

# BLENDDED INTENSIVE PROGRAMME: BIP4BALANCE



**Date:**

**Virtual part: 05 May – 06 June, 2025**

**Physical part: 29 June – 05 July, 2025**



**Lapadska obala 7, 20000 Dubrovnik**



SVEUČILIŠTE  
U DUBROVNIKU  
UNIVERSITY  
OF DUBROVNIK



UNIVERSITY  
OF PARDUBICE



.....  
University College



UNIVERZITA  
MATEJA BELA  
V BANSKEJ BYSTRICI





### The Art of Being Present

Valuable skills in being present  
Handle stress more effectively  
Deepen your focus  
Improve your relationships  
Reinforce your emotional balance



### Managing Your Money

Setting financial goals and budgeting  
Navigate banking and investments  
Understand credit and loans  
Learn new strategies from tabletop games



### Life as a Playground

Master goal setting  
Develop positive reward systems  
Sharpen problem solving skills  
Learn how and when to use *Figma*  
Track progress visually



### Career Culture

Understand workplace dynamics  
Define personal career values  
Navigate workplace challenges  
Practice self-advocacy  
Build professional relationships



Study level:  
Undergraduate and  
graduate students



	Course	Topic
Viktor Prokop	<i>The stakeholder, ecosystem and global challenge of the circular economy</i>	Career Culture
Rastislav Kazansky	<i>Discussing diplomacy, conflict management and career culture</i>	
Katija Vojvodić	<i>Cultural Awareness</i>	
Anni Grøndal	<i>Positive Thinking</i>	Life as a Playground
Mihaela Kristić / Ana Kešelj Dilberović	<i>Life as a Playground</i>	
Petar Petrov	<i>Decision-making Skills for Life Entrepreneurs</i>	Managing Your Money
Meri Šuman Tolić / Melko Dragojević	<i>Personal Finance</i>	
Selvet Niyazieva	<i>Happiness in business context</i>	The Art of Being Present
Dorthe Simonsen	<i>Mastering the 7 Habits of Highly Effective People</i>	



# Personal Finance

## Managing Your Money

The goal of the program is to provide participants with the knowledge, tools, and skills needed to effectively manage key aspects of their personal financial life. Topics covered include setting SMART goals for personal finance success, creating a student-friendly budget, and understanding the FIRE movement to master the journey toward early retirement. Participants will also explore the inner workings of the banking system, learn the importance of investing, and examine different investment options by weighing risk versus reward. The program offers a beginner's guide to the capital market, including stocks, bonds, and beyond, and discusses whether ETFs and index funds are safe alternatives.



**Meri Šuman Tolić**  
Associate Professor



**Melko Dragojević**  
Research Assistant

# Cultural Awareness

## Career Culture

The goal of the workshop is to develop awareness of cultural differences and understanding of how to effectively communicate and collaborate in a multicultural environment. The workshop provides participants with essential theoretical and practical tools to understand cultural differences and operate effectively in multicultural settings.

**Katija Vojvodić**  
Full Professor



# Life as a Playground

This workshop is designed to equip participants with essential project management, problem-solving, and design skills using industry-standard tools. Through an interactive and gamified approach, participants will learn how to set goals effectively, develop positive reward systems, and track progress visually. A key focus will be on mastering Figma for prototyping, including the use of frames, components, and interactive elements to design engaging user interfaces. Additionally, the workshop introduces Atlassian tools such as Jira, Trello, and Confluence, helping participants plan and manage their work environments more efficiently.

**Mihaela Kristić**  
Research assistant



# Positive Thinking

## Life as a Playground

Inspire to live with a positive attitude -  
live your life - life is a playground:-)

**Anni Grøndal**  
Senior lecturer



# Mastering the 7 Habits of Highly Effective People

## The Art of Being Present

The workshop is inspired by the highly recognized work of Stephen Covey and is designed to help the participants cultivate the habits that lead to lasting personal and professional success. Over the course of the workshop, we will delve into the 7 habits and learn practical strategies to integrate these habits into the daily life of the participants.

**Dorthe Simonsen**  
Associate Professor





# **Discussing diplomacy, conflict management and career culture**

## Career Culture

This interactive workshop will explore the core principles of diplomacy, effective conflict management strategies, and how to navigate career culture in both international and organizational contexts. Through practical case studies, role-playing, and expert discussions, participants will develop the necessary skills to handle complex professional challenges with confidence and tact.

**Rastislav Kazansky**  
Professor





# Happiness in business context

## The Art of Being Present

During the workshop students can understand how important is happiness for the business and will be able to learn a different methods for measuring happiness and how it can add value to the business organizations



**Selvet Niyazieva**  
Chief assit. Professor



# **Decision-making Skills for Life Entrepreneurs**

## **Managing Your Money**

### **Workshop goals**

- Familiarise students with various decision-making models and tools.
- Improve students' decision-making skills

### **Workshop topics**

- The nature of decisions. Decision making. Definitions. The brain, heart and gut part in the decision-making process
- Types of decisions. Approaches to the decision-making process. Classification of some decision-making processes
- Decision making. The DECIDE decision-making model. Ethical dilemmas. Reality check
- Creative and technology-enhanced decision making
- Role Play



**Petar Petrov**  
Chief assit. Professor



# **The stakeholder, ecosystem and global challenge of the circular economy**

## **Career Culture**

Are you curious about what our planet will look like in the coming years and what we should all do? Would you like to know more about the Innovation Ecosystem you are also involved in? This course will bring you answers to these and other questions from both the private and public sector perspectives. You will gradually learn what innovation ecosystems are, who their main stakeholders are and how they interact with each other. Subsequently, you will investigate the issues of sustainable development, circular and regenerative economy, and find out how each of us can help protect the environment.

**Viktor Prokop**  
Associate Professor

