



FISU HEALTHY CAMPUS

Best Practices | Edition 2026



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Message from the FISU President — Leonz Eder

The Healthy Campus programme is a FISU visionary initiative dedicated to enhancing the overall well-being of the university community. Its purpose is to establish a comprehensive, interdisciplinary framework that fosters healthy lifestyles across seven complementary domains: Healthy Campus management, physical activity and sport, nutrition, disease prevention, mental and social health, risk behaviour, and environment, sustainability and social responsibility. Together, these domains reflect FISU's holistic understanding of well-being, extending far beyond sport and physical activity alone to embrace every dimension of campus life.

Beyond establishing this shared framework, the programme aims to facilitate the exchange of knowledge and best practices, locally and globally, among institutions of higher education. This publication is a testament to that ambition, bringing together the achievements of universities already engaged in this journey.

FISU extends its sincere gratitude to every university that has embraced the Healthy Campus programme, for their commitment, leadership and the tangible impact they are creating for students, staff and faculty on their campuses. It is thanks to their dedication that this initiative continues to grow into a genuine global movement.

Looking ahead, FISU is preparing to launch, in January 2027, an updated version of the Healthy Campus Standard, developed as part of FISU Strategy 2031. This next chapter will make the programme even more accessible, practical and inclusive, ensuring that every institution, regardless of its geographical, social or economic context, has the opportunity to build a healthier campus community, with greater impact among students and across campus life as a whole.

Leonz Eder
FISU PRESIDENT







Message from the FISU General Secretary & CEO – Matthias Remund

It is with great pleasure that FISU presents this collection of best practices. All the contributions come from universities that have already been awarded the Healthy Campus label. They demonstrate what is possible – and what we stand for together: high standards of health and wellbeing at higher education institutions.

This work can only succeed if we work together: with the universities and with our national and continental university sports federations. They contribute knowledge, ideas and a shared vision. This creates higher education institutions where students can grow both academically and personally – and where sport and wellbeing are an integral part of everyday student life.

The focus is on students' health. After all, only those who are healthy can realise their full potential. With Healthy Campus, we have created a label that provides universities with the necessary framework for guidance. Today, 125 universities have been awarded the Healthy Campus label. Around a hundred more are in the preparatory stages of achieving the label. Every university that implements measures to promote the health of its students and staff thereby enhances its appeal in the higher education market.

After five years of implementation, we aim to further develop the Healthy Campus standard. It is designed to better meet the needs of higher education institutions: simpler to apply, more effective in its outcomes – whilst maintaining the same high standards of quality and commitment.

Our thanks go to all the participating universities. They are transforming campus life and creating healthier, more vibrant communities for students, staff and lecturers.

Together, we are shaping a successful future.



Matthias Remund
FISU SECRETARY
GENERAL & CEO



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AND HEALTHY CAMPUS DEPARTMENT**

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The FISU Healthy Campus programme is designed to help universities develop and improve health and well-being for all campus communities, while sharing global best practices of universities in the seven domains identified by the programme (physical activity and sport, mental health, nutrition, disease prevention, risk behaviour, environment, social responsibility and sustainability).

With 229 plus universities from 47 countries registered since 2020, this publication contains the best practices of the first years of operation of Healthy Campus programme and of the Universities already certified.

FISU, August 2026

Best Practices

Healthy Campus management

ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Overview of Healthy Campus events

**Domain**

Healthy Campus management

**Criteria**

#1 The university shall identify existing programmes related to the Healthy Campus scope in order to have an overview of what already exists as a base for implementing the approach

**Keywords**

Data collection, Shared document, Collaboration

**Target & Stakeholders**

Steering committee, project responsible

**Time & Frame**

During the programme, at the beginning of second period of HC

**Team & Staff**

EASS HC steering committee

**Description**

We suggest having all programmes and activities connected to HC programme in one place. We used shared Excel sheets, where responsables added data. If you mark activities by HC fields, dates and topics, you can get a good overview about everything.

**Main Goals**

Table of programmes and activities helps to remember things that have been done in the past and use this information for activities in the future.

**Motivation & Vision**

Involve key-organisers to get information about programmes and activities from them, fix and share this information.

**Evaluation**

Evaluate how often database is renewed and if it is useful for planning.

**Lessons Learned**

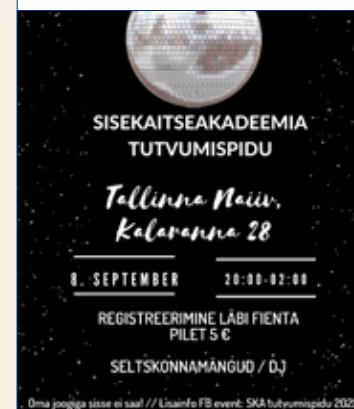
Even if the process of getting all everything about activities connected to HC programme in one single place is not very convenient, it is good for the reports and shareable also to other data collections which universities have to deal with.

**Recommendations**

Information should be usually added to the common register system after the activities have been taken place. Otherwise you might forget necessary information. Keep in this system also participants numbers and other information that you find useful.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

One of HC events in EASS - movement campaign



One of HC events in EASS - students' welcome party



One of HC events in EASS - Sports Day in September



UNIVERSITY OF LAUSANNE

WEBSITE [HTTPS://WWW.UNIL.CH/](https://www.unil.ch/) CONTACT PERSON SONIA MATTHEY EMAIL SONIA.MATTHEY@UNIL.CH**Name of the project**

State of the art: UNI Santé – Healthy Campus project

**Domain**

Healthy Campus management

**Criteria**

#1 The university shall identify existing programmes related to the Healthy Campus scope in order to have an overview of what already exists as a base for implementing the approach

**Keywords**

Collection of practice, state of the art, Health, UNIL Campus

**Target & Stakeholders**

Campus health managers and stakeholders

**Time & Frame**

May to December 2020

**Team & Staff**

Service des Sports Universitaires & UNISEP

**Description**

Students and staff use digital devices (cellphones, apps, and computers) to access information, write assessments and make bookings online and for support. UJ created online platforms to ease the workload and enable people to interact seamlessly.

**Main Goals**

Collecting current practices in relation to defined issues - Explore ways of thinking about achieving Healthy Campus recognition.

**Motivation & Vision**

To highlight the shortcomings in terms of operational and strategic health management in order to enter into a continuous improvement process.

**Evaluation**

We have obtained a comprehensive final document that gives a good overview of the existing actions on campus.

**Lessons Learned**

We were able to identify our strengths, the main one being that the University of Lausanne is putting a lot of actions in place. We have also uncovered our weaknesses. A lack of coordination between all our actions is a fundamental one.

**Recommendations**

Communication between departments remains a crucial milestone in the final quality of this type of document. The actors must be integrated into the process and kept informed of the purpose of the document, which will also be made available to them.



Project Presentation



Project Presentation



**Name of the project**

One Wellbeing Project

**Domain**

Healthy Campus management

**Criteria**

#2 In order to identify the needs of the campus community and initiate the elaboration of the strategic plan, the university shall identify and consider exist...

**Keywords**

Mapping, wellbeing, strategy, stakeholders, assessment, governance

**Target & Stakeholders**

Students, staff, Sustainability team, leadership, internal

**Time & Frame**

Ongoing project structured in phases

**Team & Staff**

Sustainability, cross-functional working groups, acad & opér

**Description**

The OW project provides an overview of activities and resources related to the Healthy Campus scope. Through a materiality assessment and internal analysis, it identifies actions, evaluates effectiveness, and institutional priorities.

**Main Goals**

Integrate inputs from stakeholders to support the development of a coherent and data-driven strategy. Identify existing activities and strategic alignment. Support development of the Sustainability and Healthy Campus strategy.

**Motivation & Vision**

To ensure that the Healthy Campus strategy is built on a comprehensive understanding of existing initiatives, institutional strengths, and stakeholder priorities, enabling a more coherent, impactful, and aligned approach to wellbeing.

**Evaluation**

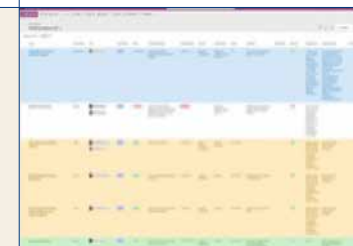
Materiality assessment results
KPI tracking aligned with strategic priorities (Q1-Q4 reviews)
Semester-based review cycles (life on campus approach).

**Lessons Learned**

The process highlighted the importance of cross-functional collaboration and structured governance to consolidate information, avoid duplication, and ensure strategic coherence across wellbeing-related initiatives.

**Recommendations**

- Strengthen governance and coordination across departments
- Improve centralisation and visibility of initiatives
- Continue integrating stakeholder feedback into strategic planning



One Wellbeing List



Intranet



Wellbeing Framework

BRASÍLIA UNIVERSITY - DARCY RIBEIRO

WEBSITE WWW.INTERNATIONAL.UNB.BRMAIL INTWEB@UNB.BRCONTACT FELIPE RODRIGUES DA COSTA - FRCOSTA@UNB.BR**Name of the project**

UnB Campus Saudável

**Domain**

Healthy Campus management

**Criteria**

#3 The university shall enable the campus community to express their needs or make comments related to the Healthy Campus scope.

**Keywords**

Sport, Dual Career, Healthy Campus, Sports Policy

**Target & Stakeholders**

Federal District Government; Deanery of Community Affairs

**Time & Frame**

Sports policy development; Organization of events

**Team & Staff**

Students, athletes and staff of UnB

**Description**

In this first year of implementation of the UnB Healthy Campus project, the main objective was to comply with the requirements of the Healthy Campus Seal and evaluate our strengths and weaknesses, as well as opportunities and threats.

**Main Goals**

Gather qualitative information on services provided to the academic community, identifying gaps and potential services, providing an environment of health and well-being, and promoting a sustainable university.

**Motivation & Vision**

Implement, develop and evaluate actions to achieve improvements in the health and well-being of the UnB community, offering a university environment that is a reference in good practices related to health management and sustainable quality of life.

**Evaluation**

The evaluation process will still be developed, following the University of Brasília methodology for this purpose.

**Lessons Learned**

The need to bring the management of academic activities closer to both students and staff, offering activities according to their needs.

**Recommendations**

Implement processes of reflection and evaluation of the activities developed, the impacts achieved and the possibilities created.

ITMO UNIVERSITY

WEBSITE [HTTPS://EN.ITMO.RU/](https://en.itmo.ru/) CONTACT PERSON ALINA AMANOVA – AMANOVA@ITMO.RU**Name of the project**

ITMO.FUTURE

**Domain**

Healthy Campus management

**Criteria**

#3 The university shall enable the campus community to express their needs or make comments related to the Healthy Campus scope.

**Keywords**

Development, partnerships, involvement, Impact

**Target & Stakeholders**

Students, staff, university

**Time & Frame**

Once a year

**Team & Staff**

Rectoral Team, experts, students, staff

**Description**

The aim of the project was collecting ideas about the development of ITMO, choosing the best initiatives by voting and expert assessments, implementing projects by students, and to create a favourable environment and opportunities initiated by ITMO members.

**Main Goals**

- involvement ITMO.Family members in management;
- formation of additional knowledge among students;
- providing tools for students self-expression;
- development info and communication infrastructure;
- financial incentives of students.

**Motivation & Vision**

This is an opportunity for the staff and students to propose and implement a project to improving the university. There are no restrictions for ideas. The main point is help the university become even more open, modern and convenient for work and study.

**Evaluation**

About 100 projects were proposed and 5,800 people participated in voting. Finally 25 initiatives selected for implementation.

**Lessons Learned**

If you select an IT solutions as winner, you need to provide their integration with existing services. It should match with the general basic requirements, you apply to the development of IT solutions in university.

**Recommendations**

It is necessary to provide the maintenance of projects after the end of the competition and after the implementation of the project. Availability of a mentor from the relevant department.



ITMO UNIVERSITY



Project poster



ITMO University



Project home page



ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESporto@ISCTE-IUL.PT**Name of the project**

Strategic Action Plan 2018-2021

**Domain**

Healthy Campus management

**Criteria**

#3 The university shall enable the campus community to express their needs or make comments related to the Healthy Campus scope.

**Keywords**

University, Quality, Well-Being, Students, Staff, Development

**Target & Stakeholders**

Students and Staff

**Time & Frame**

2018-2021

**Team & Staff**

Integrated System of Quality Management (GEPQ)

**Description**

With the objective of further developing Iscte's regulation and services, Iscte gives their students and staff the opportunity to contribute to our improvement as a public institution.

**Main Goals**

To create efficient processes and a positive environment for Iscte's community.

**Motivation & Vision**

Define and achieve new objectives that will contribute for Iscte's development.

**Evaluation**

High participation by all of Iscte's community, which helped us have different perspectives on what processes we can improve and how we can improve them.

**Lessons Learned**

It is crucial to give everyone an opportunity to express their opinion as a multi-perspective approach is essential to define new global objectives.

**Recommendations**

Define the process with rigor, encourage everyone to participate (including students through the pedagogical surveys), establish objectives that help to develop your institution and that contribute to create a better environment for everyone.

Instituto Universitário de Lisboa, I.U.L. Lda.

Plano Estratégico e de Ação para o Quadrilúrio 2018-2021

Strategic Action Plan 2018-2021

Instituto Universitário de Lisboa, I.U.L. Lda.

Relatório Integrado de Atividades e de Gestão 2018

Integrated Report of Management and Activities

Um Diálogo público

1. Proposta de Alteração ao Regulamento Interno de Recrutamento e Seleção de Pessoal não Docente e não Investigador em Regime de Contrato Individual de Trabalho
 2. Proposta de Alteração ao Regulamento Interno de Recrutamento e Seleção de Pessoal não Docente e não Investigador em Regime de Contrato Individual de Trabalho
 3. Proposta de Regulamento do Trabalho no Iscte
 4. Proposta de Regulamento do Trabalho no Iscte

Public Forum Announcement



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PTCONTACT SAPE@IPLEIRIA.PT**Name of the project**

100% IN

**Domain**

Healthy Campus management

**Criteria**

#4 The university shall identify relevant stakeholders and their activities in relation to the areas of the Healthy Campus approach in order to benefit from synergies or propose new partnerships.

**Keywords**

Stakeholders, synergies, partnerships, special needs

**Target & Stakeholders**

Students with special needs

**Time & Frame**

Year-round

**Team & Staff**

PLeiria, Instituto P. António Vieira, and other stakeholders

**Description**

Multidisciplinary social innovation project carried out in conjunction with the Padre António Vieira Institute to promote comprehensive responses for students with special needs (www.ipleiria.pt/arquivo/projeto-100-in-e-marca-registada/).

**Main Goals**

To promote the integral inclusion of students with special educational needs, involving the entire institution and the surrounding community in this mission of finding new solutions that allow to overcome obstacles.

**Motivation & Vision**

To find and provide solutions that mobilize the integral inclusion of students with specific special needs and facilitate their subsequent transition to active life.

**Evaluation**

More than 100 students with special needs got support from this project on its first year (2018/19); several initiatives (e.g., Hackaton 100% IN, Case Manager, Buddy 100% IN) have been strengthening the project.

**Lessons Learned**

It is essential to involve the community in multiple examples of good practices. The actions developed during an initial phase allowed to obtain an effective diagnosis of the situation of students with specific needs.

**Recommendations**

The inclusion of students with special needs should be a key area of Universities and Polytechnics, assuming their contribution to Sustainable Development Goal 4 (Quality Education).



100% IN Project Presentation (1st slide)



Integrated Report of Management and Activities



One of Polytechnic of Leiria's adapted facilities



**Name of the project**

Participation Channels for Detecting the Needs of the University Community at URJC

**Domain**

Healthy Campus management

**Criteria**

#5 The university leadership shall ensure that the needs of the campus community are identified and prioritised when developing the policy and objectives

**Keywords**

Participation, needs, policies

**Target & Stakeholders**

Establish communication channels with the university community

**Time & Frame**

There is a permanent open channel on the website

**Team & Staff**

URJC-Communication

**Description**

The development of the 2020-2025 Strategic Plan included a participatory process in which the entire university community could provide input through a form. Permanent web channel "Participate": www.urjc2030.es/prus/participa/

**Main Goals**

- Enable the university community to communicate their needs to the university.
- Take into consideration the identified needs for planning actions and strategic directions.

**Motivation & Vision**

That the university community is involved in university policies, fostering a sense of belonging, and ensuring that the actions and initiatives carried out respond to the reality and needs of these groups.

**Evaluation**

For the development of the Strategic Plan, a committee analysed all proposals, and its members decided whether to include them in the final document. This participatory process concluded with the creation of a participation report.

**Lessons Learned**

The participation of the university community in policies and strategic directions is crucial to enhance the sense of belonging and address the real needs of the population.

**Recommendations**

- Establish various channels to promote the participation of the university community.
- Promote these communication channels effectively so that the university community is aware of them.



ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE



Name of the project

Healthy Campus
Development Day



Domain

Healthy Campus management



Criteria

#5 The university leadership shall ensure that the needs of the campus community are identified and prioritised when developing the policy and objectives



Keywords

Physical Activity and Well-Being, Involvement, Collaboration



Target & Stakeholders

University students and staff



Time & Frame

The first months after joining Healthy Campus



Team & Staff

EASS Healthy Campus steering committee and volunteers



Description

Development Day project included both, preparation activities and the Day. A large number of students and staff got acquainted with the criteria of HC during planning and preparations for the Development Day, and gave feedback on HC topics.



Main Goals

Development Day helps to gather good practices that are already used in the academy and find new actions that the community needs. SWOT in all topics of HC and new activities plans were compiled.



Motivation & Vision

Involve as many members of the community as possible, because they can all benefit from Healthy Campus.



Evaluation

Development Day materials and preparation activities made EASS participation and Healthy Campus project visible to the whole University community. Over 100 members were involved, including members of the management.



Lessons Learned

Asking for opinion from the whole community is nothing to be afraid of. Proposals discussed during Development Day and written into strategic plan matter to the community and help to achieve Healthy Campus criteria.



Recommendations

Be well prepared – select leaders for different topics and assign someone to take meeting minutes. A good way to organise discussion is breakout rooms with different topics, such as the World Cafe method. Share the official document with everyone.



SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES



Estonian Academy of Security Sciences



Healthy Campus Development Day



Development Day programme



THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/) CONTACT DR. NOEMI ZAHARIA –NOEMI.ZAHARIA@UAH.EDU**Name of the project**

International University Sports Day & Wellness Fair

**Domain**

Healthy Campus management

**Criteria**

#6 The university leadership shall demonstrate and communicate its commitment to implement, maintain and improve the Healthy Campus approach

**Keywords**

healthy and active lifestyle, sports, wellness fair

**Target & Stakeholders**

UAH Students, Faculty, Staff

**Time & Frame**Sept. 20th, 2023**Team & Staff**

UAH health services, athletics, recreation, counseling

**Description**

The President of UAH, Dr. Karr, sent out a video message to the UAH students, faculty, and Staff inviting them to the Sept. 20th Healthy Campus Initiative event that also celebrated the International Day of University Sports.

**Main Goals**

Showcase the various health, wellness, and fitness resources available on campus and create fun opportunities to participate in various sports and fitness activities.

**Motivation & Vision**

Show the support of the President and administration for the healthy campus initiative to engage students, faculty, and staff in a healthy lifestyle through various educational, sports, and fitness activities.

**Evaluation**

The number of participants in the Wellness fair that showcased all the available resources, the fun sports activities, and open practices offered by the sports team on campus.

**Lessons Learned**

Through this initiative was possible to engage different areas of the campus to work together to create a larger impact on the students, and employees' healthy lifestyle through education, showcase of resources, and sports activities.

**Recommendations**

Develop other campus events that bring different areas of the campus together under the healthy campus initiative.



President of UAH,
Dr. Karr invitation to the event



Dr. Puleo, Provost of UAH,
opened the event



Open Lacrosse practice
for everyone



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA GODINHO EMAIL FILIPA.GODINHO@UC.PT**Name of the project**

Rector's Vision aligned with the Healthy Campus goals

**Domain**

Healthy Campus management

**Criteria**

#6 The university leadership shall demonstrate and communicate its commitment to implement, maintain and improve the Healthy Campus approach

**Keywords**

Vision, Healthy Campus main goals, Sport and well-being as a Strategic Pillar

**Target & Stakeholders**

Academic community

**Time & Frame**

All year

**Team & Staff**

Rectoral Team

**Description**

The Rector's vision is in line with the main goals of the Healthy Campus Project: "People are the most valuable resource at the University of Coimbra and their well-being is one of my personal commitments" (Amílcar Falcão, UC Rector).

**Main Goals**

Achieve the objectives that the University of Coimbra proposes under the Healthy Campus programme; Ensuring that sport, physical activity, well-being, risk prevention and sustainability play a central role in the mission of the University of Coimbra.

**Motivation & Vision**

Ensure and improve a healthy and active campus.

**Evaluation**

Positive impact reported through monitoring of the action plan carried out for the project.

**Lessons Learned**

Through Healthy Campus it was possible to combine different areas working as one and enlarging the global impact of the project.

**Recommendations**

The Healthy Campus goals should be recognized in the rectoral team's strategy.



Rector of the University of Coimbra



University Stadium Panoramic Photo



European Universities Games Coimbra



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT PERSON RUI MATOS EMAIL HEALTHY.CAMPUS@IPLLEIRIA.PT



Name of the project

Healthy Campus and Quality of Life at Polytechnic of Leiria Campus



Domain

Healthy Campus management



Criteria

#7 The university leadership shall ensure that the Healthy Campus policy and objectives are established and compatible with the strategic direction of the university



Keywords

Healthy Campus, quality of life, Strategic plan



Target & Stakeholders

Polytechnic of Leiria Community



Time & Frame

2021-2025



Team & Staff

Healthy Campus Team and Polytechnic Presidency



Description

The objectives established for the Healthy Campus of the Polytechnic of Leiria are in line with the strategic direction of the institution, as evident in its Strategic Plan 2030.



Main Goals

- To have a reference towards the creation of conditions regarding well-being, quality of life and healthy lifestyles on campus
- Contribute to the achievement of the Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda.



Motivation & Vision

To promote regional and national development through health, sport and well-being, materialized on the creation of a Healthy Campus.



Evaluation

Monitoring is constant. In addition to the annual evaluations, an intermediate evaluation of Healthy Campus is pointed out in 2023. Desirably, in 2025 a projection will be made for 2030, to follow the Strategic Plan 2030 of the Polytechnic of Leiria.



Lessons Learned

It is crucial to have a constant dialogue with the Polytechnic of Leiria leadership so that Healthy Campus policy and objectives are compatible with its strategic direction. That is why Leadership representatives make part of Healthy Campus team.

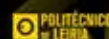


Recommendations

To maintain a close relationship between Healthy Campus team and Institution Leadership.



PLANO
ESTRATÉGICO
POLITÉCNICO
DE LEIRIA
2030



Polytechnic of Leiria
Strategic Plan 2030



Healthy Campus meeting
at Polytechnic of Leiria



Healthy Campus

Healthy Campus on Polytechnic
of Leiria web page



TRINITY COLLEGE DUBLIN

WEBSITE WWW.TCD.IE CONTACT PERSON MARTINA MULLIN EMAIL MULLINM1@TCD.IE**Name of the project**

Healthy Trinity Impact Report

**Domain**

Healthy Campus management

**Criteria**

#8 The university leadership shall ensure the evaluation process and review of the Healthy Campus approach at a frequency adapted according to the evolution of the internal and external context

**Keywords**

Impact, Health, Promotion, Strategy, Evaluation

**Target & Stakeholders**

Senior university management

**Time & Frame**

Once per annum

**Team & Staff**

All 9 Healthy Trinity working groups

**Description**

With so many champions and partners taking so many actions across campus, how can make sure management sees the diversity of work ongoing? Healthy Trinity worked together to identify categories for our actions.

**Main Goals**

To categorise the breadth of work delivered by Healthy Trinity under six headings. They are:

1. Events & Interventions,
2. Supportive Environment,
3. Living Lab,
4. Co-/curricular,
5. Funding,
6. Communications.

**Motivation & Vision**

Ensure and improve a healthy and active campus.

**Evaluation**

Healthy Trinity published its first impact report in Dec 2021. Link here: www.tcd.ie/healthytrinity/assets/documents/Impact%20Report/Healthy%20Trinity%202021%20Final.pdf

**Lessons Learned**

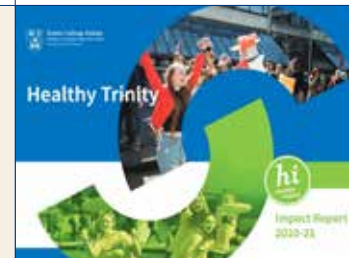
Categorising actions under six headings makes it possible to create a report that shows management the breadth of health promotion activities on campus.

**Recommendations**

Other campuses might consider using the six headings we've identified as a means of classifying their work.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Impact report showing work under six headings



Activities completed in 2020/2021 under 6 headings



Images of health promotion on campus



**Name of the project**

UDST Wellness Strategy
2025–2027

**Domain**

Healthy Campus management

**Criteria**

#9 The university shall define
the long-term vision of Healthy Campus

**Keywords**

Vision, Mission, Wellness Strategy,
Healthy Campus, UDST Strategic Plan,
Qatar National Vision 2030

**Target & Stakeholders**

UDST Students, Faculty, Staff, University
Leadership, FISU

**Time & Frame**

UDST Wellness Strategy 2025–2027

**Team & Staff**

Sport and Wellness, Wellness
Committee, Steering Committee

**Description**

UDST's approved Wellness Strategy
2025–2027 defines the university's
long-term Healthy Campus vision,
aligned with the UDST Strategic
Plan 2024-2027.

**Main Goals**

Establish a long-term UDST
wellness vision and support its
implementation through expanded,
comprehensive services, increased
awareness, applied research,
and position UDST as a regional
wellness leader aligned with Qatar
National Vision 2030.

**Motivation & Vision**

As MENA's only Platinum FISU
Healthy Campus, UDST is
committed to embedding wellness
as a core institutional value,
creating an environment where
academic excellence and holistic
wellness go hand in hand.

**Evaluation**

Annual progress tracking against
the seven strategic goals and
continued alignment of the
strategy and action plans to the
vision. The wellness strategy vision
will be formally reviewed during
the next strategic planning cycle
(2027-2030).

**Lessons Learned**

Launching alongside International
University Sport Week boosted
visibility. Strong leadership
endorsement drives institutional
commitment and participation.
The vision should be reviewed
and aligned with the University's
strategic planning cycle.

**Recommendations**

Embed the Wellness Strategy into
all institutional planning cycles,
broaden awareness among new
students and staff, expand external
partnerships, and conduct annual
reviews aligned with the UDST
Strategic Plan and FISU standards.



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE WWW.ISMAI.PT/PT AND WWW.IPMAIA.PT/PT/ CONTACT HEALTHYCAMPUS@MAIEUTICA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**Board of Directors
and Public Presentation**Domain**

Healthy Campus management

**Criteria**#9 The university shall
define the long-term vision
of Healthy Campus.**Keywords**Public Presentation,
commitment**Target & Stakeholders**Maiêutica Board, students,
professors, stakeholders**Time & Frame**23/02/2022 - Maiêutica
Board and Healthy Campus
Multidisciplinary Group;
09/03/2022 - Public Presentation
to all the campus community
and stakeholders**Team & Staff**Maiêutica Healthy Campus Team,
Marketing Department, Events
Department, Healthy Campus
Volunteers**Description**Following the official creation
of the Group, we developed
a Strategic Plan which was
presented to the Maiêutica
Board, Healthy Campus
Multidisciplinary Group,
together with the whole
campus community and key
stakeholders.**Main Goals**To make the programme
public and known to the whole
community. To bring all
decision-makers together
around the programme.**Motivation & Vision**The programme needed to
have an impact on the whole
community and bring together
all key decision-makers.**Evaluation**All members of the Maiêutica
Board were involved, and more
than 250 students attended
the public presentation. The
enrolment in the programme of
over 500 potential volunteers is
an example of its success.**Lessons Learned**Involving as many members
of the community as possible
is a good way to make the
programme have an impact.
A mobilising kick-off facilitates
an effective implementation.**Recommendations**Invest in advertising and good
internal and external communi-
cation. Design strategic events
that convey the message in an
impactful and dynamic way.UMAIA Rector, Maiêutica Chairman,
IPMAIA Chairman

Marketing material and volunteers.



Maiêutica Healthy Campus Team



**Name of the project**

UDST Campus Wellness Strategy 2025-2027

**Domain**

Healthy Campus management

**Criteria**

#10 The university shall establish and implement the strategy that results from the vision. It shall contain at least one strategic focus for each domain of th...

**Keywords**

Wellness Strategy, Healthy Campus, Wellness, UDST, Wellbeing, Sustainability, Accessibility

**Target & Stakeholders**

UDST Students, Faculty, Staff, Qatar Community, FISU

**Time & Frame**

2025–2027, reviewed annually

**Team & Staff**

Sport and Wellness, University Leadership, UDST Wellness

**Description**

A strategic framework supporting student and employee wellness across eight dimensions, backed by resources and institutional commitment; physical, mental, social, occupational, environmental, financial, spiritual, and intellectual.

**Main Goals**

Advance a comprehensive campus wellness strategy through integrated initiatives that expand existing services, enhance awareness, support applied research, ensure sustainability, and promote inclusivity across the UDST community.

**Motivation & Vision**

Aligned with the UDST Strategic Plan and Qatar Vision 2030, the strategy ensures every campus member has tangible, accessible opportunities to engage with their health and wellness through clear objectives and structured action plans year-round.

**Evaluation**

Track participation and engagement across each of the eight wellness dimensions. Annual review of progress against the seven strategic goals, with FISU Healthy Campus audit outcomes used as an external benchmark.

**Lessons Learned**

A monthly wellness calendar creates consistent, structured touch points across all dimensions. Dimension-specific programming keeps content relevant and targeted. Cross unit collaboration is key to delivering a truly integrated strategy.

**Recommendations**

Continuously refine wellness resources and programming based on participation data and feedback, strengthen external partnerships to enrich offerings, and conduct annual reviews to ensure alignment with FISU Healthy Campus standards and KPIs.



UNIVERSITY OF MINHO

WEBSITE [HTTPS://WWW.UMINHO.PT/PT](https://www.uminho.pt/pt) CONTACT DDC@SAS.UMINHO.PT EMAIL GABRIEL@SAS.UMINHO.PT**Name of the project**

Designing a Healthy Campus (Projetar UM Campus Saudavel) - FISU Healthy Campus Certification Programme

**Domain**

Healthy Campus management

**Criteria**

#10 The university shall establish and implement the strategy that results from the vision. It shall contain at least one strategic focus for each domain of th...

**Keywords**

UMinho, Activities, Certification, Well-being and quality of life, Academic Community

**Target & Stakeholders**

Academic Community and other UMinho services users

**Time & Frame**

Academic Year 2021/22

**Team & Staff**

Organisational Units and Services of UMinho; Student association

**Description**

Creation of a FISU HC programme certification team and creation of an operational team to implement the outlined actions; Establish a monitoring committee of the FISU HC programme, created to ensure collaboration between the various university bodies.

**Main Goals**

Certify UMinho activity in terms of well-being and quality of life; Share UMinho best practices in Healthy Campus areas; Develop strategic plan to develop new initiatives; Improve levels of satisfaction/involvement of the academic community in HC activities.

**Motivation & Vision**

Promote quality of life/well-being for academic community. Recognize physical activity/sport to adopt healthy lifestyles. Contribute to internal cohesion of the institution and for the construction of a future based on the principles of sustainability.

**Evaluation**

The responsible for the FISU Healthy Campus programme shall carry out an audit at the end of the year, to understand the next steps to take in the future, taking into consideration an deep analyse of the positive and negatives in implementation process of the strategy created.

**Lessons Learned**

The HC programme was used as a tool and as a cornerstone to facilitate synergies between public health and sustainable development with the concern of creating healthy exploring, learning, living, sustainable environments for the academic community.

**Recommendations**

Promote the cooperation of the various organisational units and services of UMinho, not just as mere consultative elements, but as active partners in the execution of programmes and actions. Develop a marketing and communication plan for promotion and dissemination.



Universidade do Minho



UMinho Sports Complex - Braga



UMinho Canteen



"One Tree for each Athlete" Project



UNIVERSITY OF DEBRECEN

WEBSITE WWW.EDU.UNIDEB.HU CONTACT TIBOR PÓSZMET – POSZMET.TIBOR@SPORT.UNIDEB.HU**Name of the project**

Measuring the objectives

**Domain**

Healthy Campus management

**Criteria**

#11 By developing the Healthy Campus vision and strategy, the university shall define measurable objectives, action plans and indicators.

**Keywords**

Reports, data bases, questionnaires, SD Strategy

**Target & Stakeholders**

Event organizers, students, staff

**Time & Frame**

Continuous

**Team & Staff**

Staff of Institute of Sport Sciences

**Description**

After setting measurable objectives, we defined tools (i.e. yearly reports, questionnaires) that we can use to monitor the number of participants in different sport activities. SD Strategy ensures that all activities are in line with SDG goals.

**Main Goals**

Collecting information about the number of people participating in different sport activities.

**Motivation & Vision**

We need to monitor the number of participants in sport activities (competitions, leisure activities, PE courses etc.) in order to follow the changes in needs and to be able to respond to changing trends.

**Evaluation**

University has made improvements in the last decade, in infrastructure, in various sports activities to meet the needs and found the right tool to monitor at university level.

**Lessons Learned**

Defining measurable indicators is a good way to follow the number of participants in sport activities, so the university can adapt to new trends and directions.

**Recommendations**

Following a trends can ensure that new students will be active in the university's sports life, a questionnaire can help to monitor the needs. Developing and SD Strategy ensures that activities answer the requirements of SD goals.



Chancellor of the university
at an SD conference



View of the University
with sports fields



Leisure Sport Department -
24 hours run challenge



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA**Name of the project**

Wellness Governance: UDST
Wellness Steering Committee and
Campus Wellness Committee

**Domain**

Healthy Campus management

**Criteria**

#12 The university leadership
shall identify roles
and responsibilities to manage
the Healthy Campus approach.

**Keywords**

Governance, Roles
and Responsibilities, Wellness
Committee, Steering Committee,
Leadership UDST

**Target & Stakeholders**

University Leadership,
UDST Students, Faculty, Staff

**Time & Frame**

Ongoing, meetings held regularly

**Team & Staff**

Sport & Wellness, Wellness
Committee, Steering Committee

**Description**

UDST operates a two-tier
wellness governance structure —
the Wellness Steering Committee
providing executive oversight and
strategic direction, and the Campus
Wellness Committee managing
operational planning and cross-
directorate coordination.

**Main Goals**

Formalise roles & responsibilities
for the UDST Wellness Strategy,
ensure cross-institutional
ownership, facilitate coordinated
delivery across all eight wellness
dimensions, and maintain clear
leadership & accountability
for progress & outcomes.

**Motivation & Vision**

A formal governance structure
at both strategic and operational
levels embeds the Wellness
Strategy throughout the institution,
with shared ownership and active
participation across the entire
UDST community.

**Evaluation**

Committees meet regularly
with documented minutes and
action items. Annual reporting
is conducted against the UDST
Strategic Plan and Wellness
Strategy KPIs, with FISU Healthy
Campus audit outcomes serving
as a key external governance
benchmark.

**Lessons Learned**

Separating strategic oversight
from operational delivery
strengthens accountability. Cross-
unit representation on the Campus
Wellness Committee, including
student membership, brings
diverse perspectives and supports
institutional buy-in.

**Recommendations**

Ensure committee representation
covers all key business units
responsible for executing
the Wellness Strategy and conduct
regular reviews to keep roles
aligned with the evolving Wellness
Strategy and FISU Healthy Campus
requirements.

POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT PERSON RUI MATOS EMAIL HEALTHY.CAMPUS@IPLLEIRIA.PT**Name of the project**

Managing a Team

**Domain**

Healthy Campus management

**Criteria**

#12 The university leadership shall identify roles and responsibilities to manage the Healthy Campus approach

**Keywords**

Executive coordination team, sectorial teams

**Target & Stakeholders**

Healthy Campus Team

**Time & Frame**

Healthy Campus Lifetime

**Team & Staff**

Healthy Campus Team and Polytechnic Presidency

**Description**

Healthy Campus has executive coordination and sectorial teams. Of these, the most directly linked to the Coordination and Management of Healthy Campus are the Project Coordination Executive Team and Project Management Team.

**Main Goals**

- Teams have to:
- Coordinate, prepare and submit the application of the Polytechnic of Leiria to the Healthy Campus Programme of FISU
 - Implement, monitor and improve the Healthy Campus approach, focusing on collaboration and sharing between services.

**Motivation & Vision**

A strong and united team focusing on Polytechnic of Leiria's well-being, with regular meetings over time.

**Evaluation**

Positive, with the feeling that we are contributing to a healthier Campus through close relationships between Healthy Campus team(s) and Polytechnic of Leiria Leadership.

**Lessons Learned**

Teamwork takes you further! Different teams can reveal unexpected points of view in different fields, allowing for an unusual, while effective, approach strategy.

**Recommendations**

Regular contacts are crucial. Share what you have and ask collaboration whenever needed.



One of the several Healthy Campus Team meetings



Order of constitution of the Healthy Campus team

Reality is often more complex than our limited perspective allows us to achieve. HCampus team



Why having such a diverse team on Healthy Campus



UNIVERSITY OF RIO VERDE

WEBSITE [HTTP://WWW.UNIRV.EDU.BR/](http://www.unirv.edu.br/)CONTACT JOAOMARIO@UNIRV.EDU.BR**Name of the project**

Management Committee of the Healthy Campus Program at UniRV - University of Rio Verde

**Domain**

Healthy Campus management

**Criteria**

#13 The university shall name an institutional and operational responsible person to lead and support the Healthy Campus approach.

**Keywords**

Leadership, Commitment, Responsibilities, Commission, Global Healthy Campus Development

**Target & Stakeholders**

UniRV Leadership, operational and sectoral management of Healthy Campus

**Time & Frame**

Since the implementation of the Programme, continuity and mandate of the members of the Commission

**Team & Staff**

Institutional Coordinator, Representative of the University Council, Professors, Staff and Students

**Description**

By joining the FISU Campus Healthy, UniRV identified the need to establish a management committee responsible for the implementation, management, and monitoring the activities to achieve the programme's objectives.

**Main Goals**

Appoint a person with institutional political and strategic responsibilities for the internal coordination of the Healthy Campus at UnivRV, and appoint a person with external operational work with FISU in terms of communication and development of the domains and criteria established by the Programme. The coordination team monitors and supports all the work developed by these two people.

**Motivation & Vision**

Cohesion between representatives of the University's top Management and representatives of Professors, Students and Staff is decisive for the successful communication and implementation of the programme.

**Evaluation**

The evaluation of the work of the institutional and operational responsible persons is done annually by the number of criteria achieved and the quality of activities and events, as well by the annual reports produced by FISU. The responsible team will help those two responsible to define other objectives and intermediate goals to better monitor the programme.

**Lessons Learned**

The nomination of the responsible staff with the support of representatives of the different groups at the University, will increase personal motivation and a very high sense of institutional cohesion.

**Recommendations**

It is important to define the responsibilities, goals and objectives of institutional and operational responsible person and members of the team for its success. As a strategy to improve the role of each one, it is important to create a framework of responsibilities and relationships between team members.



UniRV Rector Prof. Albert Barella



University of Rio Verde



UNIVERSITY OF DEBRECEN

WEBSITE WWW.EDU.UNIDEB.HU CONTACT TIBOR PÓSZMET – POSZMET.TIBOR@SPORT.UNIDEB.HU**Name of the project**

Healthy Campus Committee

**Domain**

Healthy Campus management

**Criteria**

#14 In order to ensure the collaboration between services, the university shall implement and maintain a cross-cutting and multidisciplinary steering committee...

**Keywords**

Cross-cutting, departments, sport economics, cooperation, chancellery

**Target & Stakeholders**

Relevant departments of the University

**Time & Frame**

Once a year

**Team & Staff**

Leaders of departments, chancellor

**Description**

The Healthy Campus Steering Committee has been established gathering leaders of different units of the University, e.g. health, sport, food, sport economics related units, student government and chancellery to discuss about solutions together.

**Main Goals**

Main goal of the establishment of the HC Steering Committee was to get together the different units of the university and explore the cross-cutting possibilities.

**Motivation & Vision**

Different developments occurring at different departments, but there is a huge potential in cross-cutting cooperation at the university. One of the main motivations was to explore these possibilities that in line with the Healthy Campus Scope.

**Evaluation**

During the first meeting the Committee explored cooperation possibilities and needs coming from different units of the University, e.g. awareness raising in healthy diet that requires cooperation among departments, or new courses in sport dietetics.

**Lessons Learned**

Collaboration among different units opens up new opportunities that would not be possible without it, besides the Committee meetings allow that every unit can gain deeper understanding of the Healthy Campus program.

**Recommendations**

Involve all relevant units of the university into the Healthy Campus Steering Committee in order to provide detailed information about the HC program as well as discuss the needs and ideas of the leaders.



Campuses of the University of Debrecen



A few members of the HC Steering Committee



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT S&S - UDST WELLNESS@CNA-QATAR.EDU.QA / UDST.EDU.QA**Name of the project**

Healthiest Campus in Qatar

**Domain**

Healthy Campus management

**Criteria**

#15 The university leadership shall ensure the availability of resources for the Healthy Campus approach (human resources, financial resources)

**Keywords**

Healthy Campus, Research, Faculty, Students

**Target & Stakeholders**

Students and Faculty/ Staff members on campus

**Time & Frame**

Ongoing – throughout the academic/fiscal year

**Team & Staff**

Campus Wide

**Description**

The Executive seek to position the wellness of students and staff as a distinct priority and differentiator for the university. UDST has enhanced wellness initiatives as part of the Campus Wellness Policy and Strategy designed to achieve the same.

**Main Goals**

Encourage and engage students & staff to live a healthy, productive and meaningful lifestyle through a comprehensive menu of services and supports to address the current needs while reinforcing a foundation of positive healthy choices going forward.

**Motivation & Vision**

UDST strives to be the region's healthiest university. To achieve that purpose, a number of initiatives have been initiated and related resource commitments have been planned and supported.

**Evaluation**

To secure required resources, data gathering is required to inform evidence based decisions. Staffing cannot be expanded, programmes cannot be enhanced without suitable information to substantiate the initial commitment and longer term sustainability.

**Lessons Learned**

Wellness is important in a post-secondary educational environment given the significant stressors associated with balancing academic and other priorities. Students and employees have different wellness needs. However, both needs should be addressed.

**Recommendations**

Leadership needs to be engaged, need to be aware of the value of wellness to the Campus population and they have to advocate for the positioning of wellness as a key component in the strategic direction of the Institution.



Presidents Statement on the importance of Wellness



Executive support for multiple domains



Commitment to diverse wellness interpretation



SIBERIAN FEDERAL UNIVERSITY - CAMPUS OF SIBERIAN FEDERAL UNIVERSITY

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT KUZMINA YULIA ALEXANDROVNA YKUZMINA@SFU-KRAS.RU



Name of the project

Alumni relations and fundraising office



Domain

Healthy Campus management



Criteria

#16 In accordance with the Healthy Campus vision and strategy, the university shall plan, implement, evaluate, and improve fundraising processes related to one or several domains of the Healthy Campus scope



Keywords

Alumni, fundraising, interaction, partnership, loyalty



Target & Stakeholders

Alumni, students, staff and partners of the university



Time & Frame

All year round



Team & Staff

Head of the office Vice-Rector for Information Policy



Description

The office is a part of the university information policy implementation, which is aimed at increasing alumni loyalty to the university, promoting mechanisms for attracting additional support for the realization of the university's objectives.



Main Goals

The office was created to organize and maintain the synergy of the university and its alumni, attract material and non-material resources for the implementation of socially significant tasks, projects or activities of the university.



Motivation & Vision

Alumni of the university, as well as its students and staff, can participate in the development of the university, and the university, in turn, gets more opportunities to realize important and promising projects.



Evaluation

Number of graduates; Professional achievements of graduates; Number of donors; Endowment fund size.



Lessons Learned

The importance of a long term fundraising campaign, because the funds raised are used for grants and scholarships. Also there is a problem of low level of students and university staff awareness about the role of the endowment fund.



Recommendations

It is necessary to provide the maintenance of projects after the end of the competition and after the implementation of the project. Availability of a mentor from the relevant department.

ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE WWW.SISEKAITSE.EE/EN/EASS-HOME CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Fundraising for Healthy Campus activities

**Domain**

Healthy Campus management

**Criteria**

#16 In accordance with the Healthy Campus vision and strategy, the university shall plan, implement, evaluate, and improve fundraising processes related to one or several domains of the Healthy Campus scope

**Keywords**

Physical Activity and Well-Being, Fundraising, Volunteers

**Target & Stakeholders**

University community, companies, funds

**Time & Frame**

Always when planning future activities

**Team & Staff**

EASS Sports club and Student Council

**Description**

EASS Sports club representatives plan costs and fulfil the applications to get funding for Healthy Campus activities and bigger sports events. Student Council members ask support from the companies for competition awards.

**Main Goals**

Extra funding creates opportunities for wider projects and more activities, students get experience how to work together with companies for mutual benefits.

**Motivation & Vision**

Healthy Campus programme activities and values need besides voluntary support also material support, which can come from different sources.

**Evaluation**

Cultural Endowment of Estonia has funded EASS Healthy Campus activities twice. Awards have been donated by 21 companies during first year of Healthy Campus programme.

**Lessons Learned**

If you don't ask support, you don't get it, but if you ask and can show good reasons to use extra money for students' health, you might get something for extra costs and widen your list of activities.

**Recommendations**

Ask funding in such amount which is notable for extra activities. Be realistic, don't exaggerate. Make plan B with less activities and costs if funding is not enough. If you don't get support, don't hesitate to ask again from different sources.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

Student Council presenting prizes from companies.



EASS mascot with sponsors' prize.



Sponsored introduction to new sports.



WATERFORD INSTITUTE OF TECHNOLOGY

WEBSITE WWW.TCD.IE CONTACT SOCIAL MEDIA PLATFORMS: @WITVIKINGSSPORT**Name of the project**

Lets Get Fundraising

**Domain**

Healthy Campus management

**Criteria**

#16 In accordance with the Healthy Campus vision and strategy, the university shall plan, implement, evaluate, and improve fundraising processes related to one or several domains of the Healthy Campus scope

**Keywords**

Sport, Physical Activity, Positive Experience, Fundraising, Good Health, and Wellbeing

**Target & Stakeholders**

Students

**Time & Frame**

All Year

**Team & Staff**

WIT Vikings & Wider WIT Community

**Description**

WIT Vikings are responsible for providing opportunities & structures that embeds health & wellbeing into all aspects of campus culture. In accordance with vision and strategy, WIT implements & evaluates fundraising processes annually.

**Main Goals**

To provide students of every level with a positive experience of a healthy campus through Sport & Physical Activity, Mental & Social Health, Nutrition, Disease Prevention, Risk Behaviour & Environ, Sustainability & Social Responsibility initiatives.

**Motivation & Vision**

To provide students with the highest standard sport & physical activity facilities to allow them to achieve upmost health and wellbeing.

**Evaluation**

This has had a positive impact thus far, it has allowed students to understand the fundraising process & has contributed directly into enhancing their programmes.

**Lessons Learned**

Give students the resources and guidance and they will excel.

**Recommendations**

An effective marketing campaign is essential.



Waterford Institute of Technology



UNIRV - UNIVERSIDADE DE RIO VERDE - CAMPUS RIO VERDE

WEBSITE WWW.UNIRV.EDU.BR

**Name of the project**

Risk Free at Work

**Domain**

Healthy Campus management

**Criteria**

#17 The university shall provide a general risk assessment plan for workplaces and campus

**Keywords**

Occupational health and safety; risk assessment; campus safety;

**Target & Stakeholders**

All campus

**Time & Frame**

All year round

**Team & Staff**

Marcelo Augusto Rozan dos Santos;
Juliano Ferreira Machado

**Description**

The university's general risk assessment plan for all workplaces and campus areas, including administrative buildings, classrooms, laboratories, and sports installations. It formalizes how hazards are identified, risks are evaluated

**Main Goals**

- Ensure a suitable and sufficient general risk assessment exists for all university workplaces and campus areas.
- Systematically identify hazards (work tasks, fire hazards, sports activities) and evaluate associated risks.

**Motivation & Vision**

- Legal obligation to provide a safe and healthy environment for staff, students, and visitors.
- Prevent accidents, occupational diseases, and incidents (especially electrical and fire risks, and sports related injuries).

**Evaluation**

- Quantitative indicators:
 - Number and rate of reported accidents, incidents, and near misses per year.
- Qualitative indicators:
- Feedback from staff and students on perceived safety and clarity of procedures.
 - Audit findings (internal/external)

**Lessons Learned**

- Early involvement of frontline staff and students improves hazard identification and acceptance of controls.
- Integrating risk assessment with maintenance, procurement, and event planning avoids new risks being introduced.

**Recommendations**

- Formalize and publish the general risk assessment plan as an official university document,
- Ensure training for heads of units, lab managers and maintenance supervisors on how to conduct and update risk assessments.

**Name of the project**

Communication plan URJC

**Domain**

Healthy Campus management

**Criteria**

#18 The university shall implement an appropriate communication policy to internal and external stakeholders. The communications policy shall be relevant to the campus community, delivering with efficiency the right messages, at the right moment, to the right individuals.

**Keywords**

Communication, social media

**Target & Stakeholders**

Improving communication and a sense of belonging

**Time & Frame**

All year round

**Team & Staff**

URJC-Communication

**Description**

It is an opportunity to enhance URJC as a reference for strength, commitment, innovation, technology, and sustainability, as well as to promote internal communication within the institution and showcase its communication network.

**Main Goals**

1. Establish a communication structure capable of responding to needs.
2. Drive external communication and enhance internal communication.
3. Promote a sense of belonging within the entire university community.

**Motivation & Vision**

Delivering information to the university community in a world with an excess of information and continuous changes is a challenging task. A participatory process, where individuals reflect their needs, is the only way to design an effective plan.

**Evaluation**

We use audience reach and social media impact data, number of insights, and interactions.

**Lessons Learned**

URJC, with each biennial plan and its evaluation, identifies areas for improvement and strengths that are taken into account to enhance the subsequent plans.

**Recommendations**

Involve the university community and engage in a listening process to make it as specific and effective as possible.



Communication Plan



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE WWW.ISMAI.PT/PT AND WWW.IPMAIA.PT/PT/ CONTACT HEALTHYCAMPUS@MAIEUTICA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Communication Plan

**Domain**

Healthy Campus management

**Criteria**

#18 The university shall implement an appropriate communication policy to internal and external stakeholders. The communications policy shall be relevant to the campus community, delivering with efficiency the right messages, at the right moment, to the right individuals.

**Keywords**

Internal communication, External communication

**Target & Stakeholders**

All Campus community and stakeholders

**Time & Frame**

All Year

**Team & Staff**

Marketing Department and Events Department

**Description**

Using existing resources (e.g., the Marketing Department and the Events Department), we established a set of procedures to create an internal and external communication plan, namely for our stakeholders and students.

**Main Goals**

To communicate clearly and effectively using formal and digital channels, through a single image (Maiêutica Healthy Campus), leveraging existing resources such as events organisation and marketing.

**Motivation & Vision**

A programme depends on a strong image and an effective communication plan. We are committed to setting up a corporate and unique image for Maiêutica Healthy Campus. By creating synergies, we will have a robust implementation and communication.

**Evaluation**

All activities and initiatives directly or indirectly related to Maiêutica's Healthy Campus programme are announced on Campus TVs, posted on official social media, and promoted through an existing mailing list.

**Lessons Learned**

The impact of any event or initiative is greatly enhanced when there is an information dissemination campaign. Without appropriate advertising, the event/initiative can be very limited in its reach.

**Recommendations**

Planning initiatives/events in advance allows you to create more appealing and impactful communication materials. Their dissemination through multiple channels requires strategies that need time to have the desired effect.



Maiêutica Healthy Campus' official brand logo

Nome	Realizado	Realizado em	De quem	Verificação
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019
Atividade de Integração (Atividade)	Sim	15/09/2019	Departamento de Marketing	27/09/2019

Cloud shared with the Marketing Department



Landing page on the official website



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA GODINHO EMAIL FILIPA.GODINHO@UC.PT**Name of the project**

Be Healthy Campaign

**Domain**

Healthy Campus management

**Criteria**

#19 The university shall conduct at least one communication campaign per year for each domain of the Healthy Campus scope

**Keywords**

campaign, be healthy, be active, take care, eat healthy, reduce, reuse and recycle, organise time

**Target & Stakeholders**

Academic community

**Time & Frame**

annually

**Team & Staff**

UC Healthy Campus
Multidisciplinary Team

**Description**

During six weeks a campaign was launched in the six Healthy Campus areas: Physical activity; mental and social health, nutrition, disease prevention, risk behaviour, environment, social responsibility and sustainability.

**Main Goals**

The campaign aimed to challenge the academic community to change or adjust habits and promote the programme and its areas of activity. The campaign aimed to challenge the academic community to change or adjust habits and promote the programme and its areas of activity.

**Motivation & Vision**

Promotion of active and healthy lifestyles; Promote the healthy campus; Implementation of the strategic plan for Healthy Campus UC.

**Evaluation**

The campaign had a very positive impact and some members of the academic community shared pictures on social media performing the challenges.

**Lessons Learned**

Communication and dissemination of the projects are essential to achieve the defined goals.

**Recommendations**

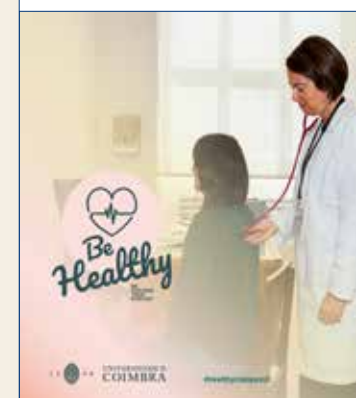
Run campaigns that encourage actions, not just the transmission of ideas or sharing of images.



Be Healthy Campaign



Be Healthy Campaign | nutrition



Be Healthy Campaign | disease prevention



UNIVERSITY OF CALGARY

WEBSITE WWW.UCALGARY.CA CONTACT SUSTAIN@UCALGARY.CA**Name of the project**

Sustainability Week

**Domain**

Healthy Campus management

**Criteria**

#19 The university shall conduct at least one communication campaign per year for each domain of the Healthy Campus scope

**Keywords**

Sustainability, United Nations, preservation, student engagement

**Target & Stakeholders**

Students and staff

**Time & Frame**

Last week of October

**Team & Staff**

Office of Sustainability, City of Calgary Climate Symposium

**Description**

The university conducts regular communication campaigns related to the Healthy Campus scope. One such event is Sustainability Week, where students engage in conversations regarding the advancement of the United Nations Sustainable Development Goals.

**Main Goals**

To involve students in conversations of campus action planning on matters of sustainable practices and encourage student initiatives related to sustainability.

**Motivation & Vision**

To establish several annual communication campaigns to share the consolidated efforts dedicated to sustainability on campus.

**Evaluation**

Sustainability Week created an opportunity for community members to connect with sustainability leaders, discuss timely issues with peers and learn about approaches to achieving local and global impact in sustainability.

**Lessons Learned**

Communication initiatives are crucial in gathering support for improving the Healthy Campus approach. Creating an environment for a bidirectional exchange of information between session leaders and the student audience created an engaging dialogue.

**Recommendations**

It is beneficial to formulate a guiding theme for each communication campaign to centralize the overall goal of the various related projects on campus. For instance, the Sustainability Week 2023 theme was Resilience, Reciprocity and Renewal.

UNIVERSITY OF
CALGARY

Sustainability Week awareness poster



Sustainability Scavenger Hunt



Sustainable Student Leaders Networking Event



TU DUBLIN - GRANGEGORMAN

WEBSITE WWW.TUDUBLIN.IE CONTACT DR TERESA HURLEY**Name of the project**

Healthy Campus Sustainable Cookbook

**Domain**

Healthy Campus management

**Criteria**

#20 The university collaborates with the students' associations, the faculties' associations and staff's associations that respectively represent the students,...

**Keywords**

Healthy, Sustainable, Cookbook

**Target & Stakeholders**

Students and Staff in TU Dublin

**Time & Frame**

November to May each year

**Team & Staff**

Faculty members, students and staff, Engagement

**Description**

The Healthy Campus Sustainable Cookbook invites students in TU Dublin to submit healthy, nutritious, sustainable & budget friendly recipes which are analysed by third year Human Nutrition & Dietetic students prior to inclusion. Prizes are awarded.

**Main Goals**

- To encourage students and staff to submit healthy recipes
- To foster collaboration and living lab approach in the University by working with the community and academic partners
- To promote healthy, sustainable eating
- To celebrate the cookbook launch.

**Motivation & Vision**

To grow the cookbook with additional recipes annually, add further categories, involve external stakeholders, promote and circulate more widely.

**Evaluation**

The Cookbook is now in Volume 3 development with over 45 recipes included in each edition. Plan to expand further with greater number of recipes/categories and copies printed as it is proving popular amongst students and staff.

**Lessons Learned**

Students learn by evaluating the recipes while students and staff enjoy healthy, sustainable recipes. Lead in times for promotion of recipe submissions and editing can be time consuming.

**Recommendations**

Continue to improve cookbook design by working with graphic design students. Have greater number of copies printed as the cookbook is proving popular with students and staff.



Celebrating the launch of the Cookbook



Celebrating the launch of the Cookbook



Celebrating the launch of the Cookbook



**Name of the project**

VI Solidarity Hike of the Polytechnic of Leiria - Supporting Institutions of Leiria

**Domain**

Healthy Campus management

**Criteria**

#20 The university collaborates with the students' associations, the faculties' associations and staff's associations that respectively represent the students...

**Keywords**

Activities, academic community, students' association

**Target & Stakeholders**

Social Action Services; Lar Santa Isabel; Colégio Dom Dinis

**Time & Frame**

Once a year

**Team & Staff**

Staff Polytechnic of Le; Lar Santa Isabel; Colégio Dom Dinis

**Description**

Participants were invited to contribute with hygiene products and food, representing the symbolic "cost" of their registration. In this way, the initiative helps institutions in the region through physical activity.

**Main Goals**

To promote solidarity with the surrounding community and promote healthy sharing and activity habits within the academic community

**Motivation & Vision**

It expresses how the Healthy Campus Program and its team are committed to the development of activities that explore different SDGs, involving the entire academic community and the surrounding community.

**Evaluation**

91 participants and 170 kg of essential goods raised. Everybody present expressed their gratitude and satisfaction for having participated in this activity

**Lessons Learned**

The solidarity Hike, in addition to having a fundamental social component, contributes to the promotion of healthy lifestyles, sharing experiences among the academic community and privileges the visibility of the territory.

**Recommendations**

An initiative that can be promoted on a more regular basis (e.g.: two or three times a year), with the aim of supporting various social causes, contributing to the reduction of sedentary lifestyle and boosting less supported territorial areas.



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT LENKA.HENEBERGOVA@FTVS.CUNI.CZ (CU SPORT)**Name of the project**

Changing the World Through Movement

**Domain**

Healthy Campus management

**Criteria**

#21 The university collaborates with external stakeholders in projects regarding the Healthy Campus scope

**Keywords**

Healthy Campus, physical activity, healthy lifestyle, student innovation, prevention, sport, communi

**Target & Stakeholders**

Students, Young innovators, External partners

**Time & Frame**

-

**Team & Staff**

Faculty of Physical Education, External partners

**Description**

The project is an annual competition encouraging young people to develop innovative ideas promoting physical activity, healthy living, and wellbeing.

**Main Goals**

- Promote physical activity and healthy lifestyles
- Support innovation among young people
- "Inspire societal change through student-led ideas
- Strengthen links between education, research, and practice
- Increase awareness of prevention and wellbeing

**Motivation & Vision**

The project aims to empower young people to actively shape a healthier society. Participants can submit projects ranging from policy proposals and educational programs to concrete interventions and campaigns.

**Evaluation**

The project has successfully engaged students and external stakeholders in promoting healthy lifestyles and physical activity through innovative ideas and initiatives. It increases awareness of prevention and wellbeing, strengthens cooperation between the university and external partners, and supports student creativity, social impact, and community engagement.

**Lessons Learned**

Students develop skills in:

- Innovation and creativity
- Project design
- Social impact thinking

University strengthens:

- External collaboration
- Community engagement
- Implementation of Healthy Campus principles

**Recommendations**

- Expand international participation
- Strengthen follow-up support for winning projects
- Increase visibility through media and partnerships
- Integrate outputs into real university or public policies

CHARLES
UNIVERSITYBarbora - winner of 2024
(Psychology and Sport)

Winners of 2023

Fitness app for kids
GAMIFIT 2023

**Name of the project**

Healthy Culture Events

**Domain**

Healthy Campus management

**Criteria**

#21 The university collaborates with external stakeholders in projects regarding the Healthy Campus scope

**Keywords**

health education;
The Connection Between Health and Entertainment

**Target & Stakeholders**

all university members

**Time & Frame**

2–3 times per semester

**Team & Staff**

Healthy Campus,
"Literaturhaus" & "UniKino"

**Description**

Health can and should be fun. This works best when we combine health with entertainment and cultural events. Health isn't rigid. There's no right or wrong here, so even going to the movies or attending book readings can be good for your health.

**Main Goals**

- Optimizing the diversity and reach of health services and providing accessible health education. The combination of health education and entertainment.
- Collaboration with regional cultural organizations opens up access to a new group targets.

**Motivation & Vision**

The intersection of health and entertainment. When healthy culture initiatives take root, health information is conveyed on an ongoing basis without feeling like a restriction. Health information is always backed by relevant expertise.

**Evaluation**

Approx. 400 participants in 2025

**Lessons Learned**

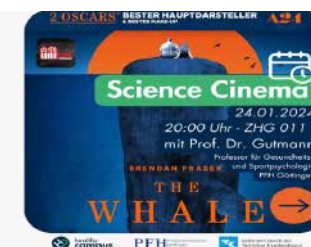
If these initiatives trigger certain reactions or needs, it must be ensured that a specific support program is in place to facilitate follow-up processing and care. Collaboration with regional healthcare providers and counselling centre's is ad

**Recommendations**

Many currently popular movies and books address health-related topics, even if only subtly. Leverage the reach of these media and highlight the health-related benefits by drawing on relevant expertise and offering a suitable supporting program.



Healthy Culture
Outdoor Event



ScienceCinema The Whale supervised
by psychologist



**Name of the project**

Sport for All at ESECS

**Domain**

Healthy Campus management

**Criteria**

#21 The university collaborates with external stakeholders in projects regarding the Healthy Campus scope

**Keywords**

Protocols; Projects;
People with Disabilities; Sport

**Target & Stakeholders**

OASIS; CERCILEI; ESECS;
Municipality of Leiria

**Time & Frame**

Every Monday morning during
the school year.

**Team & Staff**

ESECS teachers and a PhD student

**Description**

An activity developed with the support of some of the main stakeholders external to the Polytechnic of Leiria, which aims to contribute to quality education and social inclusion, through the practice of sports.

**Main Goals**

To promote activities, in partnership with external stakeholders, with an impact on the surrounding and academic community, contributing to the growth and development of both parties.

**Motivation & Vision**

It expresses how the Healthy Campus Program and its team intend to consolidate healthy lifestyles in the academic and surrounding community, contributing to the quality of life and well-being of all involved.

**Evaluation**

More than 23 participants, with intellectual and developmental difficulties

**Lessons Learned**

Promotion of adapted sports, in a context where participants are inserted in the community. The practice of sports contributes to the promotion of quality of life, well-being and physical fitness of the participants.

**Recommendations**

These initiatives should be a priority in institutions, not only because of the proximity they have with the community, aiming to respond to the needs it presents, as well as to contribute to quality education and social inclusion.



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

Each department has its own network of external stakeholders

**Domain**

Healthy Campus management

**Criteria**

#21 The university collaborates with external stakeholders in projects regarding the Healthy Campus scope

**Keywords**

ULB Santé, O'yes asbl, Health promotion, education in emotional and sexual relationships

**Target & Stakeholders**

Students

**Time & Frame**

All the year

**Team & Staff**

ULB Santé, O'yes, Modus Vivendi, Fares, suicide prevention center, sexual violence management center

**Description**

Each department has its own network of external stakeholders. E.g.: ULB Santé organises 2 awareness days about sexual health in October with its associative partners: "ça m'saoule... j'ai plus de capotes"

**Main Goals**

Prevention and promotion of health through an external association network at the university

**Motivation & Vision**

The partners train students at the university, creating civic participatory initiatives among students, making them: Citizens Responsible, Assets, Critic and Solidarity

**Evaluation**

31 trained students, 300 sensitized students

**Lessons Learned**

Train and raise awareness about sexual health among young people (aged 15-30) through peer education in order to change mentalities and improve behaviour in the long term

**Recommendations**

Continue to work with experts' partners from different area of expertise



Training of students of "Ca m'saoule" project



Poster of the event



AUTONOMOUS UNIVERSITY OF BARCELONA

WEBSITE WWW.UAB.CAT CONTACT WWW.UAB.CAT/RSU & RESPONSABILITAT.SOCIAL@UAB.CAT**Name of the project**

REUPS (Spanish network of health promoting universities)

**Domain**

Healthy Campus management

**Criteria**

#22 The university shall participate in national networks of universities.

**Keywords**

health promotion, well-being, life quality, university community, healthy campaigns

**Target & Stakeholders**

University Students and Workers

**Time & Frame**

All year

**Team & Staff**

60 Spanish Universities

**Description**

66 Spanish universities (<https://www.unisaludables.es/es/miembros>) form the Spanish Network of Health Promoting Universities with the aim of sharing experiences and jointly promoting healthy living habits as well as specific actions such as the prevention of addictions, healthy eating or physical exercise. The Network operates with working groups and meets twice a year. In these meetings the advances of the groups are explained and new topics are proposed.

**Main Goals**

The mission of the network is to become a space for exchange, reflection and analysis of issues that affect the field of health promotion and the development, implementation and evaluation of projects that promote healthy environments.

**Motivation & Vision**

To be an organisation recognized as a representative body of the associated universities and for its proactivity in promoting health.

**Evaluation**

The network has a sovereign body, the Plenary, which meets twice a year and where the president reports the activity of the network and the application of the agreements.

**Lessons Learned**

Universities have similar problems and joint action helps in developing solutions.

**Recommendations**

Promote meetings and conferences where good practices are shared, and working groups that deal with common problems.

UAB

Universitat Autònoma de Barcelona



Campaign "Social relationships, source of health"



Campaign "Your future is up in the air"



Campaign "Dare to break with tobacco"



UNIVERSITY OF ANTWERP

WEBSITE [HTTPS://WWW.UANTWERPEN.BE/EN/](https://www.uantwerpen.be/en/) CONTACT INTERNATIONALOFFICE@UANTWERPEN.BE**Name of the project**

UAntwerp as a member of international networks

**Domain**

Healthy Campus management

**Criteria**

#23 The university shall participate in international networks of universities

**Keywords**

international, networks, young universities, education, research, student & staff mobility

**Target & Stakeholders**

international HE-networks, IRO's of other Universities

**Time & Frame**

A continuous cycle of planning, doing, checking and acting

**Team & Staff**

Central level IRO+faculties jointly steer internat. policy

**Description**

The central government (IRO) of the university as well as the faculties are the main drivers of new developments, including the creation or joining of networks. A good example is the YUFE partnership, one of Europe's first new generation universities.

**Main Goals**

UAntwerp wishes to be a driver of change in international higher education. Joining forces with likeminded institutions ensures a scale that facilitates change and reinforces positive outcomes.

**Motivation & Vision**

UAntwerp is dedicated to providing all its students and staff with international and intercultural competences during their student/staff journey. Being a part of international networks is part of the answer to this challenge.

**Evaluation**

The evaluation is done regularly with bottom-up as well as top-down and frank appraisals of outcome. Erasmus collaborations e.g. are scrutinized every five years. The networks or contract that haven't met expectations, are not renewed.

**Lessons Learned**

International relations are a permanent source of learning opportunities. Learning processes vary from assessing the differences in academic approaches, over finding administrative/financial solutions to complex issues, to practical troubleshooting

**Recommendations**

Invest enough time in building personal relationships between partner institutions. A network can flourish only on a solid basis. Top-down initiatives seldom work. A broad array of people in every institution should find a "win" in the partnership.



University of Antwerp Campus



University of Antwerp Campus



Networking at University of Antwerp



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT SIMONA.KOSTELANSKA@RUK.CUNI.CZ**Name of the project**

BIP Healthy Campus: building wellbeing, creating community

**Domain**

Healthy Campus management

**Criteria**

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.

**Keywords**

Wellbeing, inclusion, academic community, best practices, international cooperation

**Target & Stakeholders**

Staff, international office staff, Healthy Campus admins

**Time & Frame**

First opening event: 20–24 April 2026, Prague.

**Team & Staff**

-

**Description**

The event is focused on practical examples of how to strengthen overall wellbeing and support community through hands-on workshops, interactive activities, and discussion. Focus is on how to build a healthier, more inclusive campus environment.

**Main Goals**

Strengthen wellbeing on campus
explore practical tools
how to support a more inclusive and healthier academic environment.
Share best practices

**Motivation & Vision**

To help universities and campus professionals build a community-oriented and wellbeing-focused environment. Its emphasis on practical workshops and reflection supports the development of transferable practices.

**Evaluation**

Overall, this project demonstrates a clear understanding of the subject and meets the expected objectives effectively.

**Lessons Learned**

Students' wellbeing on campus
Healthy Campus project.
development.
Empathy
Workplace relationships.
Resilience through art therapy.
Meditation for stress relief.
Sustainability in practice.
Equality, diversity and inclusion

**Recommendations**

Keep the interactive and hands-on format document and share examples of good practice after the event.
Collect participant feedback and use it for future programme design.
Highlight the international exchange dimension in the final application text.

CHARLES
UNIVERSITY**Preliminary schedule**

Activity	Monday 20.4.2026	Tuesday 21.4.2026	Wednesday 22.4.2026	Thursday 23.4.2026	Friday 24.4.2026
Registration	08:00 - 18:00	08:00 - 18:00	08:00 - 18:00	08:00 - 18:00	08:00 - 18:00
Workshop: Building Wellbeing	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00
Workshop: Creating Community	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00
Workshop: Academic Community	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00
Workshop: International Cooperation	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00
Workshop: Best Practices	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00
Workshop: International Cooperation	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00
Workshop: Best Practices	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00
Workshop: International Cooperation	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00	13:00 - 16:00
Workshop: Best Practices	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00	17:00 - 20:00

[Registration link](#)*Schedule of programme*

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: TONY.MARTIN@UDST.EDU.QA**Name of the project**

UDST National Sport Day

**Domain**

Healthy Campus management

**Criteria**

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.

**Keywords**

National Sport Day, Active Living, Wellness, Community, Sport, UDST, FISU, Qatar

**Target & Stakeholders**

UDST Students, Faculty, Staff, Qatar Community

**Time & Frame**

Annually

**Team & Staff**

Sport & Wellness, Marketing & Communications, UDST Partners

**Description**

UDST's annual National Sport Day campus event, in partnership with PSG, BeBasketball, TnT Athletics and Baladna is a community-orientated celebration of sport and activity, with family fun zones, walk/run, sport competitions, and try-it sessions.

**Main Goals**

Unite campus community across Healthy Campus pillars; promote physical wellness and community belonging; reinforce FISU Healthy Campus commitment.

**Motivation & Vision**

The UDST National Sport Day event fosters community & healthy lifestyles in line with Qatar National Vision 2030. This year, UDST achieved Second Place at the National Sport Day Award, recognising over 37 events and approximately 5,300 participants.

**Evaluation**

Attendance, participation per zone, partner engagement, and media coverage are tracked throughout the year. Event data including participation metrics, descriptions, and media evidence is submitted annually towards the National Sport Day Award.

**Lessons Learned**

Diverse programming ensures inclusivity; strong partnerships elevate the event; senior leadership presence motivates participation.

**Recommendations**

Increase family activities and offerings for children, explore additional instructor led fitness classes, expand community outreach, including partner engagement, and strengthen feedback mechanisms.



Discussing cost of healthcare in the GCC region



Panelist demonstrates importance of a healthy body



Panelist demonstrates importance of a healthy body



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE CONTACT ALEXANDRA.HAGLUND@UMU.SE



Name of the project

Health on Campus



Domain

Healthy Campus management



Criteria

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.



Keywords

Free health days, Physical activity, inspiration, motivation



Target & Stakeholders

All staff and all students at Umeå university



Time & Frame

One day each semester



Team & Staff

Umeå university, Umeå municipality, sports federations



Description

Two days a year the university organizes free activity days for the campus community. A wide program of activities is offered, such as lectures, workshops and physical activities. The students have no scheduled lectures these days.



Main Goals

The goal is for as many students and employees as possible get inspired and motivated to be physically active.



Motivation & Vision

To have healthier and more well-being students and staff at Umeå University, by prioritizing physical activity and health.



Evaluation

Evaluation is done by reference groups consisting of people from across the university. Each activity is evaluated individually, interviews are conducted among the participants and the number of participants is counted, usually around 3,000 people.



Lessons Learned

The project have taught us the importance of social gatherings. In particular for exchange students or people who do not come from Umeå. Big gains are also that associations and other organizations can market themselves and thus acquire new members.



Recommendations

Through good collaborations with clear win-win stakes for everyone involved, a project like this does not have to be particularly costly.



UMEÅ
UNIVERSITY



Cross country skiing



Bouldering



Inspiring lecture





Name of the project Regional project	Description Employees of the Department of Physical Culture and Sports are implementing a project on the formation of environmental education with the help of physical culture, which is supported by a grant from the Federal Agency for Youth Affairs.	Evaluation Development and implementation of a set of practical measures and methodological materials for the formation of environmental foundations among students using physical education tools, as well as teaching them vital skills
Domain Healthy Campus management		
Criteria #24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus	Main Goals 1. The study of the initial level of the functional state of the body 2. Formation of the foundations for strengthening the foot and spinal column, coordination and balance, orientation in space 3. Consolidation of skills in a competitive environment.	Lessons Learned The event must be held annually. This allows you to teach students the necessary skills that will be useful not only in the process of learning, but also in later life.
Keywords Students, physical education, ecology, mental health, skills		
Target & Stakeholders Students with disabilities		
Time & Frame From September to December 2023	Motivation & Vision Assistance in the formation of vital skills among students with disabilities studying at the university.	Recommendations Creation of a personalised system for monitoring the functional state of the body and monitoring physical activity for each student
Team & Staff Bocharin I.V., Guryanov M.S., Shirokova M.A.		

ITMO UNIVERSITY

WEBSITE [HTTPS://EN.ITMO.RU/](https://en.itmo.ru/) CONTACT PERSON ALINA AMANOVA – AMANOVA@ITMO.RU**Name of the project**

ITMO Family Day – open-air festival

**Domain**

Healthy Campus management

**Criteria**

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.

**Keywords**

Well-being, family, healthy days, campus community, sports, nutrition, sustainability

**Target & Stakeholders**

Staff and their families, students, alumni of ITMO

**Time & Frame**

Once a year

**Team & Staff**

Youth Policy Department, healthy Campus Team

**Description**

The open-air festival made by ITMO for ITMO Family. It aims to get acquainted with the culture and achievements of university in the field of well-being and sustainable development. For partnership and communication between all members.

**Main Goals**

- Demonstration of successful practices of prosperity and achievements of ITMO.
- Organisation of sponsorship cooperation with partners for ITMO University events.
- Involving the media.
- Conducting sociological research.

**Motivation & Vision**

- Involvement in a large-scale project in one of the largest parks of the city.
- Event for the entire university.
- A concert with popular singer.
- An educational part of the festival.

**Evaluation**

- Number of partners and university communities involved in the event
- Number of people who attended the event
- Publications and mentions in the media
- Creation of a case study for further replication of these practices in another universities

**Lessons Learned**

Weather conditions are an important factor in attending an outdoor event. You need to consider all weather options. For example, tents, raincoats.

**Recommendations**

Use the data-driven approach, make decisions based on the data. Analyze categories of participants who registered and who came to the event and build an advertising campaign based on this data. Analyze the average time spent attending an event.



ITMO UNIVERSITY



Court of festival



Playground at the festival



Sap surfing



THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/) CONTACT DR. NOEMI ZAHARIA –NOEMI.ZAHARIA@UAH.EDU**Name of the project**

International University Sports an Day and Wellness fair

**Domain**

Healthy Campus management

**Criteria**

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.

**Keywords**

Wellness Fair, active and healthy lifestyle, sports, fitness

**Target & Stakeholders**

UAH Students, faculty, staff and local community

**Time & Frame**Sept. 20th, 2023**Team & Staff**

Athletics, Recreation, Health services & clinic, Counseling

**Description**

UAH showcases the various resources available on campus, creates fun sporting competitions, and holds open practices offered by the UAH sports teams inviting everyone to join in, learn a new sport, and live an active and healthy lifestyle.

**Main Goals**

Showcase various resources that are available for free or reduced prices for the UAH and local community with the goal of enhancing knowledge, being active, and living a healthy lifestyle.

**Motivation & Vision**

To share important healthy messages while highlighting easy access to the various resources that are available on campus for everyone.

**Evaluation**

The number of collaborations with various departments from the campus for this 1st year was impressive. The participants in the wellness fair, open practices and fun sporting events were impressive.

**Lessons Learned**

Universities have similar issues in attracting students to participate in various fitness and sporting events, but events like this help develop and organise more successful events by developing creative solutions.

**Recommendations**

Organising smaller events that have specific healthy lifestyle themes, and also promoting events where best practices can be shared.



Basketball for everyone



Fun activities



Open volleyball practice

LA TROBE UNIVERSITY - MELBOURNE (BUNDOORA)

WEBSITE [HTTPS://WWW.LATROBE.EDU.AU/](https://www.latrobe.edu.au/) CONTACT SPORT@LATROBE.EDU.AU**Name of the project**

Moving for Mental Health Challenge & Team La Trobe Work and Run Event

**Domain**

Healthy Campus management

**Criteria**

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.

**Keywords**

Healthy Campus, Active Campus, Mental Health

**Target & Stakeholders**

Students, Staff, Community

**Time & Frame**

Annual Event

**Team & Staff**

La Trobe Sport, Safer Communities, Sustainability

**Description**

The Moving for Mental Health Challenge is a health based initiative focused on raising awareness for mental health issues as well as fostering a sense of community and support within our student, staff and wider community.

**Main Goals**

The event and 'Move for Mental Health' campaign focused on the overarching health benefits that results from a balanced lifestyle.

**Motivation & Vision**

The Team La Trobe Walk & Run plays a key role in reinvigorating campus life post-covid and providing students and staff with a reason to get active and connect via an all-inclusive active recreation event.

**Evaluation**

Over 250 members of the university community participated in the walk/run with many more attending the main event sites and engaging with the various wellbeing services.

**Lessons Learned**

Incorporating regional campuses both virtually and in person ensured engagement across the entire La Trobe community. Similarly, widening the invitation to contractors, partners and community members as well as students led to greater outcomes.

**Recommendations**

The communications plan in the lead up ensured better engagement and long term behavioral change, as opposed to a stand alone event.



**Name of the project**

Jours Santé - Healthy Days

**Domain**

All domains of Healthy Campus

**Criteria**

#24 - The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus.

**Keywords**

Healthy days, Sustainable health, federating health stakeholders around a common event, Testing innovation.

**Target & Stakeholders**

The entire university community

**Time & Frame**

1-5 days in the first week of October

**Team & Staff**

SSU + health actors UNIL

**Description**

Since 2016, the University of Lausanne has been organising the Healthy Days event: an event to which the various players in the health sector are invited in order to popularise the information and make it accessible to the university community. In addition, the community has access to new technologies incubated at the Sport and Health Center (Centre Sport et Santé - CSS).

**Main Goals**

To bring together health stakeholders at the same event. Propose health solutions to the community. Make the link with the technologies incubated at the CSS.

**Motivation & Vision**

To convey key health messages while promoting information and easy access to the well-being, making the topic of "sustainable health" a common interest.

**Evaluation**

The number of collaborations around the event continues to grow. Every year, the objectives are achieved and supplemented by new collaborations. The number of participants in the event and in the sessions is constantly increasing. Those respond to a real demand and allow the employees to better manage their health in their work/study environment.

**Lessons Learned**

Universities have similar problems and joint action helps in developing solutions.

**Recommendations**

Promote meetings and conferences where good practices are shared, and working groups that deal with common problems.



Amphipole building: participants in front of the "health village" booth.



Amphipole building: Swissball session



Internef building : Testing Pandafit technology



WATERFORD INSTITUTE OF TECHNOLOGY

WEBSITE WWW.WIT.IE CONTACT @WITVIKINGS SPORT & WIT ARENA SOCIAL MEDIA**Name of the project**WIT Healthy Campus
Beyond The Norm**Domain**

Healthy Campus management

**Criteria**

#25 The university organises, for the campus community, events, workshops, conferences, seminars and/or trainings that cover each domain of the Healthy Campus scope emphasising alignment with SDGs, human rights and related policy at national and international levels.

**Keywords**

Healthy Campus, Campus Community, Well-Being, Human Rights, Reduce Inequalities, Spreading Information

**Target & Stakeholders**

University Students & Staff

**Time & Frame**

All year

**Team & Staff**

Waterford IT, WIT Vikings Sport, WIT Arena

**Description**

Waterford IT organises a number of educational events or workshops that aim to educate the campus population about the different domains that make up the healthy campus.

**Main Goals**

Educate on the different domains - Physical Activity - Nutrition - Disease Prevention - Mental & Social Health - Risk Behaviour

**Motivation & Vision**

Provide an array of different events open to all members of the WIT community. Educate and open their minds to all the different aspects of health and well-being.

**Evaluation**

All events had a positive impact on campus community members. Students are beginning to engage more with all different aspects of physical health & well-being not just physical activity.

**Lessons Learned**

Introduce topics and then listen to students about how we can improve events & being new ideas.

**Recommendations**

Better advertisement & promotional campaign around each event.



Waterford Institute of Technology



Professor Ciara Losty -
open psychology event



Catherine Norton - Sexual Health



WIT Student Physical Health
Education Seminar



**Name of the project**

DICID First Aid Workshop

**Domain**

Healthy Campus management

**Criteria**

#25 The university organises, for the campus community, events, workshops, conferences, seminars and/or trainings that cover each domain of the Healthy Campus scope emphasising alignment with SDGs, human rights and related policy at national and international levels.

**Keywords**

First Aid, Emergency Response, Safety Training, Practical Skills, Awareness

**Target & Stakeholders**

UDST Students, Staff, Certified Trainers / External Experts

**Time & Frame**

Conducted periodically as invited sessions

**Team & Staff**

Internal coordination with external partners

**Description**

DICID First Aid Workshop equips students with essential lifesaving skills, focusing on emergency response & immediate care. Participants learn to act effectively in critical situations & provide support before medical assistance arrives.

**Main Goals**

The workshop aims to enhance students' awareness and understanding of basic first aid practices, develop their ability to respond confidently in emergencies, and promote a sense of responsibility toward community safety and well-being.

**Motivation & Vision**

The vision of the workshop is to build a prepared and responsible community where individuals are equipped with the knowledge and skills to act promptly during emergencies, contributing to a safer campus environment.

**Evaluation**

Success is measured by participation, engagement, & feedback. Effectiveness reflected in improved confidence & first aid understanding. Participants assessed through practical demonstrations & evaluations, with certificates awarded on completion.

**Lessons Learned**

Interactive & practical demonstrations significantly enhance participant engagement & understanding. Hands-on activities help students retain knowledge better & feel more confident in applying first aid techniques in real-life situations.

**Recommendations**

Conduct more regular workshops to reach a wider audience, incorporate advanced first aid sessions for deeper learning, and collaborate with certified professionals to ensure high-quality training and credibility.



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT LEHLOENYALE@TUT.AC.ZATshwane University
of Technology
We empower people

Name of the project Healthy Campus Education and Engagement Programme	Description Organise events, workshops, conferences, seminars, and trainings covering all Healthy Campus domains, aligned with SDGs, human rights, and national and international policies.	Evaluation Measured through attendance, participant feedback, and alignment of activities with Healthy Campus domains and SDGs
Domain Physical activity and sport		
Criteria #25 The university organises, for the campus community, events, workshops, conferences, seminars and/or trainings that cover each domain of the Healthy Campus scope emphasising alignment with SDGs, human rights and related policy at national and international levels.	Main Goals Promote holistic health awareness, knowledge sharing, and policy-aligned practices within the campus community	Lessons Learned Cross-departmental collaboration enhances engagement, and aligning content with policies increases relevance and impact
Keywords Healthy Campus, SDGs, human rights, workshops, seminars, trainings, policy alignment	Motivation & Vision Foster a health-conscious campus culture that integrates global health standards and human rights principles	Recommendations Continue regular programming, expand stakeholder participation, and integrate interactive and practical learning components
Target & Stakeholders Students, staff, faculty, health and wellness units		
Time & Frame Conducted throughout the academic year		
Team & Staff Health and Wellness, academic departments		

UNIVERSITY OF JOHANNESBURG

WEBSITE WWW.UJ.AC.ZA CONTACT PERSON PROF ALBAN BURKE EMAIL ABURKE@UJ.AC.ZA**Name of the project**

PsyCaD and CAT Online Support

**Domain**

All domains of Healthy Campus

**Criteria**

#26 The university shall use digital technologies to recommend healthy activities adapted to individuals in the campus community and to advise them according to their needs and resources

**Keywords**

Online, Digital technologies, innovative and evolving, blended teaching and learning

**Target & Stakeholders**

Staff and Students, PsyCaD and CAT

**Time & Frame**

Entire Year (All-year round)

**Team & Staff**

Coordinators, Academic Advisors, Lecturers, IT Specialists

**Description**

Students and staff use digital devices (cellphones, apps, and computers) to access information, write assessments and make bookings online and for support. UJ created online platforms to ease the workload and enable people to interact seamlessly.

**Main Goals**

To support both staff and students to access technological tools and support in teaching and learning as well as working. To fulfil our vision of 21st-century skilled academia at UJ.

**Motivation & Vision**

The objectives that support the work of each of the three components are to support community-based management processes; provide scaffolded & just-in-time support; drive transformative learning practices & promote the use of cross-platform applets.

**Evaluation**

Using platforms like Blackboard & U-Link has provided an easier & convenient way of interaction between academic staff & students. Access to such platforms means that teaching & learning can continue both on and/or off the campuses. Positive impact.

**Lessons Learned**

Many students' pass rate has significantly improved during the pandemic. They had enough time to study and the convenience of writing assessments online. Many people had access to services they normally never considered when they were on campuses.

**Recommendations**

A blended/hybrid learning environment is a better option for education institutions. Both Staff & students need to have options to learning & studying - some people excel in using online technology while others prefer the in-contact approach.



Disability Unit
Two UJ students using a computer laboratory.



Students Use Smartphones to Access Services



Booking Method: Tests & exams, access information



MURDOCH UNIVERSITY

WEBSITE [HTTPS://WWW.MURDOCH.EDU.AU/](https://www.murdoch.edu.au/) CONTACT [HTTPS://WWW.MUACTIVECALENDAR.COM/](https://www.muactivecalendar.com/)**Name of the project**

Active Campus Calendar

**Domain**

Healthy Campus management

**Criteria**

#26 The university shall use digital technologies to recommend healthy activities adapted to individuals in the campus community and to advise them according to their needs and resources.

**Keywords**

University Clubs & Societies, Well-Being, Promote student connection, Active living, Student-led

**Target & Stakeholders**

University Students & Staff

**Time & Frame**

All year

**Team & Staff**

Murdoch Active Staff

**Description**

The Murdoch Active Campus Calendar project endeavours to track all the student-led events at Murdoch University on one calendar. We've recently added a second calendar for Murdoch staff that tracks opportunities for staff to get active.

**Main Goals**

Provides a comprehensive visual guide to a weekly social activity calendar for students and staff to find social, hobby, or learning events to enhance their university experience.

**Motivation & Vision**

To show the broad variety of campus events and activities available for students and staff to engage with and keep physically and mentally active as they pursue their academic careers.

**Evaluation**

Continued engagement with the calendar by students and a desire to see it replicated for staff have shown the calendar is a resource that has immediate returns on student activity by demonstrating how busy campus life is throughout the year.

**Lessons Learned**

To combat the common complaint we heard from first year students, we've learned it's important to provide a visual representation of campus life so students can plan their social calendars, and discover opportunities outside of their coursework.

**Recommendations**

Develop a CMS system that allows student clubs and societies to manage their social calendars. Demonstrate value by ensuring to provide an accurate and up-to-date calendar of events. Assist clubs by promoting key events to the university community.



Mascot designed by a Murdoch University student.



A snapshot of student-led events mid semester.



Example of the promoted weekly event roundup.



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE WWW.UNIFIRST.RU EMAIL: INFO@SPORTACADEM.RU CONTACT: RUSLAN +79946615048 / RUSLAN.A96@BK.RU

**Name of the project**

Center for the Development of Phygital sports (Physical+digital)

**Domain**

Healthy Campus management

**Criteria**

#26 The university shall use digital technologies to recommend healthy activities adapted to individuals in the campus community and to advise them according to their needs and resources.

**Keywords**

Phygital & student sports, training, mentoring, digital trainings.

**Target & Stakeholders**

Students, coaches, referees, sports managers, federations.

**Time & Frame**

Permanent, ongoing

**Team & Staff**

Phygital Sports Center, Research Institute, TERA eSports Club

**Description**

Center systematic work across education, methodology, research, outreach, competition. Addresses personnel gaps, regulations, infrastructure. Uses Phygital Center (VR, cyber gaming, sports grounds). Outcome: ecosystem from amateur to pro.

**Main Goals**

Phygital sports: training programmes for coaches, referees, managers; research on physiological; organising events from university to national level; developing student e-sports teams; popularizing through open events and school outreach.

**Motivation & Vision**

Driven by shaping innovative sports culture. Students gain hybrid experience, official ranks (TERA), and top-competition. Faculty conduct advanced research and train phygital staff. Synergy of education, science, sport drives growth and results.

**Evaluation**

2 training programmes implemented, 5 research tasks under state assignment, 4+ annual competitions, student team won national titles. Evidence-based methods, specialized infrastructure, publications, training system for coaches and organisers.

**Lessons Learned**

Phygital sports demand costly infrastructure and advanced methodology. Success relies on sports-IT synergy. Key factors: standardized rules, reliable equipment (internet, VR), and outreach to overcome scepticism and low awareness.

**Recommendations**

Develop infrastructure combining digital & physical zones. Partnerships for research-based methods. Engage students via esports clubs & tournaments. Promote through school & student festivals.



Поволжский
государственный
университет
физической культуры,
спорта и туризма



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: TONY.MARTIN@UDST.EDU.QA**Name of the project**

Two 1 hour Weekly Common Lunch Breaks

**Domain**

Healthy Campus management

**Criteria**

#27 The university shall plan and carry out at least weekly activities related to one or several Healthy Campus domains.

**Keywords**

Common Lunch Breaks, Community Engagement, Healthy Campus Events

**Target & Stakeholders**

UDST Campus Population

**Time & Frame**

Weekly, every Monday and Wednesday from 1:00–2:00 PM

**Team & Staff**

UDST Student Affairs Team

**Description**

UDST schedules two 1-hour weekly common lunch breaks to provide opportunities for the campus community to engage in activities across various healthy campus domains, promoting wellness, skill development, and social interaction.

**Main Goals**

Create dedicated common time-slots for healthy campus activities. Foster a sense of community and engagement among students and staff. Enhance awareness and participation in healthy campus initiatives.

**Motivation & Vision**

Create opportunities for hosting campus wide activities. Encourage interaction and collaboration among students and staff. Integrate wellness and personal growth into the campus culture.

**Evaluation**

Attendance and participation rates in activities. Feedback from participants on the quality and relevance of activities. Measuring the awareness and engagement among the campus population.

**Lessons Learned**

Scheduled breaks encourage higher participation in campus wide activities. Student centric activities are key to maintaining interest (UDST Fun Olympics). Community bonding improves when activities align with shared interests and goals (Intramurals).

**Recommendations**

Expand the range of activities offered during lunch breaks to include diverse wellness domains. Increase promotion to ensure all stakeholders are aware of the events. Monitor and evaluate the long-term impact of these breaks on campus well-being.

Opening Ceremonies
for Fun Olympics Team EgyptFemale Tug-O-War Event
Team IndiaEvent Closing with the President
and VIP guests

UNIVERSITY OF ST.GALLEN

WEBSITE [HTTPS://WWW.UNISG.CH/](https://www.unisg.ch/) CONTACT UNIVERSITY SPORTS DEPARTMENT**Name of the project**

Everyday University life

**Domain**

Healthy Campus management

**Criteria**

#27 The university shall plan and carry out at least weekly activities related to one or several Healthy Campus domains

**Keywords**

Healthy campus, sports, nutrition, sustainability, mental health, campus community, Healthy Campus

**Target & Stakeholders**

Campus community

**Time & Frame**

Daily

**Team & Staff**

Unisport, counselling services, cafeteria, student clubs

**Description**

At the University of St. Gallen, we have daily activities relating to the various Healthy Campus Domains. These consist of a multitude of sports activities, healthy food choices, and frequent events regarding sustainability or mental health.

**Main Goals**

The main goal is to promote a healthy and balanced lifestyle amongst the campus community and to increase awareness for the Healthy Campus pillars. Through this, the University is encouraging students to take part in building a sustainable future.

**Motivation & Vision**

One of the principles of the University of St. Gallen's is to make use of our social, economic and natural resources in a sustainable way, starting in our daily lives.

**Evaluation**

The University of St. Gallen has always had a lot of sports activities. In recent years, the University has expanded its focus on activities relating to sustainability and mental health topics. These events promote a healthy learning environment.

**Lessons Learned**

Members of the campus community are keen to take part in activities relating to Healthy Campus pillars. By providing enough activities, the University can ensure that all students are given the opportunity to participate and make their voices heard.

**Recommendations**

These daily activities are organized by various University departments and committees as well as student clubs. Student involvement and initiative is necessary to ensure that these events are successful and to evoke change.

**mental health days program**

Mental Health Days promoted on social media



TRX class as one of the daily sports activities



Student Involvement through Sustainability clubs



**Name of the project**

EHL SportsCenter

**Domain**

Healthy Campus management

**Criteria**

#28 The university proposes a minimum number of free of charge activities or at an affordable price for each area of the Healthy Campus scope

**Keywords**

Sport, fitness, campus facility

**Target & Stakeholders**

Students & staff

**Time & Frame**

All year round

**Team & Staff**

Sport team, externals

**Description**

EHL's campus boasts a new SportsCenter and outdoor facilities, providing free access to over 30 sports and activities. The amenities include a pool, multi-sport halls, tennis and padel courts, fitness, and a wellness space with saunas and cold bath.

**Main Goals**

The programme supports EHL's philosophy of balancing hard work and pleasure. It aims to foster well-being, teamwork, and community spirit while providing opportunities for competitive and recreational sports. Sport committees are encouraged and funded.

**Motivation & Vision**

The vision is to maintain a vibrant, health-focused campus culture. By offering cutting-edge facilities and diverse activities, EHL seeks to enhance the quality of life for its students and staff while promoting sustainable practices.

**Evaluation**

Success is measured through participation rates, feedback from users, and the integration of sports into campus life. The variety of options, including group classes and individual training, ensures inclusivity and wide engagement.

**Lessons Learned**

Students develop skills such as resilience, leadership, and collaboration through sports. By engaging in activities like yoga, futsal, or tennis, they cultivate habits that support long-term physical and mental well-being.

**Recommendations**

To enhance participation, optimize resource use, and improve overall satisfaction with sports and well-being activities, we recommend :

- Promoting Activities & Facilities on campus and on other channels,
- Tracking and analysing attendance trends to optimize schedules,
- Conducting periodic surveys to assess participant satisfaction and identify areas for improvement.

KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT KCL.AC.UK/SPORT EMAIL KINGSSPORT@KCL.AC.UK**Name of the project**King's College London |
King's Sport BeActive**Domain**

All domains of Healthy Campus

**Criteria**

#28 The university proposes a minimum number of free of charge activities or at an affordable price for each area of the Healthy Campus scope.

**Keywords**

Physical Activity, Social Sport & Wellness

**Target & Stakeholders**

University Students

**Time & Frame**Throughout the academic year
September - June**Team & Staff**

King's Sport, King's Residences & Academic Partners

**Description**

We provide a number of free initiatives for our community to stay active and well, via digital technology and at our Sport & Wellness Clinic and Gyms. All students living in King's Residences have access to our BeActive programme and Halls Gyms.

**Main Goals**

Reduce barriers to sport and physical activity whilst improving the wellness of the King's Community. Our aim is to make activity inclusive and accessible, taking place close to where our students and trying to enable an optimal state of health.

**Motivation & Vision**

Aiming to work in collaboration with partners across the University, to contribute to the education and extra-curricular experience through co-creation. To encourage active lives by reducing barriers of time, cost and location in accessing services.

**Evaluation**

Annually, we have over 9,000 active members of our community through the King's Move platform. 60%+ of our Halls students are active via Halls Gyms each month. As well as 300+ attendances to our Wellness clinic in the first few months of launching.

**Lessons Learned**

King's has over 40% international students, living across 11 residences so providing the right activities to the right students can be a challenge. We aim to use data and insight to inform what works, as well as receiving constant feedback

**Recommendations**

Try to put activity at the heart of where your community is, and aim to build financially sustainable models of activity that enables activities to be free to the community. Supported via a digital and hybrid approach to extend reach and flexibility.

*Students taking part in yoga on campus.**Rave Run, the sights on London through activity.*

UNIVERSITY OF PORTO

WEBSITE CDUP.UP.PT CONTACT PERSON CATARINA SAMPAIO EMAIL CATARINA.SAMPAIO@CDUP.UP.PT

**Name of the project**

Get your ball and be active

**Domain**

Healthy Campus management

**Criteria**

#28 The university proposes a minimum number of free of charge activities or at an affordable price for each area of the Healthy Campus scope.

**Keywords**

University Sport, Physical Activity, Good Health and Well-Being, Reduce Inequalities, University Students, Outdoor Activities, Free Use, Covid19.

**Target & Stakeholders**

University Students

**Time & Frame**

All year. Since September 2020, from 9am to 5 pm

**Team & Staff**

U.Porto Sport Center

**Description**

With the opening of the renovated University Stadium, launched a campaign for free use of outdoor spaces. U.Porto are invited to use the outdoor fields (football 11, football 7 and football 5) freely, just have to join a group of friends, bring a ball and use the facilities between 9 am and 5 pm.

**Main Goals**

Promote physical activity without major restrictions or regulations in which the rules of the game are defined by the participants; Make the renovated university stadium known as the new home of sport.

**Motivation & Vision**

Present the university sports facilities to all students as this will help them be active during the Covid-19 pandemic.

**Evaluation**

Positive impact despite the restrictions on COVID. Students have joined the initiative well and are already organising themselves in groups to come and play. The evaluation is made by the number of users separated from those already registered in previous activities and new users.

**Lessons Learned**

It is important to give space to students to be able to decide without stricter timetable constraints and compliance with strict rules for informal sporting practice.

**Recommendations**

Carry out a good promotional campaign. This activity was designed for a special period of restrictions, but constituting itself as a success it will continue for the future, taking advantage of hours of less use of indoor and outdoor sports facilities.

U.PORTO



University Stadium,
University of Porto.



Ball in hand free use participants.



Rectory University of Porto,
Praça dos Leões, Porto.



EHL HOSPITALITY BUSINESS SCHOOL SA - LAUSANNE

WEBSITE WWW.EHL.EDU CONTACT [COMMUNICATION/GOVERNANCE & ACCREDITATIONS](#)**Name of the project**

Global Student Satisfaction Surveys

**Domain**

Healthy Campus management

**Criteria**

#29 The university carries out, in a periodic review, an evaluation of the adequacy of the management and operations of the Healthy Campus approach and the ach...

**Keywords**

Survey, satisfaction, feedback, students, wellbeing, engagement

**Target & Stakeholders**

Students, Academic Services, Student Affairs, Sustainability

**Time & Frame**

Conducted annually / biannually, with continuous analysis

**Team & Staff**

Student Affairs, Communication

**Description**

A set of global surveys designed to collect structured feedback on student experience, wellbeing, inclusion, and campus life. These surveys provide a comprehensive overview of existing programmes and services across the Healthy Campus scope.

**Main Goals**

- Identify existing programmes and services
- Understand student needs and expectations
- Support data-driven decision-making

**Motivation & Vision**

In line with mission of PoliTo Sporty Campus to make sport an element of unity and cohesion for the community, the project is a symbol of openness and dialogue with the needs of the campus community for health, well-being, and social inclusion

**Evaluation**

Survey response rates, satisfaction scores, and trend analysis across key themes

**Lessons Learned**

Highlighted the importance of centralising information, improving visibility of services, and aligning initiatives with student expectations.

**Recommendations**

- Strengthen communication of existing resources
- Improve coordination across departments
- Use survey insights to prioritise future actions



Intranet Page



Surveys overview



CEO words: Why are surveys important?



UNIVERSITY OF COIMBRA

WEBSITE [HTTPS://WWW.UC.PT/](https://www.uc.pt/) CONTACT [HTTPS://WWW.UC.PT/HEALTHYCAMPUSUC/](https://www.uc.pt/healthycampusuc/) EMAIL FILIPA.GODINHO@UC.PT**Name of the project**

Healthy Campus Multidisciplinary Team, Reports and Surveys

**Domain**

All domains of Healthy Campus

**Criteria**

#30 The university monitors participation in the Healthy Campus and related programmes and activities. At least, participant numbers from the campus community in activities, organised events, workshops, conferences, seminars and/or trainings; how often they are carried out (frequency); number of internal and external stakeholders involved.

**Keywords**

Multidisciplinary team, monitoring, strategy, implementation and improvement of measures

**Target & Stakeholders**

Academic Community

**Time & Frame**

Throughout the academic year September - June

**Team & Staff**

UC Multidisciplinary Team

**Description**

The university uses monitoring and evaluation tools such as strategic plans and account reports. In the scope of health services, mental health and nutrition there is a focus on interviews and questionnaires and in the scope of physical activity and sport a platform and an APP is used for registration, monitoring and evaluation making the process simpler and more precise. In the scope of sustainability, we use specific tools that report the production of green energy and CO2 reduction per year.

**Main Goals**

Establish a long-term plan that envisions actions focused on the Healthy Campus scope. Promote SDG's and the development of monitoring, evaluation and reporting tools.

**Motivation & Vision**

Promote the cohesion of the campus and academic community by keeping it more active and healthier. Promotes and develop methodologies that allow the monitoring of the participants, as well as the effect that results from the implemented actions.

**Evaluation**

The fact that we have a team focused on developing and monitoring the measures associated with the Healthy Campus, allows a faster and more efficient development of the plan outlined for the project, as well as the constant monitoring of actions.

**Lessons Learned**

It is important to build a team with defined goals and a specific work plan to ensure the success of the project and for each implemented action define a monitoring methodology.

**Recommendations**

Involvement of Human Resources working on the fields of the Healthy Campus project and promote the identification and promote the constant search for new initiatives and innovative and attractive strategies based on the different target audiences.

UNIVERSIDADE D
COIMBRA

Strategic and Action Plan 2020-2022



Areas of operation



Activity carried out under the project action plan



ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Feedback as resource for planning

**Domain**

Healthy Campus management

**Criteria**

#31 The university evaluates the satisfaction of the campus community regarding the Healthy Campus approach and responds to the suggestions or remarks.

**Keywords**

Physical activity and well-being, Involvement, Feedback, Ideas

**Target & Stakeholders**

University community

**Time & Frame**

At the end of the academic year or after activities

**Team & Staff**

The Department of Education, the leaders of HC programme

**Description**

The satisfaction of first year students, graduates, and staff is assessed regularly. We conducted a survey on some of the Healthy Campus topics in spring and used the responses and comments as the basis for improvements and actions in autumn.

**Main Goals**

Collect feedback and put it into use to allow the community benefit most from Healthy Campus programme.

**Motivation & Vision**

Our regular feedback system provides some understanding about the community's reception of HC but we wanted to add specific questions and ask for their opinion. Feedback is used as the source of ideas for changes and new actions.

**Evaluation**

About 10% of students and 20% of staff responded to the survey. Useful information from feedback – popular topics and campaigns to continue with, new ideas. From feedback to action – 1 article in EASS journal, at least 4 new projects or activities.

**Lessons Learned**

If you plan collecting feedback regularly, and share the results afterwards, it is easier to make decisions about future steps.

**Recommendations**

Involve management. Asking for the community's opinions and ideas provides you with the feedback that helps you to explain what changes have been made and what activities have been organised.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

New leisure opportunities in the EASS park



Estonian top athlete's nutrition lecture



Training with top athlete who is student of EASS



KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT KCL.AC.UK/SPORT EMAIL KINGSSPORT@KCL.AC.UK**Name of the project**

King's College London|
King's Sport | Quest Accreditation

**Domain**

Healthy Campus management

**Criteria**

#32 The university is involved in at least one national or international networks of universities that propose benchmarking tools to evaluate their own functioning and compare it to others.

**Keywords**

Audit, Health & Safety, Customer Experience, Compliance, Facility Management

**Target & Stakeholders**

Student, Staff and Local Community

**Time & Frame**

Annual audits, usually held in the Summer

**Team & Staff**

King's Sport, Estates & Facilities, Quest

**Description**

Quest is a UK quality scheme for sport and leisure. It continues to be the Sport England recommended Continuous Improvement Tool for facilities and sports development teams, to measure how effective organisations are at providing customer service.

**Main Goals**

Aimed at comparing across the sector in the UK, there are a number of bandings that serve as best practice, with audits covering: Customer Service Excellence, Compliance.

**Motivation & Vision**

Our aim is to deliver trusted, responsive and reliable services that enable the King's community to make the world a better place. Quest enables us to provide world class facilities with inclusive environments at an exceptional institution.

**Evaluation**

This year, King's received 'Excellent' for their recovery to COVID 19 - putting us at the top of the bandings. Each year, an auditor will visit the facilities to re-assess the experience and future direction of the department.

**Lessons Learned**

In future, we will be looking to undertake the 2day assessment, which combines a number of other industry accreditations. Additionally, we will be looking at international best practice to continuously improve.

**Recommendations**

The initial assessment can be quite daunting, however, to implement a culture of continuous improvement, the initial audits provide a basis to start from and begin working towards your desired banding of accreditation.



Quest Accreditation



King's Sport - Strand Gym



King's Sport - Honour Oak Park



UNIVERSITY OF MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT](https://en.unimib.it) CONTACT : PROF. MATTEO COLLEONI - MATTEO.COLLEONI@UNIMIB.IT

 Name of the project Sustainability Report	 Description Bicocca periodically compiles a sustainability report. The 2024 edition is in line with the standards issued by the network of sustainable Universities (RUS), that contain a list of indicators that simplify comparison among institutions.	 Evaluation Every chapter of the report contains measurable indicators that describe the performance of the university, and that allow temporal comparison within the university and spatial comparisons with other institutions.
 Domain Healthy Campus management		
 Criteria #32 The university is involved in at least one national or international networks of universities that propose benchmarking tools to evaluate their own functioning and compare it to others	 Main Goals Describing the mission and the accomplishments of the university in the fields teaching, research, public engagement, human resources and social justice, environmental resources and economic resources, using standard indicators connected with SDGs.	 Lessons Learned This experience saw a wide collaboration among departments, and it built a lasting network among all subjects working on different pillars of sustainability, both from the management and from the teaching and research point of view.
 Keywords Sustainability indicators, benchmarking, multidisciplinary committee		
 Target & Stakeholders Students, workers, public and private institutions, citizens	 Motivation & Vision The report is aimed at monitoring the indicators that characterize the university performance in all the fields of sustainability, as well as at informing all stakeholders about ameliorating actions and plans undertaken by the institution.	
 Time & Frame 3 rd edition since 2020		
 Team & Staff BASE Committee, Sustainability management area, RUS		 Recommendations We recommend building a committee enclosing expert representatives from each sustainability area, in order to simplify data collection about actions and indicators.

TARTU HEALTH CARE COLLEGE

WEBSITE [HTTPS://WWW.NOORUSE.EE/ET](https://www.nooruse.ee/et) CONTACT JAANIKANIINEPUU@NOORUSE.EE**Name of the project**

Healthy Campus scope action plan

**Domain**

Healthy Campus management

**Criteria**

#33 The university updates annually the list of activities/programmes and evaluates if they are still adapted to the campus community's needs and if they cover the Healthy Campus scope

**Keywords**

Sport, nutrition, disease prevention, environment, mental and social health

**Target & Stakeholders**

Tartu Health Care College students and staff

**Time & Frame**

All year around

**Team & Staff**

Student representatives, college management

**Description**

Students and college representatives meet once a year to discuss the Healthy Campus approach. The purpose of the meeting is to discuss activities related to student welfare, for example, what kind of events can be organised.

**Main Goals**

The aim is to provide students with relevant information material and to organise events of interest to them. Matters that are simple for the institution, but important for the students, have also been resolved through joint discussions.

**Motivation & Vision**

Involve as many members of the community as possible, as they can all benefit from a Healthy Campus. The discussion leads to an action plan, which is then evaluated by the university management, including funding.

**Evaluation**

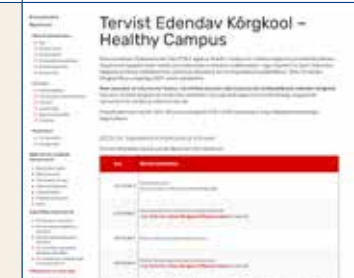
The action plan with the planned activities is visible to everyone and is published on the university's website.

**Lessons Learned**

Students' interests and needs may also change as a result of wider societal events (e.g. energy crisis). As a result, student representatives and the college management need to be flexible and make changes to previous plans if necessary.

**Recommendations**

It is important to involve all parties, not just in a meeting, but to allow input through different channels, including social media.



The action plan is on the college website



Feedback form for students and employees

UNIVERSITY OF CALGARY

WEBSITE WWW.UCALGARY.CA CONTACT CDGORDON@UCALGARY.CA**Name of the project**

Student Experience Survey

**Domain**

Healthy Campus management

**Criteria**

#33 The university updates annually the list of activities/programmes and evaluates if they are still adapted to the campus community's needs and if they cover the Healthy Campus scope

**Keywords**

Program evaluation, data collection, student perspective

**Target & Stakeholders**

Students and staff

**Time & Frame**

Year-round

**Team & Staff**

Active Living

**Description**

Active Living shows how, through data collection methods such as the Student Experience Survey, the university tracks the approval of different programs to evaluate their use and relevance to the dynamic needs of the campus community.

**Main Goals**

To assess the utility of activities and programs offered by university services to align them with the desires of the student body.

**Motivation & Vision**

To make data-informed decisions on Active Living spaces and resources by gauging student awareness and perceived importance of these Active Living functions.

**Evaluation**

Active Living has routinely used survey data to decide on matters such as changes in resource allocation and the expansion and creation of various programs offered to both the students and staff as well as visitors of the campus community.

**Lessons Learned**

It is beneficial to use program evaluation data to elucidate the efficacy of different services. For instance, the Student Experience Survey 2023 data highlighted that 82% of respondents saw value in the Outdoor Centre programs and rentals on campus.

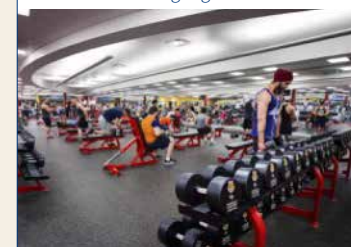
**Recommendations**

The Active Living model shows that adapting a program monitoring strategy has the potential to create a healthy student experience, offering programs in line with the results of a comprehensive and targeted needs assessment.

UNIVERSITY OF
CALGARY

COMMUNITY SURVEY HIGHLIGHTS

Active Living Strategic Plan Survey Highlights



Active Living Fitness Centre



Active Living Personal Trainer



Physical activity and sport

POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT PAFE@IPLEIRIA.PT & DESPORTO@IPLEIRIA.PT**Name of the project**

PAFE® - Programa de Atividade Física para estudantes do Politécnico de Leiria (Physical Activity Programme for Polytechnic of Leiria Students)

**Domain**

Physical activity and sport

**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.

**Keywords**

Physical activity, Well-being, Health promotion, Students.

**Target & Stakeholders**

Polytechnic of Leiria students

**Time & Frame**

All academic year, all working days

**Team & Staff**

PLeiria's Social Services and ESECS' Human Kinetics section

**Description**

PAFE® - Physical Activity Programme for Students of the Polytechnic of Leiria is a programme based on exercise and physical activity. It offers structured physical activity on a daily basis to all Polytechnic of Leiria's students.

**Main Goals**

Its objectives are: 1 - to increase and maintain students' physical activity levels, following recommendations of the WHO and 2 - to provide students with the occupation of leisure time, through the practice of regular structured physical activity.

**Motivation & Vision**

PAFE® aims to respond to an unfortunately increasingly common problem in society: sedentary lifestyle.

**Evaluation**

The evaluation is frankly positive. The quantitative assessment is also positive, with all of its regular participants improving their Physical Fitness. With the restrictions associated with COVID-19, there was a slight decrease in participants.

**Lessons Learned**

Physical Activity is a powerful tool for achieving better health and quality of life. An active lifestyle is associated with improvements in academic achievements.

**Recommendations**

The communication with the students must be improved, so that PAFE® can have more participants. The importance of an active lifestyle should be more valued by students, teachers and employees of the Polytechnic of Leiria.



Ano letivo 2020/2021
PROGRAMA DE ATIVIDADES
Escola Superior de Educação e Ciências

**Inscribe-te através
do e-mail de
estudante
GRATUITO**

Inscreve-te nas atividades 1.ª semana - Início a 2 de novembro

Inscreve-te	1.ª semana	2.ª semana	3.ª semana	4.ª semana	5.ª semana
Inscreve-te	1.ª semana	2.ª semana	3.ª semana	4.ª semana	5.ª semana



Physical Activity Prog. for Students
(PAFE) Poster



PAFE's disclosure on FB
of Polytechnic of Leiria



UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON TIBOR PÖSZMET – POSZMET.TIBOR@SPORT.UNIDEB.HU**Name of the project**

Improving sport activity based on students needs

**Domain**

Physical activity and sport

**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community

**Keywords**

Questionnaire, first year students

**Target & Stakeholders**

First year students

**Time & Frame**

Every year at the start of the semester

**Team & Staff**

Institute of Sport Sciences, students

**Description**

University evaluates the needs of their students every year at the beginning of the year by a questionnaire (in Hungarian and in English), then the results are evaluated, and university improves their sport life based on the results.

**Main Goals**

Learning and understanding students needs to adjust and improve sport activity at the Campus area.

**Motivation & Vision**

Sport and sport activity is very important for the University therefore they develop tools and methods to improve its facilities and sport activities to involve more and more people in doing physical activities in the Campus.

**Evaluation**

In 2022, 340 first year student filled in the questionnaires, and in the past years about 10 new sports were introduced in the Campus, E-sports, dance, darts, international sports day, bowling, hiking club.

**Lessons Learned**

More people can be involved in sport activities in a Campus, if we consider students' needs and follow the recent trends.

**Recommendations**

Start to collect students needs in terms of sports and physical activities to develop a questionnaire and after analysis of the results take steps for further improvements.



UNIVERSITY of DEBRECEN



Paraspports day in the University of Debrecen



DEAC Sport Field



International sports day in the University



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT PAFE@IPLEIRIA.PT & DESPORTO@IPLEIRIA.PT**Name of the project**

PAFE® - Programa de Atividade Física para estudantes do Politécnico de Leiria (Physical Activity Programme for Polytechnic of Leiria Students)

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**Keywords**

Physical activity, Well-being, Health promotion, Students.

**Target & Stakeholders**

Polytechnic of Leiria students

**Time & Frame**

All academic year, all working days

**Team & Staff**

PLeiria's Social Services and ESECS' Human Kinetics section

**Description**

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**Lessons Learned**

Physical Activity is a powerful tool for achieving better health and quality of life. An active lifestyle is associated with improvements in academic achievements.

**Recommendations**

The communication with the students must be improved, so that PAFE® can have more participants. The importance of an active lifestyle should be more valued by students, teachers and employees of the Polytechnic of Leiria.



Ano letivo 2020/2021
PROGRAMA DE ATIVIDADES
Escola Superior de Educação e Ciências

**Inscribe-te através
do e-mail de
estudante
GRATUITO**

Inscreve-te nas atividades 1.ª semana - Início a 2 de novembro

Inscreve-te	Inscreve-te	Inscreve-te	Inscreve-te	Inscreve-te	Inscreve-te
1.ª	2.ª	3.ª	4.ª	5.ª	6.ª
10:00 - 11:00	11:00 - 12:00	13:00 - 14:00	15:00 - 16:00	17:00 - 18:00	19:00 - 20:00
inscreve-te	inscreve-te	inscreve-te	inscreve-te	inscreve-te	inscreve-te



Physical Activity Prog. for Students
(PAFE) Poster



PAFE's disclosure on FB
of Polytechnic of Leiria



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT TEAMSURREY.CO.UK – INFO@TEAMSURREY.CO.UK**Name of the project**

University of Surrey Student Sport Offering

**Domain**

Physical activity and sport

**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community

**Keywords**

Move | Play | Perform. Wellbeing. Health. Competition.

**Target & Stakeholders**

University of Surrey students

**Time & Frame**

All year round, some programmes limited to term-time

**Team & Staff**

Team Surrey, Sport Delivery, Operations, Client Services

**Description**

The Sport and Physical Activity programme provides activities across the entire participation to performance pathway. Key programmes include memberships, SurreyMoves+ app, PlaySport, ClubSport, and high-performance scholarships/ support.

**Main Goals**

1. Engage 10,000 students in Team Surrey activities.
2. Improve student health and wellbeing through increased physical activity levels.
3. Provide enjoyable, social and learning opportunities.
4. Attract and develop high-performance talent.

**Motivation & Vision**

To support, educate, and inspire people to live a more active and healthier lifestyle by creating opportunities for everyone to start, stay and/or excel in sport and physical activity.

**Evaluation**

KPIs centre around student engagement and participation figures, student experience feedback scores, and BUCS and (inter)national results.

**Lessons Learned**

Aligning student focused programmes and events to the Team Surrey "Move | Play | Perform" tagline helps better communicate with and engage students to bespoke aspects of the programme.

**Recommendations**

Appropriate activities - and effective communication - is needed to facilitate the entry of 'non-engagers' or 'avoiders' into sport and physical activity programme.



SurreyMoves+ Colour Run



PlaySport Hockey Session



Dual Career Programme athletes

PEKING UNIVERSITY

WEBSITE PKU.EDU.CN CONTACT PERSON HE ZHONGHUI EMAIL HEALTHYCAMPUS@PKU.EDU.CN

**Name of the project**

Night Run

**Domain**

Physical activity and sport

**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.

**Keywords**

University Sport, Physical Activity, Good Health and Well-being, Sustainable Cities and Communities, University Students, Outdoor Activities, Running

**Target & Stakeholders**

University Students

**Time & Frame**

Tuesday and Thursday every semester. Since 2014, from 9 pm to 10 pm

**Team & Staff**

Department of PE, PKU

**Description**

Night Run happens on the May 4th Playground twice a week and lasts for an hour per time. Students run in the company of music coming from outdoor speakers. The playlists under specific themes are decided through online voting by students. This event is held around 40 times every year, with more than 1500 participants each time. In the fall semester of 2020, the number of participants reached 23811.

**Main Goals**

Attract students to participate in physical activities on their own initiative through abundant and active forms; Let students enjoy exercising; Make physical exercise a habit of them; Help them develop perseverance; Promote students' health and well-being.

**Motivation & Vision**

Make interest the trigger for students to participate in physical activities more actively and enjoy sports.

**Evaluation**

The evaluation is based on the number of participants in Night Run and extracurricular exercise. By choosing themes, picking playlists and managing activities on their own, Night Run, which emphasizes self-education, has made running on the playground a joint expectation for students and received positive responses from students.

**Lessons Learned**

It is beneficial to provide students with opportunities to exercise regularly in a proper way through a well-organised activity.

**Recommendations**

Helping students develop the habit of physical exercise calls for regular, interesting and attractive activities organised by the sports department of the university. Night Run, which has been held for 6 years, has become a key event of PKU sports and will be carried into the future.

May 4th Playground

Night Run



Night Run



WEBSITE [HTTPS://WWW.UWA.EDU.AU/](https://www.uwa.edu.au/)**Name of the project**

UWA Sport Inclusive Sport Framework

**Domain**

Physical activity and sport

**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.

**Keywords**

Inclusion Framework Community

**Target & Stakeholders**

All students and participants in all services

**Time & Frame**

Ongoing

**Team & Staff**

UWA Sport, University Sporting Clubs, Student Life

**Description**

At UWA Sport we want to contribute positively to our student's journey by meeting their individual needs, pursuits and backgrounds. We are committed to providing everyone at UWA equality of opportunity, experience and outcome.

**Main Goals**

Our focus is on fostering an environment that welcomes, accepts, sees and embraces the diversity of our UWA community. The Inclusive Sport Framework focuses on advancing diversity and inclusivity in sport via long-term cultural change.

**Motivation & Vision**

Sport is an avenue whereby all individuals can come together to build social cohesion and improve their health and well-being. We foster an environment that welcomes, accepts and embraces the diversity of our community across all services.

**Evaluation**

The framework has underpinned an increase in offering of services to priority populations. A number of sporting clubs have engaged in diversity and inclusion reviews. UWA Sport expectations of venue use by clubs has prioritised equity focus of groups.

**Lessons Learned**

Clubs and students want to impact and achieve greater inclusion and diversity, the support to do so is welcomed when offered. Peer to Peer and co-design efforts have been most impactful. Dedicated resource is important.

**Recommendations**

A clear statement of intent and focus is important for tangible improvement and progress. Student engagement and 'champions' of inclusion and diversity bridge a gap for student groups. Third party collaboration amplifies both parties aims.



Mixed sport event of residential college students



Our framework

UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT TEAMSURREY.CO.UK – INFO@TEAMSURREY.CO.UK**Name of the project**

Surrey Sports Park Strategy and Team Surrey Delivery Plan

**Domain**

Physical activity and sport

**Criteria**

#35 The university shall determine its own vision, mission and values of physical activity and sport service

**Keywords**

Strategy. Delivery Plan. Sport and Physical Activity.

**Target & Stakeholders**

Staff, students, partners, and local community.

**Time & Frame**

Annually delivered to meet 2023-2028 Strategy

**Team & Staff**

SSP Leadership and Management teams. Team Surrey staff

**Description**

SSP has a strategy to support, educate, and inspire everyone (students, staff, local community) to be more active. To achieve this, each internal department has a Delivery Plan which contributes to the central objectives.

**Main Goals**

1. Enhance student and staff experience using sport and physical activity.
2. Enhance partner relations.
3. Enhance the University reputation.

**Motivation & Vision**

SSP: To transform peoples lives through sport and physical activity. Team Surrey: To use sport and physical activity to improve holistic health, generate social impact, create enjoyable experiences, and enhance sporting performance.

**Evaluation**

This new strategy comes into effect at the start of 2023-24 academic year following on from the successes on this previous year, notably, 35% increase in student engagement.

**Lessons Learned**

Bringing together stakeholders from the university, SSP leadership team, and department managers has ensured that the strategy is ambitious, whilst achievable.

**Recommendations**

To provide clear direction for SSP departments, facilitating collaborative working and decision making to achieve the collective targets.



SSP Support, Educate, Inspire



Team Surrey Move, Play, Perform Pathway

KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT KCL.AC.UK/SPORT EMAIL KINGSSPORT@KCL.AC.UK**Name of the project**King's College London |
King's Sport | Delivery Plan**Domain**

Physical activity and sport

**Criteria**#35 The university shall
determine its own vision,
mission and values of physical
activity and sport service.**Keywords**Sport & Physical Activity,
Well-being, Gyms, Sports
Grounds, Digital Innovation,
Removing Barriers**Target & Stakeholders**Students, Staff and
our Community**Time & Frame**Annually, with our ambition
delivered from 2017 - 2021**Team & Staff**

King's Sport Team

**Description**The King's Sport Delivery Plan
is developed annually in pursuit
of being the Most Active
University in London. Putting
our community at the heart
of our decisions through
co-creation, aligned to our
University Vision to Make
the World a Better Place.**Main Goals**Increase engagement in sport
and physical activity. Deliver
world class, transformative
experiences & services. Support
the university's vision 2029
ambitions.**Motivation & Vision**To be the Most Active University
in London by 2021 and Most
Active Capital City by 2029
- delivered through reducing
barriers to sport and physical
activity in time, cost and
location.**Evaluation**We have seen growth in
engagement to over 40% of our
university community. Aligned to
Sport England metrics, with over
65% deemed active. We also
measure outcomes aligned to
social and mental wellness and
individual aspiration.**Lessons Learned**Over the course of the
implementation, we have
continued to use business
intelligence and insight as key
drivers in the pursuit of our
ambition. Being spread over 5
campuses in Central London,
digital innovation has been
pivotal in reducing barriers.**Recommendations**To set a clear and compelling
direction for strategic growth,
the guides all decision-making.
Co-created with community,
identifying ways to build
sustainable programmes,
services & facilities to improve
the lives of those that take part
in services.*The Great King's Run**King's Sport Academy Launch**Rave Run*

POLITECNICO DI TORINO

WEBSITE WWW.POLITO.IT CONTACT POLITO-CULTURE, SPORT, EVENTS DIVISION (ARIA)**Name of the project**

PoliTo Sporty Campus
Multifunctional Sports Court

**Domain**

Physical activity and sport

**Criteria**

#35 The university shall determine its own vision, mission and values of physical activity and sport service.

**Keywords**

Community engagement, healthy lifestyles, physical and mental well-being, inclusion, sport

**Target & Stakeholders**

Academic community (students, staff, faculty) of PoliTo

**Time & Frame**

Inauguration Day June,
10 days Sept-Oct 2025
1 week Nov 2025

**Team & Staff**

PoliTo Culture, Sport,
Event Division (ARIA)

**Description**

The historic heart of the Engineering Campus hosted PoliTo Multifunctional Sports Court: a flexible and temporary structure that transforms the academic spaces into spaces for social interaction, inclusion and intercultural exchange through sports

**Main Goals**

- Make academic spaces more adaptable, hosting sports activities for intergenerational communication.
- Foster social cohesion and inclusion, accessibility and intercultural exchange.
- Promote healthy lifestyles and regular physical activity.

**Motivation & Vision**

In line with mission of PoliTo Sporty Campus to make sport an element of unity and cohesion for the community, the project is a symbol of openness and dialogue with the needs of the campus community for health, well-being, and social inclusion

**Evaluation**

Students were invited to complete a survey to assess their well-being and satisfaction related to sports events on campus, asking if they regularly practiced sports, and if they perceived sport as supporting element for personal and academic growth

**Lessons Learned**

The project goes beyond promoting sports practice: as an itinerant and temporary facility, it fosters social interaction, integration, and cultural exchange, while also encouraging intergenerational exchange within the academic community

**Recommendations**

- Extend the presence of the Multifunctional Sport Court during orientation programs.
- Enhance collaboration with student associations.
- Promote well-being assessments to ensure the facility remains responsive to the evolving needs of the community



Politecnico di Torino



*PoliTo Sporty Campus
Inauguration Day in June*



*The week of Sports Day
in October 2025*



*ATP Finals Week@Polito event
in November 2025*



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE [HTTPS://WWW.UDST.EDU.QA](https://www.udst.edu.qa) CONTACT S&W - UDST.WELLNESS@CNA-QATAR.EDU.QA UDST.EDU.QA**Name of the project**

Budget for Sport and Wellness

**Domain**

Physical activity and sport

**Criteria**

#36 The university shall provide a specific budget for physical activity and sport sector.

**Keywords**

Yearly Budget, Revenue Generation, Alternate Strategies to mitigate budget demands

**Target & Stakeholders**

Students, Faculty/Staff, external community

**Time & Frame**

Annual Fiscal

**Team & Staff**

HR, Student Affairs, Finance and Facilities

**Description**

S&W activities funded through two separate budgeting frameworks. A regular operating budget and a budget based on revenues generated by S&W which allows for flexibility in addressing operational needs and address inconsistencies of the marketplace.

**Main Goals**

To maximize the resources available to operate S&W programming and to augment programming and offerings of student affairs and other University priorities also to maintain flexibility while ensuring sustainability of the S&W operation.

**Motivation & Vision**

To deal with the on-going operational expenses while utilizing the flexibility of the second budget to ensure sufficient human resources and to create student employment opportunities.

**Evaluation**

The budget analysis is done weekly and monthly with updated forecasts. Anomalies are investigated to determine trends and patterns.

**Lessons Learned**

The state funds the operations of S&W services to students. The cost of generating rental and service revenues is appropriately charged against those revenues and not included in the regular operating budget. Thereby providing required flexibility.

**Recommendations**

To engage community, facility and service resources can be a great driver. The lesson is that this does not have to impact current operations as revenues can be secured in non-traditional operating hours. A balanced approach works!



جامعة الدوحة
UNIVERSITY OF DOHA
FOR SCIENCE & TECHNOLOGY



Internal Sport Tournaments



Community Events



Sport Camps and Academies



UNIVERSITY OF MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT](https://en.unimib.it) CONTACT : ANGELO PISANO - ANGELO.PISANO@CUSBICOCCA.IT**Name of the project**

CUS Communication Plan

**Domain**

Physical activity and sport

**Criteria**

#37 The university shall establish a marketing plan for physical activity and sport

**Keywords**

Brand Identity, coordinated image, social media presence

**Target & Stakeholders**

Students

**Time & Frame**

Once a year

**Team & Staff**

Center for University Sport(CUS), University Sport Committee

**Description**

Every year, CUS Bicocca presents a marketing plan for its activities, with details on brand identity, coordinated image, and plans to promote physical activity and sports on its website and social media profiles.

**Main Goals**

The strategy is aimed at creating a clear and recognizable image of CUS Bicocca, to draw attention to sport and physical activities organized by Bicocca University both on the sports fields and outside of them.

**Motivation & Vision**

The yearly marketing plan allows to set goals and to routinely monitor areas where communication is lacking. In the long-term, this strategy will allow to reach the student community more efficiently, fostering participation to CUS activities.

**Evaluation**

The impact of the marketing activities is measured by tracing accesses and visualizations of the website and social media profile, as well as monitoring the number of participants to CUS activities.

**Lessons Learned**

Establishing a brand identity and promoting the activities organized by CUS through posts and websites using coordinated images can encourage students' participation.

**Recommendations**

We recommend to set both short- and long-term marketing goals, and to monitor them with standard indicators.

UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON TIBOR PÖSZMET – POSZMET.TIBOR@SPORT.UNIDEB.HU**Name of the project**

Marketing sports and sport life to the Campus community

**Domain**

Physical activity and sport

**Criteria**

#37 The university shall establish a marketing plan for physical activity and sport.

**Keywords**

Social media, tik-tok, websites, newsletters, you tube channel, DEAC TV

**Target & Stakeholders**

Students, prospective students, employees

**Time & Frame**

Continuous activity

**Team & Staff**

Press Office of UD, Institute of Sport Sciences

**Description**

UD uses different tools, channels, logos, programmes to popularise sport activities, events and education for their students and employees. They cooperate with the Press Office to increase the effect of the marketing activities.

**Main Goals**

To popularise any type of sport activities, events and education to reach more people and involve them into university sports. In order to achieve the goals they run a you tube and Tik-Tok channel, use social media, websites and take part in events.

**Motivation & Vision**

The main motivation is to connect the Campus community through sport, and develop different tools (apps, discounts, TV shows etc.) to give them opportunities to be involved in any kind of sport activities in the University.

**Evaluation**

Based on students' feedback and needs social media channels were improved, like Facebook (facebook.com/unidebsport; np. of followers: 4353), Instagram (no. of followers: 286), you tube channel and sport registration website.

**Lessons Learned**

The generation Z likes to use modern communication tools, not only social media but other innovative tools as well, so we can reach them more effectively than just we using the website of the University.

**Recommendations**

Follow the trends in social media and marketing and use them for popularisation of your Campus' sport activities, events etc. Learn about good practices and adopt them.

UNIVERSITY of
DEBRECEN

Facebook page of University Sport Debrecen



Promotion video of DEAC on YouTube



University Sport video on TikTok



UNIVERSIDAD PABLO DE OLAVIDE - CAMPUS PABLO DE OLAVIDE

WEBSITE WWW.UPO.ES/PORTAL/IMPE/WEB/PORTADA/INDEX.HTML CONTACT VRCAMPSUSSALUDABLEYDEPORTE@UPO.ES**Name of the project**

Play Sport At Your University

**Domain**

Physical activity and sport

**Criteria**

#37 The university shall establish a marketing plan for physical activity and sport

**Keywords**

Sport, Pablo Olavide University, Training, Competition, Healthy, Having Fun, Meeting People

**Target & Stakeholders**

To promote sport among members of the university community

**Time & Frame**

September to June

**Team & Staff**

VR of Healthy Campus and Sports Services, Sports Services

**Description**

To make available to the university community the full range of sports and sports facilities. To inform about university sports competitions.

**Main Goals**

- Encourage and facilitate the practice of sport and university competitions, as a part of the student's education and integral formation of the student.
- To promote healthy sports practice among all members of the university community.

**Motivation & Vision**

Sport is a magnificent tool for educating in values and completing students' university education. Regular physical activity is beneficial for physical, mental and social health. The university environment is ideal for practice of sport.

**Evaluation**

Number of participants Number of activities Evaluation of the quality of services: external (users) and internal (technicians and managers).

**Lessons Learned**

Compete Cooperate-Collaborate Effort Improvement

**Recommendations**

Offer a variety of activities and extended opening hours. Attend to the preferences of different groups: women, functional diversity, the elderly, young people, etc. Qualified staff.



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [HTTPS://WWW.ISMAI.PT/PT](https://www.ismai.pt/pt) AND [HTTPS://WWW.IPMAIA.PT/PT/](https://www.ipmaia.pt/pt/) CONTACT HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Official social media

**Domain**

Physical activity and sport

**Criteria**

#37 The university shall establish a marketing plan for physical activity and sport.

**Keywords**

Communication Plan, Official social media

**Target & Stakeholders**

Campus community and stakeholders

**Time & Frame**

Throughout the year

**Team & Staff**

Marketing, Fitness and Leisure Centre

**Description**

All the activities and initiatives related to the Physical Activity and Sports field are posted on official social media. The main focus in terms of communication is the association with the image of Maiêutica Healthy Campus.

**Main Goals**

Strengthen the Maiêutica Healthy Campus brand through the association of activities and initiatives in the physical activity and sports field.

**Motivation & Vision**

Our Fitness and Leisure Centre promotes numerous specific and systematic activities throughout the year. Through the association with the Maiêutica Healthy Campus brand, there is also a clear partnership with the area of health.

**Evaluation**

The association of the Fitness and Leisure Centre activities with the Healthy Campus brand allowed promoting the connection of these activities with the health field. In this way, more participants have started to integrate healthy activities.

**Lessons Learned**

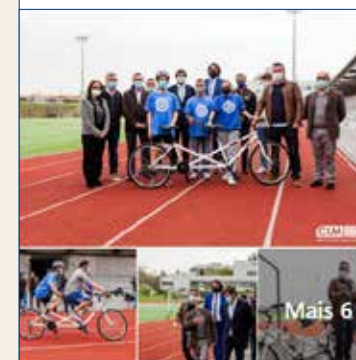
The physical and sporting activities can create the illusion that they are only for sportspeople or active people. This perception may inhibit non-active people from participating because they do not feel comfortable and capable.

**Recommendations**

Communicate in an inclusive language. Communicate the message that the activities are for everyone, not just sportspeople, and that they are tailored to everyone's starting level.



Post informing the opening of the Centre



Post of an initiative for disabled students



Post linking Physical Activity and Nutrition



EHL HOSPITALITY BUSINESS SCHOOL SA - LAUSANNE

WEBSITE WWW.EHL.EDU CONTACT SPORTS DEPARTMENT

**Name of the project**

Professional Management of Physical Activity & Sport Programmes

**Domain**

Physical activity and sport

**Criteria**

#38 The university's physical activity and sport programmes are developed and piloted by internal team of professionals

**Keywords**

Sports, physical activity, professionals, wellbeing, programmes

**Target & Stakeholders**

Sports Manager, Assistant Manager, fitness coaches, independ

**Time & Frame**

Year-round programmes, with regular reviews and adaptations

**Team & Staff**

Sports team, coaches, external partners, Student life

**Description**

The sports department is composed of an internal team (Sports Manager, Assistant Manager and coaches) complemented by independent trainers. Programmes are professionally designed and delivered, ensuring high-quality activities for the community.

**Main Goals**

- Deliver high-quality sports programmes led by professionals
- Promote physical activity and healthy lifestyles
- Ensure programmes meet the needs of diverse users

**Motivation & Vision**

To provide a structured and professional sports offering that contributes to overall wellbeing, engagement, and inclusivity on campus, while aligning with best practices in health promotion.

**Evaluation**

Programme participation and usage are monitored regularly, and satisfaction is assessed through surveys. Feedback is used to adapt offerings and improve programme quality.

**Lessons Learned**

Regular monitoring and direct user feedback ensure that programmes remain relevant, inclusive, and aligned with community expectations.

**Recommendations**

- Continue adapting programmes based on user needs
- Strengthen feedback collection and analysis
- Expand diversity of sport offerings



Fitness picture



Website



Pool



UNIVERSITY OF SPLIT

WEBSITE [HTTPS://WWW.UNIST.HR/EN/](https://www.unist.hr/en/) CONTACT S&W - UDST WELLNESS@CNA-QATAR.EDU.QA UDST.EDU.QA**Name of the project**

Unist Health Days - First aid course

**Domain**

Physical activity and sport

**Criteria**

#39 The university organises, at least once a year, a first aid course open to people practicing physical activity and sport, to related staff, coaches and trainers.

**Keywords**

Good Health and Well-Being, Quality education, First Aid, University Students, University coaches

**Target & Stakeholders**

University Students, University coaches and leaders

**Time & Frame**

Once a year

**Team & Staff**

Split University Sports Association, University of Split

**Description**

The first aid course is organised for coaches and leaders of sports activities at the University. Through the course, participants learn the basics of first aid as well as the operation of an automatic defibrillator.

**Main Goals**

The main goal is to increase health security in sports activities carried out at the University of Split.

**Motivation & Vision**

Raise public awareness of the importance of first aid knowledge and skills.

**Evaluation**

The course is designed for 25 participants, of which at least 15 are coaches and leaders of sports activities.

**Lessons Learned**

Students learn to provide first aid to an injured person in external and/or internal bleeding, various types of injuries and wounds, bone and joint injuries, accidental conditions, and sudden-onset conditions.

**Recommendations**

As the number of users (students) of sports activities is constantly growing, it is necessary to increase awareness and knowledge of first aid. This will be achieved through several organised courses throughout the year.



Campus - University of Split



The first aid course



The first aid course



UNIVERSITY OF LUCERNE

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON BENEDIKT NANN EMAIL BENEDIKT.NANN@UNILU.CH**Name of the project**

Combining Sports and Arts

**Domain**

Physical activity and sport

**Criteria**

#40 The university shall have infrastructures for indoor sports. These facilities can be their own or shared with the municipality or clubs of the region.

**Keywords**

University Sports, indoor Activities, Gym, more Opportunities

**Target & Stakeholders**

Students, Employees, Alumni

**Time & Frame**

All year round

**Team & Staff**

Multiple different facilities in and around Lucerne

**Description**

With the opening of the HSCL-Gym in 2020 we wanted to include as many students as possible. We launched a contest where the winner could realize their own graffiti on the wall of the gym.

**Main Goals**

Including students which are not interested in active sport and creating a platform where they can display their talent.

**Motivation & Vision**

The graffiti lightens up the room and creates a welcoming environment for everyone.

**Evaluation**

We were able to use the time during the corona-lockdown, when the gym was closed. We got a lot of feedback and submissions for the contest, which showed us how interested the people were in projects like that.

**Lessons Learned**

There are not only art students who are interested in projects like that. It's important to create possibilities for everyone and advertise on different platforms.

**Recommendations**

Advertising on different platforms to reach as many people as possible. Not only concentrating on the art students. Calculating enough time for the interested to come up with a concept and realizing their vision.



New HSCL-Gym



The finished graffiti in the gym



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA CONTACT TONY.MARTIN@UDST.EDU.QA

Name of the project Facilities with International Hosting Capacity: Switzerland National Football Team Training during FIFA 2022	Description UDST's state-of-the-art sports facilities, certified for FIFA and ICC events, hosts international competitions and promotes sport excellence in Qatar.	Evaluation Assess facility use by teams and events, gather stakeholder input, track media mentions, and monitor revenue impact.
Domain Physical activity and sport	Main Goals Provide world-class venues, foster global partnerships, enhance student athlete experience, and establish UDST's reputation as a sports leader in the region.	Lessons Learned Global accreditation enhances visibility; maintaining world-class standards promotes collaboration and partnerships and maintains competitiveness.
Criteria #41 The university shall have infrastructures for outdoor sports. These facilities can be their own or shared with the municipality or clubs of the region	Motivation & Vision Enhance UDST's reputation as a center for world-class sports infrastructure and encourage participation in sports activities, while promoting a culture of sport and physical activity that aligns with the Qatar National Vision 2030.	Recommendations Develop partnerships, market facilities globally, expand amenities, expand and strengthen relations with event property owners and maintain international sport facility standards.
Keywords FIFA, ICC, Outdoor Sports Facilities, Global Hosting, Qatar National Vision 2030		
Target & Stakeholders International sports teams, Universities, Sport Federations		
Time & Frame Ongoing, with utilization for hosting major events		
Team & Staff Facilities Management, IT, Sport & Wellness Directorate		

TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE](https://www.tcd.ie) CONTACT [HTTPS://WWW.TCD.IE/SPORT/](https://www.tcd.ie/sport/)**Name of the project**

Outdoor facilities

**Domain**

Physical activity and sport

**Criteria**

#41 The university shall have infrastructures for outdoor sports. These facilities can be their own or shared with the municipality or clubs of the region.

**Keywords**

Sports Facilities, Outdoor, Sports Grounds, Outdoor facilities.

**Target & Stakeholders**

Staff, Students, alumni and external stakeholders

**Time & Frame**

All year round

**Team & Staff**

Trinity Sport and grounds staff

**Description**

Trinity Sport has many outdoor facilities such as the on campus grass pitches for hockey, soccer and rugby. There is a grass running track, a croquet lawn and all weather tennis. We have off site facilities and a boathouse.

**Main Goals**

Our main goals are to promote physical activity to all staff and students. This includes participants from the elite to the participation programmes.

**Motivation & Vision**

Present the best facilities to all staff and students. Be able to rent out our outdoor facilities when not in use.

**Evaluation**

Low participation this year.

**Lessons Learned**

To recognize emergencies situations such as heart attack, to manage the situation (call the emergency services, to give cardiac massage and use of AED).

**Recommendations**

To keep this annual training and to render mandatory training for the newcomers. The AED is present in each sporting facility.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Boathouse, Islandbridge



Trinity College Rugby Pitch



College Park home to Soccer, Hockey and Athletics



UNIVERSITY OF MINHO

WEBSITE [HTTPS://WWW.UMINHO.PT/PT](https://www.uminho.pt/pt) CONTACT DDC@SAS.UMINHO.PT EMAIL GABRIEL@SAS.UMINHO.PT

Universidade do Minho

**Name of the project**

Cat on the beach (Gata na Praia)

**Domain**

Physical activity and sport

**Criteria**

#41 The university shall have infrastructures for outdoor sports. These facilities can be their own or shared with the municipality or clubs of the region

**Keywords**

Beach Sports, Social Activities, Informal Competition, Spring Breaks

**Target & Stakeholders**

Students of University of Minho

**Time & Frame**

One week during Spring Break

**Team & Staff**

Sports Services and Students Union; Local municipality

**Description**

The University of Minho organise every spring break time a beach camp festival. Every day, there is a team's sport competitions between teams composed by 4 men's and 4 women, in parallel they run a series of traditional and popular games. At the start of each day of sports activities there is a warm up with musical choreography with stretching session.

**Main Goals**

This initiative was developed to promote sport and the academic spirit and gender equity. All activities are done in group and outdoor environment, this programme promotes social cooperation and sports development.

**Motivation & Vision**

To promote sport and the academic spirit, with activities in a group and in a place outside the academy. Every year we have to promote new sports, to create new experiences.

**Evaluation**

Most of the students repeat this experience throughout their academic life. The participants get a questionnaire at the end of the activity about their satisfaction.

**Lessons Learned**

It's the perfect environment to promote different experiences, practicing new sports in different environment, creation of new friendships and getting a life time experience.

**Recommendations**

A good and comprehensive planning process; knowing very well the place where the activity will happen; Engage a large and experienced staff with a good background in sports.



Final Day Group Photo



Warm Up before Sports Activities



Beach Sports Activities



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE CONTACT ALEXANDRA.HAGLUND@UMU.SE



Name of the project

Walk and talk and Physically Literate Campus



Domain

Physical activity and sport



Criteria

#41 The university shall have infrastructures for outdoor sports. These facilities can be their own or shared with the municipality or clubs of the region.



Keywords

Walking trails, movement challenges, nature.



Target & Stakeholders

Students, staff, visitors.



Time & Frame

All year



Team & Staff

Umeå university and the foundation Change the Game



Description

Through the campus grounds, walking trails pass by water and forests. These trails offer challenges to enhance movement and reflection, guided by physical literacy, recognizing individual abilities and desires for movement.



Main Goals

Through these activities, we aim to promote activities suitable for everyone and to create a vibrant, movement-centric campus experience.



Motivation & Vision

Inspire more movement on campus and encourage seeing the environments with new eyes and thoughtful reflection.



Evaluation

A good, easy activity suitable for many target groups, including student groups and employee meetings, benefits not only the campus area but also visitors



Lessons Learned

Using physical literacy as a guide makes it accessible to more people and provides new insights to movement. All challenges are also web-based, which allows for changes and updates to be made.



Recommendations

A walking trail is an easy way to enhance the surroundings. Adding movement challenges then becomes a more natural next step.



UMEÅ
UNIVERSITY



Walk and talk-trails



UNIVERSITY OF LUCERNE

WEBSITE WWW.UNILU.CH/EN CONTACT [BENEDIKT NANN, BENEDIKT.NANN@UNILU.CH](mailto:BENEDIKT.NANN@UNILU.CH)**Name of the project**

Swiss Universities
Championship in Surfing

**Domain**

Physical activity and sport

**Criteria**

#42 The university shall have infrastructures for aquatic sports. These facilities can be their own or shared with the municipality or clubs of the region.

**Keywords**

worlds first, indoor surfing, alaïa bay, championships, indoor surfing, courage, international impact

**Target & Stakeholders**

Swiss university students

**Time & Frame**

Swiss university championship once a year

**Team & Staff**

Academic Surf Club
and Swiss University Sports

**Description**

HSCL was responsible and had the lead for the first Swiss universities championship (SUC) in surfing. In collaboration with Swiss University Sports and the Academic Surf Club we realized the worlds first National Surfing Championship in a wave pool.

**Main Goals**

Including new and young sports on national student sports level and not only at the HSCL.

- Organise a professional surf competition according to the rules of the international surf Association.
- Engaging students across different Swiss Universities.
- To promote healthy, sustainable eating
- To celebrate the cookbook launch.

**Motivation & Vision**

Switzerland opened its first wave pool "Alaia Bay" in Sion in 2021. We were using this opportunity to organise the first ever surf competition at Alaia Bay: The SUC Surfing. Combining a competition with surf Session for everyone in between heats.

**Evaluation**

A big part of the organisation committee were students themselves. It was a great event which earned a lot of interest, especially on social media. It was really well organized so that this event will be held every year from now on.

**Lessons Learned**

It's proof that a national event can have an international impact. Especially since it was so present on social media. It's important to go with the flow and include new sports. The surf camps of the HSCL have been really popular since the beginning.

**Recommendations**

Having the courage to include students in the organisation committee. Being present on social media helps a lot and is a great way of advertisement. Please publish Video below: <https://youtu.be/qDUKyVk1bk4>. Please note that I have much more Photos.



Facility Alaïa Bay
in South Switzerland



After movie of the SUC Surfing
in Alaïa Bay



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/)**Name of the project**

Security at Surrey

**Domain**

Physical activity and sport

**Criteria**

#43 The university ensures the security of its sports facilities

**Keywords**

Security. Health and Safety. Safeguarding

**Target & Stakeholders**

Security. Staff. All users

**Time & Frame**

All day, every day

**Team & Staff**

Security. Operations. Safeguarding Leads

**Description**

Whilst open, the facilities are under the guidance of a Duty Manager. They are then backed up by the university's security team, who also monitor facility CCTV during closed periods and provide additional support during large-scale events.

**Main Goals**

To ensure that all rules are enforced for the safety and protection of users and the building.

**Motivation & Vision**

To protect and safeguard users of the Sports Park.

**Evaluation**

Our Operations Team track the prevalence of radio code calls. They, and our Safeguarding Leads, regularly communicate with the university Complaints, Appeals, and Regulation Team to manage any persons who have had access restricted.

**Lessons Learned**

'Wash out' meetings occur after every incident to ensure that the correct procedures were followed and to review whether any further action is required.

**Recommendations**

Preventative action is our preferred process. We ensure that there is health and safety signage on show, staff are adequately trained, and we deploy security staff during large-scale (e.g. Lacrosse World Cup) or at-risk events (e.g. Varsity)



Facility Safety Rules and Guidance Signage



Major Event Security



ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Notice, report, and fix

**Domain**

Physical activity and sport

**Criteria**

#43 The university ensures the security of its sports facilities.

**Keywords**

Sport facilities, Security

**Target & Stakeholders**

Users of university's sports facilities

**Time & Frame**

Regularly

**Team & Staff**

Staff of EASS sports centre and administration centre

**Description**

The EASS students have constant access to the academy's sports facilities, and they need to follow safety rules and report about misfunctions. There is an information flow line how problems are reported and fixed.

**Main Goals**

Users of the sports facilities feel that it is important to keep facilities and machines safe for themselves and other users. Administration helps to repair faults and solve problems.

**Motivation & Vision**

We can all help to maintain the best conditions for physical activity and sport in university.

**Evaluation**

We receive reports about problems and inquiries concerning the purchase of new equipment about once a month. The reported problems have been discussed among administration on the same or the next workday. The time for solving the problems has ranged from 1 day to 3 months.

**Lessons Learned**

Besides solving reported problems, regular check (once a month) of facilities and machines by members of staff is necessary. For special equipment, service agreements and maintenance twice a year helps to maintain the safety of the machines.

**Recommendations**

Inform students that they must report about problems. Solutions can be made according to risks and costs of solving the problems. If necessary, danger signs shall be displayed. Cost of service and replacement parts should be planned in budget.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

Regular check of machines is necessary



Rules of usage of the EASS gym



Safety rules avoid misusing of equipment



**Name of the project**

III Adapted Sports Exhibition

**Domain**

Physical activity and sport

**Criteria**

#44 The university facilitates access and removes potential barriers to accessing sports facilities

**Keywords**

Facilities; Access, People with reduced mobility

**Target & Stakeholders**

OASIS; CERCILEI; APPDA; CMLeiria; ESECS; SAS; SOP

**Time & Frame**

Once a year

**Team & Staff**

ESECS; Undergraduate and Graduate Students

**Description**

Presentation of various adapted sports that can be experienced by any participant. Presentations and discussion on the challenges in the context of adapted sport.

**Main Goals**

To give visibility to the practice of adapted sports, to regional clubs, as well as institutions. Encourage practice and empower the community with knowledge and experience on the subject.

**Motivation & Vision**

It expresses how the Polytechnic of Leiria values and encourages the inclusion of people with disabilities in the community, contributing to the empowerment of spaces and awareness of the surrounding environment.

**Evaluation**

425 participants. Everybody has manifested joy for having participated in the event.

**Lessons Learned**

It is essential to involve the community in initiatives that promote approximation to the world of sport, especially adapted sport that still lacks exposure, visibility, promotion and recognition.

**Recommendations**

The inclusion of clubs that explore this practice, institutions in the region (and beyond) and professionals involved in the environment contribute to the visibility and training essential for the growth of this theme.



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT PLAYSPORT@TEAMSURREY.CO.UK**Name of the project**

Team Surrey Participation Activities

**Domain**

Physical activity and sport

**Criteria**

#44 The university facilitates access and removes potential barriers to accessing sports facilities

**Keywords**

Health. Wellbeing. Move. Play. Learn

**Target & Stakeholders**

Inactive actives. Those from hard-to-reach backgrounds

**Time & Frame**

Term-time only

**Team & Staff**

Team Surrey. Operations. Widening Participation

**Description**

Targeted projects exist within our programme to aid. This includes a hardship fund, bespoke aware events (disABILITY week), and free sport sessions. Our facilities have also been evaluated by AccessAble to demonstrate and promote our inclusivity.

**Main Goals**

To increase awareness of our programme amongst inactive individuals. To enable any person to take part in our sessions regardless of health conditions.

**Motivation & Vision**

To provide activities and facilities that are fully inclusive.

**Evaluation**

Surveys occur twice a year to understand activity and wellbeing levels of participants supported by bespoke projects and the standard participation programme. The results contribute to our Widening Participation targets.

**Lessons Learned**

Collaborating with student societies of demographics that may not engage with us, helps us identify methods to attract new user. The qualitative responses from our surveys also influence future workstreams.

**Recommendations**

Speaking to those that don't engage is hard, but taking the time to find them and understand their needs and interests greatly increases future engagement. Provide opportunities for all user types during Welcome Week with exit routes to activities.



Active Freshers inclusive dance session



PlaySport American Football session



Student feedback responses



AUTONOMOUS UNIVERSITY OF BARCELONA

WEBSITE [HTTPS://WWW.TCD.IE](https://www.tcd.ie) CONTACT [HTTPS://WWW.TCD.IE/SPORT/](https://www.tcd.ie/sport/)**Name of the project**

Healthy and sustainable Campus activities on the central axis

**Domain**

Physical activity and sport

**Criteria**

#44 The university facilitates access and removes potential barriers to accessing sports facilities.

**Keywords**

Healthy activities, outdoors, free, without registration

**Target & Stakeholders**

whole community: students, PAS and PDI

**Time & Frame**

From October to December and from February to May. Every Tuesday, Wednesday and Thursday from 2:15 p.m. to 3:15 p.m.

**Team & Staff**

Trinity Sport and grounds staff

**Description**

Activities: Initiation to Taichi, Initiation to Zumba (aerobic activity with musical support), Initiation to Yoga, Initiation to Kombat (aerobic activity with musical support).

**Main Goals**

Promote an active lifestyle. Promote the practice of physical activity and the socialization of class groups and others. Energize the central axis and the nearby natural environment → cut to the circulation of vehicles.

**Motivation & Vision**

Take advantage of the opportunities posed by outdoor activities around the campus. Promote shared activities between teachers, students and PAS staff.

**Evaluation**

Initial and final satisfaction survey of the participants. Final report from teachers. Adhesion register.

**Lessons Learned**

The health and well-being benefits of education in the nearby natural environment. Holistic effect of outdoor learning. Different experimentation with the human senses. Improvement of the social skills of the students. Commitment to nature.

**Recommendations**

Temporal activities with good weather. Find direct communication channels with the community. Promote "peer-to-peer" activities.

UAB

Universitat Autònoma de Barcelona



WATERFORD INSTITUTE OF TECHNOLOGY

WEBSITE [HTTPS://WWW.WIT.IE/](https://www.wit.ie/) CONTACT SOCIAL MEDIA PLATFORMS: @WITVIKINGSSPORT @WITARENA**Name of the project**

Try WIT Vikings Physical Activity & Sport

**Domain**

Physical activity and sport

**Criteria**

#44 The university facilitates access and removes potential barriers to accessing sports facilities.

**Keywords**

Sport, Physical Activity, Health and Well-being, Reduce Inequalities, Outdoor Activities, Free

**Target & Stakeholders**

Students

**Time & Frame**

All Year

**Team & Staff**

WIT Vikings & WIT Arena

**Description**

Together with the WIT Arena, one of the main objectives for WIT Vikings Sport is to facilitate access and remove potential barriers to accessing our sports facilities, thus ensuring ease of access to all.

**Main Goals**

At WIT Vikings Sport we aim to create an inclusive environment that helps to enhance the quality of life to all students and staff, along with the wider community through increased physical health and well-being.

**Motivation & Vision**

For all students to be informed of the university's sports facilities, since this will encourage them to be active during their college years.

**Evaluation**

Positive impact. Regular reviews and audits conducted in order to ensure all our operations for the above are to the highest standard and cover all areas.

**Lessons Learned**

It is critical to provide individuals with the freedom to make decisions without being constrained by rigorous timetables and stringent restrictions for recreational sporting activity.

**Recommendations**

Execute a successful promotional campaign. This activity was created for a limited time period, but because it was a success, it will be repeated in the future, taking advantage of occasions when indoor and outdoor sporting facilities are less used.



Waterford Institute of Technology

SHUTTLE BUS TIMETABLE

(COME ALONG/NOT ARRANGING LANE)

Free Shuttle Bus



Try Olympic Weightlifting



Sport Open Days



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: S&W - UDST.WELLNESS@CNA-QATAR.EDU.QA**Name of the project**

Sport and Wellness Booking Website

**Domain**

Physical activity and sport

**Criteria**

#45 The university shall use adequate tools to manage the booking of sports facilities and to evaluate their use.

**Keywords**

Sports Facilities, Fitness Classes, Bookings, Website

**Target & Stakeholders**

Students and Faculty/Staff and the Public community

**Time & Frame**

Since 2019

**Team & Staff**

Sport and Wellness

**Description**Sport and Wellness operate a fully integrated customized scheduling and booking system. This system provides rental opportunities for students, faculty and staff, UDST partners and the public community. <https://udstsport.udst.edu.qa>**Main Goals**

To allow smooth functioning of the S&W facilities at UDST. To record and track facility usage trends to provide better support to the campus and the local community.

**Motivation & Vision**

To facilitate smooth access for all user groups for S&W facilities and Services without impacting the existing services and supports to students.

**Evaluation**

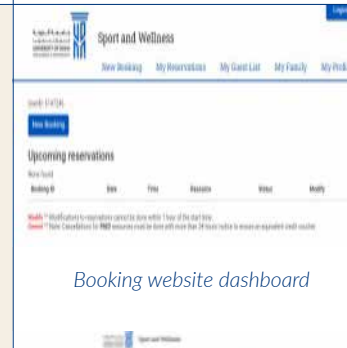
The booking system's two most important characteristics are its consistent-seamless performance and its ability to engage a wide variety of user groups whilst aligning with the Universities policies and procedures.

**Lessons Learned**

The booking system makes it much easier to manage the facilities. It indicates the busiest times and the most popular facilities on campus, enabling the most effective use of the facilities to meet the demands of the campus and the greater community.

**Recommendations**

S&W has been able to effectively monitor facility utilization, increase everyday operation, and improve recording and tracking capabilities while maintaining user safety and security because to the booking system.



Booking website dashboard



Log in page of the booking website



Booking confirmation page



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: TONY.MARTIN@UDST.EDU.QA**Name of the project**

Body Composition Analysis

**Domain**

Physical activity and sport

**Criteria**

#46 The university offers activities and/or events that allow the campus community to conduct an evaluation of an individual's personal situation in terms of physical activity participation

**Keywords**

Health Evaluation, Body Composition, Wellness, Coaching, Research, Personal Training

**Target & Stakeholders**

UDST Students, Faculty, Staff

**Time & Frame**

Ongoing, periodic evaluations

**Team & Staff**

Wellness Promotion, Sport and Wellness Directorate

**Description**

UDST offers body composition analysis through InBody for events and BIODY for personalized coaching and research, promoting wellness self-awareness and behavior change.

**Main Goals**

Enhance self-awareness, evaluate wellness metrics, give tailored fitness advice, support behavior change for health improvement and promote healthy habits across the UDST community.

**Motivation & Vision**

Encourage wellness culture, improve health literacy, and promote long-term healthy habits in the campus community.

**Evaluation**

Program enrollment, tracking participants, feedback surveys, behavioral change and pre-/post-campaign knowledge improvements.

**Lessons Learned**

Accessible services and interdepartmental collaboration boosts impact. Personalization and engagement drive participation and commitment.

**Recommendations**

Increase awareness with campaigns, integrate AI chatbot support for wellness inquiries, expand scheduling flexibility and follow-up communications.



Wellness Coaching to discuss results of BIODY test



Taking a measurement with BIODY machine



Results history for pre-test/post-test evaluation



**Name of the project**

At Work Physical Activity
Program - PAFL

**Domain**

Physical activity and sport

**Criteria**

#46 The university offers activities and/or events that allow the campus community to conduct an evaluation of an individual's personal situation in terms of physical activity participation

**Keywords**

Programs; Physical activity; Exercise

**Target & Stakeholders**

ESECS; Sports and Wellbeing
Course

**Time & Frame**

Twice a week, throughout the year

**Team & Staff**

1 Physical Exercise Technician;
Sport and Wellbeing Students

**Description**

Physical activity at work, lasting
20-25 minutes, prioritizing the relief
of stress and muscle tension.

**Main Goals**

Counteract sedentary behaviours
associated with work, as well as
contribute to the relief of stress and
tension accumulated throughout
working hours.

**Motivation & Vision**

Value and encourage the practice
of physical activity and healthy
behaviours.

**Evaluation**

The participation of the 15
participants had a noticeable
evolution on a physical and
psychological level, which helped
to combat the sedentary lifestyle.

**Lessons Learned**

It is essential to counteract
long periods of physical inactivity
at work, preventing the onset
of musculoskeletal problems
associated with posture used
in the workplace, muscle tension
and stress.

**Recommendations**

An initiative that contributes
to better work performance and
should be seen as a necessity,
a priority and a focus within
academia.



THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/) CONTACT UAH HUMAN RESOURCES- BENEFITS DEPARTMENT**Name of the project**

Charger Fit

**Domain**

Physical activity and sport

**Criteria**

#46 The university offers activities and/or events that allow the campus community to conduct an evaluation of an individual's personal situation in terms of physical activity participation.

**Keywords**

Physical, emotional, mental, and financial wellness

**Target & Stakeholders**

UAH faculty and staff

**Time & Frame**Annually, from Jan. 1 to Dec. 31st**Team & Staff**

Various UAH departments

**Description**

The UAH Human Resources team leads a series of ongoing events in collaboration with the Employee Clinic using an online Platform, HealthComp, that promotes early prevention, and physical fitness and provides incentives for completing health goals.

**Main Goals**

To offer an easy-access online platform where various wellness events and educational opportunities are provided alongside goal setting and incentives to achieve them.

**Motivation & Vision**

It is to offer resources to improve overall health by offering incentives for completing biometrical screening and prevention assessments to achieve a healthy balanced lifestyle.

**Evaluation**

Individuals will complete the components of the required programme in addition to earning points for participation in various events throughout the year. Those who achieve point goals are rewarded financially.

**Lessons Learned**

Biometric screening offers a clear picture of overall health and provides early detection and disease prevention. A wide-ranging of topics are covered in the educational events that promote resources available on campus.

**Recommendations**

Each year the events offered look to increase participation, more variety in the educational opportunities, and offer more incentives to reward the participants who achieved their set wellness goals.



Charger Fit logo that used to identify all events



Employees running the 8K event



Charger Fit employee group photo



TU DUBLIN - GRANGEGORMAN

WEBSITE WWW.TUDUBLIN.IE CONTACT DR TERESA HURLEY**Name of the project**

V5 and Wellbeing
360 Programme

**Domain**

Physical activity and sport

**Criteria**

#46 The university offers activities and/or events that allow the campus community to conduct an evaluation of an individual's personal situation in terms of physical activity participation

**Target & Stakeholders**

Students, Sport and Counselling
Teams in TU Dublin

**Time & Frame**

Weekly sessions for 1 month
duration

**Team & Staff**

Sport and Counselling
at TU Dublin

**Description**

Wellbeing programmes offering students 1 month free use of the gym with personalised programmes provided by Sport at TU Dublin and psychological support provided by the Counselling Team.

**Main Goals**

- Encourage students to engage in wellbeing programmes.
- To promote physical activity and mental health in student population groups.
- Foster inclusion and sense of belonging.
- Encourage collaboration of support services, Sport & Counselling.

**Motivation & Vision**

- Revise the programme based on service provider and student feedback.
- Relaunch revised programme.
- Grow the programme.

**Evaluation**

The programmes are 1 month duration and are evaluated through registration numbers, attendance, observational methods, student and provider feedback.

**Lessons Learned**

Avoid scheduling too late in the evening.
Keep sessions short enough to encourage participation.

**Recommendations**

Use feedback to offer revised and improved programme.



PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY

WEBSITE PIMUNN.RU

**Name of the project**

Men's Basketball Sports Festival among Medical and Pharmaceutical universities

**Domain**

Physical activity and sport

**Criteria**

#46 The university offers activities and/or events that allow the campus community to conduct an evaluation of an individual's personal situation in terms of physical activity participation

**Keywords**

Student health, physical activity monitoring, mental well-being, healthy nutrition, pilates

**Target & Stakeholders**

Medical & pharmaceutical students, Volga Federal District

**Time & Frame**

During each academic year

**Team & Staff**

Structural divisions of the University

**Description**

A comprehensive health promotion project that includes physical activity monitoring, physiological testing, Pilates training, psychological diagnosis, crisis support, nutrition analysis, and recipes for healthy meals from the cafeteria.

**Main Goals**

Assess psychological state and physiological parameters (180+ indicators). Implement three-stage Pilates-based training with individual programmes. Develop healthy eating competencies and prevent nutrition-dependent diseases.

**Motivation & Vision**

Health is a national asset. Medical students must become health promoters. The project transforms "physical education" into personalised health-building integrating physical, mental and nutritional components for professional longevity.

**Evaluation**

MS-fit (wellness, stress, fatigue, biological age), bioimpedance, anthropometry, pulse oximetry, plantography, psychological questionnaires, 3-day food diaries, CHD risk questionnaire. Students defend individual health projects.

**Lessons Learned**

Trainings: Emotional intelligence, conflict resolution, self-regulation, Psychological first aid. Lectures on physical activity and proper nutrition. Optional course "Healthy eating". Students defend the project "My health is my project".

**Recommendations**

Adapt psychological questionnaire. Repeat functional and nutritional testing annually. Expand healthy canteen menu. Implement bioimpedance and MS-fit screening for all freshmen each year.



ПИМУ

Приволжский
исследовательский
медицинский университет

Testing the functional state
of the body



Psychological Service Office



Pilates class



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT LEHLOENYALE@TUT.AC.ZA**Name of the project**

Gender Equality Promotion in Physical Activity and Sport

**Domain**

Physical activity and sport

**Criteria**

#47 The university supports or organises programmes for gender equality promotion in physical activity and sport

**Keywords**

Gender equality, Sport participation, Awareness

**Target & Stakeholders**

Students, coaches and the broader university community

**Time & Frame**

Weekly competitions

**Team & Staff**

Sport and Recreation and student organizations

**Description**

The university actively promotes gender equality in physical activity and sport through various initiatives. These include mentorship programs for female athletes and campaigns aimed at challenging gender stereotypes in sport.

**Main Goals**

The primary goal of the university's gender equality programs in sport is to create an inclusive and supportive environment where all students, regardless of gender, have equal opportunities to participate and lead in physical activity and sport.

**Motivation & Vision**

The university believes in the power of sport to drive social change. By promoting gender equality, it ensures that all students, regardless of gender, can fully benefit from the physical, mental, and social advantages of sport participation.

**Evaluation**

Participation in these programs has been increasing, with more female students engaging in sport and leadership roles. Feedback from participants indicates that the programs have contributed to greater confidence and motivation among women in sport.

**Lessons Learned**

Addressing unconscious bias through education and awareness programs has proven effective in changing perceptions and fostering a more inclusive sport environment.

**Recommendations**

To further enhance gender equality in sport, the university should develop policies ensuring equal funding, resources, and opportunities for both men's and women's sport programs.



UNIVERSITY OF MILANO-BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT COMITATOUNICOGARANZIA@UNIMIB.IT**Name of the project**

Gender Equality Plan (GEP)
Promoting gender balance and inclusion in dual career programme

**Domain**

Physical activity and sport

**Criteria**

#47 The university supports or organises programmes for gender equality promotion in physical activity and sport.

**Keywords**

Equal opportunity, dual career

**Target & Stakeholders**

Female and disabled students' athletes

**Time & Frame**

Annual report (March).
GEP every 4 years (21-24)

**Team & Staff**

Sport Committee, Equality Committee

**Description**

The University promotes a Dual Career programme for students-athletes. The participation of female and paralympic athletes is encouraged. The sport committee shall guarantee equal opportunities in the selection phase. The equality committee supports the action and evaluates the results.

**Main Goals**

The Equality Committee's and the GEP design specific actions in order to promote well-being and prevent discrimination in all dimensions of the academical life. Sport activities are designed to improve inclusion and participation for all members of the community.

**Motivation & Vision**

The committee promotes measures designed to prevent and fight all forms of discrimination. The University aims at achieving a sustainable and inclusive community characterized by equal opportunities.

**Evaluation**

The GEP sets objectives and actions for gender equality. This specific action is related to sport activities and the dual career programme. The annual report describes progress along the path set by the project.

**Lessons Learned**

We believe that an independent committee working in the equality perspective and a GEP specifically devoted to gender parity may be powerful tools to increase female and paralympic participation to dual career programme.

**Recommendations**

Establish an independent body and set specific goals and actions for gender equality and inclusion. Apply this perspective in the top athletes supporting programme.



GEP 21-24



Presentation



Keywords

RUDN UNIVERSITY (PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA)

WEBSITE [HTTP://ENG.RUDN.RU/](http://eng.rudn.ru/) CONTACT PERSON ALEKSANDR BYCHKOV EMAIL BYCHKOV-AA@RUDN.RU



Name of the project

Training course of physical culture



Domain

Physical activity and sport



Criteria

#47 The university supports or organises programmes for gender equality promotion in physical activity and sport.



Keywords

Students, physical activity teachers



Target & Stakeholders

Students of both sexes, different countries, teaching staff



Time & Frame

The events are held annually



Team & Staff

Sport team



Description

Classes are aimed at meeting the students' needs by doing sports regularly, communicating. The study groups consist of girls and boys. Over 6,000 students from more than 150 countries are involved in physical activity.



Main Goals

Regularly expanding the types of physical activity (programmes under the current implementation: basketball, badminton, volleyball, football, athletics, aerobics) considering the interests of students of both sexes. Promoting the values of gender equality in physical education and sports is required.



Motivation & Vision

Friendly communication of students, mutual assistance in mastering the types of physical activity. Development of communication skills, removing bars in communication of both sexes. Obtaining new motor skills and skills inherent in certain sports.



Evaluation

Psychological questionnaires, functional testing with the determination of more than 180 physiological parameters have been developed and implemented, 1 direction of physical activity has been introduced.



Lessons Learned

The interests of both sexes should be considered when expanding the types of physical activity under the programme implementation. It is necessary to adapt the programmes to the physical abilities and capacities of boys and girls.



Recommendations

Developing the physical education methods and means used in terms of quality considering the peculiarities of students' physiological development. Testing new types of physical activity in small mixed focus groups of students from different countries.

THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/)**Name of the project**

International Wheelchair Day event

**Domain**

Physical activity and sport

**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities

**Keywords**

3x3 Wheelchair Basketball

**Target & Stakeholders**

UAH Students, faculty and staff

**Time & Frame**

March 1, 2023

**Team & Staff**

Various UAH Organisations

**Description**

Organising a 3x3 Wheelchair basketball game and demonstration of the sport to students, employees, and the community. It was organised by the UAH Chargers Ability Sport Network, Office of Diversity, Equity & Inclusion, and University Recreation.

**Main Goals**

Educate UAH students, faculty, staff, and community about wheelchair basketball through a fun and inclusive competitive event and how they can include people with disabilities in a fun sporting event.

**Motivation & Vision**

To showcase how UAH supports and organises programmes of physical activity and sports for people with disabilities.

**Evaluation**

Participants shared their experiences with other students, faculty, and staff promoting more inclusivity in sporting events.

**Lessons Learned**

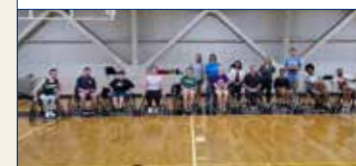
Participants learn how to adapt the game of basketball to people with disabilities and be inclusive in future sporting activities.

**Recommendations**

To further expand this event and include other sporting events specifically designed for people with disabilities, and financial support for the purchase of special wheelchairs for basketball.



Flyer for the event



Participants and organizers of the event



3x3 wheelchair basketball game



PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY

WEBSITE PIMUNN.RU

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EMAIL BOCHARIN.IVAN@MAIL.RU

**Name of the project**

Regional festival

**Domain**Physical activity and sport
"The world of healthy lifestyle without barriers"**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities

**Keywords**

Students with disabilities, healthy lifestyle, physical activity, social adaptation, integration

**Target & Stakeholders**

Students with disabilities

**Time & Frame**

Testing; Trainings; Control trainings; Competition

**Team & Staff**

Employees of the Department of Physical Culture and Sports

**Description**

The project implemented a study of the psychological and functional state of the student, trainings on teaching vital skills, control trainings to test the acquired skills and abilities and the final combined competition in an unfamiliar area.

**Main Goals**

The project is aimed at increasing the level of social adaptation and successful integration into society of students with disabilities who studying at universities of Nizhny Novgorod.

**Motivation & Vision**

Assessment of the level of social adaptation of students and teaching them skills using means and methods of adaptive physical culture necessary for their further activities.

**Evaluation**

Development and implementation of a test programme, as well as a set of measures aimed at improving social adaptation and successful integration into society of students with disabilities.

**Lessons Learned**

The activities are necessary for screening the personal state of students and the implementation of training activities for their training in vital skills (minimizing injury in a fall, safely lifting and moving heavy objects and others).

**Recommendations**

Systematic training of students based on the activities carried out and dissemination of the experience gained to all interested parties working with students with disabilities.



ПМУ

Приволжский
исследовательский
медицинский университетOfficial opening
a project

Sports orienteering "sports maze"



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE [HTTPS://WWW.SPORTACADEM.RU/](https://www.sportacadem.ru/) CONTACT PERSON GALIEVA CHULPAN EMAIL AFKIBZH@MAIL.RU**Name of the project**

Project for people with musculoskeletal disorders (MSD)

**Domain**

Physical activity and sport

**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities.

**Keywords**

disabled people, sitting volleyball, physical rehabilitation

**Target & Stakeholders**

Athletes with disorders of the MSD, students, teachers

**Time & Frame**

Since 2018 - annually

**Team & Staff**

Manager, team coach, students

**Description**

Organisation of sports training in sitting volleyball for persons with a lesion of the MSD, with the participation of university students.

Performance of the team "Alga" at competitions. In 2020, 3rd place in the Russian Championship.

**Main Goals**

Physical rehabilitation and social integration of disabled people.

Development of adaptive sports.

Formation of professional competence of students.

Development of innovative methods of teaching disabled people.

**Motivation & Vision**

Participation in the Russian Championship. Obtaining a sports title (candidate Master of sports, Master of sports).

Increasing the level of physical capabilities.

**Evaluation**

Number of participants 50 Ranked in the Russian Championship Publication in the media and social networks.

**Lessons Learned**

The method of sports training sitting volleyball for people with musculoskeletal system damage.

Scientific data on improving the mental and physical condition of disabled athletes. Professional competencies of sitting volleyball coaches.

**Recommendations**

To implement the project an advertising company to motivate the disabled, an accessible environment at the university, volleyball coaches, financial support for the purchase of special equipment, uniforms, athletes going to competitions.



Поволжский
государственный
университет
физической культуры,
спорта и туризма



Team of Tatarstan "Alga" in sitting volleyball



Team of Tatarstan "Alga" in sitting volleyball



Practice in sitting volleyball



**Name of the project**

Polish Integration Championships in Table Tennis

**Domain**

Physical activity and sport

**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities.

**Keywords**

Disability sport, inclusion, table tennis, integration, physical activity, health, competition

**Target & Stakeholders**

People with disabilities, students, sports clubs

**Time & Frame**

Annual event held one weekend in December

**Team & Staff**

University Staff, University Sport Club, Disability Office

**Description**

The project is a national table tennis event for athletes with disabilities. It promotes inclusion and competition at a high level, providing adapted facilities, professional support, and classification by disability type.

**Main Goals**

The main goals are to activate people with disabilities through sport, improve fitness and health, promote regular physical activity, support social integration, and encourage a healthy and active lifestyle.

**Motivation & Vision**

The vision is to make physical activity a natural and essential part of life for people with disabilities, fostering inclusion, equal opportunities, and long-term engagement in sport and healthy living.

**Evaluation**

The project is evaluated through participant feedback, number of participants, quality of organization, and level of competition. Continuous improvement is ensured by analysing results and suggestions from athletes and staff.

**Lessons Learned**

The project provides insights into organizing inclusive sports events, adapting facilities, and supporting diverse needs. It highlights the importance of accessibility, cooperation, and promoting equal participation in sport.

**Recommendations**

Use feedback to offer revised and improved programme.



Student with disabilities plays table tennis



Students athletes posing with medals



Participant's photography.

TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT LEBOHANG.LEHLOENYA@TUT.AC.ZA**Name of the project**

Inclusive Sports and Physical Activity Programmes

**Domain**

Physical activity and sport

**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities.

**Keywords**

Disability sports, inclusion, physical activity, adaptive programs, accessibility

**Target & Stakeholders**

Students and staff with disabilities

**Time & Frame**

Ongoing throughout the year

**Team & Staff**

Sport and Recreation, disability units, student organisation

**Description**

Organise and support sports and physical activities tailored for people with disabilities to promote participation and inclusion.

**Main Goals**

Promote active participation, inclusivity, and equal access to sports and physical activities.

**Motivation & Vision**

Foster an inclusive campus culture where people with disabilities have opportunities to engage in physical activity and sport.

**Evaluation**

Assessed through participation rates, feedback from participants, and accessibility of programmes

**Lessons Learned**

Adaptive programmes increase engagement, and collaboration with specialised partners improves programme effectiveness

**Recommendations**

Expand accessibility, offer diverse sports options, and involve participants in programme planning and feedback

Tshwane University
of Technology
We empower people

Goalball



Goalball



Blind cricket



**Name of the project**

Project to reduce excess body weight in students of medical university

**Domain**

Physical activity and sport

**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community

**Keywords**

Medical students, bioimpedance analysis, educational technologies, dietetics, body weight

**Target & Stakeholders**

Students of 1-3 courses of different medical specialties

**Time & Frame**

Annual from september to june

**Team & Staff**

Employees of the Department of physical culture and sports

**Description**

The purpose of the project: it is a competent combination of physical activity and drawing up a map of rational proper nutrition to reduce the body mass index by conducting hardware testing and a set of measures of various directions.

**Main Goals**

1. Learn how to properly make up your diet, calculate daily calorie intake and calorie consumption during physical activity
2. The study of the use of various physical activities and their effect on the human body with a decrease in body weight.

**Motivation & Vision**

Reduction of excess body weight, strengthening of the muscular corset, improvement of hemodynamic parameters, preservation and improvement of one's own health, obtaining professional knowledge in the field of physical culture and medicine.

**Evaluation**

The main results and evaluation of the project is the acquisition by students of the necessary knowledge in the field of physical activity, nutrition and dietetics for their further application in medical practice.

**Lessons Learned**

An important component is an individual approach to each student, taking into account the peculiarities of the body of the students, the study of functional physiological indicators of the biopendence composition of the body using the MS FIT Pro.

**Recommendations**

1. It is necessary to have professional teachers in the field of physical culture, functional diagnostics and dietetics.
2. The completion of groups of students should take place according to a single level of health and physical fitness.

THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/)**Name of the project**ChargerCon, April 1st 2023**Domain**

Physical activity and sport

**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community

**Keywords**

E-sports, competition

**Target & Stakeholders**

Various student clubs that share their love for E-sports

**Time & Frame**

Annual event that takes place in April on the UAH campus

**Team & Staff**

Dept of Art, Art History & Design, Music & clubs

**Description**

UAH Esports, ACE, Anime Club, Charger Motorsports, UAH Event Productions, Dept of Art, Art History & Design, and Dept. of Music collaborate to create a competitive and fun E-sport competition for UAH students and various student organisations.

**Main Goals**

To create and offer an annual E-sport competition that brings together students with various interests who share the love for the competitive world of E-sports.

**Motivation & Vision**

Offer a safe learning and networking environment for the attendees that share the passion for the competitive world of E-sports.

**Evaluation**

The energy of the event and the enthusiasm of attendees gauge the success of the event. Approximately 600 attendees at this event brought great energy to the various E-sport games featured in the competition.

**Lessons Learned**

Learning occurs when connecting attendees to the UAH academic programmes currently offered. Existing workshops encourage players of all levels to enhance their skills and offer meaningful networking opportunities with other attendees.

**Recommendations**

Changes are recommended, from securing equipment earlier to expanding the number of workshops we offer to the attendees, to updating advertising strategies, to the number and format of tournaments we offer at the event.



Competition logo at UAH



Students competing in E-Sports



E-Sports Competition



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT**Name of the project**

UC+Ativa

**Domain**

Physical activity and sport

**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community.

**Keywords**

be active, sport activities, improve posture and well-being

**Target & Stakeholders**

Academic Community

**Time & Frame**

All year

**Team & Staff**

UC Sport Team

**Description**

A global wellness program by UC offering over 15 sports (from Tennis to Yoga) and the "Pausa+Ativa" initiative, which brings guided physical activity directly to workplaces and departments to combat sedentary behavior.

**Main Goals**

- Promote an active and healthy lifestyle across the entire UC community.
- Improve workplace health through guided stretching and mobility (Pausa+Ativa).
- Offer a diverse range of physical activities tailored to individual needs and tastes.

**Motivation & Vision**

To integrate physical activity into the daily routine of the University, ensuring that movement is accessible whether at the sports facilities, at home, or even in the office.

**Evaluation**

Number of participants across all modalities and satisfaction levels regarding the accessibility of workplace sessions.

**Lessons Learned**

Providing human-led, guided activities (qualified monitors) significantly increases engagement compared to purely autonomous physical exercise.

**Recommendations**

Increase the frequency of "Pausa+Ativa" monitors visiting university services and expand the "UC+Ativa em Casa" digital library.



Pausa+Ativa



UC+Ativa



UC+Ativa Logo



 Name of the project ResolutionFIT	 Description ResolutionFIT is a UDST Wellness Strategy initiative supporting employee wellness through a multi-week, team-based step challenge. In the inaugural event edition, 400+ employees across 85 teams recorded over 157 million steps.	 Evaluation Track total participation, team registrations, steps logged, and year-on-year growth. Monitor engagement through weekly leaderboards and closing ceremony attendance, and gather feedback to assess impact on workplace culture.
 Domain Physical activity and sport		
 Criteria #49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community.		
 Keywords Physical Activity, Step Challenge, Employee Wellness, UDST, Goals, Habits	 Main Goals Encourage all employees - especially non-active individuals - to adopt healthier, more active lifestyles through accessible goals & team-based competition, reinforcing cross-departmental connection & UDST's identity as a FISU Platinum Healthy Campus.	 Lessons Learned Team-based competition drives higher engagement than individual challenges. The rotating President's Challenge Trophy builds tradition and motivates repeat participation, while the virtual journey makes the challenge memorable for all fitness levels.
 Target & Stakeholders UDST Employees		
 Time & Frame Multi-Week Challenge, Annually		
 Team & Staff Sport & Wellness, Human Capital Unit, Wellness Committee	 Motivation & Vision ResolutionFIT evolved beyond a step challenge into a demonstration of teamwork and community. By making movement fun and social, it lowered barriers for non-active employees to engage with physical activity meaningfully.	 Recommendations Introduce mini challenges to sustain engagement, assign team administrators to improve communications and monitor progress, and leverage ResolutionFIT to connect participants with broader UDST Wellness Strategy programmes and resources.

UNIVERSITY OF GDAŃSK

WEBSITE [HTTPS://EN.UG.EDU.PL](https://en.ug.edu.pl) CONTACT : TOMASZ.AFTANSKI@UG.EDU.PL**Name of the project**

Sports Activities of the Gdańsk University of the Third Age

**Domain**

Physical activity and sport

**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community.

**Keywords**

Sport activation, seniors, healthy lifestyle, physical activity, lifelong learning, wellbeing

**Target & Stakeholders**

Senior participants, including former university staff

**Time & Frame**

Activities run in two semesters based on preferences

**Team & Staff**

University staff, Sport trainers, University Sport Club

**Description**

The university organizes physical activity and sport programs for retired members of the academic community. The offer includes lectures, workshops, and around 49 sports groups such as gymnastics, dance, gym training, yoga, and Nordic walking.

**Main Goals**

The main goals are to promote a healthy lifestyle, support intellectual, social, and physical activation of seniors, and provide education in various fields while encouraging regular physical activity.

**Motivation & Vision**

The project promotes lifelong physical activity and helps seniors develop habits of maintaining fitness. It supports a healthy lifestyle regardless of age and encourages active and engaged ageing.

**Evaluation**

The program is evaluated based on participant numbers, attendance lists for activities, and semester reports summarizing the implementation and outcomes of GUTW initiatives.

**Lessons Learned**

Interest in sports activities is assessed before launching groups. The program includes mandatory core activities with optional extensions tailored to participants' preferences and needs.

**Recommendations**

The project should continue expanding its diverse offer to meet seniors' needs. Maintaining affordable access and a wide range of activities supports ongoing engagement and promotes active ageing.



Outdoor activities for participants.



Outdoor activities for participants.



Outdoor activities for participants.



**Name of the project**

Active Campus

**Domain**

Physical activity and sport

**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community

**Keywords**

Low-barrier; movement, free of charge, central

**Target & Stakeholders**

Low-threshold physical activity promotion on campus. An inv

**Time & Frame**

Daily CampusCruiser 12- 2:30pm; Breaks & Classes individual

**Team & Staff**

Healthy Campus Crew (Staff, student assistants & instructor)

**Description**

Free programs on campus, departments and lectures. The Campus Cruiser encourages physical activity by providing free equipment, while the movement breaks promote social interaction. Free classes offer an opportunity to try out new types of sports.

**Main Goals**

The goal is to make access to physical activity as easy and accessible as possible. The aim is to reduce inhibitions and fears associated with sports by focusing on positive and enjoyable experiences of physical activity.

**Motivation & Vision**

The Programs are specifically designed to appeal to people who have not previously been involved in sports. In the long term, this is intended to indirectly and sustainably increase motivation for regular physical activity.

**Evaluation**

The number of Active Breaks booked by departments and the participation in the free courses on campus are increasing. Participation in the Campus Cruiser program is not evaluated in terms of numbers, but it enjoys steady participation.

**Lessons Learned**

Games that involve physical activity for a single person should also be considered. Juggling balls and diabolos also encourage those who haven't yet made friends to join in.

**Recommendations**

University members value routine and therefore appreciate the predictability of the programs offered. Initially, it takes perseverance until the programs are established. Once they are, any change or cancellation is met with regret.



Campus Cruiser



Yoga & Meditation on Campus



Movement breaks during working hours



TU DUBLIN - GRANGEGORMAN

WEBSITE WWW.TUDUBLIN.IE CONTACT DR TERESA HURLEY**Name of the project**

Couch to 5K Series

**Domain**

Physical activity and sport

**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community

**Keywords**

Active, walk/jog, training programme, dietary advice

**Target & Stakeholders**

Students and staff in TU Dublin

**Time & Frame**

Couch to 5K - Autumn and Spring 5 Week Programmes

**Team & Staff**

The programme is offered by Healthy Campus & Sport

**Description**

Healthy Campus & Sport at TU Dublin offer walk/jog weekly meet and train sessions over a 5 week period bi-annually, supported by an online training programme from Gym Instructors and dietary advice from 3rd year Public Health & Nutrition students.

**Main Goals**

- To encourage all students and staff to participate in and enhance physical activity and mental health
- To promote social activity among students and staff and sense of belonging
- To encourage collaboration of stakeholders - Healthy Campus and Sport.

**Motivation & Vision**

Increase numbers participating by seeking new innovative ways of recruiting. Link with counsellors to engage students in need of physical activity and mental health support to participate.

**Evaluation**

The programme seeks to get students and staff more active and culminates with a celebratory fun run/walk in week 5 which is open to all students and staff. Over 160 participated in the Couch to 5K Series and Fun Runs/Walks 5K in 2025

**Lessons Learned**

- Seek new and innovative ways of promoting the event and enhancing participation.
 - Seek further testimonials and use to recruit participants.
- Offer rewards and incentives for those completing all 5 weekly sessions. Use teams to enhance engagement.

**Recommendations**

Seek new and innovative ways of promoting the event. Seek further testimonials and use to recruit participants. Offer rewards and incentives for those completing all 5 weekly sessions. Use teams to enhance engagement and link with counsellors.



Couch to 5K Fun Run Walk 2025



Couch to 5K Fun Run Walk 2025



Couch to 5K Fun Run Walk 2025

THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/)**Name of the project**

Week of Welcome at UAH

**Domain**

Physical activity and sport

**Criteria**

#50 The university organises programmes of physical activity and sport for the new students.

**Keywords**

Health & wellness, active

**Target & Stakeholders**

New students, both undergraduate and graduate students

**Time & Frame**August- 1st week of classes - every year**Team & Staff**

Student Life, Fitness center, Admissions office

**Description**

A week-long activity designed to educate and welcome new students to the campus. Various informational and fun activities are scheduled to introduce the new students to all the resources available to them on campus.

**Main Goals**

To ease the transition to college, familiarize the new students with the campus, and its available resources by engaging them in fun activities where they have the opportunity to meet other new and current students, faculty, and staff.

**Motivation & Vision**

Create fun and informative events that encourage interaction between students while familiarizing them with the campus and its various available resources that will encourage learning but also offer fun sporting events.

**Evaluation**

The success of the various informational and activity events is measured by the number of new students participating and the feedback provided at the conclusion of the events.

**Lessons Learned**

The combination of various events sponsored by the different colleges and student organisations that inform the new students of the resources available to them and fun sporting events offer the best range of welcome events to all newcomers to campus.

**Recommendations**

Each year, the events offered are reevaluated, and adjusted to meet the needs and expectations of the new incoming students. New events are also added that best benefit the new students joining UAH.



New students are welcomed to UAH campus



New students have fun with fitness outside



New students are enjoying fun sporting events

ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESporto@ISCTE-IUL.PT**Name of the project**

Reception Week/ Sports Week

**Domain**

Physical activity and sport

**Criteria**

#50 The university organises programmes of physical activity and sport for the new students.

**Keywords**

University, Sports, Students, Physical Activity, Exercise, Erasmus, International

**Target & Stakeholders**

Students

**Time & Frame**

Every year

**Team & Staff**

Sports Unit, International Relations Unit, Students Association

**Description**

Every year, Iscte organises both the Reception Week and Sports Week for national and international new students in which we provide them with multiple and diverse sports activities such as surf workshops, caving tours, coasteering and trekking.

**Main Goals**

To promote physical activity among Iscte's students and to create opportunities for students to socialize and meet one another.

**Motivation & Vision**

Give student's easy access to opportunities for them to engage in physical activity and to socialize.

**Evaluation**

Positive impact. Both the Reception Week and the Sports Week have a high rate of participation and, overall, all students enjoy the activities in which they participate.

**Lessons Learned**

It is important to create these types of opportunities not only to promote physical activity, but also because it is one of the easiest forms to create an environment for students to socialize.

**Recommendations**

The main obstacle is to be able to reach all students and let them know that these initiatives exist. Once they know, most of them are open to participate.

iscte INSTITUTO UNIVERSITÁRIO DE LISBOA



Sports services presentation to new students



Sports Week in Iscte's main patio



Reception Week - Trekking activity



UNIVERSITY OF JOHANNESBURG

WEBSITE WWW.UJ.AC.ZA

CONTACT PERSON JOEL KGOKONG

EMAIL JOELK@UJ.AC.ZA**Name of the project**

Internal Leagues

**Domain**

Physical activity and sport

**Criteria**

#50 The university organises programmes of physical activity and sport for the new students.

**Keywords**

Student recreational activities, competitions, healthy residence life, sport for new students

**Target & Stakeholders**

Residence students, Student Affairs, Day Houses

**Time & Frame**

February to October

**Team & Staff**

Residences, Sports Clubs, Club Managers, Residence Managers

**Description**

The UJ internal leagues are organised for new and returning students who wish to participate in sport that classified as non-competitive or high-performance codes. The excelling students are then absorbed into the University's formal team structures.

**Main Goals**

To introduce a residence culture that values an active lifestyle, to recruit new players for the formal teams, to complement the academic schedule with a recreational student ethos.

**Motivation & Vision**

Internal leagues are very important for keeping a healthy and active student population. Some students may not be initially recruited into the formal teams, but through the residence leagues team managers and coaches notice their talent.

**Evaluation**

Internal leagues have had a positive impact in terms of improving the quality of residence life for students. Students make friendships through the leagues as many of them are mixed with new students in the residences and the teams.

**Lessons Learned**

Internal leagues are not only important for an active student life, but also good for relationship building and scouting new talent.

**Recommendations**

The internal leagues programme should be marketed and publicised to the entire student population at the First-Year-Seminar at the beginning of each year. This is important because everyone gets to hear about it and can join a team.



Basketball Women's Team



Basketball Men's Team



UJ International Student Festival



**Name of the project**

Unisport Introduction
StartWeek (Freshers week)

**Domain**

Physical activity and sport

**Criteria**

#50 The university organises programmes of physical activity and sport for the new students.

**Keywords**

Unisport, Physical activity, Sports, StartWeek, University Students, New students, introduction

**Target & Stakeholders**

New students

**Time & Frame**

First week of University
for all new students

**Team & Staff**

University Sports department

**Description**

In the StartWeek the Sports department introduces themselves in a presentation and sports clubs are introduced at the club fair. All new students see the Unisport facilities on the mandatory campus tour. Introduction sessions for the Gym are offered.

**Main Goals**

The main goal of promoting the Unisport facilities and activities to all new students at the beginning of the semester is to encourage them to make use of the sports facilities and activities.

**Motivation & Vision**

By motivating students to take advantage of the sports opportunities offered, the Sports department tries to encourage a healthy and balanced environment and the well-being of the community members.

**Evaluation**

Promoting the Unisport to new students in the first week enables students who may not have been aware of the extensive sports facilities and activities to try them out. However, this is hardly needed, as 98% of students at the University do sports.

**Lessons Learned**

By offering multiple (of the mandatory) gym introduction sessions in the StartWeek and offering the course as an online self-study course, students can start using the facilities right away.

**Recommendations**

Use the presentations and events in the first week to promote the Unisport activities. Offer introduction courses in those first few weeks to ensure that new students feel comfortable and know how to use the sporting facilities.



Unisport teacher presenting the Sports department



Introduction of the Unisport to new students



Sign-ups for the Gym introduction course



ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE



Name of the project

Sport activities to Erasmus+ students



Domain

Physical activity and sport



Criteria

#51 The university organise programmes of physical activity and sport for the international exchange students



Keywords

Physical Activity and Sport, International Exchange Students, Fitness, Competitions



Target & Stakeholders

Erasmus+ students, Student Council, local students



Time & Frame

During the semester when Erasmus+ students are in EASS



Team & Staff

The Dept of Academic Affairs, Student Council, volunteers



Description

We give Erasmus+ students an introduction about PA and sports possibilities in EASS - Fitness Trainings classes, EASS sports teams and students' championships and involve them in sport. Some of them may also become champions of EASS during studies.



Main Goals

The goal of involving foreign students is to keep them motivated in developing their physical abilities and skills during study period and strengthen EASS teams.



Motivation & Vision

It is important to be physically active during studies to keep balance between mental and physical health. Sport is one cooperation possibility of local and foreign students.



Evaluation

In EASS last semester over 50% Erasmus+ students' participation in training classes or competitions was recorded, 27% got medals from universities' or EASS championships.



Lessons Learned

Both local and foreign students are valuable, and you win if you treat them the same way. We let them participate in our teams and one Erasmus+ student coached a sample workout in table tennis.



Recommendations

If you already have Physical activity and sport programme in your university, involve international exchange students into it as much as possible to share the experience.



SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES



Erasmus+ students on hike



EASS powerlifting team with Erasmus+ students



One of HC events in EASS - Sports Day in September



**Name of the project**

Games Day

**Domain**

Physical activity and sport

**Criteria**

#51 The university organise programmes of physical activity and sport for the international exchange students.

**Keywords**

Sports. Easy Instruction. Sports Spirit. Teamwork. Encouragement. Cultural Exchange.

**Target & Stakeholders**

University students

**Time & Frame**

From mid September to early October

**Team & Staff**

Office of International Affairs

**Description**

Baseball, volleyball, soccer, Go-moo-jul nori (hopping over an elastic band), Ttangttameokgi (a game expanding territories within the boundary of a square or a round game board drawn on a flat area of dirt).

**Main Goals**

Facilitate interaction between Korean students and international students through sports.

**Motivation & Vision**

Using sports to overcome difference and encourage dialogue so that students will learn to break down prejudice, stereotypes, cultural differences, intolerance, and discrimination.

**Evaluation**

International students who have never played traditional Korean games understood the instructions fairly well, and after each game, they wanted to repeat the games themselves to see if they remembered the rules correctly.

**Lessons Learned**

Students are able to create new games and make creative adaptation to existing games through dialogue and interactions.

**Recommendations**

Prepare a written instruction in advance about the rules of each game and have students read them before they participate. Conduct a survey in advance if there is any traditional game international students would like to introduce to their friends.

MYONGJI
UNIVERSITY

Games Day



Games Day



Games Day



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT**Name of the project**

International League (JUC)

**Domain**

Physical activity and sport

**Criteria**

#51 The university organise programmes of physical activity and sport for the international exchange students.

**Keywords**

International Students, Integration, Diversity, Sports

**Target & Stakeholders**

International students

**Time & Frame**

Annual competition; integrated into the JUC sports calendar

**Team & Staff**

UC Sport Team

**Description**

Specific league within the JUC framework designed to integrate international students. It fosters social inclusion and cultural exchange through team sports, using physical activity as a universal language at the University Stadium.

**Main Goals**

- Facilitate the social integration of international students into the UC community.
- Promote cultural exchange through inclusive sports competitions.
- Ensure that international students have easy access to the University's sports facilities.

**Motivation & Vision**

To create a "home away from home" atmosphere where international students feel connected to the University's traditions and the Healthy Campus lifestyle from day one.

**Evaluation**

Number of participants across all modalities and satisfaction levels regarding the accessibility of workplace sessions.

**Lessons Learned**

Sports are one of the most effective tools for breaking cultural barriers and reducing the feeling of isolation among students far from home.

**Recommendations**

Implement "Buddy Teams" where international and local students play together to further enhance integration.

12 190 UNIVERSIDADE DE COIMBRA



Winner's Spotlight



International Participants



International Participants



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE CONTACT ALEXANDRA.HAGLUND@UMU.SE



Name of the project

Buddy Programme



Domain

Physical activity and sport



Criteria

#51 The university organise programmes of physical activity and sport for the international exchange students.



Keywords

Internationalization, multicultural community, social.



Target & Stakeholders

Students and international students



Time & Frame

All through the academic year



Team & Staff

International Office, Student Unions, Student Health Service



Description

The Buddy Programme is a community at Umeå University that introduces international students to Sweden and helps them to settle in Umeå. The programme organises events and gatherings where international and established students can meet.



Main Goals

Integrate international students to the life in Umeå and make them feel at home.



Motivation & Vision

Social and cultural enrichment



Evaluation

The Buddy Programme is appreciated by both international and established students. This can be shown by the latest International Student Barometer, where Umeå University ranked #1 globally in social activities, overall happiness, and more.



Lessons Learned

The Buddy Programme introduces international students to Sweden and helps them to settle in Umeå. This makes new students to Umeå feel welcomed and their time in a new country enjoyable.



Recommendations

The Buddy Programme is a nice way of welcoming international students to Umeå. There are social activities all through the academic year and helps students meeting people from other parts of the world and also to get integrated in the society.

UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON DR.PUSKÁS ANDREA LENTÉNYÉ – LPANDREA@SPORT.UNIDEB.HU**Name of the project**

Sport counselling activities

**Domain**

Physical activity and sport

**Criteria**

#52 The university provides physical activity and sport counselling to the campus community

**Keywords**

Education videos, road shows, PE education, science books

**Target & Stakeholders**

Campus community

**Time & Frame**

Continuous activity

**Team & Staff**

Institute of Sport Sciences, University departments

**Description**

Sport counselling activities have different forms: 1. in PE education, a lot of science books and education videos are available for free and occasionally road shows are organised in specific topics, like injuries or prevention.

**Main Goals**

The main goal is to provide relevant knowledge for students in relation of sport activities, prevention, injuries etc. to complement students skills and help them to be up to date in sport sciences.

**Motivation & Vision**

Knowledge-sharing is a key in the Campus to help Campus community to deepen their knowledge in different topics and videos allow them to practice at home. Through the available materials not only PE education students can reach them but any students.

**Evaluation**

Uploaded books, videos frequently used by PE student, and road shows are very popular, in the last few years many nationally or internationally famous athletes, coaches etc. came to Debrecen to talk about sports to the Campus community.

**Lessons Learned**

To invite famous athletes or other famous sportsmen, coaches an excellent way to attract more people to learn about specific area of sports education, technics, methods, prevention.

**Recommendations**

Collect science article, books, videos written/made by PE teachers, researchers of your university and make them available for the Campus community, and based on the needs and trends organize talks.

UNIVERSITY of
DEBRECENMarco Rossi presented
in the University

The Institute of Sport Sciences

Yoga exercise by Kata
on UD's Youtube channel

ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Introduction to Fitness Trainings in different forms

**Domain**

Physical activity and sport

**Criteria**

#52 The university provides physical activity and sport counselling to the campus community.

**Keywords**

Physical Activity and Sport, Guidance, Fitness Training

**Target & Stakeholders**

New cadets, Experienced athletes, instructors

**Time & Frame**

During the first semester of the academic year.

**Team & Staff**

The Department of Academic Affairs, Head of Sport, Athletes

**Description**

Fitness Training is one of elective subjects in EASS curricula. Together with the Physical Education classes and individual instructed workouts, this elective course helps students to master proper training techniques in the gym.

**Main Goals**

The main goal of various introductions to fitness exercises and training principles is to encourage our students to use the gym regularly to improve their physical skills and fitness.

**Motivation & Vision**

University time is loaded with mental effort and intellectual growth, but it is also important to create opportunities for students to build their physical strength. Without introduction and instruction, many new students are afraid to use the gym.

**Evaluation**

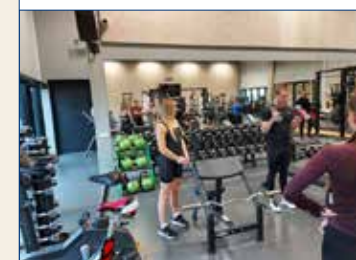
Fitness Training has been elected by students every time when offered; last semester, 36 students completed this course. Introductory gym trainings have been part of compulsory subjects in 3 colleges. Individual guided workouts are held once a year.

**Lessons Learned**

Fitness training as elected subject is a good solution for students who don't have compulsory Physical Education in their curriculum. Top level athletes are ready to share their skills and experience; even more – they value the teaching experience.

**Recommendations**

If you have a gym at the campus, ensure that guided introductions to strength training are available for these members of the community who are not familiar with it. Even a couple of workouts with instructors or athletes can help.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCESPowerlifter Helena Veelmaa
with co-studentsTop bodybuilder sharing experiences
in EASS gym

Fitness Training lecture in EASS gym



PRIVOLZHISKY RESEARCH MEDICAL UNIVERSITY

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ПМУ
Приволжский
исследовательский
медицинский университет

**Name of the project**

Health saving project
"My health is my project"

**Domain**

Physical activity and sport

**Criteria**

#52 The university provides physical activity and sport counselling to the campus community.

**Keywords**

Basketball, medical students, sports festival, Volga Federal District, student athletes

**Target & Stakeholders**

All PIMU students
(1st–6th year)

**Time & Frame**

Every year, once an academic year

**Team & Staff**

Staff of the Department of physical culture and sports

**Description**

Annual basketball tournament within the Sports Festival for medical and pharmaceutical universities of the Volga Federal District. PIMU team won 1st place without a single defeat. Four-time champions. Next stage: All-Russian final in Samara.

**Main Goals**

- Promote physical culture and sports as a "second profession of a physician".
- Strengthen inter-university sports ties within the Volga Federal District.
- Identify the strongest teams for the All-Russian final
- Develop student sports movement.

**Motivation & Vision**

Physical activity is necessary for future doctors. The University supports student-athletes as role models. Success inspires the entire academic community to lead a healthy lifestyle.

**Evaluation**

Tournament results: 3 matches, 3 wins (55:29, 54:36, 89:48). Two PIMU players selected to the symbolic team. PIMU has reached the All-Russian final for 8 consecutive years, winning 1st and 2nd places at the PFD level.

**Lessons Learned**

Students participate in sports basketball matches, develop teamwork, strategic thinking and physical endurance. The support of the fans creates an atmosphere of university community and shared values.

**Recommendations**

- Expand the tournament to include women's basketball. Increase fan engagement through student sections and social media coverage
- Organize friendly matches with other universities of the Volga Federal District. Document best practices in other sports.



Team photo



Photo from the game



Photos after the winning match

UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON TIBOR PÖSZMET – POSZMET.TIBOR@SPORT.UNIDEB.HU**Name of the project**

Exhibitions for prospective students

**Domain**

Physical activity and sport

**Criteria**

#53 The university promotes its physical activities and sport to prospective students

**Keywords**

DExpo, DEction!, Schoolage, local and national events

**Target & Stakeholders**

Prospective students

**Time & Frame**

Every year

**Team & Staff**

Institute of Sport Sciences, DEAC, Educatio

**Description**

Every year for secondary school students can participate on the biggest school age event in Debrecen in the university, as well as to popularise UD sport at national level, the sport department and the sport club participate in Educatio event.

**Main Goals**

DExpo's main goal is to provide a guide for prospective students to help to choose the right department. The main goal of participating in Educatio is to popularise University of Debrecen at national level to attract more people to the Campus.

**Motivation & Vision**

Sport education and other sport related activities, programmes, tools are being developed every year in order to raise the standard of education and attract more and more student, and UD wants to be the best university in terms of sport education.

**Evaluation**

Both events, DExpo and Educatio is extremely popular among prospective students, what crowded audience also indicated. Sports related programmes that required registration were full as well.

**Lessons Learned**

In order to attract more students to the university meeting with prospective students in person in a local or national event is a good way to show them what they will get if they study in the university.

**Recommendations**

If there is an open day at your university organise side events, sport programmes, study visits even small competitions to show prospective students how fun can be sport education in your university, and use modern IT tools to better attract them.

UNIVERSITY of
DEBRECENBooth of the university
in Educatio

DExpo in the University of Debrecen

Booth of Institution
of Sport Sciences in DExpo

ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Camps for prospective students

**Domain**

Physical activity and sport

**Criteria**

#53 The university promotes its physical activities and sport to prospective students.

**Keywords**

Physical Activity and Sport, Prospective Students

**Target & Stakeholders**

High Schools, Volunteers

**Time & Frame**

Couple of times during academic year

**Team & Staff**

The Centre for Continuing Education and volunteers

**Description**

EASS coordinates preliminary internal security studies in high schools and organises camps for these students. Volunteers from our colleges provide physical activities to participants (terrain games, physical tests, self-defence practices).

**Main Goals**

Camps for prospective students help to introduce our academy to them and offer couple of days full of physical activities and fun.

**Motivation & Vision**

It is important for prospective students to meet university students who were in the same position as them a few years ago, because university students can encourage the preparation for entrance tests and give useful advice.

**Evaluation**

Approximately 400 prospective students from 14 high schools participate in camps every academic year.

**Lessons Learned**

For those high school students who participated in camps, it was easier to choose EASS for their further studies and volunteers learned how to share experience through organised activities.

**Recommendations**

Joint sporting activities which you plan in the camp's programme can serve as both, physical exercises, and an opportunity to share their knowledge and teach new skills in university specialties.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

Introduction of EASS to prospective students



Camp activities for prospective students.



Camp activities for prospective students.



UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON TIBOR PÖSZMET – POSZMET.TIBOR@SPORT.UNIDEB.HU**Name of the project**

Involvement alumni members into University's sport life

**Domain**

Physical activity and sport

**Criteria**

#54 The university promotes its physical activities and sports to alumni of the university

**Keywords**

Alumni, competitions,

**Target & Stakeholders**

Graduated students, alumni members

**Time & Frame**

Continuous activity

**Team & Staff**

Institute of Sport Sciences, DEAC, Press Office

**Description**

University promotes sports to alumni via their website, Alumni Newsletter. Every year "Buzanszky Jenő Football Cup" is organised for them, and Campus Sport Festival where those alumni can enter who graduated in the previous year among other students.

**Main Goals**

Our goal is to unite the graduated students and provide them with the opportunity to maintain contact with their former alma mater, and the narrower community of students with whom they completed their studies and belonged to a professional community.

**Motivation & Vision**

Our aim is to maintain good relations with the students who graduated from the university. We feel it is important to recognise our alumni and support them even in their further education and employment.

**Evaluation**

Every year the number of alumni and their participation in sport events is rising. The number of participants in futsal championship is about 1000, and Campus Sport Festival broke a record in 2022, and Family Day for alumni is also very popular.

**Lessons Learned**

The institution provides a lot of opportunities for those who want to play sports, thereby becoming part of a community that shows how many people from many countries can compete in a fair play manner.

**Recommendations**

Sports and sport related events can bring together alumni that can give them a sense of belonging. It is important to take care of alumni members through a continuous communication.

UNIVERSITY of
DEBRECEN

Family day for alumni in 2022



Commemoration of the legendary football player



Award ceremony in Buzanszky Cup, women's league



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT ALUMNI@SURREY.AC.UK, INFO@TEAMSURREY.CO.UK**Name of the project**

Grad Sport

**Domain**

Physical activity and sport

**Criteria**

#54 The university promotes its physical activities and sports to alumni of the university

**Keywords**

Alumni, Graduates, Students, Competition, Festival, Donations

**Target & Stakeholders**

Surrey graduates and current students

**Time & Frame**

Every May

**Team & Staff**

Team Surrey, Advancement

**Description**

Grad Sport is a sporting celebration for alumni and students compete against one another. There is a festival zone which includes sports games, venters and bars, music, and a large screen (streaming inside matches to the spectators outside).

**Main Goals**

It reunites teammates across year groups, allowing students to catch up with friends who have moved on. The event also helps obtain donations from alumni which are then reinvested into sports clubs through the Forever Surrey Fund.

**Motivation & Vision**

Remain in contact with alumni and reinforcing their bond with the university after graduating. Alumni contribute to development of sports clubs. Facilitating interactions between students and alumni aid student with their transition post-graduation.

**Evaluation**

Over 1,000 competitors line up in 40+ matches across ~30 different sports. Team Alumni took the win 45-41, giving them a narrow 5-4 lead over the nine-year series.

**Lessons Learned**

Showcasing the impact of previous donations has helped demonstrate the fund impact. Providing more activities in the festival zone encourages participants to partake all day, rather than attend for their fixture and then leave.

**Recommendations**

Encourage all student clubs to get involved and therefore, members are more likely to return in future years. If possible, stream indoor fixtures outside to increase spectator engagement of those events.



Lacrosse Teams



Festival Zone



Alumni Trophy Celebrations



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [HTTPS://WWW.ISMAIL.PT/PT](https://www.ismail.pt/pt) AND [HTTPS://WWW.IPMAIA.PT/PT/](https://www.ipmaia.pt/pt/) CONTACT HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Special Conditions to alumni

**Domain**

Physical activity and sport

**Criteria**

#54 The university promotes its physical activities and sports to alumni of the university.

**Keywords**

Alumni, special conditions

**Target & Stakeholders**

Alumni and Campus community

**Time & Frame**

All year

**Team & Staff**

Fitness and Leisure Centre

**Description**

The Fitness and Leisure Centre promotes several physical activities for different target groups. Our alumni can participate with special conditions. Thus, we also promote generational continuity between new, current and former students.

**Main Goals**

Keeping the bond between the Academy and the alumni. Promote contact and the provision of services to the whole local community, including alumni. Enable the professional and academic training for students.

**Motivation & Vision**

Promoting bonding through physical activities is important for generations of students. With intergenerational contact, physically active habits cross the different generations of students and members of the academic community.

**Evaluation**

At the end of the day, our sports facilities are frequented by a wide range of users representing different age groups, which promotes social and intergenerational contact.

**Lessons Learned**

Participation in physical activities is more enduring over time if social contacts and close relationships are established between different users - students, members of the academic community and external stakeholders.

**Recommendations**

Communication through images of people or groups of different age groups. Investing in the monitoring of technicians who may themselves be students in professional training.



Engaging communication



Active + Programme - for academic community



Fit + Programme - for stakeholders including alumni



UNIVERSITY OF COIMBRA

WEBSITE: WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT

**Name of the project**

International League (JUC)

**Domain**

Physical activity and sport

**Criteria**

#54 The university promotes its physical activities and sports to alumni of the university

**Keywords**

Alumni, Networking, Sports, Lifelong Bond, Healthy Campus

**Target & Stakeholders**

UC Alumni

**Time & Frame**

Annual competition

**Team & Staff**

UC Sport Team

**Description**

Multi-sport league within the JUC framework for former students. It promotes health and networking through various team and individual sports, including Futsal, Basketball, Volleyball, Tennis, and Padel, fostering a lifelong bond with the UC.

**Main Goals**

- Reconnect former students with the University through sports.
- Promote a healthy lifestyle and active aging among the Alumni community.
- Strengthen the "Alumni UC" network and sense of institutional belonging.

**Motivation & Vision**

To extend the university experience beyond graduation, ensuring that the "Healthy Campus" philosophy remains a lifelong commitment for the UC community.

**Evaluation**

Number of participants and their level of satisfaction with the event organization.

**Lessons Learned**

Sports serve as a powerful tool for institutional loyalty; Alumni are highly motivated to return to the University Stadium to compete.

**Recommendations**

Expand the league to include more individual sports to attract a wider range of former students.

12 190 UNIVERSIDADE DE COIMBRA



Winner's Spotlight



Alumni Participant



Programme Logo



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE



Name of the project

Awards: Sports Alumni of the Year



Domain

Physical activity and sport



Criteria

#54 The university promotes its physical activities and sports to alumni of the university



Keywords

Awards, elite sport students, alumni



Target & Stakeholders

Alumni's from sport programs at Umeå university



Time & Frame

Once a year, usually in May



Team & Staff

Umeå School of Sport Sciences at Umeå university



Description

The prize for 'sports alumnus of the year' is awarded to a student who has graduated from a sports program at Umeå University and who is currently working to do good and important things for Swedish sports.



Main Goals

To honour outstanding alumni who enhance Swedish sports, to inspire current and future students through exemplary role models, and to emphasize the importance of making meaningful contributions to the sports industry.



Motivation & Vision

Celebrate graduates who make significant contributions to Swedish sports and promote dedication, positive impact and good values.



Evaluation

The awards effectively promote physical activities and sports among alumni, highlighting their contributions to Swedish sports and serving as role models for current and future students.



Lessons Learned

Acknowledging the achievements of alumni in their current roles enhances the university's reputation and inspires current students.



Recommendations

A great way to highlight alumni and their various commitments to Swedish sport.



UMEÅ
UNIVERSITY



John Grönvedt, Sports Alumni of the Year 2022



Susanne Jidesten, Sports Alumni of the Year 2023



RUDN UNIVERSITY (PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA)

WEBSITE [HTTP://ENG.RUDN.RU/](http://eng.rudn.ru/) CONTACT PERSON ALEKSANDR BYCHKOV EMAIL BYCHKOV-AA@RUDN.RU



Name of the project

Centre of sports events



Domain

Physical activity and sport



Criteria

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community.



Keywords

Athletes, students, local community



Target & Stakeholders

Athletes, students, local community, event organisers



Time & Frame

The events are held annually



Team & Staff

Sport department



Description

RUDN University hosts the Russian Powerlifting Championship at its base, in which athletes of various ages from all over Russia take part, on the days of the competition, the doors of RUDN University are open to everyone to watch and cheer on the athletes.



Main Goals

Increasing the number of students and the local community doing sport at the RUDN University indoor and outdoor sports facilities on their own, increasing the number of sports events hosted by RUDN University.



Motivation & Vision

Opportunity to organise sport competitions which will be unforgettable in terms of entertainment and intensity of emotions for students and the local community. Receiving positive emotions and expanding partner sports ties.



Evaluation

Number of people doing sports at the RUDN University sports facilities on their own, number of sports competitions (events) hosted by RUDN University.



Lessons Learned

When implementing events, it is necessary to consider the number of participants in the competition, number of spectators, medical care services. It is necessary to pay attention to arranging food outlets. One can learn how to organise various components of the processes of a large sports event.

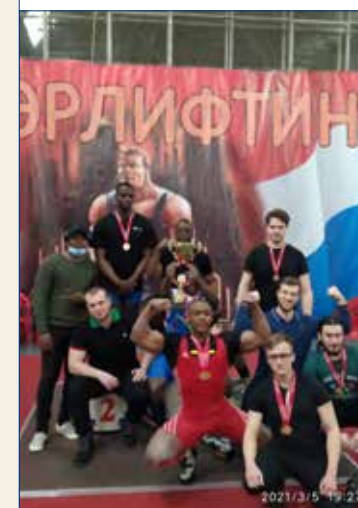


Recommendations

Special attention should be paid to working with the audience, providing an entertainment programme during breaks, organising lounge areas and catering places, including optional entertaining mini-games or draw games.



Awards ceremony for the winners of the competition



RUDN powerlifting team after Russian Powerlifting Championship

CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT KRISTINA.KAROVA.SOKOLOVA@FTVS.CUNI.CZ**Name of the project**

Children's Summer Sports Program

**Domain**

Physical activity and sport

**Criteria**

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community

**Keywords**

Children, summer camp, physical activity, Healthy Campus, community engagement, sport, families

**Target & Stakeholders**

Children aged 6–15, families, students, Local community

**Time & Frame**Annual program (summer months)
Weekday day-camp format**Team & Staff**CU SPORT, CU students
(as trainers and instructors)**Description**

Camp organized by Charles University, offering children a structured program focused on physical activity, fun, and healthy lifestyle development. Children are guided by trained university students.

**Main Goals**

- Promote physical activity from an early age
- Build positive relationship to sport and health
- Support community engagement with families
- Provide safe and structured summer activities
- Encourage inclusive participation

**Motivation & Vision**

By working with children and families, the university aims to build lifelong healthy habits and strengthen its role as a socially responsible institution.

**Evaluation**

Overall, this project demonstrates a clear understanding of the subject and meets the expected objectives effectively.

**Lessons Learned**

- Children develop: teamwork and social interaction positive habits related to movement and health
- University benefits: practical training opportunities for students
- Stronger ties with the local community experience in organizing inclusive programs

**Recommendations**

- Keep the interactive and hands-on format document and share examples of good practice after the event.
- Collect participant feedback and use it for future programme design.
- Highlight the international exchange dimension in the final application text.

CHARLES
UNIVERSITY

Programme for Veleslavin area



Kids doing sports.



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT**Name of the project**

UC Walk and Run

**Domain**

Physical activity and sport

**Criteria**

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community

**Keywords**

Solidarity, 736 Years UC, Healthy Campus, Plogging, Community

**Target & Stakeholders**

UC community, local citizens, and the Acreditar Association

**Time & Frame**

March 1st, 2026 (University Day).

**Team & Staff**

Healthy Campus UC, Câmara Municipal Coimbra and Runway

**Description**

A charity and eco-friendly event starting at Rua Larga and finishing at the University Stadium. Organized in partnership with CMC and Runway, it features a 4km walk and a 7.36km run (symbolizing UC's 736 years), including plogging activities.

**Main Goals**

- Celebrate the 736th anniversary of the University of Coimbra.
- Support the "Acreditar" Association (50% of fees donated to charity).
- Promote environmental sustainability and fitness through strategic local partnerships.

**Motivation & Vision**

To merge historical celebration with the promotion of a healthy, supportive, and environmentally conscious campus.

**Evaluation**

Total number of participants (target ~1000), funds raised for charity, and volume of waste collected during the route.

**Lessons Learned**

Linking historical milestones to social causes and collaborating with local partners like CMC and Runway significantly boosts engagement from both the academic and local communities.

**Recommendations**

Maintain the symbolic distance (adjusted to the UC's age) as a unique annual trademark for the event.

12 190 UNIVERSIDADE DE COIMBRA



Runners



Walk participants



Walk participants



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE CONTACT ALEXANDRA.HAGLUND@UMU.SE



All on Snow



Name of the project

All on Snow



Domain

Physical activity and sport



Criteria

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community



Keywords

Physical activity, snow experiences, sports students



Target & Stakeholders

Children between 10-11 years of age in Umeå municipality



Time & Frame

Special activity days each year



Team & Staff

Sport students, Swedish Ski Federation, Umeå municipality



Description

During the All on Snow-day all children get to experience different ski and snow environments and guidance from educational leaders to ensure that the children have the opportunity to become familiar with skiing and snow-related activities.



Main Goals

Making skiing (cross-country, alpine and snowboarding), snow play and snow experiences during school time an obvious right and opportunity for all children in Sweden, regardless of background and conditions.



Motivation & Vision

Get children excited about sports and play through skiing and snow activities.



Evaluation

The project's organization, implementation and development potential are evaluated with all partners. The views expressed here are documented and fed back to everyone involved.



Lessons Learned

Win-win for everyone, the students get the opportunity to practice their theoretical skills in practice and the children get to experience snow under the guidance of student teachers.



Recommendations

Extra priority schools in the project are the schools in the socio-economically weaker neighbourhoods.

BRASÍLIA UNIVERSITY - DARCY RIBEIRO

WEBSITE WWW.INTERNATIONAL.UNB.BRMAIL INTWEB@UNB.BRCONTACT FELIPE RODRIGUES DA COSTA - FRCOSTA@UNB.BR**Name of the project**

UnB Internal Games - Jiunb's

**Domain**

Physical activity and sport

**Criteria**

#56 The university organises sports competition within the university

**Keywords**

Educational sport. Student athlete. Institutional policy

**Target & Stakeholders**

Students and former students of the University of Brasília

**Time & Frame**

2024.2

**Team & Staff**

Student sports leaders, administrative staff and professors

**Description**

The Jiunb's took place after consultation with UnB students and were mainly organized by student sports managers. The event lasted 9 days and was attended by approximately 750 undergraduate, graduate and alumni students.

**Main Goals**

Resume institutional sports activities by encouraging the organization of student sports associations. Bring students from different courses and campuses together for healthy and educational activities.

**Motivation & Vision**

Promote sports and personal relationships, strengthening bonds of respect, cooperation and camaraderie among students. Meet students' demands for physical activity and sports, offering new possibilities for physical practice.

**Evaluation**

At the end of each stage of the event, technical meetings were held with representatives of each team to investigate problems and provide solutions for the next games.

**Lessons Learned**

The students' ability to promote and organize the games, combined with institutional support, are fundamental to the success of the event. Understanding and believing in the potential for raising financial resources from outside the institution.

**Recommendations**

Strengthen the institutional relationship with students involved in sports management and seek partners and sponsors outside the university to finance sports activities, whether in the educational, representation or performance dimension.

UNIVERSITY OF LAUSANNE

WEBSITE [HTTPS://POLYSPORTS.PESE.CH/](https://polysports.pe.se.ch/) CONTACT PERSON RETO INEICHEN EMAIL RETO.INEICHEN@UNIL.CH**Name of the project**

Polysports

**Domain**

Physical activity and sport

**Criteria**

#56. The university organises sports competition within the university.

**Keywords**

24 disciplines, 22 committee members all student volunteers, 6 days of presence at the sports centre, 1200 athletes at the sports centre, 400 registrations for the 20km of Lausanne

**Target & Stakeholders**

Students community

**Time & Frame**

During the spring semester

**Team & Staff**22 students volunteers
+1 referent SSU**Description**

Every year, throughout the spring semester, students from EPFL and UNIL gather by section/faculty to compete in about twenty different sports. Based on the principle of the Olympic Games, each medal won earns points for its section, and at the end of the tournament, the section with the most points wins the PolySports Cup!

**Main Goals**Creating moments of encounter through multi-sport tournaments.
Sharing with other students.
Provide opportunities for students to organise events.**Motivation & Vision**

Super motivated students in the organising committee, They are not counting their hours. Lot of energy and ideas.

**Evaluation**

Regular sessions with a numerical assessment at the end and the definition of new objectives for the next edition.

**Lessons Learned**

Tournament is established over time and student teams in the committees are renewed. Fear at the beginning that students would be unreliable, that projects would fall through.

**Recommendations**A structure like the sports department to supervise them and to have an eye on the finances and security is necessary.
But otherwise, don't be afraid!
The students are amazing.Unil
UNIL | Université de Lausanne

Volley tournament in Dorigny



Volley tournament in Dorigny



Polysports Poster



UNIVERSITY OF GDAŃSK

WEBSITE [HTTPS://EN.UG.EDU.PL](https://en.ug.edu.pl) CONTACT : TOMASZ.AFTANSKI@UG.EDU.PL**Name of the project**

Participation of the University of Gdańsk Students in the Polish Academic Champion-ships 2024/2025 (AMP)

**Domain**

Physical activity and sport

**Criteria**

#57 The university or its clubs/students participate(s) at least in one sport in a national university sports competition

**Keywords**

Student sport competition, physical activity, academic sport, championships, healthy lifestyle

**Target & Stakeholders**

Student athletes, University sport club members

**Time & Frame**

Competitions held throughout the academic year

**Team & Staff**

Club staff, Sport trainers, University staff, students

**Description**

Over 400 AZS UG (UG Sport Club) athletes competed in 33 disciplines such as athletics, futsal, volleyball, swimming, and sailing. In the 2024/2025 season, the University of Gdańsk ranked 4th overall and 2nd among classic universities in Poland.

**Main Goals**

The main goal is to promote physical activity and a healthy lifestyle in academia, rank the best universities in Poland, and enable students to compete in structured events including qualifiers, semifinals, and finals.

**Motivation & Vision**

The championships bring together university teams from across Poland to identify top academic athletes in various disciplines and promote excellence, competition, and engagement in sport.

**Evaluation**

Evaluation is based on the number of participants and teams, as well as official rankings and reports. The structured system includes qualifiers, semifinals, and national finals organized under AZS (Polish NUSA) regulations.

**Lessons Learned**

Holding an AZS membership improves organization and verification through the Planeta AZS system, provides insurance, and enables access to sports sections, supporting efficient participation.

**Recommendations**

The project strengthens academic integration and promotes active lifestyles. Participation enhances university visibility and supports student development. Continued engagement in AMP is strongly recommended.



Students athletes from Uni of Gdansk with medals.



Students athletes from Uni of Gdansk with medals.



Students athletes from Uni of Gdansk with medals.



UNIVERSITY OF MINHO

WEBSITE [HTTPS://WWW.UMINHO.PT/PT](https://www.uminho.pt/pt) CONTACT DDC@SAS.UMINHO.PT EMAIL GABRIEL@SAS.UMINHO.PT**Name of the project**

European Universities Futsal Championship 2019

**Domain**

Physical activity and sport

**Criteria**

#58 The university organises and participates in the organisation of national or international sports events or championships

**Keywords**

University Competition, European, UMinho, AAUMinho, EUSA, FADU

**Target & Stakeholders**

University students-athletes

**Time & Frame**

6 to 8 days at the end of the academic year - 15 to 23 July

**Team & Staff**

UMinho, AAUMinho, FADU, PPF, Braga City Hall, IPDJ

**Description**

An organisation attributed by EUSA to FADU, in partnership with UMinho and AAUMinho, which provides for the involvement of 40 teams - around 500 participants and 250 staff and volunteers - with 3 sports halls planned for the competition.

**Main Goals**

Provide university students/athletes with new experiences at a highly competitive level; Develop/promote the sport at the local level; Promote the University and the organising city brand image.

**Motivation & Vision**

To cement the image of the University of Minho as one of the most active Higher Education Institutions in terms of sports and dual career promotion, both at nationally and internationally level.

**Evaluation**

A satisfaction survey was held to all participating teams during the competition. EUSA, as the regulatory body for university competitions in Europe, collects information to produce a final report to be delivered to the local organisation.

**Lessons Learned**

Improves the internal knowledge over the organisation and perception of organisational realities in other countries; Development of human resources skills interacting with different cultures that are put in to practice daily with foreign students.

**Recommendations**

Develop sports policies aligned with international sports federations and implemented at the University level; Foster good relations between the University and local clubs, local Associations and National Sports Federations; Encourage a positive relationship with City Hall and national higher-educational institutions.



Universidade do Minho



Opening Ceremony at city historical center



Competition at UMinho Sports Hall



Delivery of medals and Closing Ceremony



UNIVERSITY OF GDAŃSK

WEBSITE [HTTPS://EN.UG.EDU.PL](https://en.ug.edu.pl) CONTACT : TOMASZ.AFTANSKI@UG.EDU.PL**Name of the project**

Polish Academic Championships in Beach Volleyball

**Domain**

Physical activity and sport

**Criteria**

#58 The university organises and participates in the organisation of national or international sports events or championships

**Keywords**

Academic sport, beach volleyball, students, competition, universities, integration, championships

**Target & Stakeholders**

Students, doctoral students, university staff

**Time & Frame**

Annual event following Academic Championships schedule

**Team & Staff**

University staff, Sport Trainers, volunteers, students

**Description**

This national event in women's and men's beach volleyball promotes academic sport and competition. It brings together universities across Poland and includes regional rounds, semifinals, and finals to select top teams.

**Main Goals**

The project aims to promote physical culture and sports competition among academic communities, integrate students through sport, and support the development of university-level athletes in Poland.

**Motivation & Vision**

The vision is to make physical activity an integral part of academic life, encouraging students to engage in sport, build relationships, and maintain a healthy and active lifestyle.

**Evaluation**

The event is evaluated through participation levels, competition quality, and organizational feedback. Results and rankings also help assess performance and identify areas for improvement.

**Lessons Learned**

The project provides experience in organizing large-scale sports events and highlights the value of teamwork, fair play, and student engagement in physical activity within academic settings.

**Recommendations**

It is recommended to enhance promotion, increase student participation, and strengthen cooperation between universities. Expanding media coverage can further boost interest in academic sports.



Promo poster from the competition (social media).



Students athletes during beach volleyball match.



Medal ceremony for students athletes.





BRASÍLIA UNIVERSITY - DARCY RIBEIRO

WEBSITE WWW.INTERNATIONAL.UNB.BRMAIL INTWEB@UNB.BRCONTACT FELIPE RODRIGUES DA COSTA - FRCOSTA@UNB.BR**Name of the project**

UnB Healthy Campus - Sports, Health and Culture

**Domain**

Physical activity and sport

**Criteria**

#59 The university shall use these events as catalyst for the implementation of the Healthy Campus approach and, more generally, healthy lifestyle related acti...

**Keywords**

Games. Festival. Local culture.

**Target & Stakeholders**

Priority to student participating in assistance program

**Time & Frame**

End of the semester

**Team & Staff**

Students of PE course and professors staff

**Description**

It deals with activities linked to the circularization of the extension of the Physical Education course and aims to offer physical, sporting and cultural activities.

**Main Goals**

Welcome, value and promote respect for differences, providing a space for equal opportunities for the institution's diverse audiences.

**Motivation & Vision**

The university is a space of social and cultural diversity that must be valued, promoted and respected. The integration of students is a priority for the development of a healthy and equal environment.

**Evaluation**

This action arises from a specific demand from the institution and will serve as a starting point to verify opportunities for activities in the future.

**Lessons Learned**

The action was developed based on the students' experiences and is part of a tripod of institutional commitments such as teaching, research and extension.

**Recommendations**

Create a space for communication between managers, professors and students, qualifying the range of activities offered and expanding the possibility of external partnerships. Valuing diversity and student experience.



UNIVERSITY OF TURIN

WEBSITE [HTTPS://EN.UNITO.IT/](https://en.unito.it/) CONTACT DUALCAREER@UNITO.IT EMAIL ALBERTO.RAINOLDI@UNITO.IT**Name of the project**

Dual Career Programme

**Domain**

Physical activity and sport

**Criteria**

#60 The university offers a dual career programme.

**Keywords**

Education, sport career, student-athletes, e-learning, e-tutoring, educational schedule flexibility

**Target & Stakeholders**

All students-athletes competing at high competition levels.

**Time & Frame**

The programme shall place all year long from acceptance date.

**Team & Staff**

UNITO teachers and administrative, Turin University Sport Centre, and UniCredit

**Description**

The programme provides flexible learning paths and exam dates, and administrative tutoring for student-athletes. Economic benefits (university fees exemption, scholarships) for students highly deserving for study, sport, and economic situations.

**Main Goals**

The programme aims at promoting the combination of sport and educational careers of students enrolled in UNITO educational courses, by means of a more adaptable university path in terms of time and place flexibility.

**Motivation & Vision**

To offer the availability of more-adequate-to-student-athletes educational paths (time/place flexible), which can guarantee an equal-to-other-students university preparation, in line with the EU political vision.

**Evaluation**

Positive impact, despite UNITO Dual Career Programme just started in this academic year (2021-21). Seventy-two students have already joined the initiative. A progressive dissemination of this project will surely enlarge the number of participants.

**Lessons Learned**

All UNITO student-athletes appreciated this initiative, recognizing it as useful for their dual career, and also confirming what emerged in preliminary investigations on the same UNITO student category (Lupo et al., 2017a,b; Brustio et al., 2020a,b).

**Recommendations**

The UNITO Dual Career Programme should be progressively appreciated, also through the direct participants' experience of this initiative first year and a well-defined institutional webpage.

UNIVERSITA
DEGLI STUDI
DI TORINO

Student-Athletes Awards Ceremony



Student-Athletes Awards Ceremony

Academic Ceremony-Dual Career
Student C. Gilli

VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE [HTTPS://WWW.SPORTACADEM.RU/](https://www.sportacadem.ru/) CONTACT PERSON A. MIRONOV MIRONOF2013@YANDEX.RU EMAIL INFO@SPORTACADEM.RU**Name of the project**

Road to success

**Domain**

Physical activity and sport

**Criteria**

#60 The university offers a dual career programme.

**Keywords**

Education, elite sports

**Target & Stakeholders**

high-class athletes, sports clubs

**Time & Frame**

annually

**Team & Staff**Department of Sports Work,
Educational Department**Description**

The university provides a solid foundation for a future career. Students have the opportunity to engage in professional sports, at the same time receive higher education. The individual educational schedule is provided for high-class athletes.

**Main Goals**

To attract high-class athletes to study at the university, in order to obtain higher education along with a professional career. The possibility of receiving increased scholarships.

**Motivation & Vision**

The opportunity to study without interrupting sports activities. The possibility of receiving an increased scholarship when achieving sports results.

**Evaluation**

Thanks to the implementation of this project, the number of applicants and high-class student-athletes has increased.

**Lessons Learned**

Control the learning process according to the individual training schedule. And also to give the student, who is engaged in physical culture and sports, the opportunity in the future to be selected in the sport of the highest achievements.

**Recommendations**

The presence of sports titles and ranks among applicants provides additional points in the entrance examinations. Rational allocation of time for sports and study by students makes it possible to get an education, build a professional sports career.



Поволжский
государственный
университет
физической культуры,
спорта и туризма



Krasnykh Alexander -
2020 Olympic Games medalist



Students - medalists
of the 2020 Olympic Games



Students are winners
of all-Russian competitions



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT INFO@UKFTVS.CZ**Name of the project**

Dual Career support at Charles University

**Domain**

Physical activity and sport

**Criteria**

#60 The university offers a dual career programme

**Keywords**

Dual career, student-athletes, elite sport, study support, employability, academic success

**Target & Stakeholders**

Athletes, students representing Czechia, Sports federation

**Time & Frame**

Ongoing university-wide support programme

**Team & Staff**

Central governance, national sports and olympic federations

**Description**

CU offers a dual career programme that supports student-athletes in combining academic studies with elite sport. This support is embedded in the university's internal regulations and allows students representing Czechia.

**Main Goals**

- Enable student-athletes to combine higher education with elite sport.
- Provide flexible study arrangements through individual study plans.
- Reduce conflicts between academic and athletic responsibilities.

**Motivation & Vision**

Talented athletes should not have to choose between academic and sporting careers.

**Evaluation**

Overall, this project demonstrates a clear understanding of the subject and meets the expected objectives effectively.

**Lessons Learned**

Dual career support requires both central rules and faculty-level flexibility. Individual study plans are an effective tool for reconciling sport and study commitments. Cooperation between university structures and sport institutions is essential.

**Recommendations**

Increase the visibility of the dual career programme on central university webpages, Collect examples of good practice and student-athlete success stories. Strengthen coordination between faculties in implementing dual career support,

CHARLES
UNIVERSITY2026 Winter Olympic Games
and students from CU2026 Winter Olympic Games
and students from CU2026 Winter Olympic Games
and students from CU

UNIVERSITY OF THE FREE STATE - BLOEMFONTEIN

WEBSITE WWW.UFS.AC.ZA CONTACT DATELINGGE@UFS.AC.ZA**Name of the project**

Empower Project

**Domain**

Physical activity and sport

**Criteria**

#60 The university offers a dual career programme

**Keywords**

Student-athlete development, academic support, resilience, wellbeing, life skills, dual career

**Target & Stakeholders**

Student-athletes, coaches, KovsieSport, SCD, CTL

**Time & Frame**

February-Novemeber aligned with University Calender

**Team & Staff**

KovsieSport, SCD, CTL, coaches, support staff

**Description**

Project Empower supports student-athletes through integrated academic, mental health, and performance programmes. It includes psychometric assessments, workshops, team building, and individual support to enhance resilience, wellbeing, and performance

**Main Goals**

To develop well-rounded student-athletes by improving mental resilience, academic performance, and sporting outcomes, while strengthening team cohesion and equipping coaches to support athlete wellbeing and development.

**Motivation & Vision**

The project recognises the link between mental health, academics, and performance. It aims to create an environment where student-athletes thrive holistically and gain skills for success beyond sport.

**Evaluation**

Evaluation includes psychometric assessments, workshop feedback, attendance tracking, and performance outcomes. These tools measure impact, guide interventions, and support continuous improvement.

**Lessons Learned**

Strong collaboration improves outcomes. Psychometric tools add value. Athlete engagement grows with practical support. Time and scheduling challenges affect participation, highlighting the need for flexible delivery.

**Recommendations**

Improve planning and communication, expand resources, introduce online options, and strengthen stakeholder collaboration to enhance participation, delivery, and long-term sustainability of the programme.



KovsieNetball Team Building
Varsity Netball 2024



KovsieHockey attending
a psychometric Session



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE CONTACT ALEXANDRA.HAGLUND@UMU.SE



Name of the project

Dual Careers for athletes



Domain

Physical activity and sport



Criteria

#60 The university offers a dual career programme



Keywords

Dual Careers, elite athlete, elite sport, customized studies



Target & Stakeholders

Elite sports students, sports organizations



Time & Frame

All year



Team & Staff

Umeå University, in collaboration with the municipality



Description

Students active in competitive sports can have their studies customized to their specific conditions as an elite athlete. Through an agreement, the student can study at a slower pace, take exams at other times and get access to performance support.



Main Goals

Getting elite student athletes to prepare for a post-sport career while still being active.



Motivation & Vision

We work for healthy sports investments where the athletes are able to feel as good as possible while they are elite athletes and academic students. We believe this is the path to sustainable success, both in the long and the short run.



Evaluation

The dual career system is evaluated nationally by the Swedish National Sports Confederation every year. The basis for the evaluation is a student questionnaire that is sent to all students with elite sports contracts.



Lessons Learned

Research shows that dual careers imply win-win for the student. Sports are good for the studies and studies are good for sports.



Recommendations

In addition to the individual gains, dual careers and the possibility to provide customized studies are a good marketing way for the university to attract new students, both national and international students.



UMEÅ
UNIVERSITY



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE WWW.IPMAIA.PT CONTACT HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Young Health Promoters -
Maiêutica Healthy Campus
Volunteer corps

**Domain**

Physical activity and sport

**Criteria**

#61 The university develops
volunteer programmes to support
events and sports activities

**Keywords**

Volunteer corps, volunteers,
YHP

**Target & Stakeholders**

Academic community
and external target groups

**Time & Frame**

All year

**Team & Staff**

MHC coordination team,
academic staff, student
associations

**Description**

Young Health Promoters are
a volunteer group supporting
Healthy Campus initiatives,
with a focus on sport, while
promoting nutrition, health,
mental well-being, risk prevention,
and sustainability across
the academic community.

**Main Goals**

Develop volunteers' technical
and soft skills, support
Healthy Campus activities
(especially in sport), foster
interaction with the academic
community, and promote healthy
lifestyles, student engagement
and social responsibility
as role models.

**Motivation & Vision**

To empower students as active
promoters of healthy lifestyles,
enhancing their personal/technical
skills while supporting Healthy
Campus initiatives, fostering
inclusion, engagement and social
responsibility across the academic
and wider community..

**Evaluation**

Evaluation includes performance
reviews by coordinators,
anonymous volunteer surveys,
and ongoing feedback, supporting
continuous improvement, reflection,
and development of engagement,
impact and skills.

**Lessons Learned**

"Volunteers receive initial training
and role-specific preparation,
supporting continuous learning
and skill development, and active
volunteers are awarded
an end-of-year recognition diploma
highlighting their contribution."

**Recommendations**

Ensure clear coordination,
provide training, empower
students as peer promoters, foster
group identity and team spirit
across diverse students,
and align activities with
institutional strategies and
well-being goals.



Volunteers at the Erasmus Student
Welcome Event



Delivery of Certificates



Volunteers at an Adapted
Sports Event



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT DOBROVOLNICTVI@CUNI.CZ**Name of the project**

Volunteering and student engagement at Charles University

**Domain**

Physical activity and sport

**Criteria**

#61 The university develops volunteer programmes to support events and sports activities

**Keywords**

volunteering, student engagement, community, sport, international cooperation

**Target & Stakeholders**

International students, volunteers, student associations

**Time & Frame**

Ongoing during academic year

**Team & Staff**

Volunteering Centre, student associations, ESN CU Prague

**Description**

Charles University supports volunteering through its Volunteering Centre, student associations, the Buddy Programme, and faculty initiatives, especially at CU SPORT. Students help organize community, intercultural, and sport activities.

**Main Goals**

- To support student volunteering, strengthen community,
- Promote inclusion, and develop practical skills.

**Motivation & Vision**

The university sees volunteering as part of its third mission and as a way to connect student development with social impact.

**Evaluation**

The system includes university-wide coordination, international volunteering, student-led activities, and faculty-level support for events and sport.

**Lessons Learned**

Students gain teamwork, leadership, intercultural, social and organizational skills.

**Recommendations**

Increase visibility, share good practice, and connect volunteering more strongly with those who need it.

CHARLES
UNIVERSITY

Volunteer Centre of CU

Buddy programme of CU



THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/)**Name of the project**

Health and Physical Education classes for everyone

**Domain**

Physical activity and sport

**Criteria**

#62 The university validates the physical activity and sport participation of its students with the attribution of an extracurricular mention on the academic diploma/ supplement or integrates sports into the academic curriculum

**Keywords**

Health, physical education, staying active

**Target & Stakeholders**

All UAH students regardless of major are welcome

**Time & Frame**

HPE classes are offered in both Fall and Spring semesters

**Team & Staff**

UAH Fitness Center and Athletics

**Description**

Various health and physical education courses are offered to all students regardless of major as elective courses that will be part of their official curriculum. Circuit and weight training, yoga, self-defense, jiu-jitsu, and tennis classes offered.

**Main Goals**

Through elective health and physical education classes students with various majors can learn new sports, and stay active while taking an approved elective class.

**Motivation & Vision**

Diverse and fun elective classes provide a physical activity that improves the student's overall physical and mental health.

**Evaluation**

Each course requires a written test and a practical demonstration of the skills learned in class to earn a passing grade.

**Lessons Learned**

Each health and physical activity class offers an opportunity for students to learn new sports skills to enhance their overall health and wellness through physical activity.

**Recommendations**

Each semester the list of courses offered is reviewed and based on the interest level and feedback from students it's adjusted accordingly. Additional funds will help in providing specific equipment for additional and more diverse classes.



Circuit training class



Learning Self-defence techniques in class



Learning skills in the jiu-jitsu class



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT GABINETE DE DESPORTO AAUALG - DESPORTO@AAUALG.PT**Name of the project**

Outdoor Physical activity and sport

**Domain**

Physical activity and sport

**Criteria**

#63 The university offers outdoor activities (mountain, forest, river, beach, parks).

**Keywords**

Nature, Nautical Activities, Wellness

**Target & Stakeholders**

Academic Community

**Time & Frame**

All year

**Team & Staff**

Office of Sports and Partners

**Description**

Provision of several physical-sports activities to the UALG academic community, such as: walking tours, bicycle tours, nautical activities (surf, bodyboard, canoeing, stand up paddle, sailing) and climbing.

**Main Goals**

Take advantage of the existence of natural spaces with optimal conditions for the practice of outdoor activities. Promote the diversification of the offer of physical, sporting and leisure activities together with the UALG academic community.

**Motivation & Vision**

An academic community with more active and healthy lifestyles.

**Evaluation**

The evaluation is highly-rated and measured by the high number of activities and participants over the different school years.

**Lessons Learned**

In today's university context, as in society in general, it is imperative to find new ways, activities, and alternative spaces to facilitate the adoption of more active and healthy lifestyles for everyone.

**Recommendations**

Seek to take advantage of and make profitable the existence of natural spaces with optimal conditions for the practice of outdoor activities, whenever they exist, whether in the natural space associated with the Sea or on Land.

Regular classes
wof Surf and Bodyboard

Project «Todos a Pedalar»



Projet Cycle of Walks

HANBAT NATIONAL UNIVERSITY - YUSEONG DEOKMYEONG CAMPUS

WEBSITE WWW.HANBAT.AC.KR

**Name of the project**

Staff Sports Event
and National Trekking Program

**Domain**

Physical activity and sport

**Criteria**

#63 The university offers
outdoor activities (mountain,
forest, river, beach, parks)

**Keywords**

National trekking, historical
awareness, unity, teamwork, staff
health promotion

**Target & Stakeholders**

Faculty, staff, and students

**Time & Frame**

Annually

**Team & Staff**

General Affairs Division,
Student Council

**Description**

Staff sports activities promote
stress relief and organizational
vitality, while the national
trekking program develops
perseverance, teamwork,
and a sense of community among
students.

**Main Goals**

To enhance health and
organizational culture through
physical activities, while
fostering perseverance,
cooperation, and community
spirit, contributing to a positive
campus environment.

**Motivation & Vision**

To empower students as active
promoters of healthy lifestyles,
enhancing their personal/technical
skills while supporting Healthy
Campus initiatives, fostering
inclusion, engagement and social
responsibility across the academic
and wider community..

**Evaluation**

The sports event improved
communication and cohesion,
while the trekking program
strengthened perseverance
and teamwork through
long-distance walking activities.

**Lessons Learned**

Staff experienced the importance
of cooperation and
communication, while students
developed perseverance
and responsibility through
challenge and endurance activities.

**Recommendations**

Programs should consider
participants' fitness levels
and ensure safety. Regular
operation, feedback,
and coordination are needed.
Self-management is important
for completing the trekking
program and maintaining
team morale.



국립한밭대, 국토대장정 출정...진취적 리더십 역량 강화



국립한밭대, 국토대장정 출정...진취적 리더십 역량 강화

UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE CONTACT ALEXANDRA.HAGLUND@UMU.SE



Name of the project

A green and active campus area



Domain

Physical activity and sport



Criteria

#63 The university offers outdoor activities (mountain, forest, river, beach, parks).



Keywords

Nature, recreation, active campus



Target & Stakeholders

Student, staff, visitors



Time & Frame

All year, activities depending on season



Team & Staff

Property management office and property owner



Description

The area around the campus pond is the heart of Umeå University's outdoor environment, with green spaces and benches in warm months, transforming into an ice-skating rink in winter. The campus also features an arboretum and a winter ski trail.



Main Goals

To create a central outdoor environment that enhances the well-being and performance of staff and students.



Motivation & Vision

To provide a versatile and engaging outdoor space that fosters community and enjoyment throughout the year, adapting to both warm and cold seasons.



Evaluation

Continuous dialogue is maintained with the property owner to facilitate the development of our green spaces as well as to be receptive to the student feedback.



Lessons Learned

Through broad collaboration, significant differences can be made.



Recommendations

Consider the specific environment around the campus. Use simple measures to make improvements and evaluate them afterward.



UMEÅ
UNIVERSITY



The campus pond area during summer



The pond during winter as ice-skating rink



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA CONTACT ALLISON.FURLONG@UDST.EDU.QA**Name of the project**

Garangao

**Domain**

Physical activity and sport

**Criteria**

#64 The university promotes and safeguards traditional games and sports.

**Keywords**

Traditional Game Garangao, Cultural Heritage, and Community Engagement

**Target & Stakeholders**

Students, staff, faculty, extended families, local community

**Time & Frame**

Annual event held during the holy month of Ramadan

**Team & Staff**

Student Engagement, Marketing, Qatari Student Association

**Description**

The Garangao event, hosted by the Qatari Student Association, brings cultural enrichment to UDST through traditional games, storytelling, and local food, offering a platform for cultural immersion and community connection during Ramadan.

**Main Goals**

To preserve Qatari cultural traditions, strengthen community connections, and promote cultural appreciation through immersive experiences that engage UDST students, faculty and staff, their extended families and local community.

**Motivation & Vision**

To foster a deeper appreciation of Qatari heritage, preserve Qatari values and traditions, create an inclusive environment and bring the UDST community together by celebrating diversity through shared cultural experiences.

**Evaluation**

The success of Garangao is evaluated by community participation, feedback on the cultural relevance of activities, and the visibility of the event across campus platforms through media and social channels.

**Lessons Learned**

Events such as Garangao are more successful at strengthening cultural identity when interactive activities are included and benefit from collaboration with student organizations and cultural organizations to enhance the overall experience.

**Recommendations**

Involve external cultural organizations to deepen the authenticity of the event. Enhance promotion to encourage broader participation from the campus and community. Use the event as an educational platform reflecting Qatari culture and heritage.

TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA

Tshwane University
of Technology
We empower people

**Name of the project**

Revitalizing Traditional Games and Sport at the University

**Domain**

Physical activity and sport

**Criteria**

#64 The university promotes and safeguards traditional games and sports

**Keywords**

Traditional games, Morabaraba, Cultural heritage

**Target & Stakeholders**

University students, faculty, and staff

**Time & Frame**

During the heritage month in September

**Team & Staff**

Student affairs and extracurricular development

**Description**

The university is committed to preserving and promoting traditional games and sport as part of its cultural heritage.

**Main Goals**

The primary goal of this initiative is to safeguard and revitalize traditional games and sport within the university community, ensuring that they remain a vibrant part of student life.

**Motivation & Vision**

The university values traditional games and sport as essential for preserving cultural heritage while encouraging physical activity.

**Evaluation**

Participation rates and feedback are measured through surveys, event attendance, and student engagement.

**Lessons Learned**

One of the key lessons learned from this initiative is that students show higher engagement when traditional games are presented in an interactive and culturally immersive manner.

**Recommendations**

To ensure the long-term success and sustainability of this initiative, the university should integrate traditional games into various aspects of student life. One approach is to include these games as part of orientation programs for new students.

UNIVERSITY OF CALGARY

WEBSITE WWW.UCALGARY.CA CONTACT WILLIAM.BRIDEL@UCALGARY.CA**Name of the project**

Be Fit for Life curriculum

**Domain**

Physical activity and sport

**Criteria**

#64 The university promotes and safeguards traditional games and sports

**Keywords**

Indigenous practices, cultural integration, traditional games

**Target & Stakeholders**

Students and staff

**Time & Frame**

Year-round

**Team & Staff**Faculty of Kinesiology,
Associate Dean (Academic)**Description**

The Faculty of Kinesiology introduced traditional Indigenous games to kinesiology classes through the Be Fit for Life curriculum.

**Main Goals**

To safeguard traditional Indigenous forms of physical activity and, in doing so, promote cultural inclusivity and sharing of Indigenous practices.

**Motivation & Vision**

To use sport as a unifying force to bring together people from all backgrounds in celebration of Canada's diversity, and particularly Canada's Indigenous history and traditions.

**Evaluation**

This initiative has been successfully integrated into or influenced KNES 503.84 (Race&IndigeneityInMvmntCultr), KNES 244 (Sociology of Movement Cultures), KNES 344 (Gender, Sexuality, and Sport), and KNES 444 (Critical Perspectives on the Body).

**Lessons Learned**

The teaching of Indigenous games can be effectively transferred into the classroom setting to help increase cultural connectedness.

**Recommendations**

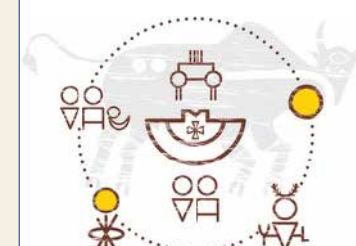
By recruiting scholars with a background in relevant fields (e.g., researchers of residential school sports and researchers of connections between physical culture and Indigenous identity), students can explore Indigenous games in great depth.

UNIVERSITY OF
CALGARY

Indigenous tipi made on campus



Indigenous round dance

Office of Indigenous Engagement
symbol

	Name of the project U.Porto Active Week		Description From 2 to 7 April, U.Porto promotes dozens of sporting activities for all. The University of Porto invites everyone to join in the celebrations of World Physical Activity Day, which takes place on 6 April.		Evaluation Around 150 participants walking to raise awareness of Autism (an event that took place on 2 April). 705 euros raised from registration to Vencer Autismo. Mobilised 689 people for physical activity.
	Domain Physical activity and sport		Main Goals Combat sedentary lifestyles and make sport more accessible to everyone.		Lessons Learned Solidarity activities motivate more participants to join the initiative. Take advantage of the celebration of World Day to raise awareness of sport. The online challenges didn't have as good an effect as desired.
	Criteria #65 The university offers activities to promote the values of physical activity and sport activity to the campus community		Motivation & Vision Promoting physical activity in the community and promoting a healthy lifestyle.		Recommendations The Fun Family Games, which were aimed at the whole family, were a success and should be repeated at other times of the year.
	Keywords Active week, sports, physical activity				
	Target & Stakeholders All the population				
	Time & Frame April 2-7				
	Team & Staff CDUP-UP, ABP, Vencer Autismo, FAP				

ITMO UNIVERSITY

WEBSITE [HTTPS://EN.ITMO.RU/](https://en.itmo.ru/) CONTACT PERSON ALINA AMANOVA – AMANOVA@ITMO.RU**Name of the project**

National forum

**Domain**

Physical activity and sport

**Criteria**

#65 The university offers activities to promote the values of physical activity and sport activity to the campus community

**Keywords**

Partnership, student sports, development, experience exchange

**Target & Stakeholders**

Students, staff of universities, sports leagues, government

**Time & Frame**

Once a year

**Team & Staff**

Rector's office, creative and corporate projects center

**Description**

The forum is an event organised by ITMO to facilitate the exchange of experience and encourage the discussion of important issues that affect the development of physical education and sports at educational institutions.

**Main Goals**

More than 1,200 people took part in the forum. It included plenary sessions, discussion platforms, debates, presentations of the best practices of university sports. Participants discussed important aspects of the development of university sports.

**Motivation & Vision**

Promotion of sports among universities, the opportunity to share the best practices in the field of university sports, the impact on development of sports.

**Evaluation**

Partnership agreements have been made between national organisations, student sports leagues, and universities. The number of registrations and actual participants (offline and online) has increased.

**Lessons Learned**

Keep in mind that some participants and guests of the forum, despite confirming their participation, will not come to the forum, which affects the total number of participants.

**Recommendations**

Increasing the amount of time allotted for networking and discussion platforms during the event. Participants primarily want to share experiences and best practices.



ITMO UNIVERSITY



Forum discussions



Podcast on the forum



Forum website



TRINITY COLLEGE DUBLIN

WEBSITE WWW.TCD.IE CONTACT [HTTPS://WWW.MINDBODYBOOST.EU/CONTACT](https://WWW.MINDBODYBOOST.EU/CONTACT)**Name of the project**

Mind Body Boost an Erasmus Plus Funded Project

**Domain**

Physical activity and sport

**Criteria**

#65 The university offers activities to promote the values of physical activity and sport activity to the campus community.

**Keywords**

Mental Health, Well-being, Physical Activity, inclusivity

**Target & Stakeholders**

Students from Trinity College Dublin & 9 other Universities

**Time & Frame**

One 6 weeks intervention per semester (one session a week)

**Team & Staff**

Sport, counselling & psychology staff

**Description**

The Mind Body Boost is an Erasmus+ funded project designed to encourage inclusivity and equality through sport. The project calls upon referrals from educational, health & sporting professionals to provide holistic support.

**Main Goals**

To establish a European collaboration with the aim of improving the mental and physical well-being of young people in a university setting. To promote and foster social inclusion and equal access to sport for all.

**Motivation & Vision**

Mind Body Boost is an evidence-based intervention, devised to support young people in managing their mental and physical health.

**Evaluation**

The evaluation process will use the data collected by the app specially developed for the project to assess how effective the intervention sessions were on the weekly mood and mental well-being of the participants.

**Lessons Learned**

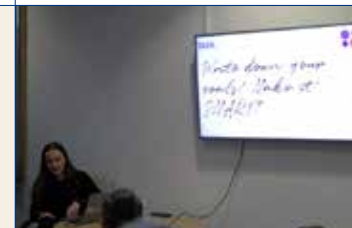
The project is dealing with a number of sensitive topics for the participants, and it is important to them to feel supported throughout the 6 weeks. This can be done through the interventions, app notifications, emails, sending of well-being resources.

**Recommendations**

Develop a best practice model, handbook and toolkit and intellectual outputs, to ensure that the project can be replicated and scaled up elsewhere in other institutions or organisations for the benefit of more European citizens.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Mind Body Boost Counselling



Mind Body Boost Exercise session



Mind Body boost Instructor



UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON KATA VARGA – VARGAKATA@SPORT.UNIDEB.HU**Name of the project**

Cooperation at international level

**Domain**

Physical activity and sport

**Criteria**

#66 The university applied in the last 3 years for at least one external financial support programme in the field of physical activity and sport

**Keywords**

Cooperation, Europe, Interreg, Erasmus+ sport, sport innovation

**Target & Stakeholders**

International sport and local sport continuous activities

**Time & Frame**

Continuous activities

**Team & Staff**

EPSI, MSE Cluster, Institute of Sport Sciences

**Description**

University of Debrecen participates(ed) in different international projects that aim sport innovation, cooperation among partners, or achieve local events that is supported by different programmes of the European Union (Interreg EU, Erasmus+).

**Main Goals**

Main goal of international cooperation is to widen our perspective and learn from other organisations thus we can adapt good practices and improve sports, sports life and practice, education activities in the University.

**Motivation & Vision**

There are a lot of good examples, practices in Europe and beyond that can give us good ideas to adapt and improve sport life at the University to involve more students, alumni members into sport activities and healthy lifestyle.

**Evaluation**

Through our projects we made connection to international organisations that gave us more possibilities to cooperate in the future in different areas of sport. We became an ESPI (Eu Platform for Sport Innovation) member thanks to one of our projects.

**Lessons Learned**

We cooperated with a lot of international sport organisations and Learned from them how cooperation between different actors strengthened them. We saw good practices that can be easily adapted in the university.

**Recommendations**

It is worth to actively monitor different EU programmes, like Interreg Europe, Erasmus+ sport or national programmes to find the best financial sources to cooperate and learn from other sport organisations, and try to adapt them.



UNIVERSITY of DEBRECEN

*Inno4Sports partners in La Nucia, Spain 2022**In ESPI annual conference, Bergamo 2022**Representatives of UD in the event in Split 2023*

**Name of the project**

External project applications in the field of physical activity and sport

**Domain**

Physical activity and sport

**Criteria**

#66 The university applied in the last 3 years for at least one external financial support programme in the field of physical activity and sport

**Keywords**

External funding, sport, physical activity, Erasmus+, project applications, international cooperation

**Target & Stakeholders**

International partner institutions, external funding bodies

**Time & Frame**

Continuous activity over the last three years

**Team & Staff**

External funding partners, international partner

**Description**

In spring 2026, the CU SPORT submitted 12 project applications in this area. Similar activity can also be documented for 2025. These applications are linked especially to international cooperation projects and support of sport and wellbeing.

**Main Goals**

- Obtain external funding for sport- and physical activity-related initiatives,
- Support innovation in sport education and wellbeing
- Strengthen international cooperation, develop inclusive and health-oriented projects.

**Motivation & Vision**

The university aims to strengthen its long-term capacity in the field of sport through active participation in external funding schemes.

**Evaluation**

Overall, this project demonstrates a clear understanding of the subject and meets the expected objectives effectively.

**Lessons Learned**

- Stronger institutional capacity for project development.
- Experience in international cooperation.
- Broader opportunities for students and staff through externally funded initiatives.

**Recommendations**

Introduce mini challenges to sustain engagement, assign team administrators to improve communications and monitor progress, and leverage ResolutionFIT to connect participants with broader UDST Wellness Strategy programmes and resources.

SAARLAND UNIVERSITY

WEBSITE WWW.UNI-SAARLAND.DEEMAIL SIMONE.FLICK@UNI-SAARLAND.DE

CONTACT DR. SIMONE FLICK

**Name of the project**

Transfer of Student Health Management (SHM) to additional campuses and universities in Saarland

**Domain**

Physical activity and sport

**Criteria**

#66 The university applied in the last 3 years for at least one external financial support programme in the field of physical activity and sport.

**Keywords**

Student health management, physical activity, sport, health promotion, funding, university, transfer

**Target & Stakeholders**

Students, university management, health professionals

**Time & Frame**

January 2025 – December 2027 (3 project years)

**Team & Staff**

Internal partners, stud. services, other HEI, health insur.

**Description**

SHM is being transferred to additional Saarland campuses and HEIs, creating a unique state-wide Student Health Management model. Physical activity and sport are central components of this externally funded, cross-institutional concept.

**Main Goals**

Establish a unique state-wide SHM network across other Saarland universities; improve access to sport and health services; extend the annual Student Health Survey to all sites; create a replicable model with physical activity as a core element.

**Motivation & Vision**

To provide a versatile and engaging outdoor space that fosters community and enjoyment throughout the year, adapting to both warm and cold seasons.

**Evaluation**

Annual Student Health Survey extended to further Saarland campuses; quantitative and qualitative data collection on service uptake and quality; iterative review of goal achievement; results feed directly back into programme development.

**Lessons Learned**

Best practices from SHM project "fit4more" (2021–2024) are systematically transferred across other Saarland universities; regular cross-institutional stakeholder exchange; continuous improvement cycle – building a unique, state-wide knowledge base.

**Recommendations**

A centrally coordinated SHM is uniquely efficient and ensures consistent quality. This Saarland model – with no comparable equivalent in Germany – demonstrates how external funding and cross-university collaboration can create lasting impact.

UNIVERSITÄT
DES
SAARLANDES

Student welcome event
at the Academy of Fine Arts



Leaflet to promote SHM
at the Academy of Fine Arts



Nutrition

**Name of the project**

Food Manager at the University of Turin

**Domain**

Nutrition

**Criteria**

#67 The university shall name a person or a group of people (commission) responsible for food and nutrition services.

**Keywords**

Food, Nutrition, GPP, University canteens, vending machines, bars

**Target & Stakeholders**

University community+ stakeholders of the food value chain

**Time & Frame**

From 2022 onward

**Team & Staff**

Working Group Food of the Unito Green Office

**Description**

In order to strengthen the role of the University as an actor within the Local Territorial Food System with a view to social and environmental sustainability, in 2022 the University of Turin established the role of Food Manager

**Main Goals**

Managing relations with: university canteen operators suppliers and facilities for the supply of food (university cafeterias, vending machines...) territory (commercial establishments supplying food to students, farms).

**Motivation & Vision**

The Manifesto 'Universities for Sustainability' signed by the RUS on 30/05/2019 suggests among the actions to implement the SDGs to supplement the sustainability staff with managers (Sustainability, Food, Energy, Mobility, Waste & resources).

**Evaluation**

The role of the Food Manager is useful to coordinate the various initiatives and stakeholder gravitating around the university food system. To create internal coherence, it was beneficial to liaise with other sustainability managers.

**Lessons Learned**

In addition to the designation of the food manager, it is necessary to include the person in the communication flow and in the different chains that existed prior to the designation for the management of the different services/areas of competence.

**Recommendations**

Create a strong connection with the topics of water management, waste prevention and management, health and environmental impacts of food production/consumption choices, physical activity.

TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE/](https://www.tcd.ie/) CONTACT WWW.TCD.IE/ACCOMMODATION/COLLEGE-CATERING/**Name of the project**

Trinity College Catering

**Domain**

Nutrition

**Criteria**

#67 The university shall name a person or a group of people (commission) responsible for food and nutrition services.

**Keywords**

Catering, Nutrition, food, Restaurant

**Target & Stakeholders**

Staff, Students and visitors on campus

**Time & Frame**

Catering is open all year round, opening & closing times vary

**Team & Staff**

Trinity College Catering Team

**Description**

Trinity college catering runs eight outlets on campus: the Buttery Restaurant, Perch Café, East Dining Hall, Old Dining Hall, Westland Eats located in the Hamilton building, Forum Restaurant and Jolt Café in the business school, and Trinity 1592.

**Main Goals**

The University has a full catering department that looks after all food and nutrition services.

**Motivation & Vision**

Across campus students, staff and visitors have a wide choice of restaurants and coffee shops to suit all tastes and budgets. All catering outlets on campus also accept payment by TCard!

**Evaluation**

Staff and students are regularly surveyed to ensure Catering Services meet their needs. Initiatives are regularly trialled in response to feedback and implemented, e.g. No Chip Monday and negotiating a wider range of vegan sandwiches with our supplier.

**Lessons Learned**

Regular evidence-based engagement with all stakeholders is key, e.g. when we engaged with a student project by waiving the surcharge for milk alternatives in tea/coffee and measured the impact on sales and consumer demand.

**Recommendations**

Generate more interactive content for social media. Engage in more projects that have long term visibility e.g. we recently engaged with the Healthy Trinity Committee to commission a student to paint a mural on seasonal fruits and vegetables.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Trinity College Dining Hall



Trinity College Catering Team



Trinity College Buttery Restaurant



SIBERIAN FEDERAL UNIVERSITY

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT [CHEL.CANTEEN@GMAIL.COM](mailto:chel.canteen@gmail.com)**Name of the project**

Neo-dining room «Ch(el)»

**Domain**

Nutrition

**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community

**Keywords**

Startup, student nutrition, affordability

**Target & Stakeholders**

Students and staff of the university

**Time & Frame**

All year round

**Team & Staff**

Project managers: Maxim Semena and Daniil Chub

**Description**

Providing quick service and tasty, healthy and affordable meals to students and staff of the university. The startup of SibFU Gastronomy School alumni.

**Main Goals**

The neo-dining was created to change the students' food culture at the university and take it to the next level.

**Motivation & Vision**

The process of shopping for food takes less time, which is very important for students and staff during crucial periods of study and work. There is also a cashback system that allows diners to save money on their lunches.

**Evaluation**

Number of points of sale; Number of daily visitors; Menu variety.

**Lessons Learned**

There are not enough distribution lines at the point of sale and the problem of queuing and crowding persists.

**Recommendations**

Accelerate the installation of micro-markets and add additional distribution lines where they are lacking (minimum of 2 distribution lines at each point of sale).

UNIVERSITY OF COIMBRA

WEBSITE [HTTPS://WWW.UC.PT/](https://www.uc.pt/) CONTACT HEALTHYCAMPUS@UC.PT EMAIL FILIPA.GODINHO@UC.PT**Name of the project**

Campaigns for the reduction of food waste and promotion of healthy eating

**Domain**

Nutrition

**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.

**Keywords**

Reduce food waste, raise awareness, healthy eating behaviour

**Target & Stakeholders**

University Community

**Time & Frame**

All year

**Team & Staff**

Catering Team, UC Sports Team

**Description**

Implementation of measures to combat food waste. Reduce the consumption of salt, sugar, and fat in university restaurants. Promotion of campaigns that reinforce the adopted measures and make the community aware of the healthy eating.

**Main Goals**

Empower the academic community on food waste issues by changing behaviours. Highlight the importance of healthy eating for health.

**Motivation & Vision**

Developing a more food-conscious and balanced community. Implementation of the strategic plan for Healthy Campus UC.

**Evaluation**

Reducing food waste in university restaurants by half. Reducing the use of salt and sugar in food. Reducing the number of fried meals in university restaurants.

**Lessons Learned**

Constant evaluation of the academic community's eating patterns is important especially in the services provided.

**Recommendations**

Raise awareness in the academic community about the importance of adopting healthy eating behaviours and the risks of consuming products with a negative impact on health.

12 191 90 UNIVERSIDADE DE COIMBRA



National Television Interview about the campaign



"Less = More" campaign



"Did you know that..." campaign



UNIVERSITY OF LUCERNE

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON RON PREISER EMAIL INFO@ZFV.CH**Name of the project**

First vegan/vegetarian cafeteria in a university of Switzerland

**Domain**

Nutrition

**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.

**Keywords**

vegan, vegetarian, something for everyone, healthy lifestyle, brain food, good for the environment

**Target & Stakeholders**

Students, employees

**Time & Frame**

All year, since September 2021

**Team & Staff**

Cooperative ZFV - Unternehmungen «Mensa 1574»

**Description**

Since the fall semester 2021 serves the cafeteria of the university of Lucerne mainly vegan and vegetarian meals. If you would like to add some sort of meat you pay a little extra.

**Main Goals**

Creating awareness on healthy and balanced nutrition. Reducing the environmental impact of the food production. Focusing on products from the region.

**Motivation & Vision**

It's important to offer healthy and balanced food for students and employees who are mainly sitting and don't get that much exercise during the whole day. Another goal was to minimize the imported foods by preferring local farms and vendors.

**Evaluation**

A lot of students and employees reacted positive to the new concept of the cafeteria. It's a good way of trying new foods. It's a win-win situation in general because it's more sparing on the environment and still has a reasonable price.

**Lessons Learned**

After a couple of months, the cafeteria serves meat again. The switch to a meatless offer was a little too extreme for some people. They made the compromise, that if you want to add meat to your menu, you pay a little extra. The meat is solely swiss.

**Recommendations**

It's important to offer food which everyone with different intolerances can enjoy. It also created a range of meals, which people with intolerances can enjoy as well.



Cafeteria in the university of Lucerne



Daily salad buffet in the cafeteria



PEKING UNIVERSITY

WEBSITE PKU.EDU.CN CONTACT PERSON HE ZHONGHUI EMAIL HEALTHYCAMPUS@PKU.EDU.CN

**Name of the project**More Food Choices,
More Nutrition**Domain**

Nutrition

**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.

**Keywords**Nutrition Catering Service,
Zero Hunger, Good Health and
Well-Being, Campus Community**Target & Stakeholders**

Campus Community

**Time & Frame**

All year. Meal time.

**Team & Staff**

Catering Services Center, PKU

**Description**Equipped with about 20 canteens on campus which cover a floor area of 64,000m² with 10 thousand seats, the university offers ample food options of over 1000 kinds for the campus community, including Chinese cuisine, western food, regional cuisines, pastries, drinks, etc. The canteens also offer light meals with low fat, low sugar and low oil, vegetarian diets and iodized salt free foods.**Main Goals**

Offer the campus community diversified and nutritious foods and specially prepared foods.

**Motivation & Vision**

Meet the nutritional and health needs of different groups.

**Evaluation**

Based on the number of people's choices of different foods and drinks in the dining halls, the Center evaluates whether the catering services and meals are appropriate for the community, so as to maintain or adjust the arrangements and better meet the needs of students and staff.

**Lessons Learned**

Meet the dietary needs of students and staff from different regions by providing expanded food range daily and live up to the healthy diet philosophy by serving sustainable food.

**Recommendations**

Continue to add variety to and increase the quantity of sustainable food in campus dining halls. Promote healthy diets and health education.



Ample Food Options



Vegetarian Diets



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT HEINRICH SCHAFER - SCHAFERH@TUT.AC.ZA

**Name of the project**

Catering quality standards

**Domain**

Nutrition

**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.

**Keywords**

Sustainable nutrition, Balanced meals, Food sustainability, Student well-being, Responsible sourcing

**Target & Stakeholders**

Students and external stakeholders

**Time & Frame**

Ongoing services rendered to university

**Team & Staff**

Accommodation, Residence Life and Catering

**Description**

TUT promotes sustainable catering to ensure access to healthy, balanced food across campuses.

**Main Goals**

- Improve access to healthy and balanced meals for students and staff.
- Encourage healthier eating habits within the campus community.
- Support student well-being and academic success through proper nutrition.

**Motivation & Vision**

TUT students face challenges with budgeting, time management, and nutrition knowledge, leading to poor diets. The University promotes access to affordable, nutritious food to support health and academic success.

**Evaluation**

Student satisfaction surveys on campus food services
Monitoring sales of healthy meal options
Feedback from catering service providers and students
Helps to ensure continuous improvement and alignment with the FISU Healthy Campus standards.

**Lessons Learned**

Collaboration between multiple stakeholders is essential for successful implementation. Honest student feedback plays a key role in improving food offerings. Affordable pricing is critical for encouraging students to choose healthy meal options.

**Recommendations**

- Continue growing healthy meal options across all campuses.
- Develop a nutrition education campaign and workshops.
- Develop nutrition initiatives that can be integrated into broader campus health strategies.



Tshwane University
of Technology
We empower people



Rice, veggies and meat



Rice, veggies and meat



Rice, veggies and meat



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE WWW.UNIFIRST.RU EMAIL INFO@SPORTACADEM.RU CONTACT MARIA – MARIAVES@MAIL.RU

**Name of the project**Educational Laboratory
"Training Restaurant"**Domain**

Nutrition

**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.

**Keywords**

Training restaurant, service, hospitality, hard/soft skills

**Target & Stakeholders**

Service, Tourism Hotel students; restaurateurs; partners

**Time & Frame**

Permanently operating facility

**Team & Staff**

HR Dev. Center, Service & Tourism Dept, faculty, partners, speakers

**Description**

Educational tech for Service, Tourism, Hotel students. Implemented by Center for HR Development to bridge theory & practice. Students work in real food service conditions, mastering management, standards, cases. Outcome: job-ready specialists with skills.

**Main Goals**

Bridging theory & practice via hands-on experience. Practical classes (ethics, restaurant & hotel service) for students. Advanced training & master classes with restaurateurs. Internships with industry partners.

**Motivation & Vision**

Students & faculty inspired by real professional environment. Industry partners receive trained personnel meeting their standards. Project boosts service quality & competitive specialists, creating motivating environment for teamwork & shared goals.

**Evaluation**

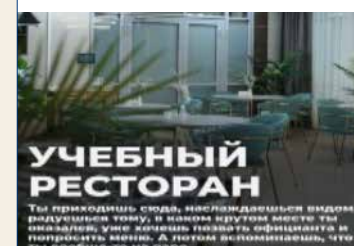
Key factors: students involved, disciplines in training restaurant format, industry partners, advanced training & master classes. Quality outcomes: management & service competencies, positive feedback, reduced graduate adaptation, real-time case resolution.

**Lessons Learned**

Implementation requires practicing professionals, real-time feedback, industry-specific software, partner engagement via master classes & internships. Learning: immediate knowledge application, job readiness, accelerated professional development.

**Recommendations**

Recommendations: develop training restaurants as multifunctional spaces; engage restaurateurs & chefs as guest speakers; include mandatory software training; use case method with real-world situations; ensure continuity through diverse partnerships.

Поволжский
государственный
университет
физической культуры,
спорта и туризма

**Name of the project**

Know what your food contains

**Domain**

Nutrition

**Criteria**

#69 The catering service of the university shall inform consumers of the ingredients and nutrients in the menus, especially regarding the most common allergies and intolerances.

**Keywords**

Nutrition, Food, Awareness, Education

**Target & Stakeholders**

Students, Faculty, Staff, Guests and Visitors on Campus

**Time & Frame**

All year

**Team & Staff**

Student Affairs, Facilities Management

**Description**

UDST cafeteria's provide nutritional information including name, calories, total fat, saturated fat, polyunsaturated fat, monounsaturated fats, cholesterol, sodium, potassium, carbs, fibres, sugar, protein, and allergen information.

**Main Goals**

Create awareness of the composition of menu and offered ingredients and encourage campus community to make healthy choices.

**Motivation & Vision**

To enhance student awareness of nutrition related considerations and to support conscious, informed and healthy decisions about food choices. Individuals realize healthy choices are not necessarily more expensive or less nutritious or appealing.

**Evaluation**

Quantity and type of food items sold each year is monitored and used as criteria in the evaluation. Anticipated implementation of the nutritional information labelling of food items when compared to this data will hopefully encourage better choices.

**Lessons Learned**

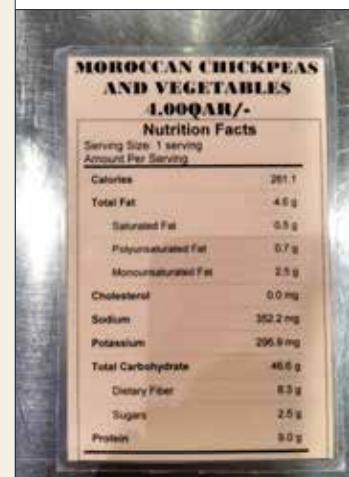
The most important component of living a healthy lifestyle is having a good understanding of nutrition. Typically, students have difficulty selecting an appropriate meal. This approach assists students in making conscious eating choices.

**Recommendations**

Once established, on-going consideration as to how improvements and refinements to information dissemination and promotional platforms utilized. Recommended, augment this information with educational seminars and other related programming.



Nutritional information - Example 1



Nutritional information - Example 2



KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT INSTAGRAM @KCLFOOD KINGSFOOD@KCL.AC.UK**Name of the project**

King's College London |
King's Food | Natasha's Law
& Cookbook

**Domain**

Nutrition

**Criteria**

#69 The catering service of the university shall inform consumers of the ingredients and nutrients in the menus, especially regarding the most common allergies and intolerances.

**Keywords**

Food, Cooking, Ingredients,
Allergies, Intolerances

**Target & Stakeholders**

Staff and Students
of the University, External Guests

**Time & Frame**

Provided across the year,
over 5 campuses in London

**Team & Staff**

King's Food,
Hospitality & Catering

**Description**

As of October 2021, outlets in the UK were required to have full labelling of ingredients on all pre-packaged food. Over the last 12 months, we have worked in collaboration with areas of the University to provide nutritional information to customers.

**Main Goals**

King's Food aim to highlight local, healthy choices that are sustainable - with an ambition to increase customer loyalty and engagement. In doing this, we are able to meet the nutritional needs of a diverse customer base with exceptional service.

**Motivation & Vision**

Our mission is to feed the minds and bodies of those that aspire to change the world. Our services are conveniently located in all King's buildings and provided at affordable, competitive pricing by knowledgeable and passionate staff.

**Evaluation**

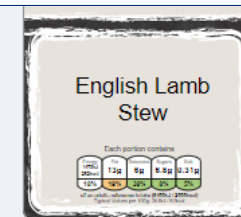
We look to measure a number of key areas including revenue, average spend of users, our online engagement through newsletters and social media as well as increased sales of promotional products.

**Lessons Learned**

Throughout this time, we have aimed to increase the amount of data captured in order to inform what works with our labelling and products, whilst standardising our brand, point of sale and signage in order to embed the King's Food in our community.

**Recommendations**

Aim to join with College-wide programmes (Well-being Week, King's Move rewards etc) and produce a calendar of activity around the academic year targeting the different customer user groups to meet their nutritional needs.



Example of labels used across King's Food outlets



King's Food, King's Kitchen,
The Strand, London



King's Food, King's Kitchen,
The Strand, London



WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT **EMAIL** HEALTHYCAMPUS@MAIEUTICA.PT **CONTACT** MARIA – CARLA.SA@UMAIA.PT

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT **EMAIL** HEALTHYCAMPUS@MAIEUTICA.PT **CONTACT** MARIA – CARLA.SA@UMAIA.PT



Ementa Informativa - Informative Menu



Nutrition



#69 The catering service of the university shall inform consumers of the ingredients and nutrients in the menus, especially regarding the most common allergies and intolerances.



Food safety, allergens, nutrition,
transparency, student health,
food labelling, dietary needs



The entire academic community
(students, faculty, and staff)



Throughout the entire year



Nutritionist; Management Cafeteria; Manager Depart & Director



To ensure that the university catering service provides clear and accessible information about menu ingredients and nutritional values. It places special emphasis on identifying common allergens (such as gluten, lactose, nuts) and food intolerances.



- Inform consumers about ingredients and nutrients
- Clearly identify allergens in menus
- Improve food safety on campus
- Promote healthy eating habits
- Increase transparency in catering services



With the increasing number of food allergies and intolerances, it is essential that consumers have access to clear information. The vision is to create an inclusive university environment where everyone can eat safely and confidently.



- Student satisfaction surveys
- Monitoring of allergy-related incidents
- User feedback
- Assessment of clarity and accessibility of information



- Importance of clear communication in food safety
- Need for collaboration between teams
- Better understanding of consumer needs
- Identification of areas for continuous improvement



- Regularly update menu information
- Use simple symbols to indicate allergens
- Create a digital version (app or website)
- Train staff on food allergies and intolerances
- Include options for different dietary restrictions



ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESPORTO@ISCTE-IUL.PT

**Name of the project**

Healthy Diet

**Domain**

Nutrition

**Criteria**

#70 The catering service of the university offers healthy menus at affordable prices, at least one well-balanced menu at the same price or even cheaper than others.

**Keywords**

Students, Staff, Meal, Food, Healthy, Balanced, Menu, Inclusive

**Target & Stakeholders**

Students and Staff

**Time & Frame**

All year

**Team & Staff**

Canteen and restaurants staff

**Description**

Iscte has several restaurants (and canteen) inside the campus, which provide diverse (one meat dish, one fish dish and one vegetarian dish) and complete menus at special prices for Iscte's students and staff.

**Main Goals**

Provide healthy and diverse meal options at affordable prices for Iscte's community.

**Motivation & Vision**

Both the diversity of food options and the fact that they are affordable for everyone, are important factors to promote the well-being of Iscte's community. Additionally, we want to provide a healthier meal option than fast-food restaurants.

**Evaluation**

Extremely high participation by Iscte's community, most of Iscte's restaurants and canteen are full at lunch, during the afternoon and even at dinner (for night students).

**Lessons Learned**

Now more than ever, it is key to present diverse, quality and affordable meal options as students and staff are increasingly opting for alternative types of diets.

**Recommendations**

In order to follow the best practices, the menus should include these nutritional values: http://www.sas.uminho.pt/uploads/Cantina_Almo%C3%A7o_Mar%C3%A7o.pdf. Organise thematic days/weeks regarding healthy dieting.

iscte INSTITUTO UNIVERSITÁRIO DE LISBOA



Iscte's weekly menu



Iscte's Takeaway service



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE [HTTPS://WWW.SPORTACADEM.RU/](https://www.sportacadem.ru/) CONTACT PERSON PETR NIKITIN EMAIL SPORTACADEM.KP@GMAIL.COM**Name of the project**Healthy food
for an affordable price**Domain**

Nutrition

**Criteria**#70 The catering service
of the university offers healthy
menus at affordable prices,
at least one well-balanced menu
at the same price or even cheaper
than others.**Keywords**Healthy food, Without
genetically modified organism
and conservatives**Target & Stakeholders**Staff, students, participants
of events held**Time & Frame**

All year

**Team & Staff**

Food Factory staff

**Description**The development of a basic
balanced diet, agreed with the
Russian Federal Service for the
Supervision of Consumer Rights
Protection and Human Welfare,
for an affordable price with the
possibility of adjusting it to the
needs of the target group.**Main Goals**Developing a balanced diet for
a specific age category, taking
into account the characteristics,
needs and taste and other
preferences of the target group
(children under 16, sports,
vegetarian, vegan, Halal, lactose-
free and gluten-free).**Motivation & Vision**Formation of knowledge about
healthy and balanced nutrition,
formation of healthy eating
habits.**Evaluation**Formation of a food culture
among students and university
staff. The healthy and balanced
diet provided by the University's
Nutrition Factory empowers
students and staff to move away
from fast food and opt for a
healthy diet.**Lessons Learned**To implement the project, it is
necessary to develop a basic
balanced diet, agreed by the
Federal Service for Supervision
of Consumer Rights Protection
and Human Welfare.**Recommendations**Offer tasty and healthy food as
an alternative to fast food for
the adoption of healthy lifestyle
students and the younger
generation.Поволжский
государственный
университет
физической культуры,
спорта и туризма

Students at the University Cafe



Balanced meals for student, athletes



Balanced meals for student, athletes



UNIVERSITY OF JOHANNESBURG

WEBSITE WWW.UJ.AC.ZA CONTACT PERSON JOE MANYAKA EMAIL JMANYAKA@UJ.AC.ZA**Name of the project**

Free Drinking Water Stations

**Domain**

Nutrition

**Criteria**

#71 Free drinking water stations are available on campus.

**Keywords**

Water, free water, clean drinking water, water stations, campus water, water is life

**Target & Stakeholders**

Staff and students

**Time & Frame**

Entire year

**Team & Staff**

Operations, Maintenance & Technical Services, Plumbers

**Description**

The university provides free drinking water stations for its entire campus population. This is a basic necessity for all people in the University and the country. The water drinking stations are in the form of taps cooling water systems everywhere.

**Main Goals**

To render basic services to campus communities. Water is a basic human right and a necessity for people. To create a healthy living, working environment.

**Motivation & Vision**

The provision of water services to the campus communities means that business can continue normal and without delays. Water is life and therefore its provision is necessary to all persons in the University premises.

**Evaluation**

Water is important. Without water, our university will not be able to function well. We use water for many purposes: cleaning, washing, cooking, drinking, etc. The provision of cooling water systems for free has enabled people to save costs.

**Lessons Learned**

Water is an integral part of human life. Providing free water drinking stations helps reduce costs for both staff and students. They do not have to buy water for consumption. The filter system has also improved the quality of water provided.

**Recommendations**

Each institution should provide free water to its staff, students and clients. The filter system is even better if bottled water cannot be provided.



Filtered drinking water station for offices



Water taps available for use to everyone



Taps installed in various campus locations



MURDOCH UNIVERSITY

WEBSITE WWW.MURDOCH.EDU.AU/ CONTACT ACTIVE@MURDOCH.EDU.AU**Name of the project**

Accessible water

**Domain**

Nutrition

**Criteria**

#71 Free drinking water stations are available on campus.

**Keywords**

Health & Well-Being, Student Care, Necessities

**Target & Stakeholders**

University students and faculty

**Time & Frame**

All year

**Team & Staff**

Murdoch University

**Description**

Murdoch University aims to provide access to fresh clean drinking water for students and staff across the campus.

**Main Goals**

Provide access to clean drinking water in all buildings and at multiple outdoor areas. Provide both chilled and hot filtered water options for students and staff to access freely.

**Motivation & Vision**

Murdoch University strives to ensure all students and staff can readily access clean drinking water easily, and freely.

**Evaluation**

In recent years health concerns especially with a global pandemic have seen the need to upgrade older drinking fountains to also include attachments able to fill water bottles.

**Lessons Learned**

By providing access to both boiling and chilled water systems students have access to water to not only for drinking. Simple cooking and making tea, coffee, or other drinks becomes available to students.

**Recommendations**

Ensure an even distribution of systems throughout the campus grounds and buildings to avoid needing to travel too far to access water. Ensure free standing stations and kitchen facilities are of an accessible height for wheelchair users to access.

*Kitchens provide boiling & chilled filtered water**Filtered water bottle filling stations**Map of campus H2O station distribution*

WATERFORD INSTITUTE OF TECHNOLOGY

WEBSITE [HTTPS://WWW.WIT.IE/](https://www.wit.ie/) CONTACT INSTAGRAM: WITVIKINGSPTS WITFOOD_ON_CAMPUS**Name of the project**

Fill it Up-Lets Stay Hydrated

**Domain**

Nutrition

**Criteria**

#71 Free drinking water stations are available on campus.

**Keywords**

Health and Well-Being Benefits, Environmentally Friendly, Hydration, Reduce, Reuse, Refresh, Free

**Target & Stakeholders**

Institute Students & Staff

**Time & Frame**

All year

**Team & Staff**

WIT Novus Food and Beverage & WIT Vikings

**Description**

WIT Vikings and indeed the whole WIT community recognize the importance of drinking water for its many health benefits. In addition, we also are committed to the environment and know the problems that single use plastics are having.

**Main Goals**

To keep students and staff hydrated in an environmentally friendly way by allowing them to fill their reusable bottles as many times throughout the day as they wish, while also being.

**Motivation & Vision**

For students and staff to stay hydrated in a way that is safe, clean and environmentally friendly.

**Evaluation**

Students and staff have embraced the concept and are actively encouraging others to join the initiative. The number of users, including those who have already registered for prior activities and new users, is used to evaluate the activity.

**Lessons Learned**

It is vital to inform students and staff of the benefits of drinking water in an environmentally friendly way, thus providing the resources to avail of this opportunity is imperative.

**Recommendations**

An effective promotional effort and campaign is essential.



Waterford Institute of Technology

*Refill, reduce, refresh,
do something good**1 of 23 water machines
available in the Institute*

UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT**Name of the project**

UC Free Water

**Domain**

Nutrition

**Criteria**

#71 Free drinking water stations are available on campus

**Keywords**

Sustainability, Drinking Water, Plastic Reduction, SASUC, Public Health

**Target & Stakeholders**

UC community and Stadium Users

**Time & Frame**

Ongoing initiative with major expansion in 2024-2025

**Team & Staff**

Social Services of the University of Coimbra (SASUC)

**Description**

Installation of drinking water dispensers and modern water fountains across all food units (canteens) and sports facilities at the University Stadium. The system allows for the free refilling of reusable bottles, ensuring fresh and filtered water.

**Main Goals**

Alignment with the UN Sustainable Development Goals (SDGs) (specifically SDG 6 and 12). The vision is to transform the UC into a "plastic-free" campus regarding water consumption.

**Motivation & Vision**

Alignment with the UN Sustainable Development Goals (SDGs) (specifically SDG 6 and 12). The vision is to transform the UC into a "plastic-free" campus regarding water consumption.

**Evaluation**

Monitoring the reduction of plastic waste collected at the units and analyzing water quality through the H2OforAll project, which ensures excellence standards in drinking water.

**Lessons Learned**

The community shows a high adoption rate when infrastructure is visible and easily accessible, reducing the economic and environmental barriers of bottled water consumption.

**Recommendations**

Expand the dispenser network to all faculty buildings (Polo I, II, and III) and promote awareness campaigns regarding the high quality of tap water in Coimbra.



University Stadium of Coimbra



Polo II



Polo III



**Name of the project**

Nutritional Counseling

**Domain**

Nutrition

**Criteria**

#72 The university provides nutrition counselling to the campus community.

**Keywords**

Mediterranean Diet, Food Health Literacy, Capacity Building, Healthy Eating

**Target & Stakeholders**

UALG's Academic Community and Surrounding Community

**Time & Frame**

Weekdays

**Team & Staff**

SASUALG and ESSUALG's Department of Dietetics and Nutrition

**Description**

UALG provides two nutritional / food counseling services, one only for its academic community, through the Health Services of SASUALG, and another for the entire population, under the responsibility of the DN department of ESSUALG.

**Main Goals**

Inform and empower the population to adopt healthy eating habits; Promote nutritionally healthy environments; Make the natural resources profitable, favoring the consumption of the national product; Put the Mediterranean Diet on the table.

**Motivation & Vision**

An informed and empowered Society for the adoption of balanced and healthy eating habits, so we can live longer, better, and in a more sustainable way.

**Evaluation**

The evaluation of the project is measured by the number of initiatives and events that address these themes, as well as by the number of food counseling consultations carried out by the two services.

**Lessons Learned**

Adequate food consumption, both in quantity and quality, plays an important role in health promotion and disease prevention, helping to maintain and improve the health status of communities.

**Recommendations**

Healthy and appropriate food is essential for the growth, development, and maintenance of the human body to occur in an appropriate manner. Thinking about the promotion of healthy eating is also thinking about Welfare and Quality of Life.



Nutritional Counselling SASUALG



Promotional Poster



UNIVERSIDAD REY JUAN CARLOS

WEBSITE [HTTPS://WWW.URJC.ES/](https://www.urjc.es/) CONTACT UNIVERSIDADSSALUDABLE@URJC.ES**Name of the project**

Projects that feed
(Healthy University Office)

**Domain**

Nutrition

**Criteria**

#72 The university provides
nutrition counselling
to the campus community

**Keywords**

Nutrition, healthy eating,
university community

**Target & Stakeholders**

Raise awareness about healthy
eating. To URJC community

**Time & Frame**

These activities take place every
academic year

**Team & Staff**

URJC and external professionals

**Description**

– Online and on-site workshops
to promote healthy eating
– Guides: <https://www.urjc2030.es/prus/recursos/#guias>
– Campaigns distributing fruits
and vegetables along with
nutritional information

**Main Goals**

1. Raise awareness about the
importance of healthy eating.
2. Provide information and
knowledge about nutrition and
its impact on health.
3. Link healthy eating with
sustainability criteria.

**Motivation & Vision**

Contribute to the promotion
of health within our university
community, fostering critical
thinking to decide what and how
to eat, considering healthy and
sustainable criteria.

**Evaluation**

The workshops are evaluated
through qualitative satisfaction
assessments from users, which
can be found in the reports
available at www.urjc2030.es/prus/

**Lessons Learned**

The results show significant
improvements in the vast
majority of the initiatives.
Qualitative assessments indicate
that individuals perceive
enhancements in their skills, and
participation and satisfaction
levels are very positive.

**Recommendations**

1. Investment of financial
resources is necessary to expand
the range of activities.
2. Conduct activities in an online
format.
3. If campaigns involve food,
they should be seasonal and
locally sourced.



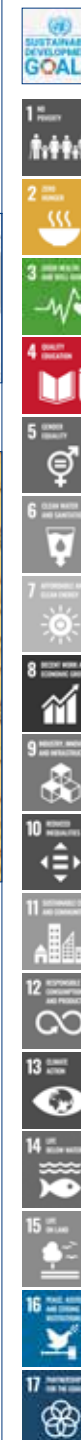
Universidad
Rey Juan Carlos



Screenshot of an online colloquium



Fruit Distribution Announcement
Poster



UNIVERSITY OF MILANO-BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT PERSON PAOLA PALESTINI EMAIL BICOCCA.SOSTENIBILE@UNIMIB.IT**Name of the project**

SoGood

**Domain**

Nutrition

**Criteria**

#72 The university provides nutrition counselling to the campus community.

**Keywords**

Healthy food choice, sustainability

**Target & Stakeholders**

Students and employees

**Time & Frame**

Since 2019

**Team & Staff**

Bicocca Sostenibile, BASE Committee, Sodexo

**Description**

Reorganise the campus canteen in order to induce healthy food choices and reduce food waste. A series of green footprints traced on the floor leads to the fruit and vegetable area. The healthiest foods were highlighted by "So Good" labels.

**Main Goals**

Investigate nutrition habits of the community and adopt nudging strategies in order to promote healthier and sustainable eating behaviour for people and planet.

**Motivation & Vision**

Educate the campus community to healthy lifestyle. The possibility of knowing what healthy foods is, what are the optimal food combinations and the correct portions should make people increasingly aware of the importance of correct food choices.

**Evaluation**

Choices are registered and data analysed before and after the nudging intervention.

**Lessons Learned**

Based on our experience, nudging strategies are effective in promoting healthier food choices. Our analysis formed the basis for an ongoing research project. We plan to extend the pilot project to the whole campus bar and canteen services.

**Recommendations**

Use signs, guided tours and product highlighting, to gently push users to healthier and more balanced food choices.



Footprints in the campus canteen



Nutrition information



Healthy food choices

MYONGJI UNIVERSITY

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE WWW.MJU.AC.KR**Name of the project**

Help you reach your nutrition to become a healthy athlete

**Domain**

Nutrition

**Criteria**

#72 The university provides nutrition counselling to the campus community.

**Keywords**

University athlete, physical activity, well-being, balance, nutrition, performance, Covid-19

**Target & Stakeholders**

University athlete

**Time & Frame**

All year (since March, 1967)

**Team & Staff**

Myongji University
Student-Athletic organisation

**Description**

Myongji University Student-Athletic organisation hires a certified nutritionist to improve the nutrition and health of student athletes and their performance.

**Main Goals**

To provide nutritionally balanced meals to student athletes.

**Motivation & Vision**

To teach the importance of eating balanced meals.

**Evaluation**

Student athletes are asked to assess their level of satisfaction with meals provided at the end of each semester, and the nutritionist makes adjustments in his/her menu planning based on these assessments/comments.

**Lessons Learned**

To learn the importance of eating balanced meals.

**Recommendations**

We would like to promote this programme to middle and high schools in the neighbourhood so that they can learn the importance of eating balanced meals from early age.

MYONGJI
UNIVERSITY

Bangmok Memorial Hall (Cafeteria)



Bangmok Memorial Hall (Cafeteria)



Weekly Menu & Allergy information



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT MARIA – CARLA.SA@UMAIA.PT

**Name of the project**

Consulta de Nutrição - Campus Nutrition Counselling Program

**Domain**

Nutrition

**Criteria**

#72 The university provides nutrition counselling to the campus community

**Keywords**

Nutrition, health, counselling, wellbeing, diet, prevention, healthy lifestyle

**Target & Stakeholders**

The entire academic community (students, faculty, and staff)

**Time & Frame**

Throughout the entire year

**Team & Staff**

Nutritionist University Management / Directors

**Description**

Provide nutrition counselling services to the university community. It offers personalized guidance on healthy eating habits, dietary needs, and lifestyle improvements, helping individuals make informed choices to support their overall health.

**Main Goals**

- Promote healthy eating habits
- Provide personalized nutrition guidance
- Prevent diet-related health issues
- Improve overall wellbeing of the academic community
- Raise awareness about the importance of nutrition

**Motivation & Vision**

With increasing health concerns related to poor diet and lifestyle, it is essential to support the university community through accessible nutrition counselling. To create a healthier campus they can make informed and balanced dietary choices.

**Evaluation**User satisfaction surveys
Number of consultations provided
Feedback from participants
Assessment of changes in eating habits**Lessons Learned**

- Importance of personalized nutrition support
- Better understanding of community health needs
- Value of preventive health strategies
- Continuous improvement of counselling services

**Recommendations**

- Promote the service through campus campaigns
- Offer both in-person and online consultations
- Provide workshops and group sessions
- Ensure regular follow-up with participants
- Collaborate with other health services

UNIVERSIDADE
DA MAIA UMAIA

1ª Consulta de nutrição



Consulta de nutrição (seguimento)



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT

**Name of the project**

UC Food Waste Prevention

**Domain**

Nutrition

**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.

**Keywords**

Food Waste, Sustainability, Circular Economy, Social Responsibility, SASUC, Conscious Consumption

**Target & Stakeholders**

UC Community

**Time & Frame**

Permanent

**Team & Staff**

Social Services of the University of Coimbra (SASUC)

**Description**

Integrated strategy to reduce food waste in UC canteens. Includes precise meal planning, surplus donation to social institutions, and awareness campaigns to encourage conscious consumption and sustainable resource management across campus.

**Main Goals**

- Minimize food surplus through rigorous demand forecasting and production control.
- Promote the redistribution of safe, unserved meals to local social partners.
- Educate the academic community on the environmental impact of food waste.

**Motivation & Vision**

To lead by example in sustainable food systems. Our vision is a zero-waste university where social responsibility and environmental ethics meet, ensuring that no meal is wasted while fostering a culture of resource efficiency and solidarity.

**Evaluation**

Monitored through daily records of produced vs. consumed meals, the volume of surplus successfully donated, and the reduction in organic waste weight over time.

**Lessons Learned**

Success depends on both operational logistics (kitchen management) and individual behavior. Small changes in meal portions and better communication with users significantly lower waste.

**Recommendations**

Launch awareness campaigns (e.g., "Zero Waste Week") to visualize the impact of leftover food and encourage students to only take what they intend to consume.

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Workshop



Canteen



Per capita waste and Food Waste Index



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT MARIA – CARLA.SA@UMAIA.PT

**Name of the project**

Alimentação & Ambiente - Sustainable University Catering Initiative

**Domain**

Nutrition

**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.

**Keywords**

Sustainability, environment, food waste, eco-friendly, green campus, responsible consumption

**Target & Stakeholders**

The entire academic community (students, faculty, and staff)

**Time & Frame**

Throughout the entire year

**Team & Staff**

Nutritionist University Management / Directors

**Description**

To reduce the environmental impact of university catering by promoting sustainable practices in food preparation and consumption. Focuses on minimizing food waste, encouraging the use of local products, and adopting eco-friendly solutions.

**Main Goals**

- Reduce food waste
- Promote sustainable food choices
- Decrease the carbon footprint of meals
- Encourage the use of local and seasonal ingredients
- Improve environmental awareness within the campus

**Motivation & Vision**

Adopting sustainable catering strategies, the university can contribute to environmental protection and promote responsible consumption. The vision is to create a greener campus with more sustainable eating habits.

**Evaluation**

- Measurement of food waste levels
- Monitoring resource consumption (water, energy)
- Feedback from the academic community
- Assessment of sustainable practices implemented

**Lessons Learned**

- Importance of sustainable food systems
- Impact of individual and collective choices on the environment
- Need for continuous improvement in catering practices
- Increased awareness of environmental responsibility

**Recommendations**

- Implement food waste reduction programs
- Offer more plant-based meal options
- Use recyclable or biodegradable packaging
- Promote awareness campaigns on sustainability
- Partner with local and sustainable suppliers



UNIVERSIDADE DA MAIA UMAIA



UNIVERSITY OF ST.GALLEN

WEBSITE [HTTPS://WWW.UNISG.CH/](https://www.unisg.ch/) CONTACT CAFETERIA, FOOD SERVICES COMMISSION OR UNISPORT**Name of the project**

Lifestyle Menu

**Domain**

Nutrition

**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.

**Keywords**

Sustainable food, healthy nutrition, balanced meals, sustainability

**Target & Stakeholders**

Campus community, students, employees

**Time & Frame**

Daily since 2013

**Team & Staff**

Cafeteria, Nutrition Commission, Climate solutions taskforce

**Description**

The lifestyle menu was introduced to reduce the environmental impact by offering affordable, seasonal and mainly vegetarian menus. Leftovers are sold at a reduced price and environmentally-friendly reusable containers are offered for take-away meals.

**Main Goals**

Reduce the environmental impact and offer healthy and sustainable choices.

**Motivation & Vision**

The University wants to be carbon neutral by 2030. Food is an important aspect of a sustainable campus. Sustainability is being improved by offering more regional and sustainably sourced products and by implementing measures to reduce food waste.

**Evaluation**

The Lifestyle menu has become quite popular and almost 1/3 of the menus consumed at the University are the daily lifestyle menus. The lifestyle menu is the second cheapest menu offered, which make them even more attractive to students.

**Lessons Learned**

Seeing as the lifestyle menu was a student initiative and that these menus are so popular, it is evident that students and employees want healthier and sustainable options.

**Recommendations**

Offer vegetarian and locally sourced foods at an affordable price. Use Apps like "TooGoodToGo" to sell leftovers at a high discount to minimise waste. By offering reusable containers against a small deposit, disposable tableware can be avoided.



Lifestyle menu



Cafeteria at the University of St.Gallen



Poster to encourage balanced eating



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

« Frigo Partagé » ULB

**Domain**

Nutrition

**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.

**Keywords**

Social assistance, nutrition, well-being, fight against food waste and precariousness

**Target & Stakeholders**

University Community and external Community

**Time & Frame**

From Monday to Friday: lunch
Tuesday evening: food baskets

**Team & Staff**

Collectifrécup'

**Description**

Distribution of unsold food to people in need, distribution of food baskets (paniers solidaires): foodstuff and hygiene products.

**Main Goals**

Reduce food waste, offer to people in need fresh food and hygiene products.

**Motivation & Vision**

Too many students suffer of precariousness and are going hungry for lack of financial means, they skip meals. It's important to help them and provide access to foodstuff. At the same time, it can allow to reduce food waste.

**Evaluation**

Positive impact, even more after Covid crisis: increase of student precariousness.

**Lessons Learned**

Solidarity: to help people in need, and to reduce food waste.

**Recommendations**

To maintain this service and disseminate information.

Frigo partagé ULB

N'oubliez pas de venir
chercher votre
colis alimentaire
le mardi de 18h à 19h

participation €10 avenue Antoine Depage 31

Poster of food basket distribution



Milk products



Fresh food

UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT MARIA – CARLA.SA@UMAIA.PT

**Name of the project**

Alimentação & Ambiente - Sustainable University Catering Initiative

**Domain**

Nutrition

**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.

**Keywords**

Sustainability, environment, food waste, eco-friendly, green campus, responsible consumption

**Target & Stakeholders**

The entire academic community (students, faculty, and staff)

**Time & Frame**

Throughout the entire year

**Team & Staff**

Nutritionist University Management / Directors

**Description**

To reduce the environmental impact of university catering by promoting sustainable practices in food preparation and consumption. Focuses on minimizing food waste, encouraging the use of local products, and adopting eco-friendly solutions.

**Main Goals**

- Reduce food waste
- Promote sustainable food choices
- Decrease the carbon footprint of meals
- Encourage the use of local and seasonal ingredients
- Improve environmental awareness within the campus

**Motivation & Vision**

Adopting sustainable catering strategies, the university can contribute to environmental protection and promote responsible consumption. The vision is to create a greener campus with more sustainable eating habits.

**Evaluation**

- Measurement of food waste levels
- Monitoring resource consumption (water, energy)
- Feedback from the academic community
- Assessment of sustainable practices implemented

**Lessons Learned**

- Importance of sustainable food systems
- Impact of individual and collective choices on the environment
- Need for continuous improvement in catering practices
- Increased awareness of environmental responsibility

**Recommendations**

- Implement food waste reduction programs
- Offer more plant-based meal options
- Use recyclable or biodegradable packaging
- Promote awareness campaigns on sustainability
- Partner with local and sustainable suppliers



UNIVERSIDADE DA MAIA UMAIA



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT IPLEIRIA.PT/ NATÁLIA TOMÁS; CÁTIA PONTES**Name of the project**

Less (salt, sugar and fat) is more

**Domain**

Nutrition

**Criteria**

#74 The university ensures that the vending machines on campus offer quality products with good nutritional value.

**Keywords**

salt, sugar, fat, vending machines, healthy eating

**Target & Stakeholders**

Polytechnic of Leiria population (students, teachers and administrative staff)

**Time & Frame**

All year

**Team & Staff**

Polytechnic of Leiria's Social Services and Food Services

**Description**

The Social Action Services reformulated their contract with the supplier and products with high content of saturated fat and sugar were prohibited. Fruit purees, nuts and dried fruits were introduced, and the sugar content was limited in hot drinks.

**Main Goals**

To improve the supply quality of vending machines eliminating foods with excessive calories and high levels of salt, sugar and trans fatty acids, introducing fruit purees and dried fruits and limiting the sugar content in hot drinks.

**Motivation & Vision**

This change (reducing the amount of harmful food and increasing potentially salutogenic foods) may contribute to healthier eating habits.

**Evaluation**

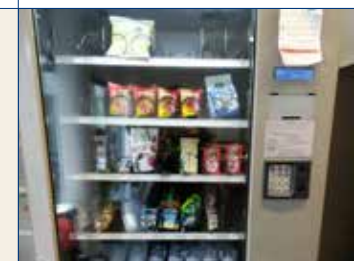
There were no complaints about this transformation and different users verbally expressed their satisfaction with this initiative.

**Lessons Learned**

We must understand and remind that changing behaviours and habits is not an easy task but every long journey begins with one simple step.

**Recommendations**

Despite the fact that there will always be someone not satisfied with changes, we must persevere with eyes focused on positive and healthy targets.



Vending machine with healthy products



Fruit snack with no sugar



Packages of seeds and other healthy snacks

UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA GODINHO EMAIL FILIPA.GODINHO@UC.PT

**Name of the project**

Rector's decision on vending machine products

**Domain**

Nutrition

**Criteria**

#74 The university ensures that the vending machines on campus offer quality products with good nutritional value.

**Keywords**

Food Awareness Literacy, Well-being, Healthy food

**Target & Stakeholders**

Academic Community

**Time & Frame**

All year

**Team & Staff**

UC Healthy Campus multidisciplinary team

**Description**

Rectoral Decision nº216/2021 determines the specifications for the purchase and installation of vending machines and establishes the obligation to make healthy food available in each machine of the contract.

**Main Goals**

Ensure that 50% of the list of products available are products considered healthy according to the National Health Service, table (regardless of the quantity per product), not including water. Offer products that promote healthier eating habits.

**Motivation & Vision**

The University wants to be carbon neutral by 2030. Food is an important aspect of a sustainable campus. Sustainability is being improved by offering more regional and sustainably sourced products and by implementing measures to reduce food waste.

**Evaluation**

Considerably higher impact by having a transversal implementation in all units, services, and departments of the organisation.

**Lessons Learned**

Implementation of strategic measures, must be implemented transversally to achieve the desired goals.

**Recommendations**

Hold tenders that include all vending machines in the organisation to simplify the implementation and control of measures like this.

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Rectoral Decision nº216/2021



Label descoder



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT IPLEIRIA.PT/ NATÁLIA TOMÁS; CÁTIA PONTES**Name of the project**

Less (salt, sugar and fat) is more

**Domain**

Nutrition

**Criteria**

#74 The university ensures that the vending machines on campus offer quality products with good nutritional value.

**Keywords**

salt, sugar, fat, vending machines, healthy eating

**Target & Stakeholders**

Polytechnic of Leiria population (students, teachers and administrative staff)

**Time & Frame**

All year

**Team & Staff**

Polytechnic of Leiria's Social Services and Food Services

**Description**

The Social Action Services reformulated their contract with the supplier and products with high content of saturated fat and sugar were prohibited. Fruit purees, nuts and dried fruits were introduced, and the sugar content was limited in hot drinks.

**Main Goals**

To improve the supply quality of vending machines eliminating foods with excessive calories and high levels of salt, sugar and trans fatty acids, introducing fruit purees and dried fruits and limiting the sugar content in hot drinks.

**Motivation & Vision**

This change (reducing the amount of harmful food and increasing potentially salutogenic foods) may contribute to healthier eating habits.

**Evaluation**

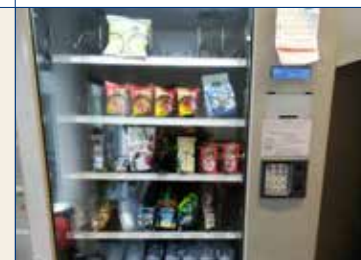
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**Lessons Learned**

We must understand and remind that changing behaviours and habits is not an easy task but every long journey begins with one simple step.

**Recommendations**

Despite the fact that there will always be someone not satisfied with changes, we must persevere with eyes focused on positive and healthy targets.



Vending machine with healthy products



Fruit snack with no sugar



Packages of seeds and other healthy snacks



Disease prevention

**Name of the project**

Les escaliers se la racontent

**Domain**

Disease prevention

**Criteria**

#75 The university shall plan, implement and evaluate specific actions to reduce the risk of non-communicable disease

**Keywords**

Design actif, fighting a sedentary lifestyle,

**Target & Stakeholders**

University community

**Time & Frame**

All year

**Team & Staff**

ULB Sports, ULB Santé

**Description**

Following the principles of active design, the staircases on the campuses have been fitted out by combining the culture and disciplines taught in the building in the form of texts and illustrations.

**Main Goals**

Encourage the university community to change its habits: increase the amount of physical activity they do every day by taking the stairs instead of the lift.

**Motivation & Vision**

Encourage and motivate the university community and campus users to engage in gentle physical activity. Arouse the curiosity of users.

**Evaluation**

Positive feedback from users.

**Lessons Learned**

Everyone can increase their daily physical activity time in a simple way.

**Recommendations**

Combining culture and physical activity, no guilt-inducing messages



ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESporto@ISCTE-IUL.PT**Name of the project**

Healthy Iscte

**Domain**

Disease prevention

**Criteria**

#75 The university shall plan, implement and evaluate specific actions to reduce the risk of non-communicable disease.

**Keywords**

Health, Well-being, Disease prevention, Social, Students, Staff

**Target & Stakeholders**

Students and Staff

**Time & Frame**

Every year

**Team & Staff**

Iscte's Social Services and Sports Services

**Description**

The Healthy Iscte day is a day focused on providing several actions that promote health and well-being among the Iscte community, such as: blood donation, STIs screening, Cardiovascular screening, stress management workshops (among others).

**Main Goals**

Create opportunities for students and staff to assess and improve their health and well-being.

**Motivation & Vision**

To educate students and staff on diverse problems intrinsic to both our personal and professional lives.

**Evaluation**

The opportunities created by our Social Services always have an impact and end up helping and educating a large portion of our community.

**Lessons Learned**

The theme of mental health should be rethought in order to become more "attractive" to the participation of the university's community, our psychology students could be a good resource to organise more activities related to this theme.

**Recommendations**

Hold tenders that include all vending machines in the organisation to simplify the implementation and control of measures like this.



Healthy Iscte 2021 programme



Healthy Iscte 2020 programme

PRIVOLZHISKY RESEARCH MEDICAL UNIVERSITY

WEBSITE PIMUNN.RU CONTACT HTTPS://WWW.PRORODINKI.RU



ПМУ
Приволжский
исследовательский
медицинский университет

**Name of the project**

ProRodinki

**Domain**

Disease prevention

**Criteria**

#75 The university shall plan, implement and evaluate specific actions to reduce the risk of non-communicable disease.

**Keywords**

University's clinic, skin neoplasms, neural network, medical diagnostics, health

**Target & Stakeholders**

Students and staff of University, the population of Russia

**Time & Frame**

At the request of the patient

**Team & Staff**

Head and staff of the Department of skin, venereal diseases

**Description**

The University has developed a mobile application "ProRodinki", which allows screening and further routing of patients with suspicious skin neoplasms using a conventional smartphone using a neural network, issuing a recommendation to consult a doctor.

**Main Goals**

1. Control of the spread of skin cancer in patients. 2. Early diagnosis of skin neoplasms and their timely treatment. 3. Formation of recommendations on the choice of a doctor. 4. Maintaining an optimal level of health in the population.

**Motivation & Vision**

Fight against oncology in the Nizhny Novgorod region, prevention of malignant tumours, dissemination of experience and popularization of the project throughout the Russian Federation.

**Evaluation**

Development of a mobile application with an adapted neural network, introduction of a technique for rapid and early diagnosis of skin neoplasms, holding scientific and practical conferences and seminars on this topic.

**Lessons Learned**

The measures are necessary for the early diagnosis and prevention of skin neoplasms in accordance with the strategy of maintaining optimal health of the population. They allow you to make further routing of patients with suspicious skin formations.

**Recommendations**

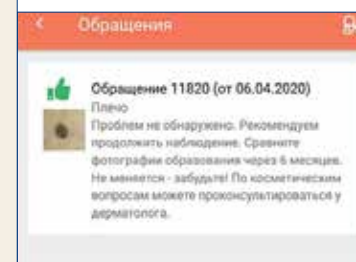
The neural network should be adapted to any electronic device, the studied database of skin formations should be constantly replenished.



Filming of the project by the Federal channel



The project is the winner of the city Award



Example of a report in the programme on the phone

**Name of the project**

Healthy University Office
and URJC Medical Service

**Domain**

Disease prevention

**Criteria**

#76 The university organises
at least once a year, prevention
programmes in terms
of non-communicable disease.

**Keywords**

Prevention, diseases, addictions,
medical check-up

**Target & Stakeholders**

Preventing non-communicable
diseases. URJC Community

**Time & Frame**

These activities are carried out
every academic year

**Team & Staff**

URJC and external professionals

**Description**

– Training activities to raise
awareness about the risks of
overuse of ICTs (video games,
social networks), alcohol...
– The Medical Service provides
gynaecological check-ups for
women and urological check-ups
for men.

**Main Goals**

1. Prevent psychiatric disorders
such as addictions.
2. Promote resources to mitigate
potential risks in internet use.
3. Prevent non-communicable
diseases.

**Motivation & Vision**

Contribute to the promotion of
health and disease prevention
within our university community
by reducing risk factors.

**Evaluation**

Pre-post evaluation with a
Mobile-Related Experiences
Questionnaire. The evaluated
variable improved with statistical
significance. A total of 621
women attended gynaecological
check-ups, and 270 men
attended urological check-ups.
*Data 2021-2022

**Lessons Learned**

The results show a significant
improvement in the evaluated
variables. Qualitative
assessments indicate a perceived
enhancement of their skills, and
the participation and satisfaction
data are very positive.

**Recommendations**

1. Stay updated on risks of
internet abuse in youth (sexting,
ghosting...) and on current
legislation regarding the matter.
2. It is necessary for the
university to allocate financial
resources to expand medical
check-ups to more staff.



Screenshot Prevention
of ICT addiction program



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT PERSON ROSA PEDRO EMAIL S.MEDICOS@IPLEIRIA.PT**Name of the project**

We help you to take care of your health

**Domain**

Disease prevention

**Criteria**

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.

**Keywords**

Prevention, non-communicable diseases, health services, wellness, consultation, medical specialties

**Target & Stakeholders**

Students, teachers, technicians and administrative

**Time & Frame**

10 months per year

**Team & Staff**

1 administrative and doctors

**Description**

Polytechnic of Leiria provides, through its Medical Services, consultations at reduced prices. Whenever justified, doctors also prescribe complementary diagnostic tests. Information leaflets, brochures, among others, are available on a regular basis

**Main Goals**

To contribute so that students do not neglect their health. To provide students with easy access to health care at a reduced price. To promote the health and well-being of the academic community of the Polytechnic of Leiria.

**Motivation & Vision**

To help students not to neglect their health. To enable students to an easy access to health care at a reduced price. To promote the health and well-being of the academic community of the Polytechnic of Leiria.

**Evaluation**

Very positive impact. These Services have been in operation since 2005 and have allowed students to health care in an easy way and at a reduced price. In the context of the pandemic motivated by Covid-19, this Service proved to be crucial.

**Lessons Learned**

It is essential to enable students to have easy and affordable access to health care, helping them not to neglect care for their health. This way, Polytechnic of Leiria complements the offer of consultations guaranteed by the National Health Service.

**Recommendations**

Carry out a campaign to disseminate medical specialties made available to the academic community, through the Medical Services of the Polytechnic of Leiria.



Disclosure of Polytechnic medical services



Visual screening campaign with stakeholders

Dados Estatísticos

Serviços de Saúde

Indicadores	2015	2016	2017	2018	2019	2020
1. Consultas Médicas	100	100	100	100	100	100
2. Consultas de Especialidade	100	100	100	100	100	100
3. Consultas de Urgência	100	100	100	100	100	100
4. Consultas de Emergência	100	100	100	100	100	100
5. Consultas de Saúde	100	100	100	100	100	100
6. Consultas de Saúde	100	100	100	100	100	100
7. Consultas de Saúde	100	100	100	100	100	100
8. Consultas de Saúde	100	100	100	100	100	100
9. Consultas de Saúde	100	100	100	100	100	100
10. Consultas de Saúde	100	100	100	100	100	100
11. Consultas de Saúde	100	100	100	100	100	100
12. Consultas de Saúde	100	100	100	100	100	100
13. Consultas de Saúde	100	100	100	100	100	100
14. Consultas de Saúde	100	100	100	100	100	100
15. Consultas de Saúde	100	100	100	100	100	100
16. Consultas de Saúde	100	100	100	100	100	100
17. Consultas de Saúde	100	100	100	100	100	100

Notas:

* Indica-se em itálico os dados - servidos de acompanhamento superior ao Ipleiria.

* Indica-se em itálico os dados - servidos de acompanhamento superior ao Ipleiria.

Fonte: Ipleiria - Serviços de Saúde

PLeiria's medical consultations statistical data



ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home)**Name of the project**

Get moving for better health!

**Domain**

Disease prevention

**Criteria**

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.

**Keywords**

Physical Activity, Support, Counting Steps, Cardio-Vascular Health

**Target & Stakeholders**

University Community

**Time & Frame**

At least one campaign a year, that lasts longer than a week

**Team & Staff**

Personnel employees, Student Council, Head of Sport

**Description**

EASS offers movement and activity campaigns for the whole community. Campaign descriptions include references to WHO's recommendations on exercise. Campaigns call for walking more to improve and maintain good health.

**Main Goals**

The main goal is to encourage community to take care of their health and reduce the risk of cardiovascular disease and diabetes due to insufficient exercise and sedentary lifestyle. Movement is a good way to improve general health.

**Motivation & Vision**

Even though most people know well that physical activity is good for their health, it is difficult to find time and motivation to exercise regularly. Movement campaigns help to keep a focus and to develop good habits together.

**Evaluation**

220 participants in movement campaign in Yumuuv platform for 1 month (76395103 steps) and 945 participants in Fitsphere platform for 11 days (65690641) steps. In the feedback, Yumuuv was mentioned most as motivator for regular activity.

**Lessons Learned**

Even some top athletes admitted that it was difficult for them to make at least 10,000 steps per day regularly. The movement campaign helped people to understand the level of their activity and to make changes in it, if needed.

**Recommendations**

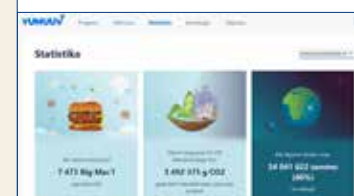
If you can't find free of charge platforms to use, some investments might be necessary if you want to get participants' results online during campaign period. But you can also start with collecting data of activity hours or kilometres to Excel.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

Movement campaign poster



Movement campaign advertisement in FB



Campaign statistics



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT**Name of the project**

UC Health Check-ups & Screenings

**Domain**

Disease prevention

**Criteria**

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.

**Keywords**

Preventive Health, Clinical Screenings, Early Diagnosis, STI Testing, Health Monitoring, Vaccination

**Target & Stakeholders**

UC Community

**Time & Frame**

Available throughout the academic year

**Team & Staff**

LACUC Clinical Team and University Health Services

**Description**

A preventive health initiative offering regular clinical check-ups, including STI screenings, cardiovascular risk assessments, and vaccination. It provides the UC community with easy access to early diagnosis and personalized health monitoring.

**Main Goals**

- Facilitate early detection of health risks through regular clinical screenings.
- Promote a proactive health culture within the academic community.
- Provide accessible diagnostic tests and vaccination to students and staff.

**Motivation & Vision**

To make preventive healthcare a standard practice at UC. Our vision is to ensure every community member has the tools for early disease detection, prioritizing long-term well-being and a healthier, more informed university environment.

**Evaluation**

Based on the number of screenings performed annually and the successful identification of health indicators that require medical follow-up or specialized care.

**Lessons Learned**

Regular check-ups on campus significantly reduce the barriers to healthcare access, leading to more timely interventions and better health outcomes for the student population.

**Recommendations**

Launch themed screening campaigns (e.g., "Hypertension and Diabetes Awareness Months") to boost participation and keep the community engaged with their own health data.



Logo



Project



HANBAT NATIONAL UNIVERSITY - YUSEONG DEOKMYEONG CAMPUS

WEBSITE WWW.HANBAT.AC.KR

CONTACT 042-821-1049 (HEALTH CLINIC)

**Name of the project**Health Promotion
Event for Health Day**Domain**

Disease prevention

**Criteria**#76 The university organises
at least once a year, prevention
programmes in terms
of non-communicable disease**Keywords**Self-health management, health
awareness, disease prevention,
healthy lifestyle**Target & Stakeholders**All campus members
(faculty, staff, students,
and external)**Time & Frame**

Annually in April

**Team & Staff**Student Affairs Division
(Health Clinic)**Description**Health promotion activities
were conducted with the campus
health clinic and local institutions,
including health consultations,
basic health checks, smoking
cessation counselling, cancer
prevention promotion, and
distribution of health materials.**Main Goals**To improve health awareness
and promote healthy lifestyle
practices among campus members,
and to provide opportunities
to assess current health status
and receive professional
consultation.**Motivation & Vision**(Background) Rising chronic
diseases and risks like stress,
smoking, drinking, and inactivity
show the need for programs
to promote behavioural change.
(Vision) To improve health
awareness and foster a healthy
campus culture.**Evaluation**Approximately 180 participants
attended, with 12 registering
for the smoking cessation program.
Most participants reported
that the event was enjoyable
and beneficial.**Lessons Learned**Participants gained awareness
of their current health status,
improved recognition of health
management, and increased
understanding of disease
prevention and early detection,
with expectations for improved
healthy lifestyle practices.**Recommendations**Encourage active participation
in various health-related
programs and activities.

TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT SHAUNA-LEE HEATH - HEATHS@TUT.AC.ZA - 012 382 6611

**Name of the project**

Non-Communicable Diseases Prevention and Emergency Preparedness Awareness Campaign

**Domain**

Disease prevention

**Criteria**

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease

**Keywords**

Non-communicable diseases, Emergency medical care, CPR training, Health screening, Prevention

**Target & Stakeholders**

Students and external health partners

**Time & Frame**

The campaign was hosted on 15 May 2025 at the Arts Campus

**Team & Staff**

Directorate of Health and Wellness, ER24 paramedics

**Description**

The Directorate of Health and Wellness partnered with ER24 to raise awareness of NCD-related emergencies and proper use of emergency services.

**Main Goals**

The programme raises awareness of NCDs, builds emergency response skills, promotes responsible EMS use, and fosters campus health preparedness

**Motivation & Vision**

Raises NCD awareness, emergency skills, responsible EMS use, and campus preparedness.

**Evaluation**

Success was measured by participation, CPR engagement, and feedback, showing improved awareness and preparedness.

**Lessons Learned**

Interactive demos and EMS collaboration improve engagement and knowledge, while CPR training builds confidence in handling emergencies.

**Recommendations**

The university should expand emergency preparedness through first aid, CPR training, screenings, and awareness campaigns across campuses.



Tshwane University
of Technology
We empower people



Programmes
on non-communicable disease



Health promotion



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA GODINHO EMAIL FILIPA.GODINHO@UC.PT

**Name of the project**University of Coimbra
Vaccination Plan**Domain**

Disease prevention

**Criteria**

#77 The university promotes or informs about the benefits of vaccination and if relevant complement vaccine at affordable prices for students.

**Keywords**

Vaccination plan, prevention, literacy for vaccination

**Target & Stakeholders**

Measures to ensure the vaccination plan

**Time & Frame**

Annually

**Team & Staff**UC Healthy Campus
Multidisciplinary Team**Description**

Steps to ensure that everyone in the academic community has a complete vaccination plan. Whether it is mandatory upon students' registration and through actions to raise awareness of the vaccines, counselling, and scheduling medical appointments.

**Main Goals**

Ensuring that the entire academic community has a complete vaccination plan. Literacy for vaccination. Raising awareness of the academic community about the importance of vaccination. Ensuring Traveller's consultation for mobility students.

**Motivation & Vision**

Healthy academic community. Containment of risk within the academic community. Fulfilment of the Healthy Campus UC strategic plan.

**Evaluation**

The evaluation is positive in the implementation of the vaccination plans up to now, which was verified during the period of the COVID-19 pandemic with the success in the plan implemented.

**Lessons Learned**

With the pandemic COVID-19 the importance of vaccination plans was even more apparent. In addition to plans, it is important to implement measures to ensure them.

**Recommendations**

Implementation of measures that guarantee the established plans.

12 10 90 UNIVERSIDADE DE COIMBRA



e-prevenç@o



e-prevenç@o webpage



Vaccination information



SIBERIAN FEDERAL UNIVERSITY

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT EKATERINA V. SIDORENKO – EVSDORENKO@SFU-KRAS.RU**Name of the project**

Call Center for COVID-19

**Domain**

Disease prevention

**Criteria**

#77 The university promotes or informs about the benefits of vaccination and if relevant complement vaccine at affordable prices for students.

**Keywords**

volunteering, covid-2019, social and psychological help

**Target & Stakeholders**

Volunteer Centre, students and staff with positive PCR-test

**Time & Frame**

till the end of pandemic

**Team & Staff**

Youth Policy Department, Dormitory Management, Medical Centre

**Description**

Representatives of the university can contact with questions of coronavirus infection. Questions can be of a different nature: what to do if symptoms appear or there was contact with a sick person, how to properly follow the quarantine rules.

**Main Goals**

The university as a research and educational platform is the first and only place where opinions are accumulated, and final conclusions are formed. The main goal is the possession of reliable information and its dissemination.

**Motivation & Vision**

SibFU - as an opinion leader, is obliged to become a communication platform for the fight against coronavirus infection and a place where can help.

**Evaluation**

Number of calls, attracted volunteers, caller reviews, speed of problem solving.

**Lessons Learned**

The call center must receive the most accurate information. Practice should include: 1. Volunteer training system. 2. Protocol of responses for hotline. 3. Creation of online psychological support tools: mastery of such techniques will also be a bonus.

**Recommendations**

In addition to information support, assistance can be provided in the formation of an application for contacting the Medical Center or psychological service.



MYONGJI UNIVERSITY

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE WWW.MJU.AC.KR EMAIL SUNHEE@MJU.AC.KR**Name of the project**

Oral health check-ups provided by Korea's National Health Insurance Service

**Domain**

Disease prevention

**Criteria**

#78 The university promotes or informs about the benefits of dental care and if relevant complement dental care at affordable prices for students.

**Keywords**

Early detection of oral health challenges, improvement of life patterns

**Target & Stakeholders**

Students

**Time & Frame**

Oral health check-ups by National Health Insurance Service

**Team & Staff**

UC Healthy Campus Multidisciplinary Team

**Description**

Students who received a free oral health check-up provided by Korea's National Health Insurance Service can apply for "academic mileage" and also receive discount on dental treatment in hospitals/dental clinics.

**Main Goals**

Early detection of oral health challenges through regular oral health check-ups and learn to maintain proper dental hygiene.

**Motivation & Vision**

To raise awareness for the importance of good oral health.

**Evaluation**

Students learned how to maintain good oral health through these check-ups and they received the NHIS dental health care benefit at local hospitals/dental clinics.

**Lessons Learned**

Regular oral health check-ups are important, and the delivery of the right care at the right time is key to maintaining good oral health.

**Recommendations**

As the average life-expectancy continues to grow, the importance of maintaining oral health should be emphasized from early age. In this regards, universities shall continue their efforts at raising awareness for the importance of good oral health.

MYONGJI
UNIVERSITY

Public Health Center



Public Health Center



Public Health Center Website



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT SHAUNA-LEE HEATH - HEATHS@TUT.AC.ZA - 012 382 6611**Name of the project**

Oral Health Awareness Campaign: "A Happy Mouth is... A Happy Mind"

**Domain**

Disease prevention

**Criteria**

#78 The university promotes or informs about the benefits of dental care and if relevant complement dental care at affordable prices for students

**Keywords**

Oral health, Dental care awareness, Preventive care, Dental screening, Student wellness

**Target & Stakeholders**

Students, university staff, Health and Wellness

**Time & Frame**

Launched on 18 September 2025

**Team & Staff**

Oral health specialists from SMU School of Dentistry

**Description**

In recognition of National Oral Health Month, the Directorate of Health and Wellness partnered with SMU School of Dentistry and Hatfield Dental Studio to launch an Oral Health Awareness Campaign under the theme "A Happy Mouth is... A Happy Mind."

**Main Goals**

The programme promotes dental care awareness, preventive practices, regular check-ups, and access to affordable dental services.

**Motivation & Vision**

The initiative promotes preventive oral care and healthy habits, empowering students with knowledge and resources for lifelong oral health.

**Evaluation**

The impact of the campaign was evaluated through participation levels, engagement during oral health demonstrations, and feedback from students and staff who attended the screenings and educational sessions.

**Lessons Learned**

Partnerships with dental schools and clinics enhance oral health initiatives, while demos and free screenings boost awareness and proactive hygiene.

**Recommendations**

The university should sustain oral health campaigns and expand dental partnerships to increase screenings and affordable care for students.



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We empower people



Oral health education



Oral health education



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

Awareness days « Ça m'saoule... j'ai plus de capotes »

**Domain**

Disease prevention

**Criteria**

#79 The university organises a communicable disease prevention programme at least once a year.

**Keywords**

Sexual health, activities, peer education, awareness days, respect, STI, AIDS, screening, sexual assault, consent, contraception

**Target & Stakeholders**

Students

**Time & Frame**

2 days, every year in October

**Team & Staff**

ULB Santé, Modus Vivendi, O'Yes, ACE Students

**Description**

15 awareness-raising stands form a pathway, run by trained and project leaders. Each stand offers a sexual health awareness game: sexual relations, anatomy, STI and screening, consent, love, etc.

**Main Goals**

Disseminate knowledge and acquire sexual health skills, raise awareness of the care services at ULB and Brussels.

**Motivation & Vision**

Training students to become caregivers, actors in their own health, acquire knowledge about STI, AIDS, testing, contraception, love, consent, combating gender-based and homophobic discrimination, combating violence, equality, respect, etc.

**Evaluation**

31 students trained each year on sexual health. 300 sensitised students in October 2021. The first years (18 yo) are encouraged to come to acquire this knowledge and skills at the beginning of their university studies.

**Lessons Learned**

Acquiring sexual health knowledge and skills: condoms, Sexually Transmissible Infections, Anatomy of Sexual Organs, Contraception, Violence in Friendly and Sexual Relations, Consent, Pleasure.

**Recommendations**

Peer learning: trained students raise awareness of their peers, a sustainable project since 2016.



Pathway sexual health



Pathway sexual health



Pathway sexual health



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT JORGE MALVEIRO, PH.D EMAIL SASGP@UALG.PT**Name of the project**

HIV/AIDS Prevention Plan

**Domain**

Disease prevention

**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.

**Keywords**

Social Services Psychology Office GPAP, Health prevention, Well-being, UAlg, HIV prevention

**Target & Stakeholders**

UAlg academic community

**Time & Frame**

Weekly HIV Tests in Mobile Screening Unit

**Team & Staff**

CAD/ARS, APF Algarve e GPAP-UAlg

**Description**

HIV/AIDS Prevention Plan includes weekly screenings on the campuses of the UAlg throughout each academic year, as well as the systematic and free distribution of prophylactic and preventive information to the entire academic community.

**Main Goals**

Health and prevention of certain risky attitudes and behaviours, through technical and peer-to-peer interactions of a (in) formative nature, within the scope of sexually transmitted diseases (HIV and STDs).

**Motivation & Vision**

Given the inherent risks, raise the awareness of the academic population to the importance of Prevention and early detection of HIV infection and STDs.

**Evaluation**

The number of tests carried out on users of the academic community of UAlg. This health promotion practice proved to be an efficient measure in the promotion of healthy sexuality, in the prevention of sexually transmitted diseases.

**Lessons Learned**

This practice proves to be quite effective in raising awareness on prevention and early detection of HIV/AIDS, which indicates that it is an asset in the long term for the general well-being of the community.

**Recommendations**

This practice included the development of a systematic model of prevention and early detection of HIV, which can facilitate its replication or transfer of results to other Higher Education Institutions, even if adapted on a case-by-case basis.



Mobile Unit, provided by ARS E APF Algarve



Information leaflet, distributed by the UAlg



Example of a weekly screening on UAlg campuses

PEKING UNIVERSITY

WEBSITE PKU.EDU.CN CONTACT PERSON HE ZHONGHUI EMAIL HEALTHYCAMPUS@PKU.EDU.CN

**Name of the project**

COVID-19 Prevention and Control

**Domain**

Disease prevention

**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.

**Keywords**

Disease Support Service, Good Health and Well-Being, Campus Community, Communicable Disease, COVID-19, Nucleic Acid Test, Vaccination Campaign

**Target & Stakeholders**

Campus and Local Community

**Time & Frame**

During the COVID-19 pandemic

**Team & Staff**

Peking University Hospital

**Description**

After the outbreak of the COVID-19 pandemic, Peking University Hospital responded quickly by publishing the COVID-19 Treatment Guideline, launching an online nucleic acid test reservation platform and providing testing services. A lab is also converted into a nucleic acid testing lab. With COVID-19 vaccines made available, the faculty and students can get vaccinated at no cost.

**Main Goals**

Nucleic Acid Test: All people holding jobs on campus and living in the campus community in need are tested before the Fall Semester 2020.

COVID-19 Vaccination: All people holding jobs on campus and living in the campus community in need get vaccinated before 30 May 2021.

**Motivation & Vision**

Protect the health and safety of all students and faculty. Maintain the safety and stability of the campus community.

**Evaluation**

From May 2020 to March 2021, the Hospital provided testing services for 32'249 people, which amounted to 79'916 tests in total. 40'00 tests can be done in a single day. 29'682 people, taking up 73% of the campus community received COVID-19 vaccines. There is 0 confirmed case on campus ever since the COVID-19 outbreak.

**Lessons Learned**

Act under unified deployment and involve the entire campus community. Adopt a science-based approach and prevent and control the epidemic in accordance with the law.

**Recommendations**

Acting under unified deployment, taking responsibilities respectively and involving the entire campus community constitute the mechanism of COVID-19 epidemic prevention and control and have proved successful.



Nucleic Acid Test



Vaccination Campaign



Observation Area



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

Free screening of Sexually Transmitted Infections

**Domain**

Disease prevention

**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.

**Keywords**

screening, Sexually Transmitted Infections, free access

**Target & Stakeholders**

Students, postgraduates and staff member

**Time & Frame**

2 times per year, from 9 am to 6 pm, on 2 campuses

**Team & Staff**

Centre de planning familial Aimer à l'ULB, ULB Santé

**Description**

Free screening of Sexually Transmissible Infections.

**Main Goals**

Provide STI screening free of charge and information about sexuality.

**Motivation & Vision**

Provide students with free medical screening and provide information on ad hoc care according to each individual's situation.

**Evaluation**

500 people are screened each year at the Solbosch Campus, 300 at the Erasme Campus.

**Lessons Learned**

Raising awareness of STI, the importance of protecting oneself and the importance of medical screening.

**Recommendations**

Maintain the organisation of these events and the free testing.



Poster of testing day



Poster of testing day – campus Erasme



Poster of testing day – campus Solbosch



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE



Name of the project

Testing for sexually transmitted infections



Domain

Disease prevention



Criteria

#80 The university provides communicable disease (HIV, etc.) support services.



Keywords

Prevention, safety and health



Target & Stakeholders

Students



Time & Frame

All year



Team & Staff

Student Health Service and Västerbotten County Council



Description

The Student Health Service promotes health and STI prevention by offering free condoms and drop-in testing for Chlamydia, Gonorrhea, and HIV. Testing, in cooperation with the hospital's infection control unit, is free.



Main Goals

To reduce STI (Chlamydia, Gonorrhea, HIV) among students.



Motivation & Vision

To maintain a good health for students during their university studies.



Evaluation

Västerbotten County Council have statistics on the number of tests and the number of positive tests for Chlamydia, Gonorrhea and HIV tests every year. The Student Health Service also have annual statistics on testing.



Lessons Learned

Free testing provides students with an accessible way to seek support and help. During testing, students often discuss their health or study concerns, allowing them to receive additional support and schedule appointments for individual counseling.



Recommendations

Safe and secure sexuality among students also promotes good health during the study period at the Umeå University.



UMEÅ
UNIVERSITY



Student Health Service at Umeå university



ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESporto@ISCTE-IUL.PT**Name of the project**

Healthy Iscte

**Domain**

Disease prevention

**Criteria**

#81 The university promotes or informs about the benefits of medical check-ups and if relevant complement medical check-ups at affordable prices for students.

**Keywords**

Health, Well-being, Disease prevention, Social, Students, Staff

**Target & Stakeholders**

Students and Staff

**Time & Frame**

Every year

**Team & Staff**

Iscte's Social Services and Sports Services

**Description**

The Healthy Iscte day is a day focused on providing several actions that promote health and well-being among the Iscte community, such as: blood donation, STIs screening, Cardiovascular screening, stress management workshops (among others).

**Main Goals**

Create opportunities for students and staff to assess and improve their health and well-being.

**Motivation & Vision**

To educate students and staff on diverse problems intrinsic to both our personal and professional lives.

**Evaluation**

The opportunities created by our Social Services always have an impact and end up helping and educating a large portion of our community.

**Lessons Learned**

The theme of mental health should be rethought in order to become more "attractive" to the participation of the university's community, our psychology students could be a good resource to organize more activities related to this theme.

**Recommendations**

The activity could be more diversified if there was a budget available that would allow the participation of health professionals from different areas.

iscte INSTITUTO UNIVERSITÁRIO DE LISBOA



Healthy Iscte 2021 programme



Healthy Iscte 2020 programme



UNIVERSITY OF TURIN

WEBSITE [HTTPS://EN.UNITO.IT/](https://en.unito.it/) CONTACT DUALCAREER@UNITO.IT EMAIL ALBERTO.RAINOLDI@UNITO.IT**Name of the project**

Centre for preventive medicine and sport for the university student

**Domain**

Disease prevention

**Criteria**

#81 The university promotes or informs about the benefits of medical check-ups and if relevant complement medical check-ups at affordable prices for students.

**Keywords**

Check-ups, prevention, corporate welfare, lifestyle education

**Target & Stakeholders**

The whole University population, researchers, PhD students, fellows, professors and administrative staff

**Time & Frame**

Whole year, from Monday to Friday, 8.30 - 19.30

**Team & Staff**

The team is made by eight University administrative employees and 35 external consultants (MDs for 20 different specialties and nursing staff)

**Description**

The Centre provides specialized prevention, diagnosis and therapy services for students and employees of the University of Turin and their families, Italian and foreign citizens, associated with recreational clubs, sports clubs and associations.

**Main Goals**

To reach the highest fraction of the university population offering the opportunity to save money for examinations, to share the vision in term of prevention and lifestyle, and to proudly feel part of a healthy community.

**Motivation & Vision**

To offer the availability of a medical environment to the whole university community with the aim to increase individual awareness in the possibility to actively change his/her own lifestyle based on prevention, health, and well-being.

**Evaluation**

The Medical Centre is now just redesigned, rebuild, and moved to a new university area allowing the alignment with the Healthy Campus framework.

**Lessons Learned**

To hold fares at the lowest level (with respect the local competitors) to push people to move to Medical Centre from their usual one. Only in a second step the quality of the provided services would act on the community feeling.

**Recommendations**

We are aware that communication (about opportunities, special fares, facilities) with the university community is pivotal to reach the highest rate of engagement. Hence, we will spend the highest effort in such a direction.

UNIVERSITA
DEGLI STUDI
DI TORINO

Rendering where Medical Centre is now re-located



Physiotherapy Gym Entrance



Physiotherapy Gym (detail)





**UNIVERSITY
OF SURREY**



Clean Sport Week Activities

Mental and social health

ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Take mental health vitamins!

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community

**Keywords**

Rest (Sleep), Move, Feel, Eat, Socialize

**Target & Stakeholders**

Campus community

**Time & Frame**

Five weeks during academic year

**Team & Staff**

Mental health and communication leads, Student Council

**Description**Support mental health with sharing campaign. We shared <https://peaasi.ee/en/mental-health-vitamins/> with our students and employees. Each week focused on a specific topic, offering ideas and tips to help support our well-being and mental health.**Main Goals**

To remind us about small actions everyone can take for improved sleep, better mood, physical activity, healthy eating habits and good social connections. This is valuable for individuals and helps to build stronger community.

**Motivation & Vision**

One topic every week to let followers focus on a few improvements they can add to their regular habits. Share the important information online, through e-mail, and on screens or notice-boards in Campus with QR codes or links to further information.

**Evaluation**

These 5 weeks is a good time to share a questionnaire about mental health and give feedback to the respondents. Be prepared to offer additional resources and options for psychological help with those who need it.

**Lessons Learned**

We received feedback on the average mental health results of our students and employees. Even though only 10% of students responded to the questionnaire, the results confirmed the continuing need for psychological consultations in our community.

**Recommendations**

Prepare campaign with the help of mental health specialists or cooperate with universities which have medical or psychological departments. Use reliable sources for the campaign and add information about your university's connected events.



TARTU HEALTH CARE COLLEGE

WEBSITE [HTTPS://WWW.NOORUSE.EE/ET](https://www.nooruse.ee/et) CONTACT JAANIKANIINEPUU@NOORUSE.EE**Name of the project**

Free psychological counselling for members of the campus community

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community

**Keywords**

Mental health, self-care, well-being, support

**Target & Stakeholders**

Students, employees

**Time & Frame**

All year round since 2019

**Team & Staff**

Trained psychologists

**Description**

Psychological counselling aims to support all our campus members. The psychological services can be used on more than one occasion. Appointments with the psychologist can take place online or private room on campus.

**Main Goals**

The aim is to make psychological counselling and support available to all students and employees

**Motivation & Vision**

The college has important role to play in supporting mental well-being and providing help at the right time. This is particularly important when we consider that our environment is constantly changing, which can lead to various sources of stress.

**Evaluation**

Psychological counselling has been very well received. The number of users of the service has increased significantly each year. To put this in perspective, the number of students visiting a psychologist increased to 302 in 2022 up from 204 in 2019.

**Lessons Learned**

We believe that providing support has improved the ability of our students and staff to cope with various crises. Furthermore, we believe that mental health support has positively impacted academic and work outcomes.

**Recommendations**

In addition to providing advice, the organisation of various joint events, information seminars and the distribution of information leaflets are essential.



Poster of a mental health seminar



Participants of the 2022 sports day



Psychologist's contacts on the intranet



PRIVOLZHISKY RESEARCH MEDICAL UNIVERSITY

WEBSITE PIMUNN.RU

CONTACT PERSON BOZHKOVA ELENA DIMITROVA

EMAIL READYTOTALK@MAIL.RU

**Name of the project**

Healthy Future project

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community.

**Keywords**

Mental and psychological health, personal growth, self-esteem, medical university students

**Target & Stakeholders**

All students of educational institutions

**Time & Frame**

During each academic year

**Team & Staff**

Rector and staff of the Institute of clinical psychology

**Description**

Every year, the university distributes information and conducts trainings on psychological and mental health among the student community. The project was presented by the Rector of the University in the State Duma Committee.

**Main Goals**

1. Assessment of the psychological and mental state of students. 2. Prevention of disadaptation conditions. 3. Help in dealing with stress at all stages of training. 4. Monitoring of persons entering a medical university.

**Motivation & Vision**

Psychological and mental assistance to students upon admission to the university, during examination sessions, during practical activities. Dissemination of the experience gained to the leading educational institutions of higher education.

**Evaluation**

Development and implementation of a methodological complex for assessing psychological and mental health, holding scientific and practical conferences, psychological support during studies, presentation of the project at meetings of the Federal Assembly.

**Lessons Learned**

These measures are necessary for the prevention of disadaptation conditions of students at different stages of training, monitoring their psychological and mental health. They should be implemented during each academic year.

**Recommendations**

Systematization and adaptation of the used methods of monitoring psychological and mental health to the individual characteristics of each student.

**ПИМУ**

Приволжский
исследовательский
медицинский университет



Address by the Rector of the University



Address by the Governor of Nizhny Novgorod Oblast



Conference audience



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

Healthy Tuesday

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community.

**Keywords**

Mental health, social health, well-being, social network

**Target & Stakeholders**

University community

**Time & Frame**

Publication every Tuesday from November 2020 to June 2021

**Team & Staff**

ULB Santé, Mental Health Service ULB

**Description**

Every Tuesday during the pandemic, ULB Santé broadcasts on its social media an activity or advice to take care of yourself, detailed by scientific literature and supported by advice from health professionals.

**Main Goals**

Disseminate information and advice on mental well-being and thematic activities on our campuses.

**Motivation & Vision**

Ensuring the link during the pandemic and the distance of members of the community. Ensure their well-being and disseminate information to enable them to take care of their mental and physical health.

**Evaluation**

The project appreciated during the pandemic allowed individual students to meet other students and fight loneliness. Others identified symptoms of depression and contacted a professional service.

**Lessons Learned**

Identify symptoms, acquire skills to take care of themselves and fighting against stress, foster dynamics between students and fighting against loneliness.

**Recommendations**

Sanitary conditions on campuses have changed since the end of the pandemic. As the evaluation is positive, these publications take the form of face-to-face workshops on our campuses. Healthy Tuesdays become "Healthy Decent Days".



Instagram Healthy Tuesday:
Combat student isolation



Combat student isolation -
Healthy Tuesday Activity



Contact details : Psy-campus
(SSM ULB)



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT INFO@CUNI.CZ**Name of the project**

Resilience centre and Peer support

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community

**Keywords**

Mental health, social health, counselling, resilience, wellbeing, prevention, peer support

**Target & Stakeholders**

Students, staff, international students, peer counsellors

**Time & Frame**

Ongoing; strengthened through dedicated projects

**Team & Staff**

CU Point, faculties, psychology students

**Description**

Charles University promotes mental and social health through counselling, workshops, awareness campaigns, peer chat, mentoring, community activities, and online support.

**Main Goals**

To support wellbeing, prevent mental health problems, strengthen resilience, and create a supportive academic environment.

**Motivation & Vision**

The university aims to build an open, safe, and supportive environment where students and staff can access help and develop healthy coping strategies.

**Evaluation**

The support system combines counselling, prevention, peer support, workshops, and project-based activities across the university.

**Lessons Learned**

Students and staff gain stress management, resilience, communication, and self-care skills.

**Recommendations**

Good practice is based on combining counselling, peer support, prevention, and accessible online resources.

CHARLES
UNIVERSITY*Resilience Centre CU and its mission**Instagram of CU Point**Peer support from students of Psychology*

TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT DR SHAFEEKA DOCKRAT - DOCKRATS@TUT.AC.ZA**Name of the project**

Mental and Social Health Awareness Programme

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community

**Keywords**

Mental health, social wellbeing, awareness, education, support

**Target & Stakeholders**

Students, staff, counselling services

**Time & Frame**

Ongoing throughout the academic year

**Team & Staff**

Health and Wellness, counselling units, student organisation

**Description**

Disseminate information on mental and social health through campaigns, workshops, and digital platforms to the campus community.

**Main Goals**

Increase awareness, reduce stigma, and promote mental and social wellbeing.

**Motivation & Vision**

Create a supportive campus environment that prioritises mental and social health.

**Evaluation**

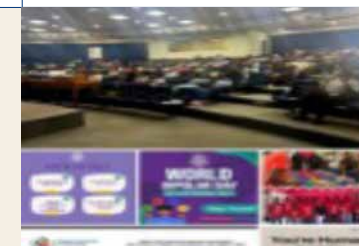
Assessed through engagement levels, feedback, and utilisation of support services.

**Lessons Learned**

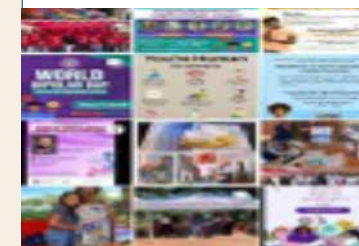
Consistent communication improves awareness, and collaboration enhances reach and impact.

**Recommendations**

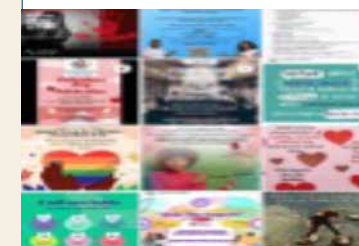
Expand digital outreach, strengthen peer support programmes, and increase access to mental health resources.

Tshwane University
of Technology
We empower people

Mental health learning



Mental health learning



Mental health learning



HANBAT NATIONAL UNIVERSITY - YUSEONG DEOKMYEONG CAMPUS

WEBSITE WWW.HANBAT.AC.KRCONTACT WWW.HANBAT.AC.KR/KOR/SUB06_0501.DO**Name of the project**

"Talk Talk Mind Pharmacy"
Campaign and Linked
Psychological Support Program
with External Institutions

**Domain**

Mental and social health

**Criteria**

#82 The university
disseminates information
about mental and social health
to the campus community

**Keywords**

Preventive mental health
support, Improved counselling
accessibility, Expansion
of counselling culture

**Target & Stakeholders**

Students, faculty, staff,
local residents

**Time & Frame**

During academic semesters
and campus festivals

**Team & Staff**

Student Counselling Center

**Description**

Participatory campaigns
included self-assessment tests
and message activities,
along with SNS promotion
and counselling information.
Linked counselling with external
institutions and special lectures
provided expanded psychological
support services.

**Main Goals**

To improve counselling
accessibility through participatory
campaigns, diversify
psychological support resources
via external collaboration,
and strengthen early
identification and follow-up
support for high-risk groups.

**Motivation & Vision**

To expand counselling beyond
passive services into daily spaces
like festivals, strengthen
collaboration with external
institutions, and promote a
participatory counselling culture
with an integrated support system.

**Evaluation**

The campaign encouraged
participation through experiential
activities, improved perceptions
of counselling, and enhanced
satisfaction through professional
content provided via external
collaboration.

**Lessons Learned**

Contributed to emotional
support and psychological recovery,
improved counselling accessibility,
and demonstrated the feasibility
of integrated support systems
through collaboration and referral
structures.

**Recommendations**

Secure spaces for operation,
design simple programs
to encourage participation,
provide follow-up materials,
and strengthen collaboration
with institutions while expanding
linked programs.



**Name of the project**

Health & Wellness Week

**Domain**

Mental and social health

**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community

**Keywords**

Special week, activities, check ups

**Target & Stakeholders**

Students & staff

**Time & Frame**

A whole week in October

**Team & Staff**

Health & Wellbeing team, Sustainability team, committees

**Description**

Following the principles of active design, the staircases on the campuses have been fitted out by combining the culture and disciplines taught in the building in the form of texts and illustrations.

**Main Goals**

The H&WW aims to raise awareness of health topics, connect participants with experts, and provide access to resources, services, and activities that promote well-being and prevent illness, fostering a supportive and health-conscious campus ecosystem.

**Motivation & Vision**

The H&WW fosters connections with local experts, promotes sustainable wellbeing practices, and nudges the community toward lasting healthy habits, using the event as a catalyst for new routines like sport classes, mindfulness, and sustainable living.

**Evaluation**

Assessment tracks participation rates for all activities, feedback from attendees as well as detailed feedback from external partners. Increased awareness, habit formation such as ongoing use of resources introduced during the week.

**Lessons Learned**

Key learnings include the challenge of addressing the diverse needs of the community and ensuring mental health activities resonate with all. Tailored approaches and proactive engagement are vital to fostering participation and meeting expectations.

**Recommendations**

Combining culture and physical activity, no guilt-inducing messages.



**Name of the project**

Liaison between the Community Psychiatry Team (Psicom) of the Leiria Hospital Center and the team of psychologists of the Student Support Center (CAE) of the Polytechnic of Leiria

**Domain**

Mental and social health

**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community

**Keywords**

Mental health; Psychological Support; Psychologists, Protocol

**Target & Stakeholders**

IPLeria community and Leiria Hospital Center (CHL)

**Time & Frame**

On a permanent basis

**Team & Staff**

Polytechnic of Leiria; Student Support Center; CHL

**Description**

Cooperation protocol that encompasses the development of initiatives to promote Mental Health, aimed at the academic community. It provides for the establishment of links between the CHL's Psicom and the team of psychologists at the CAE.

**Main Goals**

Promote mental health in the academic community. Development of initiatives that alert the community about the care to be taken in terms of mental health, psychological and psychiatric support.

**Motivation & Vision**

It expresses how the Healthy Campus Program and its team intend to consolidate the importance of mental and social health within the community of the Polytechnic of Leiria.

**Evaluation**

3 students from IPLeria schools have been referred. Within the scope of this protocol, 2 events have also taken place (Autism: Intervention Strategies for Teachers in Higher Education; Conference: The Mental Health of Higher Education Students)

**Lessons Learned**

The protocol has made it possible to promote early detection, as well as a faster referral to appropriate health care, as well as to call for awareness of Mental Health problems in Higher Education.

**Recommendations**

Initiatives of this nature are important and should be disseminated, as they aim to contribute to the mental health of members of the academic community, providing the necessary support and raising awareness of Mental Health problems among others.



**Name of the project**

Consultas de psicologia e psiquiatria e saúde sexual

**Domain**

Mental and social health

**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community

**Keywords****Target & Stakeholders**

Students

**Time & Frame**

Opening hours: Monday to Friday.
Service: in person or online

**Team & Staff**

Social Services of U.Porto

**Description**

The Health and Well-being Centre's mission is to improve the health, quality of life and well-being of all those who study at the University.

**Main Goals**

We want to reinforce our intervention during the training period and in the preparation for leaving after the end of the study cycle.

**Motivation & Vision**

This mission materialises with: Access to health services, free of charge, as part of our commitment to promoting physical and mental health; Fostering more partnerships with health organisations; Increasing health promotion projects.

**Evaluation**

Positive evaluation, Demand numbers increased week after week.

**Lessons Learned**

Still going always with many appointments.

**Recommendations**

Having a sufficient number of professionals to respond to the students and continue to monitor them.



**Name of the project**

Psychological Care from the University Clinic Universidad Rey Juan Carlos and Counseling from the Healthy University Office

**Domain**

Mental and social health

**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community

**Keywords**

Psychological care, university community, assistance, students

**Target & Stakeholders**

Detect mental health issues and provide assistance

**Time & Frame**

Throughout academic year. Grant application period: annually

**Team & Staff**

URJC University Clinic / Healthy University Office

**Description**

The University Clinic offers reduced-rate psychological care to the university community (including alumni): <https://clinaurjc.es/especialidades/psicologia/> Healthy University Office identifies and directs issues

**Main Goals**

- Contribute to the improvement of mental health and the quality of life for the population.
- Offer counseling and psychological care to the university community and the general population.
- Provide assistance to students facing financial difficulties

**Motivation & Vision**

Offer accessible and high-quality healthcare services to the population through healthcare, research, education, and healthcare dissemination. Provide safe spaces for individuals to express their issues and receive assistance.

**Evaluation**

Data can be found at: https://clinaurjc.es/wp-content/uploads/2023/01/MEMORIA-DE-ACTIVIDAD-2022-CLINICA-URJC_compressed.pdf https://www.urjc2030.es/prus/wp-content/uploads/sites/11/2023/06/MEMORIA_US_Curso-22-23.pdf

**Lessons Learned**

It's necessary for universities to provide resources to improve people's health, addressing needs such as mental health care and offering assistance to those in vulnerable situations. There is a high demand for resources for mental health care.

**Recommendations**

- Include the importance of mental health in university policies and resource allocation.
- Use a multidisciplinary approach to address health comprehensively.
- Offer reduced prices and assistance to individuals with low incomes.



PROFESSOR V.F. VOINO-YASENETSKY KRASNOYARSK STATE MEDICAL UNIVERSITY

WEBSITE [HTTPS://KRASGMU.RU/](https://krasgmu.ru/) CONTACT PERSON ARTYUKHOVA TATIANA YURIEVNA EMAIL TARTJUCHOVA@MAIL.RU



Name of the project

From personal well-being to professional achievements



Domain

Mental and social health



Criteria

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community.



Keywords

Adaptation, psychological well-being, self-development, mental hygiene, psychological centre (PC)



Target & Stakeholders

Students, tutors, curators, teachers, KrasSMU PC



Time & Frame

Annual



Team & Staff

Head and specialist of the PC, social educator, tutors



Description

The project is being implemented in order to reduce the risks of misadaptation, psychological distress and increase the level of psychological competence and personal effectiveness of students through individual and group psychological work.



Main Goals

Psychological diagnostics and support of first-year students' adaptation, the development of both emotional regulation, psychological well-being components. Prevention of emotional burnout and professional deformation, conducting consultations.



Motivation & Vision

Increasing personal effectiveness, developing a conscious personal attitude, mastering the techniques of self-regulation and self-development, improving communication, skills, creating resource potential in the continuous mastering of the profession.



Evaluation

The key results are a decrease in the number of non-adapted students (more than 90%), an increase in indicators of psychological well-being (more than 76%). A methodical technique based on the development of a reflexive mechanism was tested.



Lessons Learned

It is important to take into account voluntary participation in group activities, characteristic of different cultures. It is important to take into account the state of health, international, ethnic and interfaith aspects, motivation type.



Recommendations

Open-access online publishing of self-diagnosis tests for students and employees, self-help and self-development algorithms. Systematic development and implementation of student adaptation programmes.



Individual psychological work



Multifunctional uSensio complex



Group psychological work

**Name of the project**

The Living Room

**Domain**

Mental and social health

**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community.

**Keywords**

Mental Health, Student Support, Peer To Peer, Well-being

**Target & Stakeholders**

Students from all communities and cohorts

**Time & Frame**

Monday to Friday, from 11am to 4pm

**Team & Staff**

14xPeer Supporters (UWA students), onsite health staff

**Description**

A welcoming, inclusive and student- focused space that promotes well-being through early intervention, peer support and low barrier access to UWA health services. Students can visit for varying concerns such as feeling stressed, lonely or just a chat.

**Main Goals**

The Living Room offers respite from pressure and strain, a place to feel listened to, short-term support, information on mental health and well-being and connection to appropriate services and activities - on campus or in the community.

**Motivation & Vision**

Acknowledging the University as an important setting to promote, support and sustain positive mental health and well-being, while addressing common stressors for students and facilitating timely connection to services at times of adversity.

**Evaluation**

A mix of qualitative and quantitative measures provide a greater understanding of the reach of TLR and assists in the ongoing evaluation of service. Engagement and feedback from students remains consistently high.

**Lessons Learned**

A peer-to-peer approach is transformative to service delivery, complimenting and taking pressure off traditional support services. Therapy dogs has also been a highly successful engagement strategy. Philanthropic and external support is critical.

**Recommendations**

TLR has received widespread interest from local and international universities and has the potential to become a transferable, scalable service delivery model.



The interior view of the space



Therapy Dogs



The Living Room

VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE WWW.UNIFIRST.RU EMAIL INFO@SPORTACADEM.RU CONTACT YULIA +79662604566, CENTRDEVIANOLOG@YANDEX.RU

**Name of the project**

Peer Mentoring: Social Committee for At-Risk Youth

**Domain**

Mental and social health

**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community

**Keywords**

Mentoring, peer-to-peer, deviant behaviour, student rehab, social immunity

**Target & Stakeholders**

Risk students, supervisors, Center, Work Dept., student orgs

**Time & Frame**

Permanently operating facility

**Team & Staff**

HR Dev. Center, Service & Tourism Dept, faculty, partners, speakers

**Description**

Implements rehabilitation peer mentoring, replacing formal punishment with an individual program under a trained mentor. Referrals come from disciplinary committees, self-referral, or supervisors. Methods: listening, motivation, social involvement.

**Main Goals**

Identify students in need. Conduct prevention and education. Support rehabilitation via peer mentors. Collaborate with supervisors, psychologists. Develop individual correction plans. Foster resilience to destructive influences.

**Motivation & Vision**

The project inspires participants: students avoid formal punishment, mentors gain leadership experience. Being part of a supportive community creates intrinsic motivation. For the university, this reduces violations.

**Evaluation**

Quantitative: participants, mentors, repeat offense reduction. Qualitative: sustainability of positive changes, trust between students and administration, participant satisfaction, strengthened social ties.

**Lessons Learned**

Voluntary consent is crucial. High-quality mentor training (16h, psychology, communication) is key. Mentor does not replace a psychologist but acts as a guide. Effectiveness is higher when the program is an alternative to punishment, not an addition.

**Recommendations**

Carefully select and train mentors. Use multiple referral channels (disciplinary committee, self-application, supervisors). Set transparent rehab criteria. Formalise sanction removal upon completion. Conduct regular mentor supervision with a psychologist



Поволжский
государственный
университет
физической культуры,
спорта и туризма



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: NICOLE.PENNEY@UDST.EDU.QA**Name of the project**

Student Mental Health Ambassador Program

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer student

**Keywords**

Mental Wellness, Peer Support, Student Ambassadors, Mental Health Awareness

**Target & Stakeholders**

UDST Students, Staff, Faculty

**Time & Frame**

Ongoing, World Mental Health Day (WMHD)

**Team & Staff**

Counselling and Accessibility Services, Student Volunteers

**Description**

The Student Mental Health Ambassador program trains volunteers to offer peer support, raise awareness, & connect peers to resources. Ambassadors identify students showing mental distress & guide them toward appropriate professional help when needed.

**Main Goals**

Equip student ambassadors with mental health literacy and first aid skills. Promote a supportive, non-stigmatizing campus culture. Promote a culture of peer support and mental health awareness and enhance UDST's mental health support network.

**Motivation & Vision**

The vision is to create a supportive campus community that prioritizes good mental health, encourages help-seeking behaviour and improves the accessibility of mental health services for UDST students and staff members.

**Evaluation**

Program success is measured by the number of trained ambassadors, feedback on program effectiveness and increased utilization of campus mental health resources.

**Lessons Learned**

Interactive, peer-led activities engage students in understanding mental health & raise awareness of coping skills. Weekly training & meetings with Student Counselling Specialists support & build confidence of Student Mental Health Ambassadors.

**Recommendations**

Further collaborations with other Student Affairs units can increase mental health support and awareness on campus.



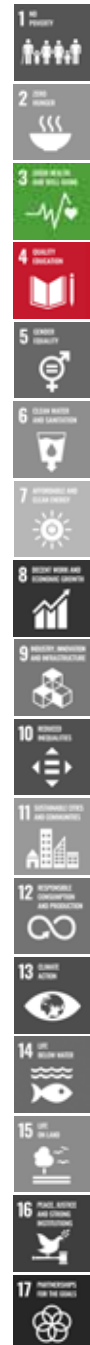
UDST Mental Health Ambassadors team with staff



Advocating progress over perfectionism at WMHD



Creating positive interactions throughout campus



**Name of the project**

MOME Student
Services & Wellbeing

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students

**Keywords**

Student wellbeing, growth, mental health, mentoring, career support, student life

**Target & Stakeholders**

Supporting students in academics, careers, and wellbeing

**Time & Frame**

Continuous, year-round programs

**Team & Staff**

MOME Student Hub, Mentors, Tutors, Dormitory Committee

**Description**

MOME provides a student-centered support system for academic success, personal growth, and career readiness. Through mentoring, well-being programs, and networking, students receive holistic guidance to navigate university life with confidence.

**Main Goals**

To aid students in academic and career growth, raise mental health awareness, and foster a strong community. We provide essential skills, meaningful relationships, and a foundation for success in both personal and professional life.

**Motivation & Vision**

We strive to create a supportive, inspiring university experience where students feel valued and empowered. By offering resources and peer connections, we promote collaboration, self-discovery, and personal aspirations.

**Evaluation**

Impact is measured through participation, feedback, and university-wide assessments. Data helps refine initiatives, ensuring they meet students' changing needs and enhance their academic and social experience.

**Lessons Learned**

Personalized mentoring boosts confidence and success. Mental health support should be accessible and stigma-free. Structured onboarding improves student transitions and engagement within the university.

**Recommendations**

Having a sufficient number of professionals to respond to the students and continue to monitor them.



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT DR SHAFEEKA DOCKRAT - DOCKRATS@TUT.AC.ZA

**Name of the project**

Student Mentorship Programme

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students

**Keywords**

Mentorship, Peer help, Psychological first aid

**Target & Stakeholders**

Students and employees

**Time & Frame**

Continuous

**Team & Staff**

Student development and support practitioners, faculty staff

**Description**

Mentors assist other students with first-year transition, psychosocial challenges, academic support and referral to appropriate individuals/departments.

**Main Goals**

The Student Mentorship Programme aims to train and manage students to assist other students with first-year adjustment, psycho-social challenges, academic support and referral.

**Motivation & Vision**

Peers are usually the closest in proximity to students who are in distress. Having appropriately trained student mentors amidst provides immediate access to basic psychological first aid and academic support.

**Evaluation**

Mentors complete evaluation forms at the end of the training programme. There is continuous monitoring and evaluation of mentors by faculty and residence staff. Mentors monitor the academic performance of mentees obtaining academic support.

**Lessons Learned**

Temporal and geospatial factors impact on the training programme. Continuous engagement with mentors helps to identify emerging trends in problems experienced by students, ensure optimal participation and to provide debriefing when required.

**Recommendations**

The project has been financed by external grant funding. A permanent dedicated budgetary allocation by the university is essential to ensure long-term sustainability of the programme.



UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON ANDREA LENTÉNÉ PUSKÁS LPANDREA@SPORT.UNIDEB.HU**Name of the project**

Mental Health Centre for the Campus community

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students

**Keywords**

Mental health, questionnaires, evaluation

**Target & Stakeholders**

Students and employees of the University

**Time & Frame**

Continuous

**Team & Staff**

Mental Health Centre, psychologists

**Description**

To detect the signs of their discomfort or other mental health problem students and employees can fill in questionnaires (e.g. anxiety or depression) and send it for evaluation, so they can receive the results. If they need they can reach an expert.

**Main Goals**

The aim is to create and operate a comprehensive mental health preservation and development model. Its mission is to provide complex support for students in their difficulties and to shape the mental health perspective of future intellectuals.

**Motivation & Vision**

Both students and employees can feel a lot of stress during they education and work, and in order to help them University established the Mental Health Centre, so they can receive feedbacks from experts for free.

**Evaluation**

Usually the events organised by the Mental Health Centre are full house. Those programmes and self-evaluation forms are also very popular among students.

**Lessons Learned**

Questionnaires are good tools for students to take the first step to ask for help if they feel something is not ok. In some cases it helps just the fact that they receive the results and see there is no big problem, but others can ask further help.

**Recommendations**

Self-evaluation forms, e.g. stress level, alcohol, drug etc. problems, depression can be easily publish on the website of the university. Training, presentations can also help if you invite psychologists to talk about problems.

UNIVERSITY of
DEBRECEN

Logo of the Mental Health Centre



Mental Health Centre poster



Announcement of a training by the Centre



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT PERSON NUNO RODRIGUES EMAIL NVRODRIGUES@UALG.PT**Name of the project**

Promotion of Academic Success

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.

**Keywords**

Mental and Social Health, Well-being, Academic Success, School Dropout Prevention.

**Target & Stakeholders**

University Students

**Time & Frame**

All year

**Team & Staff**

Health service SAS UAlg e GAIP-UAlg

**Description**

The Plan for the Promotion of Academic Success and Prevention of School Dropout (PPSAPAE 2018-2023), seeks the promotion of study methods and time management in UAlg students, being complemented by three other initiatives: "SOS DROPOUT", "Interculturality Programme" and Mindfulness "and" Life Skills Online Course ".

**Main Goals**

Promote the mental and social health of the UALG academic community, identifying and signalling students with difficulties in adapting and integrating at the social and school level, with the goal of better and more successful integration of students in the context of university life.

**Motivation & Vision**

A UALG academic community with good levels of Well-Being and Mental and Social Health.

**Evaluation**

The Evaluation of the Plan for the Promotion of Academic Success and Prevention of School Dropout (PPSAPAE 2018-2023), is measured by the number of situations identified and successfully resolved. Since 2019, that number has exceeded four hundred UALG students. Adherence to the three complementary programmes is positive, involving more than 1000 UALG students in 2020.

**Lessons Learned**

In the current context, it is essential to promote mental health and academic success for students, as well as to develop transversal skills, as a way of preventing school dropout.

**Recommendations**

The promotion of mental health and well-being through programmes that advocate for the interaction and integration of students in the university context and development of social, emotional and transversal skills, can function as elements that promote academic success and protect students from dropping out of school.

PALESTRA ABERTA
7 outubro 19h30 às 21h
Universidade do Algarve - Campus da Ponta
Sul 92 - Instituto Superior de Engenharia (ISE)

Interculturalidade e Mindfulness para Universitários

Programa para promover uma melhor adaptação e integração na UAlg e no Algarve

Interculturalidade:
- Oficina de Escrita
- Meditação Mindfulness
- Programação de Workshops

Na próxima terça-feira
UAlg (U) oferece uma palestra
com o tema: Interculturalidade e Mindfulness
(19h30-21h)

Assunto:
Interculturalidade e Mindfulness
Local: Sala de Apoio à Investigação - ISEP

Organizado por:
Interculturalidade

40 ANOS
UNIVERSIDADE DO ALGARVE
1979-2019



KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT WELFARE@KCL.AC.UK – [KCL.AC.UK/ACCOMMODATION](https://www.kcl.ac.uk/accommodation)**Name of the project**

King's College London |
King's Residence | Welfare Lead
Team

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.

**Keywords**

Student Welfare, Student Well-being, Pastoral Support, Safeguarding, Halls of Residence

**Target & Stakeholders**

Students living in King's Residences

**Time & Frame**

On-call support available
8pm – 8am, 365 days a year

**Team & Staff**

King's Residence & Students
& Education Directorate

**Description**

The RWLs are staff or postgrad students, specially trained in welfare, and live alongside students in every residence. They provide an out-of-hours well-being service for residents and create safe spaces for students to access emotional support.

**Main Goals**

Assist students in need by providing emotional support, information and signposting to support services. Promote, educate and empower students to improve their well-being and escalate students at risk to the University - assisting in times of crisis.

**Motivation & Vision**

Our vision is to support and empower every one of our students to thrive during their stay in Halls of Residence. Our goal is to help students overcome obstacles that may present during their stay and be able to go on to succeed in their studies.

**Evaluation**

In the first 2 terms of 2021/22 academic year, the Residence Welfare Lead team has supported 475 student welfare cases in Residences. Inclusive of 91 high-risk student cases that were escalated to the University mental health and safeguarding teams.

**Lessons Learned**

To set a clear expectation with the students of the level of care and support the RWL team can provide to them. Also, the RWL team have robust training around setting clear boundaries with their students, to prevent student-dependence on the service.

**Recommendations**

Continue to invest in the training of Residence Welfare Leads to ensure we are meeting the complex and evolving needs of our student community at King's.



RWLs at a community event

Great Dover Street Apartments,
1 of 11 Residences

FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

Ciné-club for the “Déclic SANTE – mental well-being” Day

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.

**Keywords**

Mental health, debate, testimony, schizophrenia.

**Target & Stakeholders**

University community

**Time & Frame**

2 times a year – 2 campuses, around 10 October: Mental Health Awareness Day

**Team & Staff**

ULB Santé, Psyscampus, BEPsyEL (student office - Faculty of Psychology)

**Description**

Screening of the documentary “Loulou”: testimony to destigmatise and dedramatize schizophrenia. Screening of the movie “First Year” on the stress of medical students. Screenings moderated by Bepsyl, Psyscampus and ULB Santé students.

**Main Goals**

Raise awareness of mental well-being, give testimony and debate on a topic of mental health.

**Motivation & Vision**

Through a documentary/movie, dedramatize and destigmatise mental health disorders.

**Evaluation**

80 students sensitised during these two screenings, enthusiastic students, debates, and exchanges on mental health in general, thanks at the end of the screening.

**Lessons Learned**

Identifying symptoms, deconstructing stereotypes and identifying resources to be taken care of by professionals.

**Recommendations**

Ensure the sustainability of this type of project.



Poster for the declic health film-debate



Social network BEPsyEL



Film-debate organised by BEM & SSM & ULB Santé



**Name of the project**

Stride

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.

**Keywords**

Mental Health, Student Support, Peer to Peer, Well-being

**Target & Stakeholders**

Students from all communities and cohorts

**Time & Frame**

Flexible within schedules of mentors and participants

**Team & Staff**

UWA Student Life, Mental Health & Exercise Research Team

**Description**

A free 12-week supervised and personalised exercise programme for UWA students experiencing mental health difficulties, which also provides an opportunity for Master of Clinical Exercise Physiology students to gain valuable mentorship experience.

**Main Goals**

Through a student mentor relationship, help students feel physically and mentally healthier by introducing an individualised exercise programme and providing an opportunity to develop long-term exercise habits.

**Motivation & Vision**

The programme takes a unique approach of integrating a number of services across campus. The programme allows mentors to give back to the university and support students, while also furthering their clinical training in an area of community need.

**Evaluation**

Approximately 120 students have completed their initial assessment to commence the programme, with 60 students graduating from Stride. There have been over 500 exercise sessions delivered through various means.

**Lessons Learned**

On average the programme is seeing a decrease in depressive symptomology in students who participate. Peer mentors have suggested that Stride provides them with autonomy, professional growth, a valuable learning opportunity and personal satisfaction.

**Recommendations**

We hope to use the information we have gathered and learned through Stride as a framework to roll out similar programmes across other campuses and settings to assist individuals who are having difficulties with their mental health.



In action 1



In action 2



In action 3

UNIVERSITY OF CALGARY

WEBSITE WWW.UCALGARY.CA CONTACT SMRT@UCALGARY.CA**Name of the project**

Student Medical Response (SMR) Team

**Domain**

Mental and social health

**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer student

**Keywords**

Student leadership, interdisciplinary coordination, mental health, emergency response

**Target & Stakeholders**

Students and staff

**Time & Frame**

Fall and Winter academic seasons

**Team & Staff**

Student Medical Response (SMR) Team, Campus Security, EMS

**Description**

SMR is a 100% student volunteer-run and organized multidisciplinary team of first responders, paramedics, firefighters, lifeguards, nursing students, and medical students providing qualified and skilled pre-hospital emergency medical care on campus.

**Main Goals**

To enhance the management of mental health and medical emergencies on campus while creating an opportunity for students to develop skills in peer support, leadership, and collaboration.

**Motivation & Vision**

To optimize medical care on campus by implementing a medical response team trained to identify, assess, and treat those experiencing discomfort or illness.

**Evaluation**

SMR responders are trained on topics ranging from the basics of patient assessment to the relevant complexities of toxicology, allowing them to play a vital role in supporting their campus peers through daytime, nighttime, and special event coverage.

**Lessons Learned**

Collaboration with Student Wellness Services and Campus Security has helped SMR responders operate at full capacity to efficiently reach patients, direct Emergency Medical Services during emergencies, and refer to higher-level care as needed.

**Recommendations**

Offering regular training opportunities with a diverse set of speakers during training nights has attracted many applicants to SMR, which enables their executive team to select an exceptionally dedicated and tight-knit cohort of peer helpers.

UNIVERSITY OF
CALGARY

SMR responder communicating on a radio



SMR responders during "Stop the Bleed" training



SMR responders on night shift coverage



**Name of the project**

Establishment of the Institute of Clinical Psychology

**Domain**

Mental and social health

**Criteria**

#85 The university offers accessible counselling services and coping skills training for students to discuss their struggles or illnesses, and also has clear referral signposts towards more

**Keywords**

Mental health, psychology, students

**Target & Stakeholders**

Students of all faculties and all courses of study

**Time & Frame**

Annual, during the academic year

**Team & Staff**

Staff of the Institute of Clinical Psychology

**Description**

The Institute of Clinical Psychology is a division of the University, which will combine the educational, scientific and advisory activities of employees of various departments and departments on a functional basis.

**Main Goals**

1. Advisory work
2. Development of psychological support services for students and university staff
3. Development of cooperation with educational, medical and scientific organizations.

**Motivation & Vision**

Psychological and mental assistance to students upon admission to the university, during the examination sessions, during practical classes, as well as to employees. Dissemination of accumulated experience among leading higher education institutions

**Evaluation**

Development and implementation of a methodological complex for the assessment of mental and mental health, scientific and practical conferences, psychological support during studies.

**Lessons Learned**

These measures are necessary for the prevention of maladaptation conditions of students at different stages of education, monitoring their psychological and mental health. They must be implemented during each academic year.

**Recommendations**

Systematization and adaptation of the used methods of monitoring psychological and mental health to the individual characteristics of each student.

UNIVERSITY OF LAUSANNE

WEBSITE WWW.UNIL.CH/ACCUEILSANTE/PAIR CONTACT PERSON ANNICK DUPERREX EMAIL ACCUEILSANTE@UNIL.CH**Name of the project**

Health prevention with peer

**Domain**

Mental and social health

**Criteria**

#85 The university offers accessible counselling services and coping skills training for students to discuss their struggles or illnesses, and also has clear referral signposts towards more...

**Keywords**

Risk reduction, sexual health, drug consumption, alcohol consumption, mental health, prevention, Health promotion, empowerment, peer prevention, community

**Target & Stakeholders**

Students and UNIL community

**Time & Frame**

All year

**Team & Staff**

Accueil santé UNIL (health service)

**Description**

Accueil santé recruits and trains students from the University of Lausanne to intervene on the campus as peer during student parties and during lunch time. They get in touch in a pro active way on various subjects as intimacy, sexual health, alcohol and drug consumptions and mental health. The peer use the motivational approach and point the internal resources to produce empowerment.

**Main Goals**

To reduce the risk behaviours in sexual health, alcohol and drug consumption and mental health. To promote an healthy way to study at UNIL. To promote discussion about health prevention on the campus.

**Motivation & Vision**

Accueil santé promotes interventions with active participation of the community at all stages of the project to ensure the perpetuation and the efficiency of the interventions and the empowerment of the community.

**Evaluation**

All the partners shows satisfaction with the peers interventions. The project put together people they don't necessary use to work together to talk about global health and to promote health. Participating evaluations are regularly done to ensure partners and target audience satisfaction. Involving students increase their motivation.

**Lessons Learned**

The prevention messages through peers are well accepted. Peers create opportunities to talk about sensitive subject in the study environment.

**Recommendations**

To have resources in term of budget and professionals to accompany the peer team. Paying the peer students during their engagement is highly recommended. Developing a collaborative atmosphere to create new ideas and new orientations.

Unil
UNIL | Université de Lausanne



Accueil santé Workshop 2019



Accueil santé Peers in action



Accueil santé Peers on the UNIL campus



**Name of the project**

Healthy University Office

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university

**Keywords**

self-care, stress management, university community

**Target & Stakeholders**

Enhance resources for stress management. URJC Community

**Time & Frame**

These activities are conducted every academic year

**Team & Staff**

URJC and external professionals

**Description**

Online and in-person workshops to teach stress management tools. Some of them are hosted on the URJC-TV channel for public viewing. Information is provided at: <https://www.urjc2030.es/prus/recursos/>

**Main Goals**

1. Raise awareness of the importance of self-care at all levels, especially on the emotional level.
2. Improve stress management tools.

**Motivation & Vision**

Contribute to the promotion of health in our university community and society from a biopsychosocial perspective.

**Evaluation**

Significant improvements in validated questionnaires (pre and post), with qualitative assessments. Positive participation and satisfaction data. The number of video views hosted on the website is used as an indicator.

**Lessons Learned**

Quantitative and qualitative results indicate that the majority of participants perceive improvements in their tools, and participation and satisfaction data are very positive. Data can be found at: <https://www.urjc2030.es/prus/>

**Recommendations**

- Although these activities are especially conducted during exam periods, it's necessary to work on these stress management tools continuously.
- Continue to conduct online activities on this topic, even though they may be more challenging



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT CENTREFORWELLBEING@SURREY.AC.UK**Name of the project**

Let's Talk Campaign

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university

**Keywords**

Mental Health, Wellbeing, Support Services

**Target & Stakeholders**

Students

**Time & Frame**

All year

**Team & Staff**

Centre for Wellbeing, Students' Union, Residential Life

**Description**

The campaign was created to empower students to talk about their experiences or challenges of daunting topics. Through conversations Surrey's support services supports students in speaking about their well-being and seeking the support that they need.

**Main Goals**

Increase the awareness of support around mental health through digital communications and in-person campus events. Ultimately, increasing the access to support services and reducing the prevalence of health mental problems.

**Motivation & Vision**

To create a dialogue around important well-being topics to break down barriers and help people get the support they need before they reach a point of crisis.

**Evaluation**

The number of self-referrals to the support services are recorded, as well as attendance at scheduled one-off events and regular programmes: Positive Minds sessions, female only self-defence, online yoga, and weekly workshops to name a few.

**Lessons Learned**

Sharing real-life experiences of other students – with permission – has empowered other students struggling in similar situations to seek help and improve their well-being.

**Recommendations**

Create a clear and accessible campaign, which is visible across of campus facilities. Train peer support personnel to allow students, who may not feel comfortable speaking with a staff member, to access alternative, adequate support.



Let's Talk graphic



Centre for Wellbeing



USSU logo



UNIVERSITY OF LUCERNE

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON KARIN UDVARDI EMAIL KARIN.UDVRADI@UNILU.CH**Name of the project**

Health week – Stress reduction

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.

**Keywords**

keep calm, self-awareness, meditation, taking a break, balanced lifestyle, healthy mind

**Target & Stakeholders**

University students and employees

**Time & Frame**

One week a year

**Team & Staff**

HSCL, University of Lucerne and Hochschuleseelsorge Luzern

**Description**

One week per year the HSCL holds a health week at the University of Lucerne. In 2019 it was all about “Stress reduction”. There were free meditation and yoga classes during lunch break, a supervised information desk and a free lecture.

**Main Goals**

Promoting the, as we call it, “wellness” sector of the HSCL sports programme, such as meditation, yoga and pilates. Informing people about the Hochschuleseelsorge of the University, which can be contacted if you have mental issues.

**Motivation & Vision**

Raising self-awareness about the importance of mental health, taking breaks and having a healthy relationship with stress.

**Evaluation**

The lessons during lunch break were almost always fully booked. The information desk was also well visited. The health week had a positive impact on the people who took part in it, so that we will be holding one about stress reduction again soon.

**Lessons Learned**

Living a healthy life is not only about being active and doing a lot of physical sport. It's important to have a “wellness” section in your sports programme which focuses more about mental health.

**Recommendations**

It was very well received that the health week not only targeted the students, but the employees of the university as well. Having the meditation and yoga classes during lunch break made it accessible for everyone as.

Flyer of the Health Week
“Stress reduction”

Free Yoga lesson during lunch break



Free lecture during the health week



MYONGJI UNIVERSITY

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE [HTTPS://SANGDAM.MJU.AC.KR](https://sangdam.mju.ac.kr)**Name of the project**

Counseling Services

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.

**Keywords**

Stress counselling, adaptation to school life, easily accessible, emotional wellness, COVID-19

**Target & Stakeholders**

Students

**Time & Frame**

Beginning of each academic semester (twice a year)

**Team & Staff**

Accueil santé UNIL (health service)

**Description**

Set a booth on each campus to provide psychological assessment (sometimes called testing). Provide individual counselling based on the assessment results. During the epidemic, services have been switched to online.

**Main Goals**

To help students gain a deeper understanding of themselves. To help students get the right kind of support when needed the most.

**Motivation & Vision**

To increase the accessibility of counselling services. To identify students who are in need of counselling assistance.

**Evaluation**

Students who had felt COVID-19 has impacted their lives through increased isolation, loneliness, stress, and sadness reported that they felt more relaxed and happier after the counselling.

**Lessons Learned**

We learned the importance of having our students know about the support they can receive from the Counselling Centre.

**Recommendations**

This programme was assessed to be effective in increasing the emotional well-being of our students who are faced with various personal, career-related, and academic difficulties.

MYONGJI
UNIVERSITY

Student Counselling Centre Website



Visiting Counselling Programme



Visiting Counselling Programme



PEKING UNIVERSITY

WEBSITE PKU.EDU.CN CONTACT PERSON HE ZHONGHUI EMAIL HEALTHYCAMPUS@PKU.EDU.CN

**Name of the project**

Tea Party & Mental Health

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.

**Keywords**

Mental Health, Good Health and Well-Being, University Students, Stress Management

**Target & Stakeholders**

University Students

**Time & Frame**

Once a week during the semesters. Since 2017

**Team & Staff**

Mental Health Center, PKU

**Description**

This is a communication activity in the form of a tea party. Guided by a counselor and accompanied by a tea specialist, the group chat over tea about topics such as health, reducing stress, fighting depression etc. Around 20 activities are held each year, which amount to 60 activities in total since its launch in 2017. Over a hundred students are involved in the activities each year.

**Main Goals**

Through the tea party, students who are interested in topics such as self-care, stress management etc. or those in need of mental health gather together and exchange different perspectives, so as to help students improve their mental health.

**Motivation & Vision**

Help students gain insights and inspiration in a happy and harmonious atmosphere, so as to improve their mental health.

**Evaluation**

After each activity, the Center will ask participants for feedback and suggestions. The Center has received positive responses.

**Lessons Learned**

Benefiting from a relaxed and pleasant atmosphere, students can communicate easily about different topics and share their perspectives, which can lead to surprising results.

**Recommendations**

As the stress and emotion management issues getting more and more prominent to college students, the university should pay due attention to the students and take various approaches to guide them or help them relax and regulate their emotions.



Tea Party



Tea Party



Tea Party



ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Wide variety of stress management techniques for the community

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.

**Keywords**

Stress Management, Positivity Jar, Video Lectures

**Target & Stakeholders**

University community

**Time & Frame**

Regularly during academic year

**Team & Staff**

The Centre for Continuing Education, Student Council

**Description**

EASS offers variety of possibilities to help manage stress, some of them are directed at students, others at staff, but most of them, like lectures, rector's talks, support from the psychologist and Positivity Jar are aimed at the whole community.

**Main Goals**

When university shares ideas about ways of managing stress and reminds the community that help is available and the solutions are there, it enhances the social cohesion and builds community that is mentally healthier stronger.

**Motivation & Vision**

In times of crises, it is good to use broader stress management aid package, addressed to everyone who needs support.

**Evaluation**

10 special lectures or activities in the first year of Healthy Campus programme with 460 participants in the lectures in real-time. Every community member can access these lectures afterwards in the e-learning environment.

**Lessons Learned**

The need for mental health differs by years and community groups, but university should be ready to offer a variety of possibilities to reduce and manage stress, especially during the crises.

**Recommendations**

Involve qualified psychologists and specialists to share their knowledge and teach skills in areas that can support mental health. Even small things, like taking a positive message from Student Council's organised the Positivity jar can help.

SISEKAITSEAKADEEMIA
ESTONIAN ACADEMY OF SECURITY SCIENCES

The Positivity Jar at the EASS entrance



Brochures on mental health



Social activities in nature help to reduce stress



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT INFO@CUNI.CZ**Name of the project**

Mental Health Day at Charles University

**Domain**

Mental and social health

**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university

**Keywords**

Mental health, wellbeing, awareness, prevention, self-care, mindfulness, support

**Target & Stakeholders**

Students, academic staff

**Time & Frame**

Annual event; documented since 2023

**Team & Staff**

CU Point, faculties, mental health professionals

**Description**

Mental Health Day is an annual awareness event at Charles University focused on mental wellbeing, prevention, self-care, and access to support through workshops, lectures, activities, and information materials.

**Main Goals**

To raise awareness, reduce stigma, promote self-care, and encourage help-seeking.

**Motivation & Vision**

The university aims to create an open, supportive, and inclusive environment where mental health is recognized as an essential part of academic and personal success.

**Evaluation**

The event has been implemented repeatedly and supported by videos, workshops, and outreach activities for the university community.

**Lessons Learned**

Participants gain knowledge about stress management, mindfulness, prevention, and available support services.

**Recommendations**

Good practice lies in linking mental health education with practical support and visible university-wide communication.

CHARLES
UNIVERSITYFrom lecture:
Building resilience

Flyer Mental Health Day

From lecture: Nature Within
and Around Us

**Name of the project**

Career4All: Pathways to inclusion balancing Work and Health

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community

**Keywords**

Work Inclusion, Accessibility, Same Opportunities, Diversity, Support, Community

**Target & Stakeholders**

Employees/teachers with disabilities; university community

**Time & Frame**

Always, all year

**Team & Staff**

Staff for Work Inclusion

**Description**

UniTo Staff for Work Inclusion promotes employee wellbeing and an inclusive environment by reducing barriers to participation. Services include physical accompaniment, Italian Sign Language interpreting, individual adaptations, counselling, support.

**Main Goals**

Reduce barriers that hinder full participation in employee community life; support reengineering of processes to promote work participation for all, regardless of traits; promote a culture of rights and inclusion among university members.

**Motivation & Vision**

The UN Convention on the Rights of Persons with Disabilities guarantees equal rights, including work and social participation, essential for people's identity and citizenship. UniTo aims to eliminate barriers and promote access to education and work.

**Evaluation**

Over the years, the number of services offered and support requests from individuals and organizational units has increased. Qualitative and quantitative monitoring will measure user satisfaction with services and identify suggestions for improvement.

**Lessons Learned**

If the disadvantage is contextual, the approach is not only to focus on the needs of the individual but to try to adapt all contexts (universal design approach), so that no one's characteristics are a disadvantage.

**Recommendations**

To work on contexts and processes that promote the participation of those who encounter barriers, each member of the UniTo community must share the guiding principles and collaborate, within their competence, to enhance the well-being of all.

UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT HIVE@SURREY.AC.UK, CAMPUS.SURREY.AC.UK/HELP**Name of the project**

Communities and Inclusion

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community

**Keywords**

Community, Inclusion, Support, Under-represented groups

**Target & Stakeholders**

Students, particularly from under-represented groups

**Time & Frame**

All year

**Team & Staff**

Student Experience, Widening Participation and Outreach

**Description**

Dedicated support is available through Student Experience to improve the holistic experience of students from under-represented groups. Student groups include under 18s, parents, LGBTQI+, BAME, and care leavers.

**Main Goals**

Ensure that all students, regardless of background or situation, feel a sense of belonging to the university. To reduce the risks associated with a student's opportunity to access and succeed in higher education.

**Motivation & Vision**

Students who ahead Surrey should experience the same positive interactions and achieve their potential. Support services staff are representative of our students' backgrounds and physical activity opportunities are inclusive and welcoming.

**Evaluation**

Improvements are demonstrated across the 12 risks noted within the Equality of Opportunity Risk Register. 81% of students engaged in Team Surrey activities feel a sense of belonging to the university.

**Lessons Learned**

Providing bespoke, personalised care increases the sense of belonging amongst cohorts.

**Recommendations**

Introduce recruitment processes and policy to ensure that workforce is reflective of student population.



MuSurrey Hive



Communities and Inclusion Help



ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESERTO@ISCTE-IUL.PT**Name of the project**

Buddy Programme

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community.

**Keywords**

Health, Well-being, Social, Students, Buddy, Mental Health, Inclusive

**Target & Stakeholders**

Students

**Time & Frame**

Every year

**Team & Staff**

Students/former Students and Social Services

**Description**

The Buddy Programme is an initiative in which Iscte's students/former students offer their help and support to new students by guiding them throughout the semester, receive them at Iscte, show them our institution and giving them academic support.

**Main Goals**

To encourage the socialization among students, to make new students feel more integrated in a new environment and to promote good practices among Iscte's students/former students.

**Motivation & Vision**

To facilitate the integration of new students at Iscte and to give Iscte's students/former students an opportunity to acquire new skills and to undergo a different type of international experience.

**Evaluation**

Mentors have expressed their satisfaction with the training and interaction they obtained from this experience. 100% of mentees reported they were satisfied/very satisfied with the programme. 100% of mentees consider their mentors to be their friends.

**Lessons Learned**

The programme proved to be essential in supporting the process of integration of new students (specially from PALOP) who arrive from a very different academic and cultural reality than what they experience in their home countries.

**Recommendations**

It is important to reinforce the divulgation of the buddy programme, as there are still many students that could use the help provided by their peers.

iscte INSTITUTO UNIVERSITÁRIO DE LISBOA


Welcome activity in Iscte's Patio



Receiving new students



Global village at Iscte



KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT KCL.AC.UK/SPORT EMAIL KINGSSPORT@KCL.AC.UK**Name of the project**

King's College London |
Active Wellness Scheme |
Togetherall

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community.

**Keywords**

Welfare, well-being, mental health, social health, therapy, counselling

**Target & Stakeholders**

University Staff and students

**Time & Frame**

Throughout the academic year
September - June

**Team & Staff**

King's Sport, Well-being
and welfare support services

**Description**

The Active Wellness Scheme aims to support staff and students facing low-level mental health challenges identified by the Togetherall project. The AWS provides holistic, proactive, preventative support to improve the well-being of our community.

**Main Goals**

Improve mental, physical and social wellness of staff and students experiencing physical and mental well-being challenges.

**Motivation & Vision**

Advance individual health and social integration, to provide a sense of belonging and positively impact well-being. That in turn supports strategic priorities of attainment, experience, employability and student retention.

**Evaluation**

Staff and students who complete the AWS see a well-being improvement of, on average, 19%. Since September 98 students and staff have enrolled on the scheme.

**Lessons Learned**

Build partnerships and collaboration through effective communication with all stakeholders. Work together to ensure no gaps in provision or misunderstandings of roles so the most effective range of support is available and communicated to all.

**Recommendations**

Gain an understanding of where the challenges are in welfare/ well-being support and be a solution. Network across the institution and beyond to identify how to successfully provide holistic and proactive support to the whole university community.



Coach and participant part of the scheme



Participant on the scheme exercising



King's Sport, Active Wellness Scheme



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

Fighting against student loneliness

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community.

**Keywords**

Loneliness, volunteer, solidarity, social, meeting

**Target & Stakeholders**

Students

**Time & Frame**

During the pandemic

**Team & Staff**

ULB Santé et ULB Engagée, ULB Sports

**Description**

During the pandemic, collaboration between services created opportunities to facilitate student meeting while respecting the gestures of barriers. For example, bundled activities were organised.

**Main Goals**

Fight against loneliness among students, discover part of the city (wood, architecture, street art, orientation race).

**Motivation & Vision**

Encouraging solidarity between students, encouraging students' engagement with their peers.

**Evaluation**

21 activities, 104 participants. The project is appreciated by the students.

**Lessons Learned**

Students register on a platform to "volunteer and offer time to walk with students". Students meet their peers and create a social network.

**Recommendations**

Face-to-face courses resumed on campus, student and folkloric life resumed as before the pandemic. Some students still want these activities to be organised again.



Social network ULB Santé



Combat student isolation - Healthy Tuesday Activity



Orienteering race

UNIVERSITY OF COIMBRA

WEBSITE: WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT

**Name of the project**

Step by Step: Inter-Peer Tutoring Program

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community

**Keywords**

Peer Tutoring, Academic Success, Student Inclusion, Volunteerism, Mental Health, Integration

**Target & Stakeholders**

UC Students

**Time & Frame**

Throughout the academic year

**Team & Staff**

University of Coimbra Students

**Description**

A peer-to-peer mentoring program designed to facilitate the integration of all UC students. It promotes academic success and prevents school dropout by pairing experienced students with newcomers for social and academic support.

**Main Goals**

Promote the inclusion and integration of new students. Foster academic success through peer-to-peer knowledge sharing. Reduce dropout rates and improve the overall student experience.

**Motivation & Vision**

To create a supportive academic environment where students help each other thrive. The vision is to build a more inclusive, cooperative university culture that prioritizes mental well-being and equitable access to academic success.

**Evaluation**

Assessed through the number of active tutor/tutee pairs, student retention rates, and qualitative feedback regarding the quality of academic and social integration.

**Lessons Learned**

Peer connection is a powerful tool for resilience; students who feel supported by their peers are more likely to overcome initial academic challenges and stay enrolled.

**Recommendations**

Expand training for tutors to include diverse student needs and increase institutional visibility of the volunteer work involved.



Peer Tutoring Program



Pre-University Tutoring Program



Participants



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: NICOLE.PENNEY@UDST.EDU.QA**Name of the project**

The Listening Circle

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community

**Keywords**

Mental Wellness, Mental Health Awareness, Support Group

**Target & Stakeholders**

UDST staff and students

**Time & Frame**

Ongoing, Biweekly

**Team & Staff**

Student Counselling

**Description**

The Listening circle offers a safe space for students that encourages them to share, reflect and connect over common experiences and concerns related to life challenges.

**Main Goals**

- To promote hope, mutual encouragement and reassurance among participants
- To strengthen resilience and support the development of self-esteem
- To reduce stigma associated with mental health challenges

**Motivation & Vision**

The Listening Circle aims to create a non-judgemental and inclusive environment where students feel heard, valued and supported while drawing strength and inspiration from one another's experiences.

**Evaluation**

The listening circle is evaluated through student attendance patterns, number of returnees, participant feedback and facilitator reflections. Feedback forms are used to assess participants' sense of safety, connection and perceived benefit.

**Lessons Learned**

Flexibility in facilitation & responsiveness to participants' needs are key to maintaining engagement & building trust. Including suggestions for future session themes in evaluation forms helps keep sessions relevant & aligned with student interests.

**Recommendations**

- Incorporate diverse themes based on emerging student needs
- Increase awareness and accessibility to encourage broader participation



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT DR SHAFEEKA DOCKRAT - DOCKRATS@TUT.AC.ZA**Name of the project**

Enhanced Mental Health Outreach and Support Programme

**Domain**

Mental and social health

**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community

**Keywords**

Mental health, digital outreach, peer support, wellbeing, awareness

**Target & Stakeholders**

Students, staff, counselling services, peer educators

**Time & Frame**

Implemented throughout the academic year

**Team & Staff**

Health and Wellness, counselling units, IT services

**Description**

Strengthen digital outreach, peer support programmes, and access to mental health resources to improve awareness and support across campus.

**Main Goals**

Expand awareness, improve access to support services, and enhance peer-led mental health initiatives.

**Motivation & Vision**

Build an accessible, inclusive, and supportive mental health environment through digital and peer-driven approaches.

**Evaluation**

Measured through platform engagement, service utilisation, and participant feedback.

**Lessons Learned**

Digital platforms increase reach, and peer support improves relatability and engagement.

**Recommendations**

Invest in digital tools, train more peer supporters, and regularly update and promote available mental health resources.

Tshwane University
of Technology
We empower people

Support programme



Support programme



Support programme



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: NICOLE.PENNEY@UDST.EDU.QA**Name of the project**

De-Stress Fest

**Domain**

Mental and social health

**Criteria**

#88 Before and during the exam season, the university proposes or organises adapted activities related to the student well-being and relaxation

**Keywords**

Mental Wellness, Relaxation, Exam Stress Relief, Student Well-being

**Target & Stakeholders**

UDST staff and students

**Time & Frame**

Bi-Annually, the week prior to final exams.

**Team & Staff**

Student Affairs collaboration between SE, SW, SCS, SCAS

**Description**

De-Stress Fest is a bi-annual event offering workshops, mindfulness exercises, and relaxation techniques to help students manage exam related stress. Activities include crafting, games and mental health discussions led by internal community members.

**Main Goals**

De-Stress Fest aims to support student well-being by providing tools to reduce stress through engaging activities, teaching coping strategies for exam pressure and fostering a supportive campus environment focused on mental health awareness.

**Motivation & Vision**

The vision is to create a supportive campus culture that prioritizes mental health, encourages self-care during exams, and cultivates a balanced, engaged, and productive student body.

**Evaluation**

Evaluation is based on engagement rates, student feedback on the event's effectiveness at helping reduce stress during the exam period, and any self-reported improvements in personal well-being and academic focus during exams.

**Lessons Learned**

Mindfulness sessions and recreational games engage students effectively. Student Affairs collaboration enhances the event's success. Promoting the event through awareness campaigns boosts participation and impact.

**Recommendations**

Expanding the range of stress relief activities, offering multiple sessions to fit diverse schedules, collaborating with mental health organization, and using De-Stress Fest to highlight ongoing mental health resources available on campus.



Serving nutritious smoothies for De-Stress Fest



Students take part in creative hands-on activities



PAWS Club provides cat therapy to improve stress



	Name of the project Napbox : cocoon nap		Description The cocoon allows during 20 minutes to recharge their batteries on our campus, installed in libraries for more security. The position of the cocoon has been designed on the basis of the MSIS standards developed by NASA as the '0 gravity position'.		Evaluation Using an evaluation form and discussion with the users.
	Domain Mental and social health				Lessons Learned Awareness of the importance of sleep.
	Criteria #88 Before and during the exam season, the university proposes or organises adapted activities related to the student well-being and relaxation		Main Goals Provide a comfortable space suitable for a moment of calm, rest, relaxation and nap. This project is part of the goal of creating health-friendly spaces.		Recommendations Increase the number of cocoons and ensure that registrants stay for 20 minutes and no longer. Place the cocoon in a supervised area.
	Keywords Nap, sleep, well-being, mental health, energy				
	Target & Stakeholders Students, staff		Motivation & Vision Promote the overall well-being of members of the university community through a range of benefits: Reduced fatigue, Reduced stress, Reduced cardiovascular risk, Improved memory, Improved morale and therefore social relations		
	Time & Frame All year				
	Team & Staff ULB Santé, library				



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT HIVE@SURREY.AC.UK, CAMPUS.SURREY.AC.UK/HELP**Name of the project**

Student Support during Exam Periods

**Domain**

Mental and social health

**Criteria**

#88 Before and during the exam season, the university proposes or organises adapted activities related to the student well-being and relaxation.

**Keywords**

Wellbeing, Preparation, Relaxation, Physically Activity

**Target & Stakeholders**

Students undertaking exams

**Time & Frame**

Exam windows

**Team & Staff**

Residential Life, Students' Union, Team Surrey

**Description**

ResLife organise events to support healthy breaks from revision, which includes breakfasts as well as pop up events and online information. On the physical activity front, the Sports Park introduced a Summer Colour Run festival during Reading Week.

**Main Goals**

Reduce stress related to examinations and improve academic performance.

**Motivation & Vision**

Adequately prepare students for their assessments. To increase activity levels during what is typically a more sedentary period for students, also knowing that physical activity has positive impacts on attainment.

**Evaluation**

Reviews of attendance and attainment are recorded across all faculties. Hundreds of students took part in the Colours Runs.

**Lessons Learned**

Reducing pre-examination stress improves student wellbeing and positive influences grades.

**Recommendations**

Any events and campaigns should be promoted as stress reduction for exams, but also as general student events to help drive student participation.



ResLife Event



Colour Run



ResLife Advice

UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT

**Name of the project**

UC Wellness Center

**Domain**

Mental and social health

**Criteria**

#88 Before and during the exam season, the university proposes or organises adapted activities related to the student well-being and relaxation.

**Keywords**

Mental Health, Student Well-being, Active Listening, Cognitive Recovery, Health-friendly Spaces,

**Target & Stakeholders**

All University of Coimbra students, staff, and the academic

**Time & Frame**

Throughout the academic year

**Team & Staff**

Student Hub Team, SASUC (Social Services), UC Health Services

**Description**

A multidisciplinary wellness hub providing active listening at "The Living Room" and physical recovery via "Napboxes." It offers short-term mental health support and fatigue management within a health-friendly environment for the UC community.

**Main Goals**

- Promote holistic well-being through the "8 Dimensions of Wellness" framework.
- Provide a safe refuge for academic stress relief and active listening.
- Facilitate cognitive regeneration and rest to improve academic performance.

**Motivation & Vision**

To transform the UC into a benchmark for healthy lifestyles. Our vision is to provide integrated, accessible support that prioritizes emotional and physical health, fostering a balanced and successful academic experience for every student. access to academic success.

**Evaluation**

Success is measured through the utilization rates of the wellness spaces, participation in "Wellness Workshops," and student feedback on stress reduction and mental health accessibility.

**Lessons Learned**

Strategic physical spaces (like Napboxes) and "listening spots" (The Living Room) significantly lower the barrier for students to seek mental health help and manage burnout.

**Recommendations**

Continue expanding the "health-friendly space" concept across other campuses and integrating wellness initiatives into the regular academic curriculum.



Student Hub



HANBAT NATIONAL UNIVERSITY - YUSEONG DEOKMYEONG CAMPUS

WEBSITE WWW.HANBAT.AC.KR - WWW.INSTAGRAM.COM/CTL_HBNU**Name of the project**

CTL Learning Supporters' Exam Period Support Event

**Domain**

Mental and social health

**Criteria**

#88 Before and during the exam season, the university proposes or organises adapted activities related to the student well-being and relaxation

**Keywords**

Exam support, emotional support, student well-being, bonding, snack event, campus outreach

**Target & Stakeholders**

Student

**Time & Frame**

During midterm or final exam periods

**Team & Staff**

Centre for Teaching and Learning

**Description**

Provides snacks or warm meals and encouraging messages to students during exams to reduce stress and support focus, while promoting emotional well-being through supportive interactions.

**Main Goals**

To relieve psychological stress during exams, build emotional support among campus members, and enhance students' adaptation to university life.

**Motivation & Vision**

To support not only academic achievement but also students' emotional well-being, and to build a healthy campus environment while strengthening connections between students and the centre.

**Evaluation**

The program recorded high satisfaction (4.641/5), with positive feedback highlighting emotional comfort and appreciation for support during stressful exam periods.

**Lessons Learned**

Students recognized the centre's support system and experienced emotional support, helping them better cope with academic stress during exams.

**Recommendations**

Continue tailored exam-period programs and expand outreach across campuses to ensure equal access and sustained support.



 Name of the project Rest for success - A sleep and performance workshop	 Description “Rest for Success” is a pilot workshop addressing the science of sleep and its impact on performance. Participants explore practical tools to improve sleep quality, optimize energy levels, and enhance focus for personal and professional success.	 Evaluation Feedback highlighted significant impact: 85% of participants planned to adjust sleep routines, 90% felt better informed on sleep's effects, and many expressed improved understanding of its link to success and well-being.
 Domain Mental and social health		
 Criteria #89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community	 Main Goals The workshop aims to raise awareness about sleep's role in health and performance, teach actionable techniques for better sleep, and encourage sustainable habits that support cognitive function, productivity, and well-being.	 Lessons Learned Sleep is foundational to well-being and performance. Workshops like this enable participants to make informed choices, prioritize rest, and develop sustainable habits that boost their health and long-term productivity.
 Keywords Workshop, sleep, performance		
 Target & Stakeholders Students, Junior Academy		
 Time & Frame 1 hour workshop	 Motivation & Vision Motivated by a rise in sleep-related concerns among students, the vision is to foster a culture where rest is recognized as essential for mental clarity, resilience, and academic and career achievements.	 Recommendations This could be extended to other student groups.
 Team & Staff Health & Wellbeing, Academic		

UNIVERSITY OF MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT MICHAEL BELINGHERI - MICHAEL.BELINGHERI@UNIMIB.IT

 Name of the project OUTCAST Study	 Description Students could voluntarily fill in an anonymous online questionnaire on disorders of arousal and stress. The information material students received contained contacts of a sleep medicine center that they could reach if they needed any information.	 Evaluation Data collection and analysis.
 Domain Mental and social health		 Lessons Learned Disorders of arousal are quite frequent in students and they appear to be associated with the stress they perceive.
 Criteria #89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community		
 Keywords Disorders of arousal, sleeping habits survey, sleep medicine	 Main Goals The project wanted to evaluate the prevalence of disorders of arousal among the students, how they correlate with stress, lifestyle and sociodemographic characteristics, and to raise students' awareness about healthy sleeping habits.	 Recommendations Increase the number of cocoons and ensure that registrants stay for 20 minutes and no longer. Place the cocoon in a supervised area.
 Target & Stakeholders Students		
 Time & Frame 2022		
 Team & Staff Medicine department, occupational health research team	 Motivation & Vision Sleeping habits can influence health and quality of life. Students are subject to stress during their academic career. It is therefore crucial to understand if their sleeping habits are healthy and if they need special support in this field.	

ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT EPP.JALAKAS@SISEKAITSE.EE**Name of the project**

Promoting good sleeping habits

**Domain**

Mental and social health

**Criteria**

#89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community

**Keywords**

Rest, Sleep, Well-being

**Target & Stakeholders**

Campus community

**Time & Frame**

1-2 weeks

**Team & Staff**

Mental health co-ordinator, volunteers

**Description**

Share reasons for good sleeping habits and their benefits through a slideshow based on scientific articles, research and practitioners descriptions.

**Main Goals**

Bringing sleeping habits and the effects of sleep on our body to the spotlight encourages students and employees to improve their sleeping habits, be more rested and therefore also more effective during study or work time.

**Motivation & Vision**

Plan campaign for sleeping habits or as a part of longer mental health campaign. Share the important information online, through email, and on screens or notice-boards in Campus with QR codes or links to further information.

**Evaluation**

Students and employees share their experience of sleep problems, and solutions, in a survey. Evaluate from the feedback if community members surfaces serious problems and if there is need for one or more campaigns per year.

**Lessons Learned**

Better sleeping habits are important for EASS community. We found a possibility to give access to slideshow on Healthy Campus webpage and will share more tips about good sleep connected to other mental health topics.

**Recommendations**

Use volunteers with interest in that topic who can prepare a slideshow. If possible, add lectures by researchers, articles in university's journal, quiet hours during night-time in dormitories, and other actions for mental and physical balance.

TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT DR SHAFEEKA DOCKRAT - DOCKRATS@TUT.AC.ZA**Name of the project**

Healthy Sleep Awareness Programme

**Domain**

Mental and social health

**Criteria**

#89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community

**Keywords**

Sleep health, wellbeing, awareness, counselling, lifestyle

**Target & Stakeholders**

Students, staff, counselling services, health and wellness

**Time & Frame**

Ongoing throughout the academic year

**Team & Staff**

Counselling units, student organisations, external partners

**Description**

Promote healthy sleeping habits through campaigns, information sessions, and counselling services for the campus community.

**Main Goals**

Improve sleep habits, enhance wellbeing, and support academic performance.

**Motivation & Vision**

Foster a campus culture that recognises the importance of sleep for overall health and success.

**Evaluation**

Assessed through participation, feedback, and improved awareness of healthy sleep practices.

**Lessons Learned**

Education increases awareness, and linking sleep to academic success improves engagement.

**Recommendations**

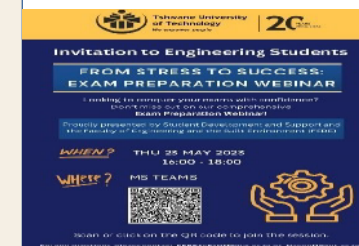
Increase awareness campaigns, integrate sleep education into wellness programmes, and expand access to counselling support.

Tshwane University
of Technology
We empower people

Academic coaching



Healthy sleeping habits



Healthy sleeping habits



Risk behaviour

UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE WWW.ISMAI.PT/PT AND WWW.IPMAIA.PT/PT/ CONTACT HEALTHYCAMPUS@MAIEUTICA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Laws, statutes and regulations

**Domain**

Risk behaviour

**Criteria**

#90 The university determines applicable rules regarding alcohol, drugs, doping and tobacco issues.

**Keywords**

Law, Statutes, Regulations

**Target & Stakeholders**

Academic community

**Time & Frame**

All year

**Team & Staff**

Maiêutica, UMAIA and IPMAIA

**Description**

We want to go beyond compliance with the legal norms, by implementing awareness-raising activities on risk behaviour, namely with drugs, doping, alcoholic beverages and tobacco.

**Main Goals**

Reduce the consumption of alcoholic beverages and not allow the use of products prohibited by law.

**Motivation & Vision**

A Healthy Campus is a space free from risky and harmful behaviours for the academic community. For this purpose, in addition to applying legal documents, we seek to promote initiatives to raise awareness of these and other risky behaviours.

**Evaluation**

With a communication campaign in association with activities to raise awareness of risk behaviours, we have noticed a reduction in tobacco consumption in outdoor spaces on the Campus.

**Lessons Learned**

We have to create a constant movement throughout the year to provide information and raise awareness of risky behaviours. This is the only way to maintain pressure, especially for socially accepted risk behaviours such as tobacco consumption.

**Recommendations**

Successive awareness campaigns. Informal contacts with members of the academic community by faculty members.



No smoking sign in sports facilities



No smoking sign in outdoor spaces



UMEÅ UNIVERSITY - CAMPUS UMEÅ

WEBSITE WWW.UMU.SE/EN EMAIL REGISTRATOR@UMU.SE



Name of the project

Procedures for alcohol and drugs



Domain

Risk behaviour



Criteria

#90 The university determines applicable rules regarding alcohol, drugs, doping and tobacco issues



Keywords

Healthy and safe work environment, alcohol, drugs, react and act early, rehabilitation



Target & Stakeholders

Staff, students and managers



Time & Frame

All year



Team & Staff

Occupational health care, Student Health Service



Description

The guideline Procedures for alcohol and drugs ensure an alcohol-free and drug-free work and study environment. All share the responsibility to actively engage in prevention efforts and foster an open dialogue across all levels of the organisation.



Main Goals

A safe and drug-free workplace. Focusing on an open climate, prevention efforts, and providing help and support for staff and students in need.



Motivation & Vision

To create a workplace where health, as well as physical and mental well-being, are the focus.



Evaluation

Alcohol and drugs in the work and study life increase the risk of ill health, sick leave, and decreased productivity. It is important to have rules and procedures that clarify the employer's view on alcohol and drugs and how they should act.



Lessons Learned

In order for all managers, employees, and students to be aware of these rules and procedures, it is important with recurring information efforts.



Recommendations

A well-considered rule is a support for managers who are to handle problems with employees and students' abuse or risk of abuse.



UMEÅ
UNIVERSITY



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT SURREYUNION.ORG, PERFORMANCE@TEAMSURREY.CO.UK**Name of the project**

Substance Use Prevention Programmes

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.

**Keywords**

Substance Abuse, Education, Prevention, Clean Sport

**Target & Stakeholders**

Students, athletes, staff

**Time & Frame**

All year, focused during term-time

**Team & Staff**

Student Experience, Widening Participation and Outreach

**Description**

Sports Clubs must run a number of sober socials (which contributes to their Well-being STARS Awards) and have designated sober persons. Performance Lifestyle Advisors deliver 1:1 and workshops in relation to anti-doping.

**Main Goals**

Reduce the use of recreational drugs, tobacco, and alcohol. Prevent situations of doping.

**Motivation & Vision**

Educate the students and staff on the risks associated with substances through policy, information pages, and targeted events.

**Evaluation**

Every sports club delivered at least one sober social over the course of the year. Two workshops and five reception activities were organised during Clean Sport Week.

**Lessons Learned**

Having sober students as part of socials or club nights, helps students feel safer and seek support if needed. Engagement in anti-doping education should be a requirement for all performance teams.

**Recommendations**

Clear communication on substance use risks and support available should be displayed in public places. Committee members of performance sports should complete NGB anti-doping training.



Wellbeing STARS Mark



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT JORGE MALVEIRO, PH.D. - SASGP@UALG.PT**Name of the project**

TU DECIDES - YOU DECIDE

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.

**Keywords**

Road Safety, Risk Awareness, Perception of Self-Control, Decision Making, Alcohol, Academic Festival

**Target & Stakeholders**

Festival-goers, driving licence

**Time & Frame**

Annually, during the nights of the UAlg Academic Festival

**Team & Staff**

AAUAlg, MAI (GNR/PSP) and GPAP-UAlg

**Description**

Prevention of risky road behaviour under the influence of alcohol, which involves peer intervention and the prevention of driving under the influence, with an assessment of the blood alcohol level that includes pre-test and post-test technical advice.

**Main Goals**

Prevent risks associated with alcohol consumption and road accidents. Raise awareness of individuals so that they can decide to assume safer behaviours in relation to the previous determination to drive under the influence of alcohol.

**Motivation & Vision**

Part of road accidents is associated with young people driving under the influence of alcohol. Academic festivals are conducive to excessive alcohol consumption, and it is urgent to intervene in this context.

**Evaluation**

The programme has a positive impact, as demonstrated by 2 published studies. Both longitudinal studies confirm that the number of participants who expressed an intention to drive was significantly lower after intervention.

**Lessons Learned**

Awareness and self-regulation about driving under the influence of alcohol seems to be influenced by personalized technical advice and psych pedagogical intervention.

**Recommendations**

Since part of the road accidents involving young drivers is associated with driving under the influence of alcohol, we believe that the encouraging results of this model of preventive intervention can contribute to the reduction of accidents.



Stand "TU DECIDES" - Academic Week Festival



Team of Volunteers "TU DECIDES" - Academic Week



Testing - Professional calibrated breathalyzer



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT S&S - UDST WELLNESS@CNA-QATAR.EDU.QA / UDST.EDU.QA**Name of the project**

Quit Smoking Campaign

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.

**Keywords**

Smoking, Cessation, Campus.

**Target & Stakeholders**

Students and Faculty/Staff members on campus

**Time & Frame**

On-going

**Team & Staff**

Student Affairs, Environmental Club, Facilities Management, Human Resources, Health, Safety and Environment

**Description**

The Environmental Club at UDST developed a multi-faceted campaign to raise awareness of smoking cessation. Multimedia content highlighted how smoking affects the human body, the environment, and the impacts of inhalation of secondary smoke.

**Main Goals**

To educate the UDST community about the harms of smoking and to encourage people to quit for the sake of themselves, others, and the environment.

**Motivation & Vision**

To create awareness about smoking and help UDST become a smoke-free campus.

**Evaluation**

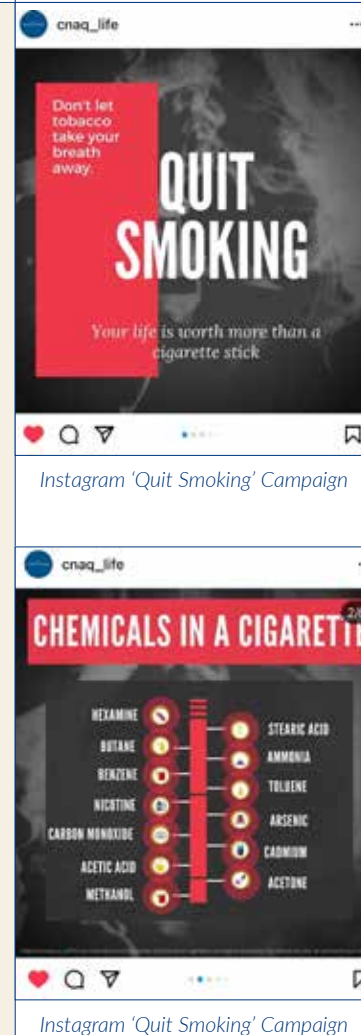
A unique measure counted number of cigarette butts found on campus to help evaluate smoking prevalence. Particularly the calculation of cigarette butts pre and post awareness campaign gives an idea of the effectiveness of the awareness programmes.

**Lessons Learned**

Campaigns are an excellent way to raise awareness but provide limited impact on the reduction of smoking on campus. It is realized that a more effective strategy would be a commitment to a formalized and enforced campus smoking restriction policy.

**Recommendations**

An effective strategy to implement a no smoking policy on campus is to gradually introduce regulations. Noted, a combination of restrictions and supports for smokers is most effective in creating behavioural change (i.e. patch & counselling support).



TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE](https://www.tcd.ie) CONTACT PERSON MARTINA MULLIN – MULLINM1@TCD.IE**Name of the project**

Tobacco Free Trinity

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.

**Keywords**

Tobacco Free Campus

**Target & Stakeholders**

Students and staff

**Time & Frame**

2013-2020

**Team & Staff**

Health, Registrar, Medicine, Comms, Board, Student & Staff Unions

**Description**

Our Tobacco Free Campus has achieved an 80% reduction in smoking and achieves >90% compliance when enforced. Using a living lab approach it has engaged students and staff in multiple projects and published 2 papers to date.

**Main Goals**

To create a tobacco free campus using a living lab approach.

**Motivation & Vision**

Tobacco kills 100 per week in Ireland. Our vision was to remove smoking from our campus to support those who choose not to smoke. By using a living lab approach to doing so, we could engage our students and staff in making the change.

**Evaluation**

Tobacco free policies reduced smoking by ~80%. Data collection was essential. It showed that smoking policies were effective, despite some smokers ignoring them. A living lab approach was appropriate and engaged students and staff in the project.

**Lessons Learned**

To encourage adherence to a tobacco free policy, an implementation strategy that includes data collection and engages students and staff must be undertaken. A living lab is an appropriate approach to encouraging this engagement.

**Recommendations**

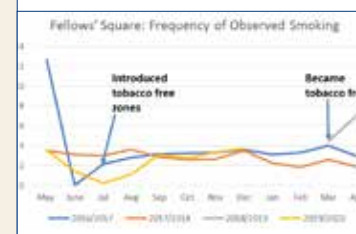
Become a tobacco free campus, it reduces smoking. Include data collection in the process of becoming tobacco free. Engage students and staff in the process. Consider a living lab approach.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



The winning blow on a cigarette shaped pinata



Frequency of observed smoking



Students collecting butts for a smoke free project



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

« Ça m'saoule »

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.

**Keywords**

Alcohol, tobacco, psychotropic drugs, addiction

**Target & Stakeholders**

University Students

**Time & Frame**

All year

**Team & Staff**

ULB Santé, Modus Vivendi, Fares, students

**Description**

Students are trained to raise awareness among their peers on the topics of addiction (alcohol, tobacco, psychotropic, etc.) and the risks associated with student festive life. They also refer to professionals.

**Main Goals**

Improve well-being of students during their student life or/and festive life by developing their knowledge and adopting healthy behaviours.

**Motivation & Vision**

Health promotion and risk reduction.

**Evaluation**

Students welcome their peers, awareness-raising stands are organised at festive events (6/ an). About 100 students are aware each time. They also raise awareness on their social media channels: information, quiz, etc.

**Lessons Learned**

Increase knowledge about alcohol consumption and addiction, adopt healthier lifestyle and identify appropriate services.

**Recommendations**

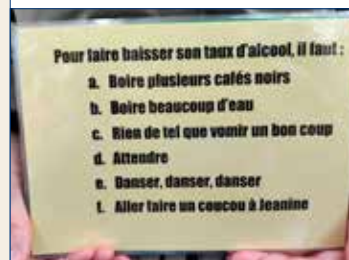
Continue this activities & broaden awareness to staff member (tobacco, alcohol, drugs).



Brochures



Animations



Animations



**Name of the project**

Smoke-Free University Stadium

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco

**Keywords**

Smoke-free, Public Health, Healthy Environments, UC Sports, Prevention, Wellness

**Target & Stakeholders**

UC community

**Time & Frame**

Permanent

**Team & Staff**

University Stadium Team

**Description**

Implementation of a health campaign via a dynamic video initiative and strategic signage to enforce a total smoking ban at Coimbra University Stadium. It aims to discourage tobacco use and promote clean-air environments for the UC community.

**Main Goals**

Eliminate secondhand smoke in sports facilities; promote healthier lifestyles among athletes and visitors; and raise awareness about the risks of smoking through clear communication and signage.

**Motivation & Vision**

To transform the University Stadium into a benchmark for health and well-being. The vision is to ensure a 100% clean-air environment that aligns sports practice with the prevention of harmful health habits. access to academic success.

**Evaluation**

Measured by the successful installation of signage, positive feedback from the community, and a visible reduction in smoking activity within the stadium perimeters.

**Lessons Learned**

Clear visual communication and institutional regulations are essential to changing social behaviors and protecting the collective right to a healthy environment.

**Recommendations**

Continue monitoring compliance and expand the "Smoke-Free" concept to other university outdoor gathering areas.



University Stadium of Coimbra

Intervenção

Nas instalações do EUC é interditado:

a) A venda ambulante e qualquer outro tipo de venda, sem autorização prévia do Diretor do EUC;

b) A introdução, venda e consumo de bebidas alcoólicas, exceto nas zonas criadas para o efeito, nos termos das alíneas d) e e) do n.º 2 do artigo 7.º da Lei n.º 29/2003, de 30 de julho, na sua atual redação;

c) A posse, detenção, circulação ou venda de substâncias consideradas dopantes ou outras que configurem substâncias e métodos proibidos, no âmbito da Lei n.º 30/2011, de 23 de agosto e Portaria n.º 13/2013, de 11 de janeiro, ambas consideradas na sua atual redação e demais legislação em vigor;

d) A prática de atos ou incitamento à violência, ao racismo, à xenofobia e à intolerância;

e) A prática de qualquer ato que ofenda a moral pública ou provoque danos às instalações;

f) O uso e a remoção de objetos ou sistemas suscetíveis de provocar danos físicos aos jogadores ou a terceiros;

g) A posse de qualquer arma, exceto por forças de segurança e em serviço;

h) O consumo de animais, exceto cães de assistência, às instalações desportivas, ainda que se trate de instalações de ar livre;

i) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

j) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

k) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

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w) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

x) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

y) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

z) O uso de qualquer tipo de fumo, exceto se for objeto de autorização prévia do Diretor do EUC;

University Stadium of Coimbra Regulations



University Stadium of Coimbra

UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Riscos & Desafios –
Life Skills Development
Programme

**Domain**

Risk behaviour

**Criteria**

#91 The university organises
prevention programmes
in terms of alcohol, drugs,
doping and tobacco

**Keywords**

Risks; Challenges;
Skills programme

**Target & Stakeholders**

1st year students

**Time & Frame**

Second semester
(February to June)

**Team & Staff**

MHC coordination team
& SICAD/ARS Norte
–programme partner

**Description**

A life skills programme
for first-year students that
promotes well-being and prevents
risk behaviours, including alcohol,
drugs and tobacco use,
through interactive sessions
focused on personal and social
skills development.

**Main Goals**

Develop students' personal
and social skills, prevent
risk behaviours (alcohol, drugs
and tobacco), and support
academic integration
and well-being through
evidence-based, interactive
learning approaches

**Motivation & Vision**

To empower students with
life skills to make informed
decisions, prevent risk behaviours
and promote well-being,
fostering a healthy academic
environment and supporting
long-term personal development
and responsible lifestyles.

**Evaluation**

Evaluation includes facilitator
reports after each session,
assessing implementation
and challenges, and final participant
satisfaction surveys. Results
are compiled and shared
with ARS for monitoring and
continuous programme
improvement.

**Lessons Learned**

The programme includes
8 modules on adaptation,
emotional and interpersonal
skills, autonomy, identity,
time management and values.
Participants attending at least
6 sessions receive
an ARS-certified certificate.

**Recommendations**

Adopt evidence-based
programmes, ensure trained
facilitators, promote active
student participation, and
establish partnerships with public
health institutions to support
implementation, monitoring
and certification

UNIVERSIDADE
DA MAIA UMAIA

Riscos&Desafios - Session



Riscos&Desafios - Session



Riscos&Desafios - group



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT SHAUNA-LEE HEATH – HEATHS@TUT.AC.ZA**Name of the project**

Prevention Programmes on Alcohol, Drugs, Doping and Tobacco

**Domain**

Risk behaviour

**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco

**Keywords**

Health promotion, Substance abuse prevention, Tobacco free, Awareness campaigns, Student wellness

**Target & Stakeholders**

Campus community and external stakeholders

**Time & Frame**

The programmes are conducted throughout the academic year

**Team & Staff**

Campus Health and Wellness team, professional nurses

**Description**

The university runs programmes to educate students and staff on substance risks, using workshops, campaigns, and events to promote healthy lifestyles.

**Main Goals**

Raise awareness of substance abuse and doping risks while promoting responsible choices and a safe, healthy campus.

**Motivation & Vision**

The initiative promotes informed choices through collaboration to reduce substance abuse and support long-term wellbeing.

**Evaluation**

Effectiveness is measured through participation, feedback, surveys, and outcomes, with regular reviews to improve programmes.

**Lessons Learned**

Consistent engagement and collaboration with students and campus partners improves participation and awareness. Interactive activities, peer education, and continuous communication help strengthen the impact of prevention programmes.

**Recommendations**

Integrate prevention into health strategies through ongoing campaigns, education, and student collaboration to sustain impact and participation.



Tshwane University
of Technology
We empower people



Tobacco programmes



Tobacco programmes



MYONGJI UNIVERSITY

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE WWW.MJU.AC.KR EMAIL SUNHEE@MJU.AC.KR**Name of the project**

"Anti-doping" and "No drugs" campaigns

**Domain**

Risk behaviour

**Criteria**

#92 The university organises educational programme preventing the use of doping.

**Keywords**

Drug, education, programme

**Target & Stakeholders**

Students, faculty members, staff members

**Time & Frame**

Education on illegal drugs to be provided by KOREA ANTI-DOPING AGENCY

**Team & Staff**

Health Service Centre / Athletics Division (Management Office)

**Description**

Drug prevention education, including the teaching of the importance of balanced meals.

**Main Goals**

To encourage students to choose proper nutrition and balanced meals over drugs.

**Motivation & Vision**

The first and probably the best way to prevent drug use is an effective drug prevention education, and through such programme, we expect our students to learn to protect their own health and well-being.

**Evaluation**

Raising awareness of the risk of substance abuse/misuse can eventually reduce substantial long-term costs.

**Lessons Learned**

We learned to maintain close collaboration with KOREA ANTI-DOPING AGENCY so that we will stay informed of the latest information pertaining to illegal drugs.

**Recommendations**

Communication with students is crucial in drug prevention education, and, in this regard, we emphasize the importance of teaching our faculty members to become positive role models for our students.

MYONGJI
UNIVERSITY

Public Health Centre

Programme preventing
the use of dopingProgramme preventing
the use of doping

**Name of the project**

Piloto #UCAcheckpoint

**Domain**

Risk behaviour

**Criteria**

#93 The university informs and organises programmes about sexual health promotion

**Keywords**

Sexual health, STI prevention

**Target & Stakeholders**

Pilot for University Sexual Health Service

**Time & Frame**

March 2024 - June 2025

**Team & Staff**

Vic. Css. de la Salud y Bienestar (UCA) + ONG Apoyo Positivo

**Description**

This is an initiative promoting sexual health and diversity which, in the medium to long term, aims to become a stable service.

**Main Goals**

- To provide a sexual health service in the university environment.
- Promote health and prevention among university students.
- To monitor and evaluate in order to design a prototype of a comprehensive university sexual health service.

**Motivation & Vision**

Sleeping habits can influence health and quality of life. Students are subject to stress during their academic career. It is therefore crucial to understand if their sleeping habits are healthy and if they need special support in this field.

**Evaluation**

After 4 days held on each of the UCA campuses (1st Sem 24): - 230 rapid STI tests (almost 60 people tested for HIV, Hepatitis and Syphilis) - More than 700 people attended at information desks - Training for about 130 participants.

**Lessons Learned**

To our knowledge, it is a pioneering programme in Spanish universities and also at European level. It has been very well received by the students and by the centres (more than 96% positive evaluations among those surveyed).

**Recommendations**

Improve the scope of training activities, possibly by linking them to degree subjects.

UNIVERSITY OF MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT DR GIUSEPPINA PERSICO – GIUSEPPINA.PERSICO@UNIMIB.IT**Name of the project**

Obstetric and gynaecological counselling

**Domain**

Risk behaviour

**Criteria**

#93 The university informs and organises programmes about sexual health promotion

**Keywords**

Pregnancy, post-partum, sexual health

**Target & Stakeholders**

Students

**Time & Frame**

Monday to Friday, during the term. In person and online

**Team & Staff**

Staff of the University Medical Centre

**Description**

A midwife is available for obstetric and gynaecological examination and screening in the Medical Centre located inside the campus, with a special focus on pregnancy, post-partum, breastfeeding, sexual diseases prevention and sexual health.

**Main Goals**

To promote women health by raising awareness on the prevention of Sexually Transmitted Infections (STIs) and female cancer (breast and uterus). To support breastfeeding and maternal and neonatal wellbeing.

**Motivation & Vision**

Since the University is devoted to educate its students, it must be the place where healthy sexual behaviours are promoted and encouraged in order to benefit the whole community.

**Evaluation**

The counselling service proved to be an appreciated opportunity with students asking for advice also during COVID pandemic, when access to the University was limited.

**Lessons Learned**

There is the need for a more structural and extensive implementation of this service, expanding its goals to finding suitable spaces for young parents to access the University along with their babies.

**Recommendations**

We recommend to devote particular attention to incoming students and students living away from home.



The entrance of the ambulatory



One of the rooms with our midwife



One of the rooms with a gynecological bed

UNIVERSITY OF COIMBRA

WEBSITE [HTTPS://WWW.UC.PT/HEALTHYCAMPUSUC/](https://www.uc.pt/healthycampusuc/)**Name of the project**XPTO seXualidades
& Cores Universas**Domain**

Risk behaviour

**Criteria**

#93 The university informs and organises programmes about sexual health promotion.

**Keywords**

Counseling, psychological support, diversity and sexual orientation, gender identity

**Target & Stakeholders**

Academic Community

**Time & Frame**

Annually

**Team & Staff**

Faculty of Psychology and Education Sciences

**Description**

Counselling and psychological support projects on issues of diversity and sexual orientation, gender identity and expression, LGBT issues, training, and education for sexual and reproductive health. The service is confidential, anonymous, and free.

**Main Goals**

Support the academic community in the scientific and research areas of the University of Coimbra. For these themes in the areas of Psychology and Education Sciences.

**Motivation & Vision**

Having a more balanced and healthy academic community. Awareness of discrimination, violence, and prejudice and of the rights, freedoms and guarantees related to diversity and inclusion. Implementation of the Healthy Campus UC strategic plan.

**Evaluation**

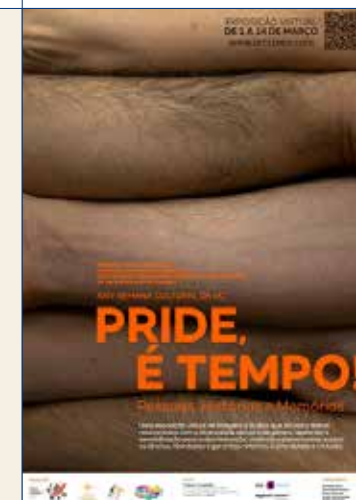
The projects are implemented every year and develop regular activity.

**Lessons Learned**

Importance of developing projects related to the organisation's research areas.

**Recommendations**

Implementation of anonymous. Methodologies to identify the needs of the academic community.

UNIVERSIDADE DE
COIMBRA

Poster



XPTO Project



Cores Universas Project Activity



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT SHAUNA-LEE HEATH – HEATHS@TUT.AC.ZA**Name of the project**

STI Awareness Week and Condom Dos and Don'ts Campaign

**Domain**

Risk behaviour

**Criteria**

#93 The university informs and organises programmes about sexual health promotion

**Keywords**

Sexual health promotion, STI awareness, HIV testing, Safe sex education, Reproductive health

**Target & Stakeholders**

Students, university staff, Health and Wellness

**Time & Frame**

The STI Awareness Week ran from 10–14 February 2025

**Team & Staff**

Health and Wellness, healthcare professionals

**Description**

STI Awareness Week (10–14 Feb 2025) at Pretoria Campus promoted safe sexual health through screenings, education, family planning, condom guidance, and awareness on teenage pregnancy, GBV, and LGBTIQ+ issues.

**Main Goals**

The campaign aimed to raise STI awareness, promote responsible sexual behaviour, encourage regular testing, and empower informed reproductive health decisions.

**Motivation & Vision**

The campaign promotes holistic student wellness by providing education, testing, and prevention resources, empowering students to manage their sexual health.

**Evaluation**

The campaign's success was measured by participation in screenings, HIV testing, and educational sessions, with high engagement reflecting increased sexual health awareness.

**Lessons Learned**

Providing accessible health services alongside educational activities significantly increases student participation and awareness. Collaborating with government health departments and NGOs strengthens the impact and reach of sexual health campaigns.

**Recommendations**

The university should maintain annual sexual health campaigns, expand HIV/STI education, and boost peer engagement to strengthen campus health promotion.



Tshwane University
of Technology
We empower people



Sexual health education



Sexual health education



Sexual health education



**Name of the project**

100% IN Project - Good practices of social innovation for the full inclusion of students in higher education

**Domain**

Risk behaviour

**Criteria**

#94 The university organises prevention programmes to reduce bullying and violence towards groups of people that might be discriminated

**Keywords**

Health; Violence; Intervention; Working groups; Bullying.

**Target & Stakeholders**

Students with specific needs

**Time & Frame**

Throughout the year

**Team & Staff**

Polytechnic of Leiria; Instituto Padre António Vieira

**Description**

A Program that promoted Good Practices of Social Innovation for the Integral Inclusion of Students in Higher Education.

**Main Goals**

To promote the full inclusion of students with special educational needs. To share ideas that promote the integration of these students in higher education.

**Motivation & Vision**

Contribute to the acquisition and sharing of solutions that mobilize the full inclusion of students with specific needs and facilitate their subsequent transition to active life.

**Evaluation**

The ideas that were generated in this Process helped the 201 IPLeiria students (in 2021) who have specific educational needs.

**Lessons Learned**

100% In reinforced the Polytechnic of Leiria's vocation for inclusion, assumed as a primary value in terms of its internal dynamics, but also in its relationship with the outside, whether with its community, nationally or internationally.

**Recommendations**

The promotion of the inclusion of students with specific needs should be a key area of Universities and Polytechnics, assuming their contribution to Sustainable Development Goal number 4 (Quality Education).



HANBAT NATIONAL UNIVERSITY - YUSEONG DEOKMYEONG CAMPUS

WEBSITE WWW.HANBAT.AC.KR - WWW.HANBAT.AC.KR/KOR/SUB06_1901.DO**Name of the project**

Human Rights Campaign

**Domain**

Risk behaviour

**Criteria**

#94 The university organises prevention programmes to reduce bullying and violence towards groups of people that might be discriminated

**Keywords**

Disability awareness improvement, promotion of social inclusion

**Target & Stakeholders**

Students, faculty, staff, local residents, and external part

**Time & Frame**

Annually

**Team & Staff**

Center for Students with Disabilities, Human Rights Center

**Description**

Disability awareness was promoted through quizzes, lectures, mandatory training, and student participation programs. Human rights campaigns included quizzes, education on digital and dating violence, and collaboration with external institutions.

**Main Goals**

To improve understanding of disabilities, reduce discrimination, and support inclusive education. To enhance human rights and gender equality awareness, promote a human rights-friendly campus, and improve center visibility and accessibility.

**Motivation & Vision**

To address misunderstanding and discrimination against disabilities and promote social inclusion. To prevent campus violence and discrimination, enhance awareness, and create a safe and human rights-friendly campus environment.

**Evaluation**

Disability programs improved awareness and were perceived as meaningful. Human rights campaigns enhanced understanding and gender sensitivity through participatory activities and collaboration with external institutions.

**Lessons Learned**

Participants improved understanding of disabilities and social inclusion, and gained awareness of human rights and equality. They learned to recognize discrimination and respond appropriately to rights violations.

**Recommendations**

Encourage participation in disability awareness and human rights programs. Strengthen cooperation with related institutions and reflect social issues in program design for continuous operation.



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT HEALTHYCAMPUS@MAIEUTICA.PT**Name of the project**

Uni4Equity - Strengthening Universities response to sexual harassment with an equity approach

**Domain**

Risk behaviour

**Criteria**

#94 The university organises prevention programmes to reduce bullying and violence towards groups of people that might be discriminated

**Keywords**

sexual harassment; Prevention; Universities

**Target & Stakeholders**

Students, teaching and non-teaching staff

**Time & Frame**

2023-2026

**Team & Staff**

European Uni4Equity consortium and UMAIA

**Description**

The Uni4Equity project promotes cooperation between universities and social actors to prevent and address online and offline sexual harassment, fostering gender equality and safer, more inclusive academic environments for students and staff.

**Main Goals**

Strengthen universities' capacity to prevent and address sexual harassment, promote the exchange of good practices, raise awareness on prevention, enhance staff competencies, and reduce the impact on those affected.

**Motivation & Vision**

To create safer and more inclusive higher education environments by preventing sexual harassment and discrimination, empowering students and staff, and fostering a culture of respect, equality and zero tolerance towards violence.

**Evaluation**

Evaluation includes monitoring training and campaign effectiveness, assessing prevalence and qualitative insights on harassment, and reviewing institutional policies, with results shared through reports and academic events

**Lessons Learned**

Participants gain skills to prevent and address sexual harassment through training, awareness actions and institutional initiatives, fostering respectful behavior, inclusion and active bystander engagement.

**Recommendations**

Implement comprehensive prevention programmes, ensure training for students and staff, promote awareness and reporting mechanisms, and foster partnerships to support inclusive, safe and respectful academic environments.

UNIVERSIDADE
DA MAIA UMAIA

Training



Student reception



Environment, sustainability and social responsibility

**Name of the project**

A thousand toys, a thousand smiles

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).

**Keywords**

Inclusion; Accessibility; Academic community

**Target & Stakeholders**

ESECS; Digital Inclusion Resources Center (CRID)

**Time & Frame**

On a permanent basis

**Team & Staff**

Polytechnic of Leiria; CRID Team

**Description**

A project that collects toys, books and other materials, which are distributed to children in situations of social vulnerability. Many of the toys raised are transformed before being donated to make them more accessible (e.g. adapted trigger buttons)

**Main Goals**

To promote inclusion, encourage social responsibility and strengthen community ties. It is a solidarity initiative that unites the academic and external community in favor of child well-being and sustainability.

**Motivation & Vision**

Contribute to a more inclusive and conscious society, where every child has access to the right to play and develop, regardless of their (dis) capacities, promoting empathy, social responsibility and community unity.

**Evaluation**

The feedback received from children, families and entities has been extremely positive.

**Lessons Learned**

Aware of social inequality and the difficulty in acquiring toys that respect children's limitations, this initiative aims to respond to the needs that are presented.

**Recommendations**

Contributing to the reduction of social inequality should be a commitment of all HEIs.



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE**Name of the project**

MOBILE program

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).

**Keywords**

Cyclists, environment, accessibility, soft mobility, home-to-campus travel

**Target & Stakeholders**

University Community

**Time & Frame**

All year + bicycle repair shop from Monday to Friday pm

**Team & Staff**

Department Infrastructures ULB
Mobility & Environment

**Description**

Travel expenses reimbursement. Cycling equipment: guarded parking, repair shop. Multi-modal accessibility to campuses: bicycles, carsharing, scooter, bike path, connection to the station.

**Main Goals**

To enhance soft mobility within and into campuses, the program is aimed at increasing cycling, public transport, etc. as an alternative to the car. To improve access to cyclists, to reduce the use of individual car, to promote active road users.

**Motivation & Vision**

To increase accessibility within and into campus and reduce environmental impact.

**Evaluation**

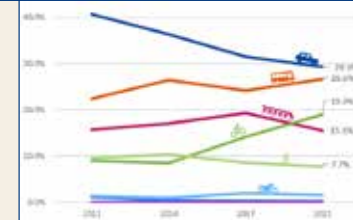
Regular survey of multi-modal transport by University Community. There is a decrease of car use and increase of bicycle use and public transport.

**Lessons Learned**

To use sustainable transport and select soft mobility.

**Recommendations**

Strengthen accessibility to PRM, continue the effort: reduce use of car. Every 3 year, the Environmental Department conduct mobility survey.



Travel mode statistics: university staff member



Repair shop



Bike Guarded parking



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

WEBSITE [HTTPS://WWW.SPORTACADEM.RU/](https://www.sportacadem.ru/)

CONTACT PERSON ANDREY SURDAKOV

EMAIL A.SURDAKOV@SPORTACADEM.RU**Name of the project**

Study and sport without barriers

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).

**Keywords**

Availability, development, health

**Target & Stakeholders**

Students, staff, teaching staff, visitors, spectators

**Time & Frame**

Per year

**Team & Staff**

Facilities Administration, Economic Activity Department

**Description**

Unhampered access to facilities, classrooms, premises and sports grounds as well as access to the services provided by them to all categories of the population.

**Main Goals**

Creation and maintenance of conditions. Providing with special sports and other equipment. Proper placement of equipment and media. Providing staff with assistance and advice in overcoming barriers to services.

**Motivation & Vision**

Providing and receiving fruitful information and knowledge, active studying of educational programmes, striving for physical and moral perfection, self-affirmation and satisfaction of cultural requirements in comfortable and equal conditions.

**Evaluation**

Provision of services, including education and sports to all categories of the population. Full loading of sports facilities within the framework of extra-budgetary activities.

**Lessons Learned**

Within the framework the project realization, the quality of the provided services keeps improving as well as consumers' assessment of the services.

**Recommendations**

In order to meet the needs of the population and the further development of facilities, financial investments in infrastructure and personnel training are required.



Поволжский
государственный
университет
физической культуры,
спорта и туризма



Accessible environment of sports facilities



Accessible environment of sports facilities



Accessible environment of sports facilities



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT CENTRUMCAROLINA@CUNI.CZ



Name of the project

Campus accessibility at Charles University



Domain

Environment, sustainability and social responsibility



Criteria

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).



Keywords

Accessibility, inclusion, mobility, barrier-free campus, wheelchair access



Target & Stakeholders

wheelchair users, people with mobility needs, visitors



Time & Frame

ongoing; accessibility already completed for 45 buildings



Team & Staff

Carolina Centre, external non-profit accessibility partner



Description

Charles University improves campus accessibility through barrier mapping, building adaptations, navigation support, virtual tours, and sustainable mobility options.



Main Goals

To make campus buildings more accessible, inclusive, and easier to navigate for all users.



Motivation & Vision

The university aims to create a welcoming environment that supports equal access and allows users to assess spaces in advance according to their accessibility needs.



Evaluation

More than 45 university buildings have been systematically mapped for accessibility, and the results are publicly available.



Lessons Learned

The project shows the value of expert cooperation, transparent information, and virtual tools that help users decide in advance whether a space is suitable for them.



Recommendations

A good practice example is the combination of accessibility mapping and virtual tours, which allow users to assess spaces in advance from the perspective of accessibility.



CHARLES
UNIVERSITY



Website: Accessibility of buildings



Virtual tour as a tool of accessibility



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT SSANTIAGO@IPMAIA.PT**Name of the project**

Guide to Good Practice in Inclusion and Accessibility on Campus

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).

**Keywords**

Inclusion, equity, accessibility

**Target & Stakeholders**

Academic community

**Time & Frame**

Implemented during the 2024/2025 academic year, with ongoing

**Team & Staff**

Healthy Campus team and students

**Description**

At our campus, inclusion, diversity, equity and accessibility are priorities. We developed the “Guide to Good Practice in Inclusion and Accessibility on Campus” and implemented NaviLens to support students, especially those with visual impairments.

**Main Goals**

The aim is to raise awareness within the academic community of the importance of inclusion, equity and valuing diversity.

**Motivation & Vision**

To promote an inclusive, accessible and equitable campus environment where all students can fully participate in academic and social life, regardless of their individual needs or backgrounds.

**Evaluation**

Monitoring through student feedback, usage of the guide, and periodic reviews. Impact assessed via surveys on awareness, perceived inclusion, and accessibility improvements across campus.

**Lessons Learned**

The initiative reinforced the importance of clear communication, stakeholder involvement, and continuous adaptation. It highlighted the need for practical tools to support inclusive practices in higher education.

**Recommendations**

Ensure active engagement of the academic community; regularly update the guide; provide training on inclusion and accessibility; promote wide dissemination; and integrate feedback mechanisms for continuous improvement.

UNIVERSIDADE
DA MAIA UMAIAGUIA DE BOAS PRÁTICAS DE
ACESSIBILIDADE E INCLUSÃO NO CAMPUS

Photo of the Guide

NaviLens system implemented
on campus

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE WWW.UDST.EDU.QA CONTACT: FARHA.ALKUWARI@UDST.EDU.QA**Name of the project**

Festival of Cultures

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion

**Keywords**

Cultural Diversity, Social Inclusion, and Community Engagement

**Target & Stakeholders**

Students, Staff, External Organizations, Local Communities

**Time & Frame**

Annual

**Team & Staff**

Student Engagement, Marketing & Communications, Volunteers

**Description**

Festival of Cultures celebrates diversity and social inclusion by engaging internal and external communities, representing 85 nationalities, through art, music, food and performances; highlighting cultural heritage and social responsibility.

**Main Goals**

The festival aims to celebrate and promote cultural diversity, provide a platform for cultural exchange, and strengthen community bonds through shared activities that highlight heritage, sustainability, and social responsibility.

**Motivation & Vision**

The festival fosters inclusive community celebrating diversity, sustainable practices & positions UDST as a key leader in responsibility. Student-led initiatives creating artifacts from reused materials built environmental awareness & responsibility.

**Evaluation**

Success is measured by participation, diversity & stakeholder feedback. The event attracts 10,000 visitors with expected growth. Sustainability evaluated through student eco-participation, recycled creativity & feedback on environmental awareness.

**Lessons Learned**

Collaboration with stakeholders enhances cultural representation & impact. Performances, workshops & exhibitions boost participation. Sustainability through cultural themes encourages students to reuse materials, making it practical.

**Recommendations**

Expand partnerships, add sustainability workshops & enhance promotions for wider reach. Use the festival to launch responsibility projects, eco-guidelines, recycled material competitions & awareness campaigns for long-term environmental impact.



Festival of Cultures performances - Qatar



Festival Booths traditional food & drink - Turkey



Festival Booths traditional clothing - Algeria



**Name of the project**

ECOthon “Hyper Leap to Sustainable Development”

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion

**Keywords**

Eco, applicant, sustainability, development, cooperation

**Target & Stakeholders**

Enrollee, schools, university, business partners

**Time & Frame**

Once a year

**Team & Staff**

Faculty of Ecotechnologies, volunteers from ITMO

**Description**

The Faculty of Ecotechnologies has organised an event for applicants for popularise careers in environmental science and sustainable development. The winners will receive additional points upon admission to Bachelor.

**Main Goals**

- Identification of high school students interested in implementation of scientific projects in the field of ecology;
- Strengthening cooperation between schools and ITMO;
- Popularisation of ITMO's educational programmes on the national level.

**Motivation & Vision**

Participation gives school students the opportunity to express themselves, learn more about ITMO, demonstrate their high level of qualification, and receive awards. From 2023, winners will receive additional points upon admission to the programme.

**Evaluation**

16 school teams took part. Participants were presented with gifts and vouchers for ITMO's courses. 100 people subscribed to the faculty's official channel. A database of schools was formed for the purpose of attracting future applicants.

**Lessons Learned**

The event should be held on Sunday. It is best to avoid holding events on school days, vacation days, national holidays, and the days of mock exams. In Russia, the best suitable period is March to April.

**Recommendations**

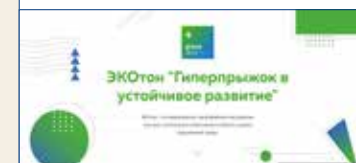
Form a pool of the TA's contact info for future distribution of invitations. Involve volunteers and attach them to each team on the event. Motivate teachers to take part as facilitators of their groups with certificates for professional courses.



ITMO UNIVERSITY



ECOthon



Screenshot of the project website



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT PERSON ALEXANDRA TEODÓSIO – VRATEODOSIO@UALG.PT**Name of the project**

UALg+Healthy-Plastic

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion.

**Keywords**

Sea protection, Nature rights, Migration of Climate change, Healthy habits of enjoying nature

**Target & Stakeholders**

Students, staff and regional stakeholder

**Time & Frame**

All year

**Team & Staff**

UALg R&D, V+, Social Action Services

**Description**

Actions: 1. Return all the material used in bars. 2. Bring your own mug to drink, coffee or tea in bars. 3. Use the special plastic deposit to collect material for art projects. 4. Go to marine litter clean action. 5. Do the Seahorse itinerary Bordoalol.

**Main Goals**

"UALg+Healthy-Plastic" campaign - to contribute to a future "Plastic free" ocean and for a more sustainable environment for all of us and for future generations, contributing to reduce climate change effect, by the reduction of single use plastic.

**Motivation & Vision**

UALg is deeply committed to teach and research marine science and environmental sustainability. Our research already produced evidence of impacts of plastics in the whole Ocean trophic web, including humans.

**Evaluation**

All UALg's services adopted the initiative. Researchers and Students have joined well, and they have organising ways to spread the impact. Number of bar, restaurants, cantinas that joint the initiative inside and outside the University of Algarve campus.

**Lessons Learned**

UALg+Healthy-plastic showed that behaviours inside campus have impacted the surrounding societal ecosystem. Good practices shared by from UALg are more easily adopted in an inclusive way.

**Recommendations**

It is necessary to close the tap source of plastic litter in the oceans: the human use. More campaigns to REDUCE PLASTIC LITTER are urgent due to the direct negative impact in fisheries food resources, and the whole PLANET.



Poster UALG + Saudável - Plástico



Urban Art with Marine Plastic Waste

TRINITY COLLEGE DUBLIN

WEBSITE WWW.TCD.IE

CONTACT PERSON DEIRDRE MULLEN-MCGUINNESS

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Trinity Sport Social Sports Programme

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion.

**Keywords**

Social Sports, participation, physical activity, non-active

**Target & Stakeholders**

Students and staff

**Time & Frame**

Academic terms for students and all year for staff

**Team & Staff**

Sports Participation Officer

**Description**

Our social sports programmes run each academic term and consist of a number of programmes such as social 5 a side, 3x3 basketball, roundnet, learn to play GAA, touch rugby, badminton. Our social programmes also include our campus runs & UV events.

**Main Goals**

To provide students with as many opportunities to be physically active.

**Motivation & Vision**

Present as many social sports to our students to give them every opportunity to be active. Having a variety of social sports enables students to find something they enjoy doing in a social non-competitive environment.

**Evaluation**

"Joining a sport, you've only ever been involved with casually can be quite intimidating. But joining the women's social soccer is one of the best decisions I've made this year! The environment is so inclusive and accepting of all levels of players".

**Lessons Learned**

It is important to offer social programmes to give students an outlet away from their studies. Those who are socially active often have a better support system and self-esteem, which results in an increased sense of belonging and connectedness.

**Recommendations**

Continue to offer a variety of social sports. Survey the students annually to see what they would like to be available via the social sports programmes. Annual promotional campaigns to raise awareness of all social events available to students.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Campus 5k



Social Ladies Soccer



Social UV Glow in the Dark
multi sports event



UNIVERSITY OF TURIN

WEBSITE [HTTPS://EN.UNITO.IT/](https://en.unito.it/) CONTACT FRANCO.PRINA@UNITO.IT – TUTOR.POLOCARCERE@UNITO.IT**Name of the project**

Center for university students detained

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion.

**Keywords**

Inclusion, prison education, resocialization, community, re-entry

**Target & Stakeholders**

Inmates, prison administration, Banking Foundation

**Time & Frame**

All year long

**Team & Staff**

Responsible, manager, academic tutor, teachers, volunteers

**Description**

In 1998 University of Turin was the first in Italy to set up a section of the city prison for detained university students, in collaboration with the prison administration. The programs include degrees in Political science, Law, Art, Music, Theatre.

**Main Goals**

Guarantee the access and the implementation of the right to study and more in particular to university study for persons deprived of personal liberty.

**Motivation & Vision**

Detention shouldn't be a reason for renouncing the rights that the state provides for its citizens and it is also proven that prison education is a highly cost-effective investment both for inmates life during detention and for prevention of relapse.

**Evaluation**

In the past years about 150 inmates have enrolled and about half graduated from university. In the academic year 2021/22, 66 inmates are enrolled in university courses.

**Lessons Learned**

Working with the prison's inmates offers an important added value for the university context, as it represents a challenging context for traditional forms of teaching.

**Recommendations**

It would be relevant to implement online teaching for inmates and the access to the online resources, as those can be important and enriching tools. This always considering the important value of human exchange that develops in face-to-face meetings.

UNIVERSITA
DEGLI STUDI
DI TORINO

Prison classroom



Prison university centre anniversary ceremony



Graduation ceremony of inmate student



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT SSANTIAGO@IPMAIA.PT**Name of the project**

Inclusive Sport on Campus Programme

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion

**Keywords**

Sports, inclusion, equity

**Target & Stakeholders**

Students with disabilities, academic & external community

**Time & Frame**

Implemented during the academic year, with regular adapted

**Team & Staff**

Healthy Campus team; Fitness Centre staff; Inclusion and acc

**Description**

This programme makes the Fitness Centre more accessible, particularly for blind people, and organises inclusive activities such as goalball and amputee football. It ensures the full participation of the entire academic and external community.

**Main Goals**

To ensure equal access to sports, promote autonomy for students with disabilities, and foster an inclusive and active academic community.

**Motivation & Vision**

To create an inclusive sports environment where everyone can participate independently, recognising sport as a key driver for equity, wellbeing and social integration.

**Evaluation**

Participation rates, feedback from students with disabilities and levels of engagement in adapted activities are monitored in order to assess impact and improve practices.

**Lessons Learned**

The initiative highlighted the importance of accessible infrastructure, specialised support, and inclusive programme design to ensure equal participation in sports.

**Recommendations**

Invest in accessible equipment and training; involve the academic community; promote inclusive sports regularly; and ensure continuous evaluation and improvement.

UNIVERSIDADE
DA MAIA UMAIA

Atividade Futebol para Amputados



Formação staff Centro de Fitness



TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE WWW.TUT.AC.ZA CONTACT VENESSA RANJIT – RANJITV@TUT.AC.ZA**Name of the project**

University Social Responsibility Partnership Plan

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion

**Keywords**

Social responsibility, partnerships, inclusion, cohesion, community engagement

**Target & Stakeholders**

University students and staff, community members

**Time & Frame**

Planned and implemented throughout the academic year

**Team & Staff**

Student organisations, community partners, and stakeholders

**Description**

Develop a plan with external stakeholders to implement social responsibility initiatives that promote social inclusion and cohesion.

**Main Goals**

Foster social inclusion, strengthen community engagement, and implement impactful social responsibility initiatives

**Motivation & Vision**

promote a culture of social responsibility and cohesion, building stronger connections between the university and its broader community

**Evaluation**

Measured through participation levels, stakeholder feedback, and the social impact of implemented activities

**Lessons Learned**

Collaboration with diverse stakeholders enhances programme reach and relevance, while early planning ensures smooth implementation

**Recommendations**

Expand partnerships, involve students in planning, and regularly review activities to maximize social impact and community engagement



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

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**Name of the project**

Dual Training via Mentoring
for Tourism & Hospitality

**Domain**

Environment, sustainability and social
responsibility

**Criteria**

#96 The university shall develop
partnership plan with external
stakeholders to implement social
responsibility activities and promote
social inclusion and cohesion

**Keywords**

Training, mentoring, tourism, hospitality,
oriented approach, employment.

**Target & Stakeholders**

Students; employers; education
institutions; government.

**Time & Frame**

A model implemented throughout the
entire study period.

**Team & Staff**

Service & Tourism Dept., pedagogical
mentors, partner reps,

**Description**

A dual mentoring-based training model
for tourism and hospitality, built on
cooperation between educational and
specialized organizations, providing
continuous hands-on training in partner
organisations with necessary resources
for all activities.

**Main Goals**

Updating programmes based on
employer needs, implementing mentoring
dual training, developing the mentoring
institute, adapting students to corporate
culture to support professional growth,
and establishing basic departments in
partner organizations.

**Motivation & Vision**

Students gain experience and income;
employers train staff to their standards;
mentors share expertise. University
business synergy creates an ecosystem
where education drives careers,
producing graduates with ready made
competencies and experience.

**Evaluation**

Quantitative: 20+ partners (incl.
international), number of dual
programmes, graduate employment
rate, competition winners.
Qualitative: employer aligned content,
sustainable partnerships, satisfaction
(students/mentors), individual
career tracks.

**Lessons Learned**

Effectiveness depends on employer
involvement—beyond agreements,
systematic interaction in programme
development, results evaluation, and
joint mentoring. Flexible schedules and
individual approaches boost motivation.

**Recommendations**

Analyse labour market needs and build a
partner pool; develop clear criteria; train
mentors from staff and practitioners;
use university facilities for continuous
practical training; monitor graduate
employment and career paths to adjust
programs.



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT**Name of the project**

UCicletas

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#97 The university should implement a communication policy for the campus community promoting a friendly environmental travel from home to the university and the mobility inside the campus.

**Keywords**

Soft mobility, 3CS, Cycling Campus and City, Healthy Lifestyle, Sustainability, Active Mobility.

**Target & Stakeholders**

University Community, partners from the 3CS ecosystem

**Time & Frame**

All year

**Team & Staff**

UC Sport Team and 3CS project partners

**Description**

Powered by 3CS, UCcicletas is the operational tool providing bikes for the UC community. It transforms 3CS strategy and literacy into practice, enabling sustainable commuting and active travel in Coimbra throughout the entire academic year.

**Main Goals**

- Materialize the active mobility vision defined by 3CS.
- Promote the adoption of alternative and sustainable transport.
- Foster physical activity and well-being.
- Facilitate urban logistics through electric mobility.

**Motivation & Vision**

Driven by 3CS, the project makes UC and Coimbra a benchmark for active mobility. It merges 3CS's strategic framework with sustainable practice to reduce the carbon footprint and align with development goals.

**Evaluation**

Annual monitoring of application volume and integration of 3CS indicators regarding the growth of the cycling community and user satisfaction.

**Lessons Learned**

3CS revealed that electric bicycles are vital to overcome geographical barriers (hills), ensuring that active mobility habits are inclusive and sustainable for the long term.

**Recommendations**

Capitalize on the legacy of 3CS to secure permanent funding for a larger, permanent fleet. Use the collected data to advocate for improved city cycling infrastructure based on the user routes identified.



UNIVERSIDADE DE COIMBRA



3CS Route



UCicletas Participants



Programme Logo



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT [HTTPS://UBIKE.IPLEIRIA.PT/](https://UBIKE.IPLEIRIA.PT/) - UBIKE@IPLEIRIA.PT**Name of the project**

U-Bike Politécnico de Leiria -
RIDING YOUR BIKE FOR
KNOWLEDGE AND
SUSTAINABILITY

**Domain**

Environment, sustainability
and social responsibility

**Criteria**

#97 The university should
implement a communication
policy for the campus
community promoting a friendly
environmental travel from
home to the university and
the mobility inside the campus.

**Keywords**

Sustainability, Smooth mobility,
Energy saving, CO₂ emissions
reduction

**Target & Stakeholders**

University Students
and Staff - IMTT

**Time & Frame**

Year-round since 2018

**Team & Staff**

Social Services Sports Sector

**Description**

The U-bike Project aims to
promote soft mobility. All
members of the academic
community may apply to be
assigned a bicycle, provided they
are holders of driving licenses
and commit to ride a minimum
of 40km per bike per month.

**Main Goals**

Promotion of the use of electric
and conventional bicycles
in academic communities.
Contribution to the reduction
of primary energy consumption.
Contribution to the reduction of
greenhouse gas emissions and
pollutants atmospheric.

**Motivation & Vision**

Promoting changes in the modal
split in urban travel, namely
the transfer from individual
motorized transport mode to
cycling mode.

**Evaluation**

Increase in the number of
registered users. Until March
2022, there were reductions on
primary energy consumption
(12.7%), and on CO₂ emissions
(45,712 kg), with an energy
saving of 15.02 (toe) and a
travelled total distance of
270967 km.

**Lessons Learned**

The need to involve
municipalities in the creation of
cycle paths and charging stations
in cities in order to increase the
number of users.

**Recommendations**

Increase the project's visibility
through the dissemination of
testimonies from users of the
advantages of using the bicycle.



Polytechnic of Leiria's U-Bike app



*One of the many U-Bike users
on Leiria City*



One of the U-Bike docking stations



TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE](https://www.tcd.ie) CONTACT PERSON MARTINA MULLIN – MULLINM1@TCD.IE**Name of the project**

Healthy Trinity: Smarter Travel

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#97 The university should implement a communication policy for the campus community promoting a friendly environmental travel from home to the university and the mobility inside the campus.

**Keywords**

walking, cycling, public transport

**Target & Stakeholders**

Students and staff

**Time & Frame**

2011-2022

**Team & Staff**

SU, HR, students, staff, national transport authority, estates

**Description**

Active commuting is strongly recommended by the WHO. By working with the National Transport Authority, Trinity promote walking, cycling and public transport with students and staff.

**Main Goals**

To encourage students and staff to walk, cycle or take public transport to Trinity by taking action under six headings:

1. Events and Interventions.
2. Supportive Environment.
3. Co/-curricular.
4. Living Lab.
5. Funding.
6. Communications.

**Motivation & Vision**

By increasing walking, cycling and public transport, more people would be physically active particularly when stress levels are high towards the end of term.

**Evaluation**

Trinity is a global leader in Smarter Travel: <https://www.tcd.ie/healthytrinity/travel/Stats.php#2019>.

**Lessons Learned**

Walking, cycling and public transport are positively viewed in a university and once the private car is removed from campus, people no longer wish to travel by private car.

**Recommendations**

Promote walking, cycling and public transport and remove car parking.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



The Smarter Travel website



Living Lab data on how students and staff commute



New bike parking installed on campus



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT SSANTIAGO@IPMAIA.PT**Name of the project**

Guide to Good Environmental and Safety Practices on Campus

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#97 The university should implement a communication policy for the campus community promoting a friendly environmental travel from home to the university and the mobility inside the campus.

**Keywords**

Environment, Sustainability, Sustainable mobility

**Target & Stakeholders**

Students, staff and external community

**Time & Frame**

Implemented during the 2024/2025 academic year, with ongoing

**Team & Staff**

Healthy Campus team; Environmental and sustainability service

**Description**

The “Guide to Good Environmental and Safety Practices on Campus” promotes sustainable behaviours, with a strong focus on environmentally friendly mobility to and within campus, alongside energy saving, waste management and biodiversity protection.

**Main Goals**

To promote sustainable behaviours, especially environmentally friendly mobility, and raise awareness of environmental responsibility across the campus community.

**Motivation & Vision**

To foster a culture of sustainability by encouraging responsible mobility choices and environmentally conscious behaviours in daily campus life.

**Evaluation**

Assessment through feedback from the academic community.

**Lessons Learned**

The initiative highlighted the importance of clear communication and practical guidance in promoting behavioural change towards sustainability.

**Recommendations**

Strengthen communication strategies; promote sustainable mobility initiatives; engage the community; and ensure regular updates of the guide.

UNIVERSIDADE
DA MAIA UMAIA

Guia de Boas Práticas

**Ambientais e de Segurança
no Campus**

Photo of the Guide



SIBERIAN FEDERAL UNIVERSITY

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT MAMOSHIN MAXIM NIKOLAEVICH PROV@SFU-KRAS.RU**Name of the project**

«Gremyachaya Griva» park

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#98 The university shall plan, implement, evaluate and improve specific actions to reduce its environmental impact and increase the attractive green spaces (pa...

**Keywords**

Environment, sustainable development, decreasing carbon footprint, landscaping

**Target & Stakeholders**

Town citizens, tourists and campus community

**Time & Frame**

All year round

**Team & Staff**

Campus Directorate: Construction and Overhaul Department

**Description**

«Gremyachaya Griva» is approved like the joint project with Krasnoyarsk administration the Ministry of tourism for sports and tourist zone and created in conjunction with Siberian Federal University.

**Main Goals**

Park is considered as a part of the ecosystem of the city of Krasnoyarsk, which plays an important role in ensuring environmental sustainability of urban environment. This place is for everybody from the youngest to adults and sportsmen.

**Motivation & Vision**

Visitors coming in «Gremyachaya Griva» also have a chance to get to know SibFU Campus and its possibilities. Also this is an extra zone for campus community activities and the place where the mind has a rest.

**Evaluation**

Number of visitors Occupancy of parking spaces Number of events accepted Connecting the city and green space: transport infrastructure.

**Lessons Learned**

In order to secure the place, a surveillance system is needed, as well as security control. There should be several administrative buildings with necessary facilities: like the room of the mother and child, lockers, lavatories and etc.

**Recommendations**

Any construction project must take into account the existing ecosystem and not disrupt it: no trees were cut down. Roads can be divided into natural paths for hiking and paved paths along the park for cycling and rollerblading.

UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITES WWW.ISMAI.PT AND WWW.IPMAIA.PT EMAIL HEALTHYCAMPUS@MAIEUTICA.PT CONTACT SSANTIAGO@IPMAIA.PT**Name of the project**

'Green Heart' certification

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#98 The university shall plan, implement, evaluate and improve specific actions to reduce its environmental impact and increase the attractive green spaces

**Keywords**

Sustainability, waste management, circular economy

**Target & Stakeholders**

Students, staff and external community

**Time & Frame**

Ongoing initiative, with continuous implementation and monitoring

**Team & Staff**

Healthy Campus team; LIPOR; Facilities and maintenance services

**Description**

We hold the "Green Heart" certification from LIPOR, promoting circular practices and improved waste management, from prevention to recycling, while enhancing resource efficiency, reducing environmental impact and raising community awareness.

**Main Goals**

To improve waste management practices, promote circular economy principles, and ensure efficient and sustainable use of campus resources.

**Motivation & Vision**

To foster a sustainable campus by reducing environmental impact and encouraging responsible resource use within the academic community.

**Evaluation**

Monitoring through certification criteria, waste reduction indicators, recycling rates, and periodic internal assessments.

**Lessons Learned**

The certification process reinforced the importance of structured actions, continuous monitoring, and community engagement in sustainability.

**Recommendations**

Strengthen waste prevention strategies; engage the community; maintain certification standards; and continuously improve resource efficiency.

UNIVERSIDADE
DA MAIA UMAIA

Photo of the 'Green Heart' certification



Mobile Recycling Centre



Guide to Good Environmental Practices on Campus



SIBERIAN FEDERAL UNIVERSITY

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT ALEXEY ZHZHONYKH CONTACT: +7 (913) 577-47-54**Name of the project**

The Green Station

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources

**Keywords**

Laboratory, Coworking, renewable energy, solar energy, geothermal energy

**Target & Stakeholders**

All city ecology organizations, SibFU students and employees

**Time & Frame**

All year round

**Team & Staff**

School of Engineering and Construction

**Description**

The Green Station is a multi-functional space. The 2019 Universiade checkpoint was transformed into an environmentally friendly and energy-efficient zone. The Station uses renewable energy sources such as solar panels and geothermal heating wells.

**Main Goals**

The educational and practical implementation of environmentally friendly energy-efficient technologies (solar panels and geothermal heating wells). The station is a completely energy-independent campus infrastructure facility.

**Motivation & Vision**

The event's vision is to foster a vibrant, inclusive community that celebrates cultural diversity, encourages sustainable practices, and positions UDST as a leader in social responsibility and cultural inclusivity.

**Evaluation**

Number of residents;
Number of supported projects;
Effect from implementation of supported projects.

**Lessons Learned**

The development and successful operation of the Green Station requires comprehensive support from the university, as the implementation of environmental projects is expensive.

**Recommendations**

There is a need to involve larger and more influential partners in the implementation of The Green Station projects with the help of the university.

UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt)**Name of the project**

UALg+Healthy-Plastic

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.

**Keywords**

Environmental and social responsibility to sea protection, Nature rights, Migration of Climate change, Healthy habits of enjoying nature.

**Target & Stakeholders**

Students, staff and regional stakeholder

**Time & Frame**

All year

**Team & Staff**

UALg R&D, V+, Social Action Services

**Description**

Several actions were launched with communication to academia and poster spreads in UAlg Bar/ canteens, and later to restaurant, schools and region mupi:

1. Return all the material used in bars.
2. Bring your own mug to drink, coffee or tea in bars.
3. Use the special plastic deposit to collect material for art projects.
4. Go to marine litter clean action.
5. Do the Seahorse itinerary Bordalloi.

**Main Goals**

"UALg + Healthy - Plastic" campaign in bar, canteen and residences main goals were to contribute to a future "Plastic free" ocean and especially for a more sustainable environment for all of us and for future generations, contributing to reduce climate change effect, by the reduction of single use plastic.

**Motivation & Vision**

UALg is deeply committed to teach and research marine science and environmental sustainability. Our research already produced evidences of impacts of plastics in the whole Ocean trophic web, including humans.

**Evaluation**

All services inside the UAlg adopted the initiative, besides COVID, that bring the single items again on the agenda. Researchers and Students have joined well and they have organising ways to spread the impact.

Number of bar/restaurantes/ cantinas that joint the initiative inside and outside the University of Algarve campus.

**Lessons Learned**

UALg+Healthy-plastic showed that behaviours inside campii have impacted the surrounding societal ecosystem. Good practices shared by from UAlg are more easily adopted in an inclusive way

**Recommendations**

Cleaning actions of plastic items coastal areas have educational but insignificant global impact. It is necessary to close the tap source of plastic litter in the oceans: the human use. More campaigns to REDUCE PLASTIC LITTER are urgent due to the direct negative impact in fisheries food resources, and the whole PLANET.



Poster UALG + Saudável - Plástico



UNIVERSITY OF JOHANNESBURG

WEBSITE WWW.UJ.AC.ZA

**Name of the project**

UJ Clean Up Campaign

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.

**Keywords**

Clean-up, Environment, Environmental Sustainability, No Littering, Clean Up Campaign, Recycle

**Target & Stakeholders**

Students and Staff

**Time & Frame**

Weekly

**Team & Staff**

Students, Staff, Operations Department, City of Johannesburg Municipality

**Description**

The UJ Clean Up campaign is aimed at keeping the campuses clean and raising awareness on clean working and teaching and learning environments. The materials picked up are placed in specified recycle bins. All staff and students are involved.

**Main Goals**

To keep a healthy, clean environment. To teach the campus community to respect the environment. To encourage people to recycle plastics, bottles & other waste materials. To encourage the campus community to make UJ a cleaner & sustainable environment.

**Motivation & Vision**

Keeping a clean studying, working and living environment is important for individual and collective well-being. Clean environments are not only important for people, but they are also important for the natural ecosystem.

**Evaluation**

Many people have stopped littering. People have adopted the use of bins provided.

**Lessons Learned**

People find it embarrassing to throw away plastics in open spaces. The Clean Up campaign has improved the quality of life on campuses.

**Recommendations**

All persons must be encouraged to use bins provided in public spaces. Littering should be punishable if found/caught in the act.



Clean Up campaign at UJ



Clean Up campaign partnership with the City of JHB



Clean Energy Initiatives



ITMO UNIVERSITY

WEBSITE [HTTPS://EN.ITMO.RU/](https://en.itmo.ru/) CONTACT PERSON EVGENY RASKIN + 7 (905) 250 05 28**Name of the project**

Green Zoom Universities

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.

**Keywords**

Sustainable development, green practices, energy and water efficiency

**Target & Stakeholders**

Educational centers in Russia and abroad

**Time & Frame**

Perpetual

**Team & Staff**

Architects, engineers, ecologists, experts, IT specialists

**Description**

ITMO has developed the Green Zoom Universities standard - Russia's first-ever set of construction standards for innovative research and educational institutions that follows principles of the smart city model, environmentally friendly construction.

**Main Goals**

Promotion of the Green Zoom Universities standard, which is Russia's first system of practical recommendations for reducing power consumption and increasing water efficiency and sustainability of university campuses.

**Motivation & Vision**

To build the first object adhering to the new green standard, which will be the research and educational center located at ITMO Highpark. In the future, the solutions developed in the process could be applied in other educational centers.

**Evaluation**

ITMO University has already taken steps towards decreasing its environmental footprint by installing water dispensers and organising waste sorting stations, as well as providing free scooter-sharing and bike parking for students.

**Lessons Learned**

An active public position of the academic and student communities turns them into agents of change and makes it possible to promote the values of sustainable development to a wider audience.

**Recommendations**

To actively implement sustainability in the design and construction of university campuses and adapt the existing infrastructure to the corresponding standards.



ITMO UNIVERSITY



ITMO Highpark



ITMO Highpark



ITMO Highpark



ARMENIAN STATE UNIVERSITY OF ECONOMICS - ASUE CAMPUS

WEBSITE [HTTPS://ASUE.AM/EN](https://asue.am/en) EMAIL HOVHGABRIELIAN@GMAIL.COM CONTACT HOVHANNES GABRIELIAN**Name of the project**

Climate and Sustainability Action Plan

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources

**Keywords**

Sustainability, Environmental impact, Sustainable development, Green economy, Net-zero emissions

**Target & Stakeholders**

ASUE related departments and divisions, Student Council

**Time & Frame**

2020-2050

**Team & Staff**

Related departments and divisions of ASUE

**Description**

This plan builds on ongoing improvements in energy management, digital transformation, and waste reduction, and sets a structured path forward.

**Main Goals**

The CSAP sets a clear direction for the ASUE to align with Armenia's national climate goals and global sustainability standards. It outlines steps to cut emissions, strengthen climate resilience, and deepen sustainability across all areas.

**Motivation & Vision**

ASUE aims to reduce campus greenhouse gas emissions by 20% by 2030, and steadily move toward net-0 emissions by 2050. Our approach includes improving infrastructure, updating academic programs, and integrating sustainable practices into campus life.

**Evaluation**Annual sustainability report published publicly, Progress measured through KPIs: Energy use per m²; Emissions reductions; Waste recycling rates; Share of renewable energy; EV adoption and sustainable mobility metrics.**Lessons Learned**

ASUE is committed to building a modern, climate-responsible campus and equipping future leaders with the knowledge and skills needed for a sustainable economy.

**Recommendations**

Create Sustainability Committee, Waste sorting program, Sustainability workshops, GHG inventory, publish annual Sustainability reporting, create and follow KPIs.



ASUE operates an electric vehicle.



MYONGJI UNIVERSITY

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE WWW.MJU.AC.KR EMAIL CH10005@MJU.AC.KR**Name of the project**

Low-carbon Green Initiatives

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#100 The university shall plan, implement, evaluate and improve specific actions to reduce the energy consumption of facilities and avoid waste as much as possible.

**Keywords**

Green campus, green industry, human capital for green growth, experts for green economy

**Target & Stakeholders**

Students, faculty members, staff members

**Time & Frame**

Since 2011

**Team & Staff**

Office of Planning & Coordination/ Facilities & Maintenance Team

**Description**Engineering building 5: rainwater collection.
Engineering building 2: using sunlight to heat water and generate electricity.
Myongji park: green landscape for university community on campus.**Main Goals**

To protect the environment and promote green campus sustainability. To educate future professionals for green economy.

**Motivation & Vision**

To create an eco-friendly campus and take the lead in creating a more sustainable tomorrow (as a university which earned its official status as "Low-Carbon Green Campus" by the Ministry of Environment and Korea Environment Corporation in 2011).

**Evaluation**

Green campus initiatives implemented by our institution resulted in saving energy, reducing long term costs and also creating many other positive impacts on the local community.

**Lessons Learned**

Climate change is clearly one of grand challenges facing humanity, and we came to learn that universities should take the lead in creating a more sustainable tomorrow by developing new and longer-term policies for tackling climate change.

**Recommendations**

We believe investing more in sustainable buildings will reduce long term costs.

MYONGJI
UNIVERSITYArts and Design Centre
(Low-carbon Green Campus)Myongji Campus Complex
(Low-carbon Green Campus)

Clean Campus Campaign



ARMENIAN STATE UNIVERSITY OF ECONOMICS - ASUE CAMPUS

WEBSITE [HTTPS://ASUE.AM/EN](https://asue.am/en) EMAIL HOVHGABRIELIAN@GMAIL.COM CONTACT HOVHANNES GABRIELIAN**Name of the project**

Climate and Sustainability Action Plan

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#100 The university shall plan, implement, evaluate and improve specific actions to reduce the energy consumption of facilities and avoid waste as much as possible

**Keywords**

Sustainability, Environmental impact, Sustainable development, Green economy, Net-zero emissions

**Target & Stakeholders**

ASUE campuses, departments, academic & administrative staff

**Time & Frame**

2020-2050

**Team & Staff**

Infrastructure and Facilities Department, IRO

**Description**

This plan builds on ongoing improvements in energy management, digital transformation, cut emissions, increase energy efficiency, and sets a structured path forward.

**Main Goals**

The CSAP sets a clear direction for the ASUE to align with Armenia's national climate goals and global sustainability standards. It outlines steps to cut emissions, strengthen climate resilience, and deepen sustainability across all areas.

**Motivation & Vision**

ASUE aims to reduce campus greenhouse gas emissions by 20% by 2030, and steadily move toward net-0 emissions by 2050. Our approach includes improving infrastructure, updating academic programs, and integrating sustainable practices into campus life.

**Evaluation**Annual sustainability report published publicly, Progress measured through KPIs: Energy use per m²; Emissions reductions; Waste recycling rates; Share of renewable energy; EV adoption and sustainable mobility metrics.**Lessons Learned**

ASUE is committed to building a modern, climate-responsible campus and equipping future leaders with the knowledge and skills needed for a sustainable economy.

**Recommendations**

Create Sustainability Committee, Waste sorting program, Sustainability workshops, GHG inventory, publish annual Sustainability reporting, create and follow KPIs.



Electric vehicle's charger at university



Sensor tapes



UNIVERSITY OF COIMBRA

WEBSITE: WWW.UC.PT EMAIL: FILIPA.GODINHO@UC.PT CONTACT: HEALTHYCAMPUS@UC.PT

**Name of the project**

UC Renewable Energy

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#100 The university shall plan, implement, evaluate and improve specific actions to reduce the energy consumption of facilities and avoid waste as much as possible

**Keywords**

Sustainability, SDG 7, Solar Energy, Decarbonization, Self-consumption

**Target & Stakeholders**

UC community

**Time & Frame**

Ongoing; significant expansion between 2021-2025

**Team & Staff**

GDS.UC (Coimbra University Sustainable Development Office)

**Description**

Installation of photovoltaic systems on key buildings (such as the University Stadium and Polos I, II, and III) to produce clean energy, reducing the carbon footprint and promoting institutional energy efficiency.

**Main Goals**

- Increase the share of renewable energy in UC's total consumption.
- Reduce greenhouse gas emissions.
- Achieve carbon neutrality by 2030 through energy self-consumption.

**Motivation & Vision**

To make UC a benchmark in environmental sustainability, aligning campus management with global climate change commitments and the energy transition.

**Evaluation**

Monthly measurement of renewable energy production and monitoring of cost reductions in the energy bill.

**Lessons Learned**

Installing large-scale solar panels on high-consumption areas, like sports pavilions, provides immediate resource optimization and environmental impact.

**Recommendations**

Integrate real-time monitoring systems visible to the community to raise awareness about clean energy production.

12 190 90 UNIVERSIDADE DE COIMBRA



University Stadium of Coimbra



Polo II



FEUC



CHARLES UNIVERSITY

WEBSITE WWW.CUNI.CZ/UKEN-1 CONTACT NIKOLA.RUSOVA@RUK.CUNI.CZ**Name of the project**

Sustainability action plan at Charles University

**Domain**

Environment, sustainability and social responsibility

**Criteria**

#100 The university shall plan, implement, evaluate and improve specific actions to reduce the energy consumption of facilities and avoid waste as much as possible

**Keywords**

Sustainability, energy management, waste reduction, carbon neutrality, circular economy, SDGs

**Target & Stakeholders**

Students, staff, dormitories, dining facilities, management

**Time & Frame**

Long-term goal of carbon neutrality by 2050

**Team & Staff**

Sustainable Development Department, Dormitories, Refectories

**Description**

Charles University implements a sustainability action plan focused on reducing energy consumption, improving waste management, and supporting sustainable campus operations.

**Main Goals**

To reduce energy use, minimize waste, improve sorting and composting, and achieve carbon neutrality by 2050

**Motivation & Vision**

Campus development with the SDGs and create a more sustainable, resource-efficient, and environmentally responsible institution.

**Evaluation**

The strategy includes concrete measures in energy management, waste reduction, reusable containers, local sourcing, and digitalization.

**Lessons Learned**

The plan shows the importance of combining strategic goals with practical everyday measures in campus operations.

**Recommendations**

A good practice example is the combination of strategic sustainability planning with practical measures such as reusable containers, waste sorting, and energy-efficient upgrades.

CHARLES
UNIVERSITY

CU Sustainable Development Strategy



Reusable takeaway container system used at CU



List of Universities Registered on Healthy Campus Programme

Gyeongin National University of Education - Incheon Campus	Hanbat National University - Yuseong Deokmyeong Campus	Monash University - Clayton
Adelaide University	HES-SO - HESAV	Moscow Polytechnic University
Akdeniz Üniversitesi	Hochschule Magdeburg-Stendal	Mugla Sıtkı Kocman University
American University of Kuwait	Humboldt-Universität zu Berlin	Murdoch University - Murdoch
Armenian State University of Economics - ASUE Campus	İhsan Doğramacı Bilkent Üniversitesi - Merkez ve Doğu Kampüsü	Mykolas Romeris University - Mykolas Romeris University
Australian Catholic University	Imperial College London - South Kensington	Myongji University - Natural Science Campus at Yong-in
Bartın University - Kutlubey Campüsü	Institute of Technology Carlow - Carlow	Nagaland University
Bashkir State Medical University	Institute Of Technology Sligo - IT Sligo	National Cheng Kung University
Beijing Institute of Technology	Institute of Technology Tralee	National Research University - Campus
Bergische Universität Wuppertal	Instituto Piaget - Instituto Piaget	National Research University of Electronic Technology MIET
Bond University	Instituto Politécnico de Beja - Campus do IPBeja	National Taiwan University of Science and Technology
Brasília University - Darcy Ribeiro	Instituto Politécnico de Setúbal - Campus do IPS (Setúbal Barreiro)	National University of Ireland - University College Cork
Budapesti Gazdaságtudományi Egyetem	Instituto Politécnico de Viana do Castelo - IPVC	National University of Singapore
Çanakkale Onsekiz Mart Üniversitesi	Instituto Politécnico do Cávado e do Ave - Campus do IPCA	Near East University - Near East University Nicosia
Centro Universitário Mario Pontes Jucá - UMJ - Barro Duro	Instituto Tecnológico de Costa Rica	Ningxia Vocational Technical College of Industry And Commerce
Chang'an University	Interregional Academy of Personnel Management - Campus of IAPM	Nord University - Bodø
Charles University	ISCTE - University Institute of Lisbon	Obuda University / Óbudai Egyetem
Chengdu Sport University	ITMO University	Orenburg State Medical University
Chengdu University	İzmir Institute of Technology - Gülbahçe Campus	Ostravská univerzita
Chinese Culture University - Yang-Ming-Shan	Kazakh Academy of Sport and Tourism	Paichai University - Paichai Campus
Chinhoyi University of Technology	Kazan Federal University	Pamukkale University - Kinikli
Chungnam National University - Daedeok Campus	King Saud University	Peking University
CQUniversity Australia - Rockhampton	King's College London - The Strand	Plekhanov Russian University of Economics
Curtin University - Curtin	Kongju National University	Politécnico de Leiria - Serviços Centrais do Politécnico de Leiria
Dankook University - Cheonan Campus	Krasnoyarsk State Medical University	Politecnico di Torino - Politecnico di Torino
Deakin University - Waterfront	Kyung Hee University - Global Campus	Polytechnic University of Coimbra
Don State Technical University	Kyungpook National University - Sanju campus	Pontificia Universidad Católica de Chile - San Joaquín
Donghua University	La Trobe University - Melbourne (Bundoora)	Pontificia Universidad Católica de Valparaíso
Dublin City University - Glasnevin Campus	Leibniz Universität Hannover	Portalegre Polytechnic University - Campus Politécnico
East China University of Science and Technology - Fengxian	Liaoning Agricultural Technical College	Prívolzhsky Research Medical University
Eastern Mediterranean University	Liverpool John Moores University	Queensland University of Technology - Gardens Point
Eberhard Karls Universität Tübingen	Macquarie University - Wallumattagal Campus	Recep Tayyip Erdoğan University - Zihni Derin
EHL Hospitality Business School SA - Lausanne	Magyar Testnevelési és Sporttudományi Egyetem - TF Campus	RMIT University - Melbourne
EPFL	Makerere University	RUDN University (Peoples' Friendship University of Russia)
Far Eastern Federal University	Masaryk University - University Campus at Bohunice	Russian International Olympic University
Fu Jen Catholic University	Maynooth University - Maynooth	Sefako Makgatho Health Sciences University - SMU
Georg-August-Universität Göttingen	McMaster University	Shanghai International Studies University
Guangdong Polytechnic	Middle East Technical University	Shanghai University of Finance and Economics
Guangdong Polytechnic of Industry and Commerce	Moholy-Nagy University of Art and Design - MOME Campus	Shanxi University - Wucheng Campus

Siberian Federal University
 Siberian State Medical University
 Sisekaitseakadeemia
 Stellenbosch University - Stellenbosch
 Sulaiman Alrajhi University - Main Campus
 Tartu Health Care College
 Tecnológico de Estudios Superiores de Jocotitlán
 The Australian National University
 the Southern Federal University
 The University of Alabama in Huntsville
 The University of Western Australia - UWA
 Trinity College Dublin - Trinity College
 Tshwane University of Technology - TUT
 TU Dublin - Grangegorman
 UAE University - UAEU
 Ulster University
 Umeå University - Campus Umeå
 Unicerrado - Centro Universitario de Goiatuba
 UniRV - Universidade de Rio Verde - Campus Rio Verde
 Universidad Camilo Jose Cela
 Universidad Complutense de Madrid
 Universidad de Burgos
 Universidad de Cádiz
 Universidad de Guadalajara
 Universidad de Guanajuato
 Universidad de Málaga - Campus de Teatinos
 Universidad de Santiago de Chile
 Universidad de Zaragoza - Universidad de Zaragoza
 Universidad Pablo De Olavide
 Universidad Peruana de Ciencias Aplicadas
 Universidad Rafael Landívar - San Francisco de Borja S.J.
 Universidad Rey Juan Carlos
 Universidad San Ignacio de Loyola - Fernando Belaunde Terry
 Universidad Veracruzana
 Universidade da Beira Interior
 Universidade da Maia (ISMAI) & Instituto Politécnico da Maia
 Universidade de Fortaleza - UNIFOR - UNIFOR
 Universidade do Estado de Santa Catarina
 Universidade do Minho

Universidade do Porto
 Universidade Federal de Goiás
 Universidade Lusófona
 Universidade NOVA de Lisboa
 Universidade Paulista UNIP -
 Università degli Studi del Piemonte Orientale
 Università IULM
 Università Degli Studi Di Napoli
 Universitat Autònoma de Barcelona
 Universitat de Barcelona
 Universität des Saarlandes
 Universität Luzern
 Universität Regensburg - Institut für Sportwissenschaft
 Université Côte d'Azur
 Université de Bordeaux
 Université de Genève
 Université de Lausanne - UNIL - Dorigny
 Université de Neuchâtel - Université de Neuchâtel
 Université Libre de Bruxelles
 University College Dublin - Belfield
 University of Antwerp - Middelheim
 University of Aveiro
 University of Baghdad
 University of Calgary - University of Calgary
 University of Cape Town - UCT
 University of Coimbra - Estádio Universitário de Coimbra
 University of Debrecen - University of Debrecen
 University of Doha for Science and Technology - UDST
 University of East London - Docklands Campus
 University of Europe for Applied Sciences - Iserlohn
 University Of Hull - Hull Campus
 University of Johannesburg
 University of Limpopo - Turfloop
 University of Lisbon - University of Lisbon
 university of macau - main campus
 University of Milano-Bicocca - Bicocca
 University of New England - Armidale
 University of Notre Dame - Fremantle
 University of Nottingham - University of Nottingham Ningbo China

University of Pannonia - University of Pannonia Veszprém
 University of Primorska
 University of Queensland
 University of Rijeka - Student Dormitory "Trsat"
 University of Split
 University of St.Gallen
 University of Surrey - Manor Park / Stag Hill
 University of Technology Sydney
 University of Technology, Jamaica - Papine
 University of the Algarve
 University of the Free State - Bloemfontein
 University of Turin - Università degli Studi di Torino
 University of Waikato Te Whare Wānanga o Waikato
 University of Wollongong - UOW
 University Paderborn
 Uniwersytet Gdański - Kampus Bałtycki Uniwersytetu Gdańskiego
 UNLaM - Universidad Nacional de La Matanza - UNLaM
 UTAD - Universidade de Trás-os-Montes e Alto Douro - UTAD
 Victoria University - Footscray Park
 Volga Region State University of Physical Culture, Sport and Tourism
 Wageningen University and Research
 Waipapa Taumata Rau
 Waterford Institute of Technology
 Western Sydney University - Parramatta South Campus
 Woxsen University - Woxsen
 Zhejiang Police Vocational Academy
 Zonguldak Bulent Ecevit University - Farabi Campus
 PSU
 Immanuel Kant Baltic Federal University
 Chung Shan Medical University
 Nanhua University
 Jilin Sport University
 University of Taipei
 Taipei Medical University
 Woosong University

