

WORLD MENTAL HEALTH DAY WEEK



13.10 Monday

TALK 18:00 - 19:30 / Radisson Blu

An introduction to mental resilience with practical skills for creating a mental preparedness plan by local psychologist Ema Golub (in english & norwegian).

14.10 Tuesday

TEA 12:00 - 15:00 / Nordover

An exclusive Tuesday opening- come relax and enjoy a free cup of tea!

15.10 Wednesday

QUIZ 19:30 - 22:00 / Tio Monchos

Quiz night with fun health & lifestyle-related questions and prizes.

16.10 Thursday

TALK 18:00 - 19:00 / Kulturhuset

The lecture "5 Tools for Sustainable Mental Health" with concrete tools for mental training, stress management, and focus under pressure- from mental health coach Barbro Sætha (in english & norwegian).

17.10 Friday

GAME NIGHT 20:00 - 23:00 / Maryann's Polarrigg

Join us for an informal meetup to play games and meet new people- come with friends or by yourself!

18.10 Saturday

SMOOTHIES 10:00 - 13:00 / Svalbardbutikken

Enjoy free smoothies blended right in the fresh produce section from one of Longyearbyen's restaurant locals.

