



Universitat
de les Illes Balears

ENVIAT PER AL VISTIPLAU

Blended intensive programme

21st International Summer School in health promotion

*Caring for Care:
Professional Well-being,
Humanising Care Practice
and Advocacy for Change*

13 to 17 May 2024



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Caring for Care: Professional Well-being, Humanising Care Practice and Advocacy for Change

MONDAY 13th May

Venue: Teatre Mar i Terra (C/ Sant Magí, 89, Ponent, 07013)

- 16:00h** Getting to know resources related to professional's health (Gymkhana).
Antonio González, teachers & students UIB.
Area close to Teatre Mar i Terra
- 18:00h** Exposition. Marga Miró.
- 19:00h** Inauguration- Welcome to XXI Summer School.
Authorities.
- 19:15h** Opening conference with Countries hand Mapping.
Marga Miró and 5' per-country.
- 20:30h** Welcome cocktail.

TUESDAY 14th May

Venue: UIB campus (Carretera de Valldemossa, km 7.5, 07122)

8:30h - 9:00h Arriving to UIB. Delivery of documentation.
Rooms 1A & 1B (AMAS Building).

09:00h - 09:15h General information & Briefing.
Organising Committee. Rooms 1A & 1B (AMAS Building).

Chair: Nele Huys & Mücan Benli

09:15h - 10:45h Burn-out in health professions - coping and prevention
Poznan- Wanessa Błaszkiwicz, Amelia Młynarkiewicz, Julia Gandurska, Maria Matuszewska, Julia Surdacka, Aleksandra Plonkowska, Grzegorz Ochman, Sebastian Czabański. Rooms 1A & 1B (AMAS Building).

10:45h - 11:15h Discussion. Rooms 1A & 1B (AMAS Building).

11:15h - 12:00h Coffee break. Rooms 1A & 1B (AMAS Building).

Chair: Norma Huss & Vicky Kolovou

12:00h - 13:00h Beyond the night shift: A wake-up call to the impact of sleep deficiency on healthcare workers.
Fontys - Frans Vergeer (t), Jeanet Berman, Linse Erin van Dinteren, Astrid Margaretha Adriana Nelisse, Ayce Grim, Chayenne Claziena Josephina Nancy van Vugt, Joep Kruik, Jaimy Franciscus Schaap, Cornelia Arnoldus Elisabeth Kop. Rooms 1A & 1B (AMAS Building).

13:00h - 13:30h Discussion. Rooms 1A & 1B (AMAS Building).

13:30h - 15:00h Lunch. Bar in the Guillem Cifre Building.

Chair: Reinhold Wolke & Jan Domaradzki

15:00h - 15:45h Stimulating self-awareness of the professional as part of their self-management to increase resilience and perseverance.
Fontys – Marieke van Asten (t), Mücan Benli (t), Geerte Bodenstaff (t). Room A1 (Beatriu de Pinós Building).

15:45h - 16:00h Discussion.

16:00h - 17:00h Research meeting. A12 Edf. Margalida Comas.

19:00h Improv Theater. Escena 101 (C/ Arxiduc Lluís Salvador, 101).

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WEDNESDAY 15th May

Venue: UIB campus (Carretera de Valldemossa, km 7.5, 07122)

09:00h - 09:15h General information & summary of the previous day.
Organizing Committee. Rooms 1A & 1B (AMAS Building).

Chair: Ewelina Chawłowska & Anse Vanhouwaert.

09:15h - 11h Less Stress! Stress Reduction Strategies for Future Healthcare Professionals.
Eslingen- Sabrina Brändle, Leonie Papentin, Nelly Yalcin, Lea Ziebart, Sofia Mayer, Alexandra Gonzales, Claudia Vögele, Dennis Schmidt, Daniel Jusufovic. Rooms 1A & 1B (AMAS Building).

11h - 11:15h Discussion. Rooms 1A & 1B (AMAS Building).

11:15h - 11:45h **Coffee break.** Rooms 1A & 1B (AMAS Building).

Chair: Geerte Bodenstaff & Petra Wihofszky

11:45h - 12:45h Workplace – happy place.
Howest- Anse Vanhouwaert (t), Yuna Buisse, Ibe Vandenbulcke, Owen Calcoen. Rooms 1A & 1B (AMAS Building).

12:45h - 13h Discussion. Rooms 1A & 1B (AMAS Building).

13h - 13:30h Memorial for Mathias- Healthy Walk.

13:30h - 15:00h **Lunch.** Foodtrucks.

Chair: Lotte Kaba_ Schönstein & Frans Vergeer

15:00h - 16:15h Highway to health- How to choose the healthy road!
Hannover – Marcel Malcherowitz, Angela Schweitzer, Johanna Judith Elis, Albert Hesse, Henrieke Schmidt, Thorsten Uhlich, Steven Herbst, Maïke Behrens, Stephan Mayer. Vicky Kolovou (t), Make Pröpping- Böhgen (t).
Room A1 (Beatriu de Pinós Building).

16:15h - 16:45h Discussion.

19:45h **Dinner for Summer School Teachers.** Restaurant Pesquero (Muelle de la Lonja, s/n, 07012, Palma de Mallorca).

THURSDAY 16th May

Venue: UIB campus (Carretera de Valldemossa, km 7.5, 07122)

Chair: Marieke van Asten & Maïke Pröpping-Böthgen

09:00h - 09:15h General information & summary of the previous day. Organizing Committee. Rooms 1A & 1B (AMAS Building).

09:15h - 10:00h Sedentary behavior in the workplace: stand up for your health.
Howest- Nele Huys (t), Fien Van Brusselt, Arjen Wieme, Gersende Sobiecki, Rémi Casier, Sien Rotty, Louie Bostoën.
Rooms 1A & 1B (AMAS Building).

10.15 - 10.45 am Discussion. Rooms 1A & 1B (AMAS Building).

10:45h - 11:15h **Coffee break.** Rooms 1A & 1B (AMAS Building).

Chair: Camelia Viviana López Deflory & Sarah- Louise D'Auvergne Flowers

11:30h - 12:15h The Hidden Side of Caregiving: Families' Role on Taking Care of Others. Spanish Team. Rooms 1A & 1B (AMAS Building).

12:15h - 12:45h Discussion. Rooms 1A & 1B (AMAS Building).

13h - 13:30h Sport break.
Howest- Sport Activity Students. Campus Esport.

13:30h - 15:00h **Lunch.** Son Lledò.

17:00h - 19:00h City Sightseeing.

19:00h Farewell Dinner. Restaurant Binicomprat (Ctra. Manacor, km 22, Algaida).

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FRIDAY 17th May

Venue: Centre Flassaders (C/ Ferreria, 10, 07002)

Chair: Rosa Miró Bonet & Núria María García Dopico

10:00h - 12:00h Evaluation. Centre Flassaders.

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