

**16TH INTERNATIONAL SUMMERSCHOOL**

**2018 MAY 28 - JUNE 1**

**HOWEST BRUGES – APPLIED HEALTH SCIENCES**

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# **PROGRAMME SUMMERSCHOOL BRUGES 2018**

**Innovation in health promotion**

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## INTRODUCTION

Dear participants,

We would like to welcome you to the 16th International summerschool in Health promotion, which will take place at Howest University college from May 28th till June 1st 2018.

The summerschool is organised in collaboration with several schools:

- Esslingen University of Applied Sciences, Germany
- University of Balearic Islands, Spain
- Fontys University of Applied Sciences Tilburg, Netherlands
- Poznan University of Medical Sciences, Poland
- Hochschule Hannover, Germany
- HoWest University college , Belgium

The central theme of this summerschool is 'Innovation in health promotion', which is a great opportunity to gain new insights in recent healthcare technologies, health applications, gamification in health, new developments in health promotion, etc.

We wish you an inspiring week!

On behalf of the organising committee,

Marie Vermast, Anse Vanhouwaert & Sigrid Van den Branden

And the whole team of Applied Health Sciences



## PROGRAMME

### MONDAY 28TH MAY

Venue: Campus Rijselstraat (close to the station) : Rijselstraat 5, 8200 Bruges

**Host: Marie Vermast & Sigrid Van den Branden**

15h Introduction and welcome by

- Mr. Pablo Annys, executive councillor of Bruges for energy, education and health
- Ms. An Goegebuer, international coordinator Howest Bruges

16h Visit to Howest Hospital

16h30 Poster session on different European health care systems

17h30 Reception and walking dinner

19h30 Sight seeing walk through Bruges

Get to know each other party in a local pub



## TUESDAY 29TH MAY

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Venue: Howest Campus Sint-Jorisstraat 74, 8000 Brugge

**Host: Prof. Reinhold Wolke & Dr. Jan Domaradzki**

9h      Teambuilding: Group dynamics by Dominique Schellemans

9h30    Workshop: "Discussion about the future of new care technology" by Prof. Dian Van Limpt

11u      Coffee Break



11h30   Lecture: "Health promotion and disease prevention in Germany" by Prof. Lotte Kaba-Schönstein

12h30   Warm lunch

**Host: Prof. Lotte Kaba-Schönstein and Ewelina Wierzejska**

13h30   Presentations: "New technology"

- "Bringing health closer to the population: new technologies in our life" by *María Arado Sánchez and María Ángeles Díaz (20 min)*
- "The Physiotherapy evaluation: traditional vs new tools" by *Ana Viedma, Gorka Martínez and Patricia Llorca (20 min)*
- "Early Health Promotion/Early Prevention in Germany" by *Astrid Koch (20 min)*
- "The use of computer-technology as a benefit or threat with in healthcare" by *Frans Vergeer (1u)*

15h30   Coffee break

16h      Workshop 'Gamification in health' by *Thyra Dhaeyere, Aline Vanneste and Emelie Hillebrant*

17h      Free evening

## WEDNESDAY 30TH MAY

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Venue: Howest Sports innovation Campus, Nijverheidsstraat 112, 8310 Brugge

### Please wear sports clothing!

9h Try-out innovative sports – active workshops

12h30 Lunch break (sandwich lunch)

**Host: Prof. Dr. Mathias Bonse-Rohmann & Pia Meissner**



13h30 Presentations “Nutrition”

- "Self Care & Cooking" - A project to support trainee nurses in healthy eating despite shiftwork" *by Annika Jaeger and Sarah Urban (20 min)*
- "The Importance of Sustainable Nutrition in Health Care" *by Eva Geserer and Jeannine Albrecht (30 min)*
- "Preventing malnutrition in elderly patients in Hospitals" *by Prof. Dr. Reinhold Wolke (30 min)*
- "The use of dietary supplements" *by Jan Domaradzki and Ewelina Wierzejska (20 min)*

15h10 Coffee break

**Host: Prof Dr. Reinhold Wolke & Jésus Molina**

15h30 Presentations

- "Walking Activity for Employees" *by Laura Lehmann and Claudia Schütze (20 min)*
- "Health promotion process in Hochschule Hannover/Health Management for students - Implications of design and delivery of teaching in universities" *by Annika Hartrampf and Sarah Voltmann (20 min)*
- "MATCHuP – sMokefree Academics in Health Professions - Implications of design and delivery of teaching in universities" *by Prof. Dr. Mathias Bonse-Rohmann and Pia Meissner*
- The Importance of Intercultural Competence. New approaches regarding the recruitment of foreign nurses *by Ina Naumann and Peter Stark (30 min)*

17h30 Free evening



## THURSDAY 31TH MAY

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Venue: Howest Campus Sint-Jorisstraat 74,  
8000 Brugge

**Host: Natalia Romero & Jan Domaradzki**



9h Morning gymnastics

9h15 Workshop "Gamification of learning: escape-room experience" *by Jesús Molina and Catalina Perelló*

10h20 Presentations on Health Apps

- "Health app use in chronic disease" *by María del Pilar Cañellas (20 min)*
- "Heathership App: relationships, love, sexuality and health. Designing an app" *by Nuria García y Sergio Fresneda (20 min)*
- "Sports apps in health promotion" *by Julia Staszewska (20 min)*

11h20 Coffee break

11u40 Mobility and Health – new developments in Germany:

- "Mobility preservation and promotion" *by Stefanie Pauen and Miriam Sabo (30 Min)*
- "Promotion of Mobility with elderly population groups– community approach" *by Tanja Louw (15 Min)*

12h30 Warm lunch break

**Host: Catalina Perello & Prof. Lotte Kaba-Schönstein**

13h30 Workshop "Where is my body?" *by Elisa Bosch, María Teresa Arbós and Natalia Romero*

14h30 Presentation "Understanding breathing. How? Why? What for?" *by Zuzanna Nowakowska, Marika Ławniczek and Krzysztof Skibiński (20 min)*

14h50 Workshop "Mobility and Movement" *by Caroline Vanderheeren, Marion Cannoot and Lissa Janssens*

16h Time to go to the supermarket! Preparing our evening cooking workshop

18h Sharing is caring cooking workshop  
Certificate ceremony  
Closing party

## FRIDAY 1ST JUNE

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Venue: Venue: Howest Campus Sint-Jorisstraat 74, 8000 Brugge

***Host: Anse Vanhouwaert & Sigrid Van den Branden & Marie Vermast***

10h30 Closing presentation by Sigrid Van den Branden

Evaluation and discussion

12h Reception with sandwiches for the students

13h30 Teacher's supper at restaurant 'De Stoepa' (Oostmeers 124, 8000 Brugge)

