

Healthy Minds, Just Futures – Education and Mental Health Worldwide

Friday, 12th to Sunday, 14th June 2026

Education is far more than the transfer of knowledge. It opens up individual life opportunities, fosters social participation, and is a key driver of sustainable development. At the same time, learning is only possible when people feel safe, supported, and mentally stable. Education and mental well-being are therefore deeply interconnected and jointly essential for building a just, inclusive, and sustainable society.

In this seminar, we will explore the role of education in the context of the Agenda 2030, with a particular focus on the interlinkages between quality education (SDG 4), mental health and well-being (SDG 3), and global partnerships (SDG 17). We will examine how education systems worldwide can be designed to both create future opportunities and strengthen mental health, especially for young people in the Global South.

We will discuss how schools, universities, and vocational training institutions can serve not only as places for acquiring qualifications, but also as spaces of protection and personal development. What structural conditions are needed to identify psychological stress early, provide support, and address issues such as stress, discrimination, and performance pressure? What roles do teachers, curricula, counseling services, and peer support models play? And how can educational institutions foster resilience, self-efficacy, and a sense of community—particularly in contexts shaped by poverty, displacement, political instability, or social inequality?

Programm

Friday, 12th June 2026

Arrival until 17:30

18:00 *Dinner*

19:00 *Welcome and Introduction*

Speaker: Leo Winnubst, STUBE Hessen

Saturday, 13th June 2026

9:30 **Workshop: Heterogeneity in Education: Implications for Learning and Well-being**

Speaker: Katharina Fink, Project Stereo-no-GO at the Leibniz Institute for Research and Information in Education

12:00 *Lunch*

15:00 **Workshop: Education Interrupted: Afghan Women, Exile, and the Struggle for Learning**

Speaker: Najia Jalal, Human Rights Activist and Founder of "Gift for Girls"

18:00 *Dinner*

Sunday, 14th June 2026

9:30 **Workshop: Inside Your Mind - Understanding Your Inner World**

Speaker: Zahra Taherian, Psychologist and Psychotherapist, University of Fulda

12:00 Seminar evaluation + certificate of participation

12:30 *Lunch, departure afterwards*

Bitte die Anmeldung senden an:

STUBE Hessen
World University Service (WUS)
Goebenstr. 35

65195 Wiesbaden



Registration

I hereby register bindingly for the entire STUBE weekend seminar:

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Last name:

First name:

female male non-binary

Street/ house number / room number:

Postal code/ city:

Phone/ mobile:

Email:

Country of origin:

University of Applied Sciences (FH) University

University preparatory college (Studienkolleg)

Place of study:

Field of study / semester:

English-taught program: Yes No

Degree program (BA, MA, etc.):

I receive a scholarship: Yes No

I am vegetarian: Yes No

(Meals are generally without pork!)

I am involved in development policy / social engagement:

No Yes If yes, where:

Yes, I agree that my name, email address and/or phone number may be shared with other participants before a STUBE event.

Yes, I agree that STUBE Hesse/WUS may contact me by email about program-related events and other activities and store my data for this purpose.

Date/ Signature:

Please send us your registration no later than

Sunday, 31. May 2026

STUBE Hessen
World University Service
Goebenstr. 35
65195 Wiesbaden
Phone: 0611 / 9 44 61 71
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Or scan the QR code, select the appropriate seminar, and simply register via the application form on our website.

Email: stube@wusgermany.de
Homepage: www.stube-hessen.de
Facebook: www.facebook.com/STUBE.Hessen
Instagram: [@stube_hessen](https://www.instagram.com/@stube_hessen)
Twitter: [@stube_hessen](https://www.twitter.com/@stube_hessen)

Directions will be sent together with the confirmation of registration approximately 7 days before the start of the event.

Participation costs

The costs for accommodation and meals are covered by STUBE Hesse. Please choose the cheapest travel option – group ticket / Hesse ticket, etc. The travel costs up to the amount of a Deutsche Bahn 2nd class fare with regional trains (RE / HLB / VIAS) – without surcharges – and any necessary connecting tickets will be reimbursed.

STUBE Hessen is a project of the



STUBE Hesse is funded by the Hessian Ministry of Science and Research, Arts and Culture (HMWK) and the Protestant Agency for Diakonie and Development (EWDE). Further information about the STUBE programme is available from your International Office or the AstA of your university, as well as from the university chaplaincies (ESG/KHG).



Healthy Minds, Just Futures – Education and Mental Health Worldwide

Weekend Seminar
for students
from Africa, Asia and Latin America
in Hessen

Friday, 12. June 2026
to
Sunday, 14. June 2026

Location:
Wiesbaden

