

Manisa Celal Bayar University School of Foreign Languages

The 2nd International Staff Week – Enhancing Well-being through Sports, Nature and Art

11-15 May 2026

Preliminary Programme

Day 1 – Let’s Get Started

10:30 – Opening Ceremony

12:00–13:30 – Lunch Break

13:30–14:30 – Ice-Breaking Activities

14:30 – Coffee Break

15:00–16:00 – Ice-Breaking Activities

Evening recommendation:

Let’s Have Fun – Trivia Quiz Night

Day 2 – Tell Your Story

10:00–12:00 – “*The Healing Power of Storytelling*”

Trainer: Prof. Meral ÖZÇINAR

 <https://avesis.mcbu.edu.tr/meral.ozcinar>

12:00–13:30 – Lunch Break

13:30–15:30 – Reflection Session

Note: Participants are advised to wear comfortable clothes.

Day 3 – Me in the Language of Nature

10:00–12:00 – “*The Healing Power of Nature: Mindful Hiking*”

Trainer: Assoc. Prof. Tolga BEŞİKÇİ

 <https://avesis.mcbu.edu.tr/tolga.besikci>

12:00–13:30 – Lunch Break

13:30–14:30 – Reflection Session

14:30-16:00- Museum Visit

Note: Appropriate hiking shoes and outdoor clothing are required.

Day 4 – Cultural Excursion: Ephesus – House of the Virgin Mary – Kuşadası

- Visit to Ephesus Ancient City
- Visit to the House of the Virgin Mary
- Şirince Village
- Kuşadası City Tour
- Dinner at Korumar Hotel

Important Information:

Program fee includes cultural immersion expenses. (Museum entrance fees are not included in the program fee.)

Day 5 – Closing and Certification

10:00–12:00 – Wrap up Session and Certification

Free afternoon