

INGENIUM Junior Summer School 2025



Badge Awarded to

Mavroudis Panagiotis

The MIEA (Mindfulness Institute for Emerging Adults) protocol was an intensive, structured mindfulness program designed to promote psychological well-being, self-awareness, and emotional regulation in young adults. Over the course of four days, participants engaged in guided mindfulness practices, personal reflection, and group discussions facilitated by trained professionals.

#alliance #communication #design #education #entrepreneurial #EU #European #higher #INGENIUM
#learning #MIEA #multicultural #skills #teamwork #thinking #University #work-based

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Issuer



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INGENIUM is an alliance of ten institutions of higher education from ten European countries. We seek to enable each member of the network to offer high-quality study and qualification programmes with digital components which are shared within the INGENIUM Alliance. Due to the internationalisation of courses and an increase in student and staff mobility, the promotion of intercultural competence among teachers and students is of central interest to us.

Criteria

The earner of this badge has actively participated in the activities of Junior Summer School 2025. Through this immersive experience, they developed key skills highly valuable in both social work and academic contexts—such as deep listening, effective stress management, emotional self-regulation in interpersonal settings, and a more thoughtful, mindful approach to their roles and responsibilities. Completing the MIEA protocol marked a meaningful step toward strengthening empathy, mental presence, and personal resilience—essential qualities for navigating the demands of educational, relational, and professional environments.

The knowledge and skills acquired during the program were assessed through an oral presentation.

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