

Blended intensive programme

**22nd International
Summer School
in health promotion**

**‘Healthy ageing throughout the
lifespan – how to age in a changing
society’**

19th to 23rd of May 2025

1 INTRODUCTION

Dear participants,

We would like to welcome you to the 22th International summerschool in Health promotion, which will take place at Howest University of applied sciences from May 19th till May 23th 2025

The summerschool is organised in collaboration with several Universities:

- 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 'Healthy ageing throughout the lifespan – how to age in a changing society.

We wish you an inspiring week!

On behalf of the organising committee,

Nele Huys, Anse Vanhouwaert & Sigrid Van den Branden

And the whole team of Applied Health Sciences



2 THURSDAY 3RD OF APRIL

Online Microsoft teams meeting – all lecturers and students

16:00h-18:00h An introduction to the summerschool topic: Healthy ageing throughout the lifespan. –
Veerle Dubuy

3 TUESDAY 22ND OF APRIL

Online Microsoft teams meeting – all lecturers and students

16:00h-18:00h Getting to know each other. – introduction

4 MONDAY 19TH OF MAY

Venue: Howest, campus BST.A.1.205 - Spoorwegstraat 4, 8000 Bruges

- 13:00h-13:30h Arriving to Howest university of applied sciences. Delivering of documentation.
- 13:30h-14:00h Inauguration – Welcome to XXII Summer School
Annelies Van Oost & Isabel Uitdebroeck
- 14:00h-15:30h Practical introduction to the summerschool topic: Healthy ageing throughout the lifespan. – Workshop
Veerle Dubuy
- 15:30h-17:00h *Getting to know the Universities with their teachers and students and the educational/professional background – an interactive walk*
Fien Van Brusselt, Sien Rotty
- 17:00h-18:00h City tour Bruges
- 18:00h-20:30h Welcome drinks & bites at Howest University

5 TUESDAY 20TH OF MAY

Venue: Howest, campus BST.A.1.205 - Spoorwegstraat 4, 8000 Bruges

8:30h - 9:00h Arriving to Howest university of applied sciences. Warm up.

9:00h - 9:15h General information & Briefing.

Organising Committee

Chair: Jesus Molina, Vicky Kolovou & Niklas Brähler

9:15h – 10:45h Move Well, Age Well. How Physical Activity Influences Cognitive Abilities. – Workshop **!Bring your sports outfit!**

Poznan University of Medical Sciences: Natalia Musiałowska, Agata Buszka, Zuzanna Zielińska, Maria Matuszewska, Julia Surdacka, Amelia Młynarkiewicz, Matylda Witkowska, Natalia Majewska

10:45h – 11:00h Discussion

11:00h – 11:15h Coffee break

11:15h – 12:00h Care to smile – Workshop

Howest Brugge: Merit Demeestere, Lot De Heyder

12:00h – 12:15h Discussion

12:15h – 13:15h Lunch. Drink and Dine Howest.

13:15h – 14:00h Sportbreak, healthy walk – students TGW

Louie Bostoen, Owen Calcoen

Chair: Maite Arbós & Mücan Benli

14:00h – 15:30h Holistic Healthy Ageing – scientific and practical status. - Workshop

Hannover-University of Applied Sciences and Arts: Maike Pröpping-Böthgen, Thi Bien Nguyen, Annika Hubach, Greta Sager, Marcel Malcherowitz, Albert Hesse, Enock Chido Muswizu

15:30h – 15:45h Discussion

15:45h – 16:00h Coffee break

16:00h – 17:00h Excursion to MaM

Mind and Makerspace Howest University

6 WEDNESDAY 21ST OF MAY

Venue: Howest, campus BST.A.1.205 - Spoorwegstraat 4, 8000 Bruges

9:00h – 9:15h General information & Summary of the previous day

Chair: Ewelina Chawłowska, Norma May Huss & Elisa Bosch Donate

9:15h – 10:45h How loneliness and Social participation are affecting individual's health. - Workshop

Hochschule Esslingen: Tanja Rieger, Dennis Schmidt, Pia Ziegler, Angela Dipp, Maren Ummenhofer, Sarah Omana, Ann-Kathrin Weber, Besiana Morina, Samantha Schneider

10:45h – 11:00h Discussion + [Coffee break](#)

Chair: Jan Domaradski, Petra Wihofsky & Antonio González

11:15h – 12:45h Blue zones: Your guide to vital and healthy ageing. – Workshop

Fontys Tilburg: Linse van Dinteren, Joep Kruik, Wessel van Dam, Shanna Ros, Shama Sewlal, Maartje Diphooorn, Lindy de Waal

12:45h – 13:00h Discussion

[13:00h – 14:00h](#) [Lunch. Drink and Dine Howest.](#)

Venue: Howest, campus BCE.C.0.005 - Sint-Jorisstraat 71, 8000 Bruges

17:30h – 19:30h Research meeting for summer school lecturers: ongoing research discussion – future research discussion

Sigrid Van den Branden – research coordinator Howest

[19:45h](#) [Dinner for Summer School Lecturers](#)

[R&B Ezelstraat 50 8000 Brugge](#)

7 THURSDAY 22ND OF MAY

Venue: Howest, campus BST.A.1.205 - Spoorwegstraat 4, 8000 Bruges

9:00h - 9:15h General information & summary of the previous day

Organising Committee

Chair: Marieke van Asten & Reinhold Wolke

9:15h – 10:45h Redefining aging: the power of active living. - Workshop

University of the Balearic Islands: Nai Martinez Armijo, Francisco Javier Negre Fernandez, Sara Puerto Jerez, Margalida Plomer Capo, Nadia Pico Llabrés, Martin Vili Grigorov, Sara Giraldo Pedrote, Clara Vivo Berga, Francisca Maria Tortella Campomar, Francisca Maria Pons Mercant

10:45h – 11:00h Discussion + [Coffee break](#)

11.30h Train to Blankenberge

[Social program at belgian coastline](#)

15.15h Train to Bruges

[17:30h – 18:30h](#) [Preparation of International Farewell Dinner](#)

[Cooking courses. Drink and Dine Howest](#)

[18:30h-23:00h](#) [Farewell Dinner. Drink and Dine Howest](#)

8 FRIDAY 23RD OF MAY

Venue: Howest, campus BST.A.1.205 - Spoorwegstraat 4, 8000 Bruges

10:00h – 12:00h Evaluation – all summerschool participants

Handing out the certificates of summerschool-participation

Anse Vanhouwaert, Nele Huys, Sigrid Van den Branden

12:00h Goodbye snack at Drink and Dine

