

Enhancing professional well-being and preventing burnout are critical for educators, which is why I participated in an Erasmus+ mobility program in Puerto de la Cruz, Tenerife, from March 8 to March 13, 2026. Hosted by FU International Academy within the adult education sector, the training focused on stress management, emotional intelligence, and sustainable lifestyle routines.

The comprehensive program combined cutting-edge neuroscience with practical, body-oriented exercises. On Day 1, we explored the neurobiology of stress reactions and mapped personal triggers through outdoor body practices. Day 2 delved into Polyvagal theory, the link between trauma and burnout, and reflective journaling complemented by creative art activities. On Day 3, we examined the pillars of resilience, identified emotional "triggers and glimmers," and practiced outdoor yoga for mental balance. Day 4 focused on self-compassion, positive neuroplasticity, and brain-rewiring techniques during mindful nature walks. Finally, Day 5 featured a collaborative "World Cafe" session, where we developed concrete action plans to implement stress management tools for ourselves and our teams.

This mobility significantly enhanced my stress regulation, self-awareness, and intercultural competencies. The acquired strategies—ranging from nervous system management to building balanced daily routines—provide invaluable methodologies that will directly enrich our adult education programs and institutional well-being practices at Hungary Expert.

