



IF YOU ARE INTERESTED IN CO-WORK TO A MORE INCLUSIVE AND HEALTHIER CITIES, THIS IS YOUR OPPORTUNITY TO SHAPE THE FUTURE...

SOCIAL TRANSFORMATION: AN APPROACH FOR HEALTHY, INCLUSIVE, SUSTAINABLE AND RESILIENT SOCIETIES

BLENDED INTENSIVE PROGRAM



Escola Superior de Saúde Norte
CRUZ VERMELHA PORTUGUESA
OLIVEIRA DE AZEMÉIS



UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL
DE CATALUNYA



UNIVERSITY OF APPLIED SCIENCES



IPS Instituto Politécnico da Beira



HAN UNIVERSITY OF APPLIED SCIENCES



UNIVERSITY OF APPLIED SCIENCES



Metropolia
University of Applied Sciences

INTRODUCTION

Cities are playing a growing role in population health improvement and have enormous potential to be health and wellbeing generating places. However, they also face considerable challenges and need to be governed in a way that gives all citizens the opportunity to enjoy good health and wellbeing.

Drawing on international BIP, engaging international students and facilitators from European and non-European Higher Education Institutions - HEI, supported by community leaders in co-create action plans through the learning-service and human center design, are the main strategic methods to face community needs for healthy, inclusive, sustainable and resilient communities. The EBP show us that improving population health literacy depends on coordinated action at multiple levels and ensuring that decisions in areas such as health, inclusion, mobility have a positive impact on quality of life. This city-wide co-ordination requires engagement of institutions such as HEI through an effective leadership, robust governance, and adequate investment in education's degree offers, for qualifications on Human's resources sensible to society needs.

The Portuguese community from Oporto Metropolitan Area (OMA) is a currently context that request relevant investment to advocate the actual social transformation.

We are developing this BIP proposal together with international strategic partners to get engage other potential participants in the course. This proposal can be updated from YOU. The vision embodied in this course is fully aligned with the United Nations 2030 Agenda for Sustainable Development, and serves to guide the work of World Health Organization on Healthy Cities, up until the year 2030.

We need YOU to actively develop a sustainable community responding to the actual social transformation based in learning service methodology.



KEY CONCEPTS

- Healthy Cities
- (Mental) Health Literacy
- Healthy Workplaces
- Support Informal caregivers
- Sustainable solutions for Healthy Living
- e-Health

MAIN GOAL

Lead, by learning-service designed, awareness of future health professions (students) on social transformation needs in communities (ex: vulnerable groups) in a international and inter-professional co-working processes, building solutions for healthy, inclusive, sustainable and resilient societies (think global, act local).

PARTICIPANTS

Students from:

- Pre-graduate courses (3rd & 4th academic Year); Post graduated/Master degrees

COURSE LANGUAGE

English

TEACHING & LEARNING STRATEGIES

This course will use a Human Center Design & Service-Learning Design approach. Analyzing the local partners clients' profile, the following client groups and respective problems have been agreed:

The underpinning concepts and knowledge will be explored in the distance learning module 1. In Module 2 will be focused in developing a solution for the previously identified client problem, namely through direct contact with the clients' and respective context, tutorial sessions, workshops and presentations (peer and external).

STRUCTURE OF THE COURSE

The course will use a b-learning format and is organized in three modules:

- **Module 1** is a distance-learning module (April 2024). This module involves planned meetings with staff/facilitators and student's teamwork (3 online meetings).
- **Module 2** is an intensive programme set in Oliveira de Azeméis, Portugal, taking place in 22 to 27 of April 2024.
- **Module 3** is a distance-learning module (may/june 2024).

DISTRIBUTION OF WORKLOAD BY TYPE OF TEACHING & LEARNING APPROACH

- Module 1 (6H)
3 online presentations (TEAMS):
- Module 2 (6 days – 35 contact hours)
Intensive Programme:

- Module 3 (27h)
Two online meeting (TEAMS): 4h

THE ORGANIZING PARTNERS

- ESSNorteCVP - Portugal (Coordinator)
- Oulu University of Applied Sciences – Finland
- University of VIC – Spain
- University of Artevelde – Belgium
- University of Bacau – Romania
- Metropolia University of Applied Sciences - Finland
- FH-Gesundheitsberufe OÖ GmbH – Austria
- Instituto Politécnico Setúbal – Portugal
- Thomas More - University of Applied Sciences - Belgium

ACCOMMODATION

We recommend you to stay in hotels located in Oliveira de Azeméis city centre, since we believe will make your stay easier and more comfortable, namely in terms of transportation and social/after work activities:

- HOTEL DIGHTON:
www.hotel-dighton.com

- HOSTEL DA PRAÇA:
<https://hosteldapraca.pt>

EXPLORE OTHER OPTIONS ON WEB.

TRANSPORTATION

Arranged by Escola Superior de Saúde Norte da Cruz Vermelha Portuguesa.



INFORMATIONS & ADMISSIONS

There is no fee to join the BIP – Social Transformation.

International students will use Erasmus grant provided by their universities. Students will have: The course content including the expertise of the teachers' team; all materials involved in learning provided in teams, or pen drive; certification.

VENUE FACE-TO-FACE

Rua da Cruz Vermelha – Cidacos, Apartado 1002 3720-126 Oliveira de Azeméis
www.essnortecvp.pt

