

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

11:30 **Session: Tools for Well-being: Yoga and Mindfulness**
with Ahmad Masood

12:30 *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
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