Name, Surname: Uģis Sildegs

Sending Higher Education Institution: Lutera akadēmija (Lutheran Academy)

Field of Activity at the HEI: Church History

Mobility Country: Estonia

Receiving Institution: Estonian Free Church Theological Seminary

Address: Koskla 18, Tallin, Estonia

Type of Staff Mobility: Staff Training Mobility, Self-Education and Experience Exchange, Internationalization and Academic Cooperation

Mobility Period Duration: January 7–11, 2026

Erasmus+ Staff Training Mobility Experience Story:

A Journey to Tallin

Participating in the Erasmus+ Blended Intensive Programme (BIP) in Tallinn this January was a truly enriching experience. This staff mobility training brought together a vibrant community of students and lecturers from Eastern and Northern Europe in order to explore how Christian faith communities can respond to today's mental health challenges with wisdom, compassion, and hope. Throughout the week, we delved into key mental health issues and developed practical listening and crisis support skills, envisioning how our congregations and communities can become genuine places of healing and restoration in a hurting world.

The organization was seamless, and the logistics were handled with impressive care. Tallinn in January is absolutely magical- a winter wonderland that provided a stunning, atmospheric backdrop for our reflections. For anyone visiting, I highly recommend staying in the downtown of Tallin to be perfectly situated for exploring the city. Beyond the logistics, the hospitality was a highlight—we were treated to excellent food and even better conversations. The networking opportunities were invaluable, allowing for a rich exchange of ideas and the forging of new international friendships.

While the program was strong in its social science approach- helping us clearly recognize the increasing mental health challenges in our current environment- there is a wonderful opportunity for future sessions to dive even deeper into the theological dimensions of this work. Nevertheless, the combination of workshops, seminars, and shared worship created a powerful spiritual and intellectual synergy. I left Estonia feeling deeply encouraged, better equipped, and inspired by the ways we can work together to nurture well-being across our communities.