

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 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 Elite Sports at the University**
- 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

DIRECTION DES RELATIONS INTERNATIONALES



27, rue Marcoz 73 000 Chambéry (France)



+33 4 79 75 84 14



internationalweek.dri@univ-smb.fr



www.univ-smb.fr