



CONSTANTINE  
THE PHILOSOPHER  
UNIVERSITY FACULTY OF  
IN NITRA CENTRAL EUROPEAN STUDIES



# SEEDS OF WELL-BEING

Training Future Teachers in Health and Environmental Education

Experience hands-on, innovative approaches to early childhood education.

- **Practical teaching methods**  
you can use immediately in your classroom
- **Nature-based learning**  
that inspires curiosity and exploration
- **Child-centred health education**  
supporting healthy habits from an early age
- **Environmentally responsible practices**  
that promote sustainability in everyday routines



## REASONS TO ATTEND THE PROGRAMME

- **Expand Your Network** – Exchange ideas, collaborate on projects, and build lasting friendships and professional relationships.
- **Discover Nitra and the region**– Enjoy vibrant student life, explore historical landmarks, and experience the unique atmosphere.
- **Open New Possibilities** – Gain new perspectives that can shape both your academic journey and your future career.

## Build Future-Ready Competencies

Learn how to foster children's ecological awareness, support their well-being, and encourage sustainable behaviour. Shape a healthier, more environmentally conscious future generation.



develop motor  
skills and  
promote healthy  
posture



explore the  
foundations  
of healthy  
nutrition



create  
botanical  
arrangements  
and bio soaps



excursions to  
Arboretum  
and schools

The program is organized by the Faculty of Central European Studies at Constantine the Philosopher University in Nitra (Dražovská 4, 949 01 Nitra, Slovakia)





# Financial Support



Mobility grants funded by the Erasmus+ programme (for details, please contact the Erasmus+ office at your home university).

Courses, cultural activities and coffee breaks will be covered by Constantine the Philosopher University in Nitra with the support of the Erasmus+ programme.

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Faculty of Central European Studies



**Duration of the programme: a week + 1 online day**

**Virtual part: 1 day online (June 1, 2026)**

**Physical part: 5 days on site in Nitra, Slovakia (June 8 - 12, 2026)**

**Language of instruction: Hungarian language**