

ERASMUS+ **B**LENDED **I**NTENSIVE **P**ROGRAMME

# **HEALTHY CAMPUS:** **PROMOTING A HEALTHY** **LIFESTYLE**

**2ND EDITION**





Universidad  
Europea



AKADEMIA  
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UNIVERSITATEA  
„ALEXANDRU IOAN CUZA”  
din IAȘI



UCAM  
UNIVERSIDAD  
CATÓLICA DE MURCIA



## **COURSE COORDINATOR:**

**Prof. Sandra Santiago**

### **Coordinator:**

Polytechnic Institute of Maia, Maia, Portugal

### **Partner institutions:**

Universidad Europea (Spain)

Hogeschool VIVES (Belgium)

AWF Wroclaw University of Health and Sport Sciences (Poland)

University 'Alexandru Ioan Cuza' of Iasi (Romania)

Universidad Católica de Murcia (Spain)

GEACollege (Slovenia)

### **Participants:**

Higher education students and staff

## **TOTAL WORKLOAD: 75 hours**

**In-person contact hours:** 25 hours

**Virtual contact hours:** 3 hours

**Autonomous work + individual report:** 47 hours

**ECTS:** 3

## **DATES (2ND EDITION):**

**Virtual component:** 3 July 2025; 25 July 2025

**Physical mobility:** 14-18 July 2025

### **Lecturers:**

Sandra Santiago | Alice Pereira | Joana Carreiro

Luís Sousa | Paulo Santiago | César Leão

Jorge Pereira | Mafalda Sousa

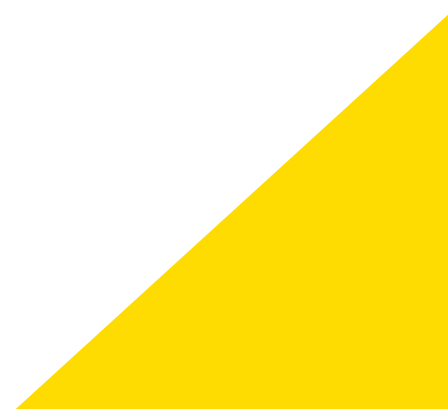
## COURSE DESCRIPTION

In May 2022, the International University Sports Federation (FISU) distinguished our campus with the platinum seal of the Healthy Campus programme, among a restricted group of only five institutions worldwide that obtained the maximum score of 100/100 points. The Healthy Campus programme aims to enhance all aspects of well-being for students and the campus community at large.

The FISU Healthy Campus programme, articulated with the United Nations Sustainable Development Goals (SDG) and the 2030 Agenda, certifies the adoption and promotion of activities and actions in seven areas of development: Healthy Campus Management; Physical Activity and Sport; Nutrition; Mental and Social Health; Disease Prevention; Risk Behaviour; Environment, Sustainability and Social Responsibility.

The 2030 Agenda is guided by the purposes and principles of the Charter of the United Nations, including full respect for international law. It is grounded in the Universal Declaration of Human Rights and other international human rights treaties. Education enables upward socioeconomic mobility and is a key to escaping poverty. We are committed to providing inclusive and equitable quality education and promoting the SDG 4 – Quality education, in particular with Target 4.3 “By 2030, ensure equal access for all women and men to affordable and quality technical, vocational and tertiary education, including university” and Target 4.7 “By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including, among others, through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship and appreciation of cultural diversity and of culture’s contribution to sustainable development.”

The aim of this course is to support participants in maintaining or adopting a healthy and sustainable lifestyle by offering them the opportunity to participate in a mobility programme at the Maiêutica Academic Campus. The course is designed for higher education students and staff who want to improve their healthy lifestyle and well-being, both on a personal level and in their academic journey. The experiences and activities of the course cover the fundamental areas of the Healthy Campus project, namely Physical Activity and Sport (“Campus Challenge Tour”, “Water games and challenges”); Nutrition (“Portuguese gastronomy”); Mental and Social Health (“Awakening of the Mind: Self-awareness and Mindfulness”); Disease Prevention (“Physical and health assessment in Sports: importance and tests”); Risk Behaviour (“All that we share – Meet the Young Health Promoters (YHPs)”, “Dating Violence: Prevention and Challenges”); Environment, Sustainability and Social Responsibility (“Walk in my shoes”, “Citizenship and sustainability”).



## AIMS/ LEARNING OUTCOMES

The “Healthy Campus” Erasmus + BIP aims to enhance all aspects of well-being for students, establishing a cross-cutting approach that includes not only physical activity and sport, but also mental and social health, nutrition, disease prevention, risk behaviour, environment, social responsibility and sustainability. Thus, this programme not only covers good health and well-being, but also quality education, gender equality, reduced inequalities, increased inclusion, affordable and clean energy, sustainable cities and communities, responsible consumption and production, climate action, peace, justice and strong institutions, and partnership for the SDGs.

With this programme we intend to enhance the development, enhancement, and quality of life of the target population, maintaining a strong and committed relationship between the promoting institution, the participating institutions and society.

It is understood that this more oriented process, centred on the person and shaped by the principles of self-determination, equity and equal opportunities, will enable these young adults to make a sustained and informed decision about the options to follow in their lives.

Students will learn to enhance their everyday well-being and to practice a healthy and sustainable lifestyle.

Our mission includes fostering the following values:

- **Healthy lifestyles:** engage students in healthy lifestyles, ensuring a state of complete physical, mental and social well-being, and promoting inclusion and environmental values.
- **Self-determination:** empower the person so that they can make their choices.
- **Respect:** ensure dignified treatment for all, ensuring that their rights are respected.
- **Valuation:** appreciate, recognize, and give them the opportunity to develop personally.
- **Cooperation:** Develop a strong team spirit among all and promote practices that encourage the development of work for the benefit of participants.
- **Rigour:** be rigorous and consistent, encouraging the entire team to pursue good practices.
- **Trust:** establish a credible and transparent relationship with the entire surrounding community that guarantees the maintenance of internal and external relationships.
- **Innovation:** develop innovative activities and projects that meet the expectations, interests and needs of the participants.
- **Excellence:** ensure continuous improvement, investing in the quality of services provided.

## TEACHING METHODOLOGIES

Through training based on participatory and interactive methodologies, participants are expected to evolve both personally and professionally. They will develop a sense of initiative, respect for diversity, and a commitment to acting

with solidarity and tolerance. The course concludes with the writing and presentation of an individual report reflecting on their learning experiences.



## COURSE PROGRAMME / TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10h15 to 13h15</b>	All that we share (Alice Pereira)	Water games and challenges (Paulo Santiago)	Walk in my shoes (Sandra Santiago)	Sexual harassment in Universities (Mafalda Sousa)	Awakening of the Mind: Self-awareness and Mindfulness (Joana Carreiro)
<b>Lunch</b>					
<b>14h15 to 16h15</b>	Physical and health assessment in Sports: importance and tests (Luís Sousa)	Supplements - risks and benefits (César Leão)	Citizenship and sustainability (Sandra Santiago)	Group dance dynamics (Jorge Pereira)	Intercultural activity
<b>20h</b>					Porto by night (Sandra Santiago)

## ASSESSMENT

Written reports and presentations reflecting students' individual learning experiences.

## THE DIFFERENT PHASES OF THE PROGRAMME

### Preparation:

1. Meeting with participants.
2. Motivating and preparing participants for the programme.
3. Helping partners prepare for the mobility.
4. Meeting with the professors participating in the BIP.

### Dissemination activities:

1. Dissemination of the BIP's activities on social media platforms.
2. Following physical mobility, each group will be responsible for organising an activity at their institution to share the programme's results.

## CONTRIBUTION

We particularly aim to contribute to the following sections:

- Diverse learning experience for students both in terms of methods and content;
- Strengthening the formal ties between the participating institutions;
- Assessment / Self-Assessment of learning outcomes;
- Assess the impact of the programme inside the organisation;
- Follow up activities / projects with programme partners / participants;
- Exposure of students and lecturers to different cultures, sharing knowledge and experiences.

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