

Monday, 12.09.2022: «DISCOVER»

Kick-off Days HS22

Introductory Programme

07:30-08:30: Unisport

Morning Yoga & Meditation (**Fitness 3**)

Tours (20 persons / group)

Campus Tours (Meeting-Point: Aula):

09:00 / 10:00 / 11:00 / 13:00 / 14:00 / 15:00 / 16:00

City Tours (Meeting-Point: theCO, Müller-Friedbergstrasse 6, 9000 St.Gallen):

10:30 / 11:30 / 12:30 / 14:30 / 15:30 / 16:30

«Information Desk @Aula»

09:30-11:30: Meet & Ask

- DAO / ZAS
- PC-Tutoren (IT-Tools)
- Students
- Bodensee-Tourismus

HSGcards can be picked up from 09:30 – 12:00 in the Aula

Lunch

13:00 – 19:00: German Intensive Course (**only for pre-informed and registered students - 01-011**)

18:05-19:05: Unisport

Bodyattack / condition training with music (**Sporthalle 2**) – 50 persons

Tuesday, 13.09.2022: «EQUIPPED FOR YOUR STUDIES»

Kick-off Days HS22
Introductory Programme

07:30-08:30: Unisport

Morning Yoga & Meditation (**Fitness 3**)

Aula

09:15:

Welcome Notes (Prof. Dr. Christoph Frei)

09:45-10:00:

Welcome Notes and presentations:

- Team Kick-off Days
- SHSG, Student Union
- HSG Alumni

10:00-11:00:

Presentations of the Services:

- Student Mobility
- Counselling & Support Services
- Unisport
- Diversity & Inclusion
- Academic Writing
- StartUp @HSG
- Language Services

11:00-12:10:

Presentation and Workshop with Career & Corporate Services

Lunch

13:00 – 19:00:

German Intensive Course (**only for pre-informed and registered students - 01-011**)

14:00 / 15:30 / 17:00

SHSG: Meet & Greet (**theCO**)

14:00-16:00 Unisport

Floorball Tournament /
Unihockey Turnier
6 teams (BA / MA-Programme/
guest students)

19:00

HSG Alumni Kick-off Night (**01-012**)

Wednesday, 14.09.2022: «WORKSHOPS»

Kick-off Days HS22

Introductory Programme

07:30-08:30: Unisport

Morning Yoga & Meditation (**Fitness 3**)

Room 01-011	Room 01-012	theCO	Unisport
08:30-10:00: Workshop Career & Corporate Services	08:30-10:00: Workshop Diversity & Inclusion (ENG)	08:30-10:00: Workshop Startup@HSG	10:00-11:30 (Sporthalle 1 & 2) Burner Games
10:30-12:00: Workshop Career & Corporate Services	10:30-12:00: Mentoring	10:30-12:00: Workshop Startup@HSG	
Lunch			
13:00-19:00 German Intensive Course (only for pre-informed and registered students - 01-011)	13:30-15:00 Workshop Diversity & Inclusion (ENG)	12:15-13:30 (Outdoor Gym) "Technique workshop - additional weights"	13:30-14:30 (Fitness 2) "Core Sustainability - Supplementary training for almost all sports"

Evening Programme:

«Grill & Chill», SHSG

Thursday, 15.09.2022: «WORKSHOPS»

Kick-off Days HS22

Introductory Programme

07:30-08:30: Unisport

Morning Yoga & Meditation (**Fitness 3**)

Room 01-011	Room 01-012	theCO	Unisport
08:30-10:00 Mentoring	08:30-10:00: Workshop Psychological Counselling Services	09:00-11:00: Brunch by SHSG & Infrastructure Initiative	12:15-13:30 (Outdoor Gym) "Technique workshop - Bodyweight, slings & resistance bands"
10:30-12:00: Oikos	10:30-12:00: Workshop Psychological Counselling Services		
Lunch			
13:00-19:00 (01-011) German Intensive Course (only for pre-informed and registered students - 01-011)	13:30-15:00 (01-012) Mentoring	13:30-16:00 (theCO) Startup-afternoon in theCO	13:30-14:30 (23-001) Key Note "Sleep and Performance, Dr. Sigrid von Manitius"

From 18:00:

«Cheers @SQUARE»

with music and live-stream of the presentations of the HSG clubs and associations

Friday, 16.09.2022: «Academic Programme»

Kick-off Days HS22
Academic Programme

07:30-08:30: Unisport

Morning Yoga & Meditation (**Fitness 3**) – 30 persons

Campus

09:00 - ca. 18:30 (afterwards apéro)

«Community in Space & Time»

Saturday, 17.09.2022: «Welcome PhD Students»

Kick-off Days HS22

Welcome PhD Students

10:00 – 11:30

City Tour with St. Gallen Bodensee Tourismus (DE and ENG)

12:00 - 13:00

Lunch (tba: B-Gebäude or Square)

13:00 – 13:30

Library Tour (Meeting-Point: HSG Shop)

13:45 – 15:15

Welcome Notes and Presentations (Square, room tba)

- PhD Office
- Early Career Programme
- PhD-Programmes
- DocNet
- Library – Research tools
- Behavioral Lab
- Language Services
- Unisport
- HSG Impact Scholars Community

From 15:15

DocNet Event