



Agenda

Embracing a Healthy Living - International Staff Week

04.11.2024 - 08.11.2024

Day 1 - 04.11.2024

- 12:30 – 13:30 Get together Lunch**
- 13:30 – 14:00 Welcoming Speech/es**
- 14:00 – 14:30 Getting to Know Each Other**
- 14:30 - 16:00 MCAST and the Maltese Educational System**
1. Presentation on MCAST
 2. Overview of the Maltese Education System
 3. Campus Tour: Visiting the Institutes
- 18:30 - 19:30 Cultural Visit**
- 19:30 Dinner – Farm to Fork Restaurant**

Subject to change



Day 2 – 05.11.2024

Theme: Food & Nutrition

Understanding how food is produced, processes & preserved and how food technology affects nutritional quality through expert talks, and sharing of knowledge.

08:45 – 09:00	Welcome Coffee
09:00 – 09:30	Overview of Courses related to Food & Nutrition
09:30 – 10:30	Discussion: The Use of Technology by Local Companies in their Food Production
10:30 – 10:45	Coffee Break
10:45 – 11:30	Discussion: Improving the Quality of Life through Healthy Living
11:30 – 12:30	Research Studies & Projects in the Area of Food Technology & Nutrition
12:30 – 13:30	Lunch Break
13:30 – 14:00	Transport to Benna (Malta Dairy Products Ltd)
14:00 - 16:00	Site Visit at Benna (Malta Dairy Products Ltd)

Subject to change



Day 3 – 06.11.2024

Theme: Sports

Understanding how nutrition is connected to physical health through expert talks, and sharing of knowledge.

08:45 – 09:00	Welcome Coffee
09:00 – 09:15	Overview of Courses related to Sports
09:15 – 10:30	Discussion: Improving the Quality of Life through Sports
10:30 – 10:45	Coffee Break
10:45 – 12:00	Sport Workouts at the Gym or Ground
12:00 – 13:00	Lunch Break
13:00 – 13:30	Transport to Sports Malta Facilities
13:30 – 16:00	Site Visit at Sports Malta Facilities

Subject to change



Day 4 – 07.11.2024

Theme: Mental Well-Being

Understanding the benefits of proper nutrition on mental health through expert talks, and sharing of knowledge. Other services being offered by MCAST to safeguard the well-being of the students and staff will also be highlighted.

08:45 – 09:00	Welcome Coffee
09:05 – 09:10	Video on Mental Health & Wellbeing
09:10 - 09:25	Presentation on MCAST Wellbeing Hub
9:25 – 10:30	Discussion: Safeguarding the Well-Being of Youths – Services offered at MCAST Wellbeing Hub
10:30 – 11:00	Coffee Break
11:00 – 12:15	Sharing of Experiences by Professionals through Human Library Approach
12:15 – 13:15	Lunch Break
13:15 – 14:15	Visit to MCAST Wellbeing Hub & Library
14:15 – 14:30	Coffee Break
14:30 – 15:30	Sharing Practices for Healthy Living & Better Wellbeing
15:30 – 16:00	Concluding Remarks

Subject to change



Day 5 – 08.11.2024

Theme: Nursing & Social Care

Understanding the role of nursing in supporting physical and mental health, and how social care supports individuals holistically through expert talks, and sharing of knowledge

08:45 – 09:00	Welcome Coffee
09:00 – 09:30	Overview of Courses on Nursing & Social Care
09:30 – 10:30	Discussion: The Role of Nursing in Promoting Changes in Lifestyles
10:30 – 10:45	Coffee Break
10:45 – 12:00	Discussion: Innovation in the Social Care Sector
12:00 – 13:00	Lunch
13:00 - 14:30	Health Checks (Blood Pressure/Heart Rate Monitoring)
14:30 – 14:45	Coffee Break
14:30 – 15:30	Wrap Up & Reflections on the Staff Week

Subject to change