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## Final International Conference

Building Healthier Universities through Positive Psychology

29 September 2026

Paranimf · University of Vic – Central University of Catalonia (UVic-UCC)

Vic (Barcelona), Spain

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|---|---|
| <b>Venue</b><br>Paranimf, UVic-UCC                | <b>Format</b><br>Hybrid (On-site & Online)  |
| <b>Registration</b><br>Free registration required | <b>Online access with Microsoft Teams</b><br><a href="https://teams.microsoft.com/meet/395666962071093?p=u6eHhWUZKhgn7X8U7q">https://teams.microsoft.com/meet/395666962071093?p=u6eHhWUZKhgn7X8U7q</a><br>Meeting ID: 395 666 962 071 093<br>Password: jk2ak7Ut |

### Programme

#### Time

09:00–09:30

#### Session

Welcome – The Importance of Wellbeing in Higher Education  
Elisenda Tarrats (UVic-UCC)

09:30–10:00

Happy Power: From Design to Impact  
Marco Boffi (University of Milan)

10:00–10:30

Students' Voices  
Annekatrien Depoorter & Lotte Mertens (Artevelde University)

10:30–11:00

Teachers' Voices  
Sanna Rönkkö, Ulla-Maija Törmälä (OAMK) & Gabi Mares (Bacău)

11:00–11:30

Coffee Break

11:30–13:00

Keynote: The Future of Positive Psychology in Higher Education  
David Gallardo-Pujol (University of Barcelona)

13:00

Closing Ceremony & Networking

### Project Partners

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**Happy Power – Erasmus+ Cooperation Partnership**

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