. Dr. David Iyú Espinosa (University of Murcia) Further speakers: • Prof. Dr. M. Cristina Polidori, University of Cologne • Dr. Dorothee Groeger, University of Cologne This workshop explores how a therapeutic and social garden can foster inclusion, well-being and active ageing in university campuses. By connecting students and professors with local groups – such as oncology, neurorehabilitation, and older adults, the garden becomes a space for therapy, learning, and community. It offers opportunities for interaction, innovative practical training, and shared belonging through nature. Key questions and aims include: What is a social and therapeutic garden? How can these spaces improve community health? How can these spaces guide the university to become a promoter of well-being?
11:00-12:30 Room S12	**Crisis and conviviality in the Mediterranean: multidisciplinary perspectives on Mediterranean pasts and futures** Led by Dr. Christoph Lange (University of Cologne) Speakers: • Prof. Dr. Andreas Guidi, Institut national des langues et civilisations orientales INALCO • Prof. Dr. Frédéric Al Chalabi, Nantes Université • Dr. Nina ter Laan, University of Cologne The Mediterranean region is increasingly shaped by overlapping crises – ecological, political, and social – that necessitate novel approaches to thinking, researching, and collaborating. Introducing the 2024-2027 EUniWell research initiative on Crisis and Conviviality in the Mediterranean (CCMed), this panel asks: how do colonial and imperial histories shape Mediterranean presents and futures, and how do convivial practices emerge and are mobilized to navigate and transform crises across the region? The panel is open to all interested in the Mediterranean region and the challenges of multidisciplinary research and methodologies.
11:00-12:30 Room S13	**PhD survival lab** Led by Dr. Ádám Orosz and Dr. Tamás Bozó (Semmelweis University) The PhD Survival Lab offers a safe, interactive space for PhD students and postdocs to reflect on stress, writing guilt, academic pressure, and blurred boundaries between research and private life. Guided by two key questions – Why is PhD life mentally so demanding? and What strategies can support resilience and well-being? – participants will share experiences and co-create ways to navigate burnout, rejections, and "publish or perish" challenges.
11:00-12:30 Room S01	**Dietary supplements: between health support and risk** Led by Prof. Dr. Joanna Giebułtowicz and Dr. Sylwia Michorowska (Medical University of Warsaw) How do dietary supplements differ from medicines? What are the main quality issues and risks linked to their use? We'll discuss labelling, regulatory gaps, and undeclared ingredients. During this session, participants will also test how effectively the active ingredient is released from selected supplements.

11:00-12:30 **Seminarraum I & II (Different building: Kerpener Straße 15)**	**The art of well-being: unlock your creative power** Co-created by students (Rebecca Teichmann, Angelina Lorenz, and Lene Hussong) and Hannah Hofmann, researcher and leader of the University of Konstanz Dance Group. This workshop places emotions and their creative expression at the centre. Through theatre and dance, participants are invited to explore their feelings, transform them artistically, and communicate them in new and authentic ways. The session creates a safe and supportive space where emotions can be expressed and reshaped. Playful improvisations and performative methods encourage participants to turn emotions into movement, sound, and artistic form. Performing Arts become a tool to make inner experiences visible, audible, and tangible. This workshop is open to everyone who wishes to experience Performing Arts as a means of self-awareness, emotional processing, and creative empowerment. No prior artistic experience required.
11:00-12:30 **Room S16**	**Discrimination and well-being: the impact of racism in the university context** Led by Dr. Rahab Njeri (University of Cologne) How does racism impact mental health and well-being in universities? This workshop explores the often-overlooked effects of everyday racism on students and staff. Through examples, dialogue, and reflection, participants will understand its impact on learning, work, and psychological safety, and learn to foster a more inclusive campus culture. Open to all, whether experienced discrimination or acting as allies.
14:00-15:30 **Room S11**	**Multilingualism and linguistic diversity within EUniWell: a workshop for participation in research and discussion** Led by Prof. Dr. Julie A. Panagiotopoulou, Dr. Yasemin Uçan, Burcu Kiratli, and Jasamin Mirgolbabaei (University of Cologne) The workshop, part of the project *Lived Multilingualism within EUniWell (LIME)*, begins with an introduction to research design and aims. Participants then work in pairs with questions from the LIME interview guide to reflect on experiences of multilingualism within and beyond the University of Cologne. Small groups discuss responses to highlight shared and divergent themes. The workshop both presents ongoing EUniWell research and invites participants to contribute their own language biographies.
14:00-15:30 **Room S15**	**Opening up higher education: a pathway to well-being in teaching and learning** Led by Erwan Louërat (Nantes Université) and Dr. Magdalena Spaude (University of Cologne) This workshop covers core principles of Open Education (OE) and highlights EUniWell's commitment to fostering an inclusive and collaborative teaching and learning environment. Through an interactive activity inspired by the 23 Good Reasons for Open Education initiative, participants will explore OE's benefits and challenges from different academic stakeholders' perspectives. The session invites critical reflection and dialogue on how openness can contribute to well-being in higher education.
14:00-15:30 **Room S12**	**Loneliness at university: a dialogue between psychology, sociology, and philosophy** Led by Dr. Rainer Weber and Dr. Erik Dzwiza-Ohlsen (University of Cologne) What is loneliness – and what is it not? Drawing on psychological models (attachment theory) and philosophical and sociological perspectives (resonance theory), this workshop combines various humanities disciplines. After short inputs, participants will reflect on personal experiences of loneliness and coping strategies, then work in small groups on how universities can provide support, before sharing results in a joint discussion.
14:00-15:30 **Room S13**	**Understanding PMS & PMDD - breaking the silence, building support** Led by Dr. Pana Djamtorki, iHera seed funding initiative Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD) significantly affect well-being and academic success. In this interactive workshop, hosted by the iHera Seed Funding initiative, we'll build knowledge, address stigma, and share coping strategies. With expert input and group discussions, participants will explore lifestyle factors, support systems, and misconceptions to foster empathy, awareness, and healthier, more inclusive environments.

14:00-15:30 **Room S16**	**Universities co-creating civic engagement for societal well-being** Led by Helen Hook (University of Birmingham) and Ruth Eades (University of Konstanz) If societal well-being is enhanced through democratic participation, how can universities use civic engagement to support democracy? EUniWell Co-Creation in Teaching brings together educators, students and societal partners on equal footing and focuses on participant creativity to elicit innovative ideas, solutions and learning. This workshop will use co-creative methods to explore how democratic approaches to civic engagement can strengthen EUniWell's impact on well-being.
14:00-15:30 **Room S14**	**You belong here: a workshop on imposter syndrome** Led by Dr. Ann-Kristin Kolwes (University of Cologne) Many of us know the feeling of not seeing ourselves as good as others – especially at university, where everyone seems so smart, hard-working, and disciplined. Together, we want to take a closer look at the phenomenon of imposter syndrome and try out strategies to help us dealing with it a little better in the future.

Programme as of 11 October 2025