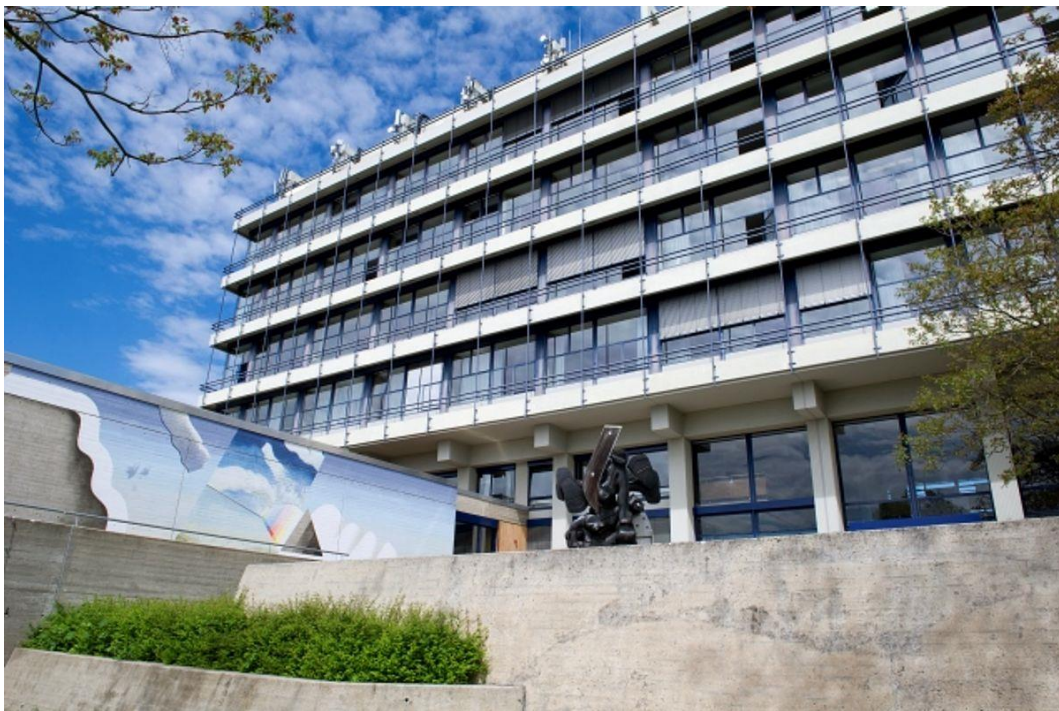


**XIX. International Summer School**  
**Esslingen, 16 – 20 May 2022**



*Health Promotion and Disease Prevention in  
Health and Social Services Settings  
- within the participating Countries*

**Location:**

Esslingen University of Applied Sciences, Hilltop Campus  
Faculty Social Work, Education and Nursing Sciences

**Address:**

Building F1  
Flandernstrasse 101  
73732 Esslingen  
Germany

# INTRODUCTION

Dear participants

We would like to welcome you to the 19<sup>th</sup> International Summer School of Health Promotion, which will take place at Esslingen University of Applied Sciences from 16<sup>th</sup> till 20<sup>th</sup> May 2022. In addition, two online sessions will be held, one before and one after the on-site period at Esslingen, on 11<sup>th</sup> and 25<sup>th</sup> May 2022.

The Summer School is organised in collaboration with several universities:

	University of Balearic Islands / Universitat de les Illes Balears, UIB (Spain)
	Poznan University of Medical Sciences, PUMS / Uniwersytet Medyczny im. Karola Marcinkowskiego w Poznaniu (Poland)
	Howest University of Applied Sciences / Hogeschool West-Vlaanderen, HOWEST (Belgium)
	Fontys University of Applied Sciences / Fontys Hogescholen, FONTYS (Netherlands)
	University of Applied Sciences and Arts Hannover / Hochschule Hannover, HsH (Germany)
	Esslingen University of Applied Sciences / Hochschule Esslingen, HE (Germany)

This year's central theme is:

***Health Promotion and Disease Prevention in Health and Social Services Settings - within the participating Countries***

Participation at the Summer School is free of charge.

Every participant has the chance to contribute, e.g. in the form of a lecture, workshop or seminar.

We are looking forward to this great opportunity to gain new insights in the practice of health professionals from all over Europe and to promoting the personal development and networking of the individual participants.



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

Accommodation in Esslingen is organised. Several rooms at ECOINN Hotel, which is next to the City Centre Campus, have been reserved. Since opening in 2009, it has been the hotel with the lowest CO<sub>2</sub> footprint per overnight stay, generating its own energy and using sustainable materials. Breakfast is included.

Please follow the link to see the hotel: <https://www.ecoinn.de/en/>  
Address: Kanalstrasse 14-16, 73728 Esslingen



You can reach the Hilltop Campus via Bus.

Bus stop **Esslingen (N) Hochschule** is 5 minutes walk away.

- 1) Take **Bus 111** (Serach Schulzentr. Nord) till bus stop **Esslingen (N) Katharinenstaffel**.
- 2) There you take **Bus 105** (Esslingen (N) Am Schönen Rain) till bus stop **Esslingen (N) Hochschulzentrum**.

If you have any questions, please contact us.

Norma: [norma-may.huss@hs-esslingen.de](mailto:norma-may.huss@hs-esslingen.de)

Nadja: [nakosp04@hs-esslingen.de](mailto:nakosp04@hs-esslingen.de) or +4915224255234

Frederik: [frbosp03@hs-esslingen.de](mailto:frbosp03@hs-esslingen.de)

We wish you an inspiring week!

Your Summer School Team of Esslingen,

Lotte Kaba-Schönstein, Norma Huss, Reinhold Wolke, Alexander Schmid,  
Nadja Körner & Frederik Bohle

# ONLINE SESSIONS

The two online sessions will be held via Webex. Please test your computer system in advance. If problems occur, please contact one of us.

The settings allow unregistered attendees and you can start in browser and don't need the app.

Both times the meeting password is **HealthForAll123**.

## 1) Wednesday 11/05/22 6 pm – 7.30 pm:

*Getting to know each other and in the mood for Esslingen*

<https://hs-esslingen.webex.com/hs-esslingen/j.php?MTID=mb8101703b69f8f2e948cc207dfecc694>

- Introduction of on-site Programme
- Organisational Q&A
- Field trip: Health Promotion Facilities in Esslingen
- Getting to know you in Breakout Sessions

## 2) Wednesday 25/05/22 6 pm – 7.30 pm:

*Reflection of the encounters and experiences made in Esslingen*

<https://hs-esslingen.webex.com/hs-esslingen/j.php?MTID=m03d33b7b1bf6e7d07309a8c425f632ae>

- How are you?
- Sharing experiences in Breakout Sessions
- Cozily bring the Evening to an End: online games, cooking together, discuss everything and anything over a glass of wine or beer...



There's also the possibility to join via phone call.

Dial one of your countries' assigned numbers below and type in the Meeting-Number and PIN.

1) Meeting-Number: 2733 499 8456

PIN: 5555

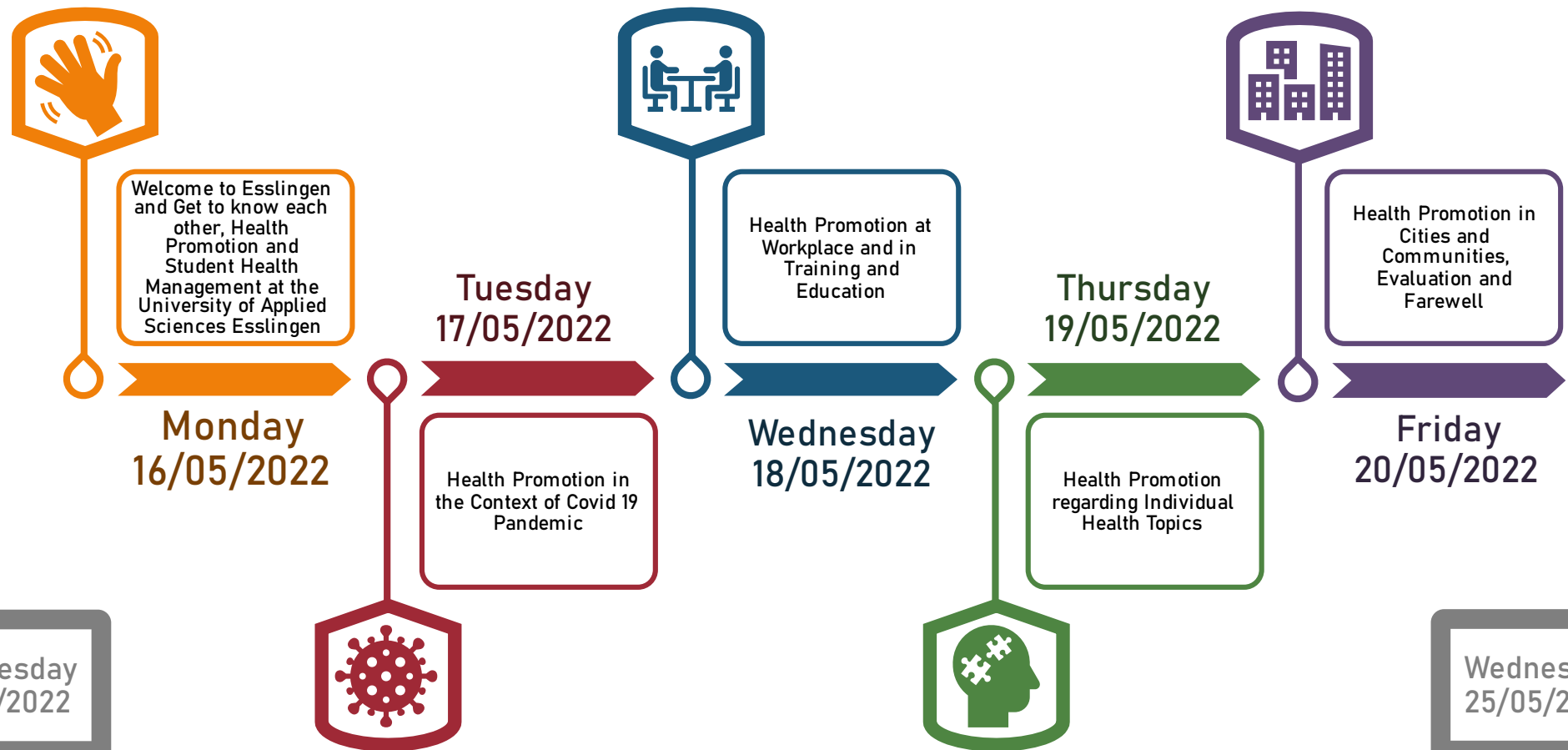
2) Meeting-Number: 2734 859 4473

PIN: 5555

Belgium	+32-262-00867 / +32-2-894-8317
Germany	+49-619-6781-9736 / +49-89-95467578
Netherlands	+31-2072-19842 / +31-20-794-7996
Poland	+48-225-364067 / +48-22-295-3597
Spain	+34-91215-8236 / +34 91 7911283

# OVERVIEW

The 5-day on-site period has different areas of focus. A poster exhibition on the United Nations 17 Sustainable Development Goals will accompany the programme. Esslingen's Student Health Management Team will support us with movement breaks.



*Welcome to Esslingen and Get to know each other*

*Health Promotion and Student Health Management at the University of Applied Sciences  
Esslingen*

## Chair persons

Lotte Kaba-Schönstein, Norma Huss, Reinhold Wolke, Alexander Schmid, Nadja Körner & Frederik Bohle








- Till 12h      **Arriving in Esslingen**  
**Get to Know Games**  
🇩🇪 *Team Esslingen*
- 12h            🍱 Lunch
- 13h            **Welcome to University of Applied Sciences Esslingen**  
🇩🇪 *Team Esslingen*
- 13h30        **Student Health Management at the University of Applied Sciences  
Esslingen**  
🇩🇪 *Prof. Dr. Petra Wihofszky, Verena Hoppe & Students*
- 14h            🥗 Healthy Break
- 14h15        ☕ Coffee Break
- 14h30        **Short Presentations of the different Health Care Systems (à 15 min)**  
🇧🇪 🇪🇸 🇩🇪 🇵🇱 🇩🇪 *All Participants*
- 15h45        **Discussion regarding Health Promotion in Groups**  
🇧🇪 🇪🇸 🇩🇪 🇵🇱 🇩🇪 *All Participants*
- 16h15        ☕ Coffee Break
- 16h30        **Welcome by the Faculty Social Work, Education and Nursing Sciences**  
🇩🇪 *Prof. Dr. Jürgen Holdenrieder*
- 17h            **Walk through Hilltop Campus in Groups**  
🇩🇪 *Student Council (Fachschaft SABP)*
- From 18h    Welcome Dinner: Barbecue

May all who come  
as Guests  
Leave as Friends

## *Health Promotion in the Context of Covid 19 Pandemic*






### **Chair persons**

Alexander Schmid & Sigrid Van den Branden

- 9h20 Arriving at Hilltop Campus
- 9h30 **Welcome by the Rector of University of Applied Sciences Esslingen**  
 *Prof. Christof Wolfmaier*
- 10h  Healthy Break
- 10h15 **Impact of the COVID-19 pandemic on workenvironment and socially disadvantaged people**  
 *Natasa Dimoska, Kim-Laura Uhl & Maximillian Schmitt*
- 10h45 **The impact of Covid-19 pandemic on physical activity behavior in adolescents in Poland**  
 *Aleksandra Plonkowska, Marcin Michalak & Amelia Młynarkiewicz*
- 11h15 **Q Covid – Public Health Nursing in Bremen**  
 *Isa Eichmann & Jennifer Weisz*
- 11h45 **The role of media reporting on suicides in the reduction of risk of contagion**  
 *Dr. hab. Jan Domaradzki*
- 12h30  Lunch

### **Chair persons**

Mathias Bonse-Rohmann & Maite Arbós Berenguer

- 13h30 **Why people polarize and what we can do about it**  
 *Mücan Benli*
- 14h15 **The role of youth in our society under pressure**  
 *Dr. Frans Vergeer, Anouk van der Sluijs & Marleen Heugten*
- 15h  Coffee Break
- 15h15 **No laughing matter**  
 *Jeanet Berman, Lianne Wirtz & Yurdagül Bas*
- 16h Walk or Bus to City Centre of Esslingen
- 16h30  City Tour
- 18h Free Evening for Students
- 19h Teachers Dinner (International Week)

# WEDNESDAY 18/05/2022

## *Health Promotion at Workplace and in Training and Education*

### **Chair persons**

Jan Domaradzki & Geerte Bodenstaff

- 8h50 Arriving at Hilltop Campus
- 9h **Refugee and migrant health - research and teaching experiences**  
 *Dr. Ewelina Chawłowska*
- 9h45 **The awareness of employee wellness programs among various environments**  
 *Adrianna Bochniak, Maria Adamska & Julia Gandurska*
- 10h15 **Regional networks for health promoting universities - Results of a Master Thesis**  
 *Niklas Brähler & Anna-Lena Sting*
- 10h35 **School in Motion. Development of a concept for supporting physical exercise in nursing students**  
 *Kerrin Maria Kiesbye*
- 10h55 🍷 Healthy Break
- 11h10 **Health Promotion for Entry-Level Physiotherapists. Strategy Development to Minimize the Discrepancy Between Theory and Practice in the Outpatient Setting**  
 *Lea Seidel & Lisa-Sophie Demitz*
- 11h30 **To be announced**  
 *Dr. Teresa Coelho* (International Week)
- 12h15 🍽️ Lunch
- Chair persons**  
Reinhold Wolke, Lotte Kaba-Schönstein, Sigrid Teichert-Stammer/Frederik Bohle
- 13h15 **Field trip**  
Walk or Bus to Health Promotion Facilities in Esslingen
- 14h **Visiting Health Promotion Facilities in Esslingen in different Groups**
- 18h Free Evening










# THURSDAY 19/05/2022

## *Health Promotion regarding Individual Health Topics*







### **Chair persons**

Ewelina Chawłowska & Vicky Kolovou

- 8h50 Arriving at Hilltop Campus
- 9h **Comprehensive approach to complex and advanced chronic patients. Case management model**  
 *Dr. Maite Arbós Berenguer, Dr. Elisa Bosch Donate, Dr. Jesús Molina Mula & Antonio González Trujillo*
- 10h **The power of mental health**  
 *Melanie Bisola Balogoun Machioudi, Tamimount Farfache Abdellaoui, Marina Fernández Mestre & Llúcia Palmer Jover*
- 10h30 **Health promotion and Disease Prevention in marginalised communities in Germany**  
  *Enock-Chido Muswizu*
- 10h50 **Do you care about your pelvic floor?**  
 *Maria Magdalena Egea Rotger & Maria del Carmen Castell Ferrer*
- 11h20  **Sports Session**  
 *Team Brügge*
- 11h50  Lunch

### **Chair persons**

Lotte Kaba-Schönstein & Mücan Benli

- 13h **SDG Presentation: Water**  
 *Student Health Management Esslingen*
- 14h **To be announced (Health Promotion topic)**  
 *Dr. Sigrid Van den Branden, Dr. Nele Huys, Alicia De Ruyter, Silke Warlop, Freya Lombaert & Laura Caset*
- 15h  Coffee Break
- 15h15 **Stress and resilience in Social Work – the importance of mindfulness and gratitude**  
 *Laura Kramer*
- 15h45  **Mindfulness activity**  
 *Team Tilburg*
- 16h15 International Night
- 19h Farewell Dinner: Beer garden (Palmscher Bau Esslingen)

*Health Promotion in Cities and Communities*

*Evaluation and Farewell*

**Chair persons**

Jesús Molina Mula & Nele Huys

- Check out at ECOINN
- 9h20 Arriving at Hilltop Campus
- 9h30 **Health Promotion in Cities and Communities – Overview and Examples in Germany**  
**Healthy and sustainable cities- A Setting-approach for Health Promotion**  
🇩🇪 *Erik Jacob*
- 10h **Bike-friendly cities – a healthy and environmentally friendly approach**  
🇩🇪 *Pascal Forgo*
- 10h20 **The Stuttgart Einstein Day-care centers: a setting for Health Promotion and Prevention of obesity in childhood**  
🇩🇪 *Sofia Mayer & Leonie Alsheimer*
- 10h50 Alternative Workshops:  
Bike-friendly Cities  
Or:  
Stuttgart Einstein Day care centers
- 11h15 **Final Discussion and Summary in Plenary**  
🇩🇪 *Prof. Lotte Kaba-Schönstein*
- 11h30 🍽️ Lunch

**Chair persons**

Lotte Kaba-Schönstein, Norma Huss, Reinhold Wolke, Alexander Schmid, Nadja Körner & Frederik Bohle

- 12h **Evaluation, Certificates**  
Teacher evaluation and further planning for Poznan 2023  
🇧🇪 🇪🇸 🇩🇪 🇵🇱 🇩🇪 *All Participants*
- 13h15 🕺 **Farewell dance**  
🇧🇪 🇪🇸 🇩🇪 🇵🇱 🇩🇪 *All Participants*



How lucky I am to have something that makes saying goodbye so hard.