



**HOCHSCHULE  
HANNOVER**  
UNIVERSITY OF  
APPLIED SCIENCES  
AND ARTS

*Fakultät V  
Diakonie, Gesundheit  
und Soziales*

## **XVIII. International Summer School Hannover, 01.06. – 03.06.2021**



### **- Health promoting universities - setting-based approach and transfer to further areas of activity**

- ❖ University of the Balearic Islands, Spain
- ❖ Poznan University of Medical Sciences, Poland
- ❖ Esslingen University of Applied Sciences, Germany
- ❖ Hannover University of Applied Sciences and Arts, Germany
- ❖ Fontys University of Applied Sciences, Tilburg, the Netherlands
- ❖ HoWest, Hogeschool West-Vlaanderen, University of Applied Sciences, Belgium
- ❖ HAN Hogeschool van Arnhem en Nijmegen, University of Applied Sciences, the Netherlands

## Programme Summer School Hannover 2021

### Introduction

Dear participants,

We would like to welcome you to the 18<sup>th</sup> International Summer School of Health Promotion, which takes place for the first time at the Hochschule Hannover from **June 1<sup>st</sup> to June 3<sup>rd</sup> 2021 as an online event.**

The Summer School is organized in collaboration with several schools from Spain, Poland, the Netherlands, Belgium and Germany.

This year's topic is:

**“Health promoting universities - setting-based approach and transfer to further areas of activity”**

We are looking forward to interesting student's and teacher's (online-) presentations or workshops and hope that we all have inspiring and pleasure days together.

If you have any questions, please contact the organization team.

Best wishes from Hannover

Mathias Bonse-Rohmann, Vasiliki (Vicky) Kolovou, Anna-Lena Sting, Niklas Brähler, Pia Meißner, Lea Gandyra, Claudia Rabenberg & Victoria Mateo Hurtado



*Participants of the 17th International Summer School in Tilburg, the Netherlands, 2019*

## Agenda Tuesday June 1st

## Online-Session per Zoom

**Host: Prof. Dr. Mathias Bonse-Rohmann, Dr. Vasiliki Kolovou**

09:15 h      **Introduction and Welcome by**

❖ Hannover University of Applied Sciences and Arts, Germany

*Prof. Dr. Dörte Heüveldop*

*Vice President for Study and Teaching, Diversity and International Relations,*

*Prof. Dr. Ulrike Ernst*

*Dean of the Faculty V (Faculty of Diaconic Studies, Health Care and Social Work),*

*Prof. Dr. Mathias Bonse-Rohmann*

*Dean of Studies (Department of Nursing and Health Care),*

*Dr. Vasiliki Kolovou, Interim Professor (Department of Nursing and Health Care)*

09:50 h      **A movie about city of Hannover and Faculty V campus**

*Anna-Lena Sting*

10:00 h      **Get to know each other**

*Project team Hannover*

### **Coffee Break for 15 Minutes**

**Host: Dr. Ewelina Chawłowska, Dr. hab. Jan Domaradzki (Poznan University of Medical Sciences, Poland)**

11:00 h      **“Internationalization at Hannover University of Applied Sciences and Faculty V”**

*Tamara Arutyunyants*

11:30 h      **„Network of Health Promoting Universities – NORD”**

*Prof. Dr. Mathias Bonse-Rohmann, Claudia Rabenberg,*

*Dr. Vasiliki Kolovou, Annika Köhler*

12:15 h      **Physical activity (HIIT)**

*Lea Gandyra (Hochschule Hannover)*

13:30 h      **Discussion/Exchange among students – Health promotion in different countries**

*Dr. Vasiliki Kolovou, Tamara Arutyunyants, Niklas Brähler, Mareike Behrmann*

13:30 h      **Simultaneously: Summer School teachers meeting and outlook for 2022**

*Evening:*      **Have a barbecue**

## Agenda Wednesday June 2nd Online-Session per Zoom

Host: Dr. Ewelina Chawłowska, Dr. hab. Jan Domaradzki

❖ Esslingen University of Applied Sciences, Germany

09:00 h – 10:00 h **“Sustainability in Health Care and in Everyday Life”**

*Nadja Körner, Desiree Yandemir, Annalena Lang*

### Active Break for 15 Minutes

❖ Fontys University of Applied Sciences, Tilburg, the Netherlands

10:15 h **Workshop: “Mental Health and Wellbeing in the Netherlands (schools)”**

*Mücan Benli, Shanice Peeters and Lara van Roij*

### Coffee Break for 15 Minutes

11:30 h **Workshop: “How the Change in the Dutch Mental Healthcare System Influences the Life of Youngsters”**

*Dr. Frans Vergeer*

❖ HoWest, Hogeschool West-Vlaanderen, University of Applied Sciences, Belgium

12:30 h **“Implementing the Healthy Howest Programme – Towards a Health-Promoting University” (Presentation with breakout sessions)**

*Sigrid Van den Branden PhD, Fien Waeterloos, Lieze Goemaes,  
Jacinta Cornelis, Dafne Cerneels, Florence Decoster*



❖ University of the Balearic Islands, Spain

13:30 – 14:30 h a) **“Healthy schools, healthy universities and healthy cities: a learning path towards promoting good health and well-being (SDG 3):**

*Prof. Dr. Berta Paz*

a.1) **“Evolution of the healthy university program at the University of the Balearic Islands during the period 2017-2021”**

*Shaskia Valle and LLuis Gómez (master students)*

a.2) **“Learning from schools: a service-learning project on health promotion developed by physiotherapy students”**

*Dr. Ariani Cavazzani (Guest teaching staff, Federal Univ. Parana, Brasil)*

**Agenda Thursday June 3rd Online-Session per Zoom**

❖ Hannover University of Applied Sciences and Arts, Germany

08:00 h **Morning Exercise**

*Lea Gandyra*

**Host: Dr. Ewelina Chawłowska, Dr. hab. Jan Domaradzki**

❖ Poznan University of Medical Sciences, Poland

09:00 h **“Medical Student's Lifestyle as Measured by Health Behavior Questionnaire”**

*Dr. Ewelina Chawłowska*

❖ University of the Balearic Islands, Spain

09:30 h **“Changing the Code: Influencers in Sexual Health Promotion”**

*Jesus Molina-Mula, Antonio González-Trujillo, Elisa Bosch Donate, Dr. Natalia Romero*

**Coffee Break for 15 Minutes**

❖ HAN Hogeschool van Arnhem en Nijmegen, University of Applied Sciences, the Netherlands

10:30 h      **“The Importance of Health Information for Young People in Education”**  
*Anouk Snijders, Nienke van Zuijlen, Anke Bakker or Nollie Bekkers*

❖ Esslingen University of Applied Sciences, Germany

11:15 h      **“Health Promotion in Healthy Cities and Communities - An Overview  
and Examples in Germany” (Workshop)**

a) **“Healthy Cities - Important Setting for Health Promotion and Health Equity”**

*Erik Jacob*

b) **“Growing up Healthy in Rothenburgsort – Integrated Municipal Strategies in a  
Hamburg District”**

*Johanna Schünemann*

c) **“Grünau bewegt sich – Health Promotion and Physical Activity in a Leipzig District”**

*Pascal Forgo*

Discussion in two alternative breakout sessions: Hamburg or Leipzig  
*Lotte Kaba-Schönstein (Introduction, Moderation, Summary)*

❖ Hannover University of Applied Sciences and Arts, Germany

12:45 h      **Evaluation and Awarding of Certificates**

13:00 h      **Closure**