

Register here

5-9
OCTOBER
2026



UNIVERSITÉ SAVOIE MONT BLANC

INTERNATIONAL WEEK



TRAINING
SPORT, HEALTH & WELL-BEING

*“SPORT, HEALTH
& WELL-BEING”*



Membre
de l'alliance
européenne



**FOR MEMBERS
OF STAFF**

Every year, Université Savoie Mont Blanc welcomes around 50 international partners for its International Week.

Each staff week focuses on a specific theme, around which workshops are organized to facilitate the exchange of best practices between USMB staff and international partners.

In 2026, we are offering a variety of workshops and activities related to the week's theme.

PROVISIONAL PROGRAM SPORT, HEALTH & WELL-BEING

target audience: academic & administrative staff

 OPEN

- WORKSHOP N°1: **How to improve posture and prevent musculoskeletal disorders**
- WORKSHOP N°2: **Links between physical activity and the brain**
- WORKSHOP N°3: **Life-saving first aid**
- WORKSHOP N°4: **Organization of studies at USMB for Elite Sports Athletes**
- WORKSHOP N°5: **Sports as a tool for integration and cultural learning**
- WORKSHOP N°6: **Eating well: the key to staying fit and feeling good**
- WORKSHOP N°7: **Mental health first aid**
- WORKSHOP N°8: **Stress Management**
- WORKSHOP N°9: **Climb United: Survey on sedentary lifestyles among students and staff & Analysis of results**
- WORKSHOP N°10: **International experience: a recipe for well-being**

FIELD TRIPS & ACTIVITIES

 OPEN

Lake & mountain: boating & hiking
Yoga, sophrology, mindfulness
Team sports

REGISTRATION FEE

The registration fee, which includes workshops and activities, is **100 euros** per participant.

UNITA and GEMINAE members: The registration fee for UNITA and GEMINAE members is reduced by half, to 50 euros.

No refunds will be issued except in cases of force majeure.

PROVISIONAL PROGRAM

MONDAY 5 OCTOBER	TUESDAY 6 OCTOBER	WEDNESDAY 7 OCTOBER	THURSDAY 8 OCTOBER	FRIDAY 9 OCTOBER
Chambéry	Bourget-du-Lac Campus	Annecy Campus	Jacob-Bellecombette Campus	Chambéry
Arrival of participants	8h30 - Departure for Annecy			
	9h00-10h30 Workshop		9h00-10h30 Workshop	
	break	9h30-12h00 Workshops	break	9h30-12h00 Workshops
	11h00-12h30 Workshop		11h00-12h30 Workshop	
	12h30-13h30 Lunch Box provided by USMB	12h30-13h30 Lunch Box provided by USMB	12h30-13h30 Lunch Box provided by USMB	12h30-13h30 Lunch buffet
14h00-15h30 Welcome & ice-breaking session	13h30-15h00 Workshop	Annecy Lake and old town	13h30-15h00 Workshop	EXCURSION Hiking
break	Team sports		Yoga Sophrology Mindfulness	
16h00-17h30 General présentation of USMB				
Back to Chambéry			free time	
			20h00-23h00 Welcome Party for international students & partners	

SEMAINE INTERNATIONALE

5-9 OCTOBRE 2026

TO REGISTER

Apply online until 6 september 2026 via the following link:

<https://usmb.moveonfr.com/form/69f876fc3f5911fc8d06f9e8/eng>

*Create an account using your last name, first name, and email address.
Then log in to submit your application.*

*As long as your application hasn't been submitted, you can save your
progress and come back to complete the information you've entered.
Don't lose your login details!*



CONTACT US

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