

Mental Health - How to get over the trauma?



Weekend-seminar
for students from
Africa, Asia and Latin-America,
studying in Hessen

in Wiesbaden

Friday, 8th November 2024

Sunday, 10th November 2024

Seminar will be held in English!

This seminar explores the complex intersections of mental health, migration, and cultural context. While mental health awareness is growing in the Global North, it remains stigmatized in many countries of the Global South, especially in regions affected by poverty and conflict. The seminar provides insights into global mental health disparities, comparing different healthcare systems and their approaches to mental well-being. Participants will also examine the psychological challenges faced by migrants and international students, offering strategies for coping and fostering mental resilience.

PROGRAM

Friday, 8th November 2024

Arrival until 17:30

18:00 Dinner

19:00 Welcome and Introduction

20:00 get-together

Saturday, 9th November 2024

9:30 *Workshop*

Mental Health and Migration: Navigating Well-Being in a New Home

Speaker: Prof. Dr. Samia Mohamed Nour, Fulda University of Applied Sciences

12:30 Lunch and Break

15:00 *Workshop*

Psychosocial Health – Your Mental Health Matters

18:00 *Dinner*

Sunday, 10th November 2024

9:00 *Workshop*

Bridging Worlds: Socioeconomic Insights into Mental Health Challenges

Speaker: Oshur Ozodi, International Health Sciences, WUS

12:00 Seminar evaluation

12:30 Lunch, departure afterwards

Contact and application

STUBE Hessen
World University Service
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65195 Wiesbaden
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Fax: 0611 / 44 64 89



You can also scan the provided code, which will guide you to our [online application form](#), where you can choose the desired event and register for it.

E-Mail: stube@wusgermany.de

Internet: www.stube-hessen.de

Facebook: www.facebook.com/STUBE.Hessen

Directions:

Directions will be sent to you prior to the event.

Fees:

The fees for accommodation, food and travel expenses are covered by STUBE Hessen. The travel expenses will be paid for a ticket of the DB, only by using local trains (like RE/ HLB), no extra fees added. All enrolled students should use their semester tickets. In other cases, please use the cheapest ticket, i.e. group tickets.

STUBE Hessen is a project of



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Further information on the STUBE-program is provided by your student associations, International Office or the AstA of your university.