



FISU HEALTHY CAMPUS

Best Practices 2021-22



**FISU
HEALTHY
CAMPUS**

Best Practices 2021-22





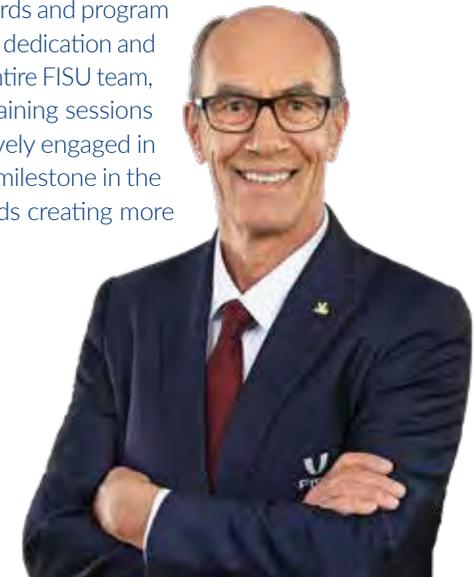
The FISU Healthy Campus project is a visionary initiative dedicated to enhancing the overall well-being of students. FISU's primary goal with this project is to establish a comprehensive interdisciplinary system that fosters well-being, promotes a healthy lifestyle, and raises awareness among students and campus communities on these vital aspects of life.

Additionally, the project aims to facilitate the exchange of knowledge and best practices both locally and globally among campuses by creating a shared reference framework. This publication, for the second consecutive year, aims to consolidate this objective of sharing between Higher Education Institutions.

As of November 2023, the FISU Healthy Campus Program proudly boasts participation from 130 universities across 40 countries and 63 of these institutions have already achieved Certification status in at least one of the five available levels. This accomplishment is particularly noteworthy given that the program was launched during a challenging global pandemic.

FISU extends its heartfelt gratitude to all those who have played a pivotal role in the success of this program. This includes our National University Sports Federations, who have been instrumental in promoting the program at the national level. We also express our sincere appreciation to the boards and program leaders of the registered universities for their dedication and enthusiasm. Special recognition is due to the entire FISU team, which has diligently completed recently the training sessions for the 52 auditors. These auditors are now actively engaged in assessing other universities, marking a significant milestone in the transformative journey of the FISU program towards creating more vibrant and healthier campus communities.

Leonz Eder
FISU ACTING PRESIDENT







The publication we are delighted to present here contains a rich compilation of approximately 200 Best Practices drawn from universities that have already earned the esteemed Healthy Campus label. It stands as an exemplary showcase of learning and a testament to our shared objective of enhancing knowledge by embracing the finest global practices in all domains of well-being within Higher Education Institutions.

The moving of the FISU headquarters to the University of Lausanne Campus has given the Healthy Campus initiative a symbolic home. It symbolizes our ambitious commitment to partnering with universities and a coordinated effort with our national Member Associations, recognizing them as the cornerstone of the development of university sports and well-being.

Embedded within FISU's constitution is the core mission of advancing the «health and well-being of students.» The Healthy Campus program now serves as a valuable and practical tool for universities seeking to invest in the well-being of their academic communities. To our delight, 130 educational institutions have already embraced this initiative, aligning themselves with FISU's guidelines, and the remarkable results they have achieved are regularly shared with us by their dedicated Rectors, Vice-Chancellors, and Presidents. These achievements fill us with immense satisfaction and inspire us to push even further.

I extend my heartfelt gratitude to the dedicated the FISU team, and to the Healthy Campus teams across all universities for their invaluable contributions to the enhancement of well-being within campus communities. Your collective efforts are shaping a brighter future for students, staff, professors and institutions alike.

Eric Saintrond
FISU GENERAL
SECRETARY



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PUBLISHED BY



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EDITION: FERNANDO PARENTE, AMANDINE VOLPATO,
IVO CARVALHOSA & HC UNIVERSITIES

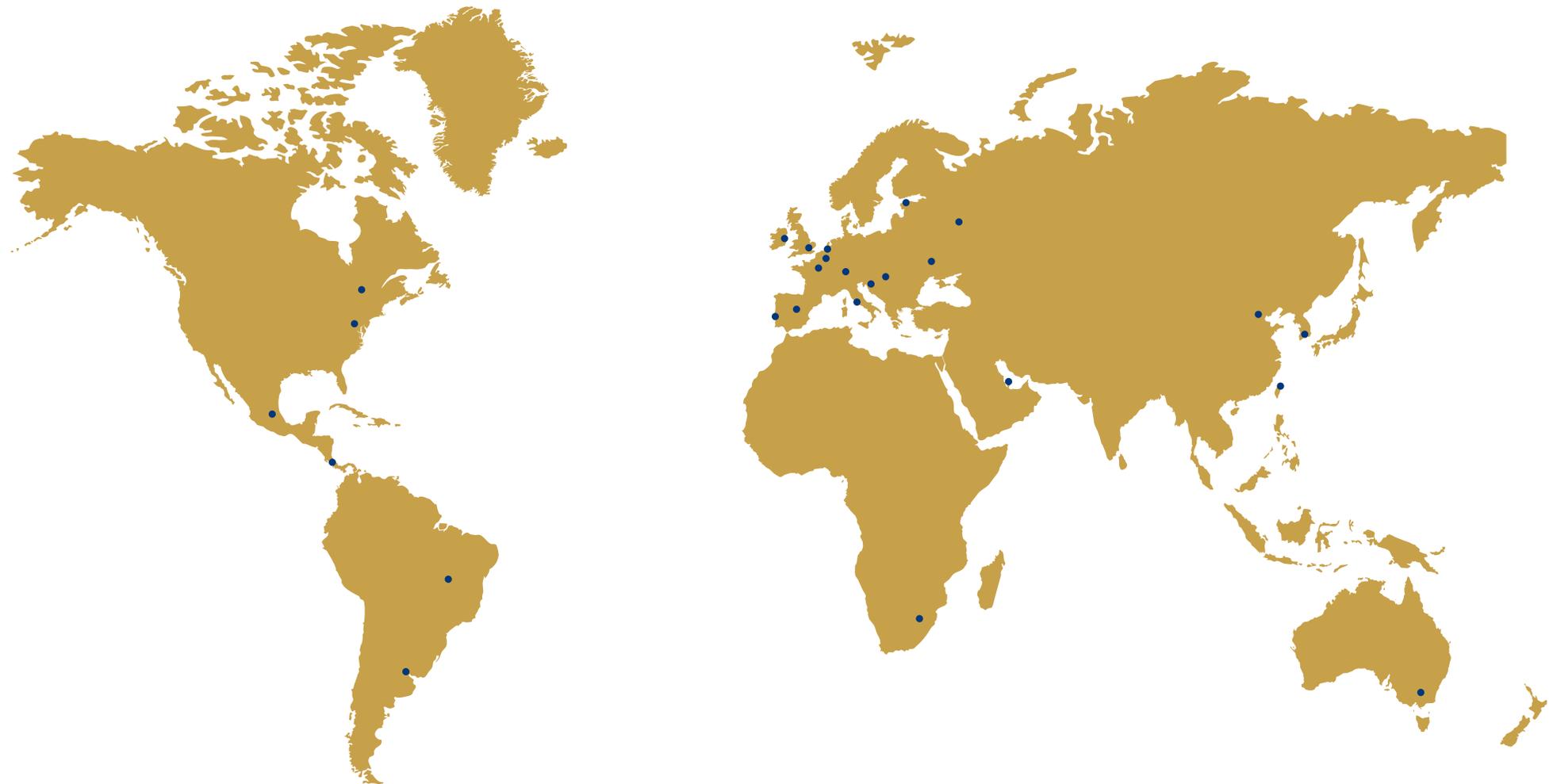
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Certified universities





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 130 universities from 39 countries registered since 2020, this publication contains the best practices of the first year of operation of Healthy Campus programme and of the Universities already certified.

FISU, December, 17 2023

Best Practices 2022

Healthy Campus management

ESTONIAN ACADEMY OF SECURITY SCIENCES

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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.



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

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



UNIVERSIDAD REY JUAN CARLOS

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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 communi



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.





THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

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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



UNIVERSIDAD REY JUAN CARLOS

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Communication Plan



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.

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

Stuff 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)

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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.



TARTU HEALTH CARE COLLEGE

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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.



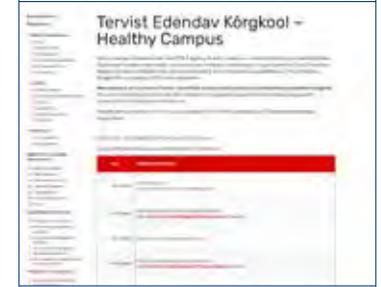
Lessons Learned

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.

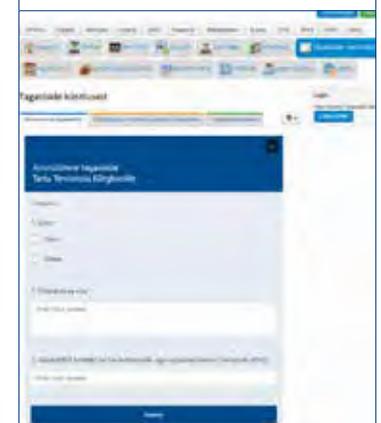


Recommendations

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

Physical activity and sport

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), than 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.



Parasports day in the University of Debrecen



DEAC Sport Field



International sports day in the University



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

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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



UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

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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.



SUPPORT EDUCATE INSPIRE

SSP Support, Educate, Inspire



Team Surrey Move, Play, Perform Pathway

UNIVERSITY OF DEBRECEN

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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.



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** VRCAMPUSSALUDABLEYDEPORTE@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 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



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



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



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 CONTACT PERSON BOCHARIN IVAN 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.



ПИМУ
Приволжский
исследовательский
медицинский университет



Official opening
a project



Sports orienteering “sports maze”



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



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

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.



Erasmus+ students on hike



EASS powerlifting team with Erasmus+ students



One of HC events in EASS - Sports Day in September



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

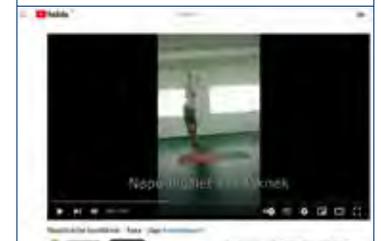
Collect science article, books, videos written/made by PE teachers, researchers of your university and make them available for the Campus community, and based on the needs and trends organize talks.



Marco Rossi presented in the University



The Institute of Sport Sciences



Yoga exercise by Kata on UD's Youtube channel

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.



Booth of the university in Educatio



DExpo in the University of Debrecen



Booth of Institution of Sport Sciences in DExpo

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.



Family day for alumni in 2022



Commemoration of the legendary football player



Award ceremony in Buzánszky 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



THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

WEBSITE [HTTPS://WWW.UAH.EDU/](https://www.uah.edu/)



Name of the project

SAAC outreach volunteer programs



Domain

Physical activity and sport



Criteria

#60 The university offers a dual career programme



Keywords

Student athletes, volunteer, good cause



Target & Stakeholders

Student athlete advisor committee (SSAC); UAH students



Time & Frame

Throughout the academic year (August to May)



Team & Staff

UAH SAAC, athletes, students, local community



Description

Morgan's Message: raise awareness about mental health. One Love: UAH student-athletes led workshops for the prevention of abusive relationships. Be the Match: submitted swabs and joined the Be the Match bone marrow national registry.



Main Goals

SAAC and student athlete-led events to educate, and empower UAH athletes, students, and community. Lead by example in various social and wellness events by highlighting worthy health, wellness, and social causes.



Motivation & Vision

To empower student-athletes to be the changemakers and influencers in worthy and important causes that relate to the overall wellness of the entire UAH community.



Evaluation

SAAC and student-athletes participate in increasing numbers in these events and organize special events to bring attention to worthy causes that benefit them, the UAH students, employees, and the local community



Lessons Learned

Through these events, student-athletes learn about mental health, having healthy relationships, and even saving lives by being role models to the UAH students, faculty, staff, and local community by championing these and other worthy causes.



Recommendations

SAAC as the representative of the student-athletes, encourages a wide range of events and wellness issues to be highlighted through events that foster learning and service that benefits the UAH and local communities.



UAH student-athletes promoting info on One LOVE



UAH Lacrosse Team promoting Morgan's Message



UAH student-athletes promoting BE The MATCH



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

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.

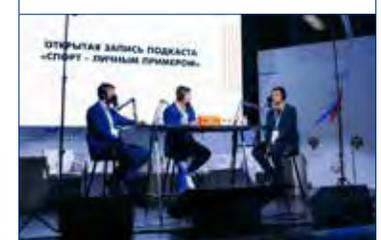
Recommendations
Increasing the amount of time allotted for networking and discussion platforms during the event. Participants primarily want to share experiences and best practices.



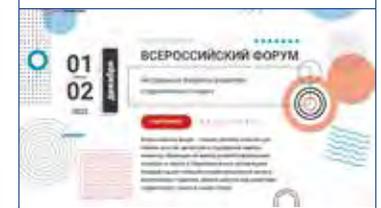
ITMO UNIVERSITY



Forum discussions



Podcast on the forum



Forum website

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.



Inno4Sports partners in La Nucia, Spain 2022



In ESPI annual conference, Bergamo 2022



Representatives of UD in the event in Split 2023

Nutrition





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

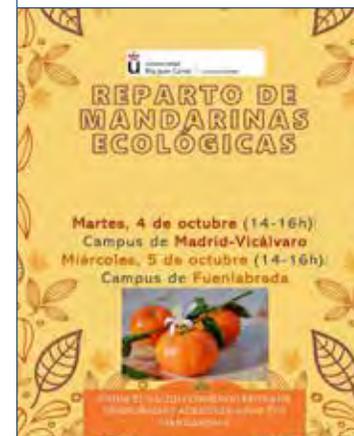
1. Investment of financial resources is necessary to expand the range of activities.
2. Conduct activities in an online format.
3. If campaigns involve food, they should be seasonal and locally sourced.



Universidad Rey Juan Carlos



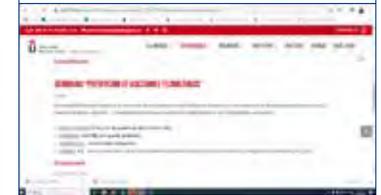
Screenshot of an online colloquium



Fruit Distribution Announcement Poster

Disease prevention





Screenshot Prevention of ICT addiction program



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.

Mental and social health

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

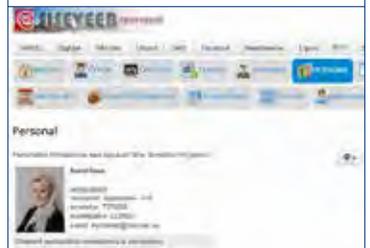
In addition to providing advice, the organisation of various joint events, information seminars and the distribution of information leaflets are essential.



Poster of a mental health seminar



Participants of the 2022 sports day



Psychologist's contacts on the intranet



UNIVERSIDAD REY JUAN CARLOS

WEBSITE [HTTPS://WWW.URJC.ES/](https://www.urjc.es/) CONTACT UNIVERSIDADSSALUDABLE@URJC.ES



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://clinicaurjc.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://clinicaurjc.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.



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.



Logo of the Mental Health Centre



Mental Health Centre poster



Announcement of a training by the Centre



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 SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT [HIVE@SURREY.AC.UK](mailto:hive@surrey.ac.uk), [CAMPUS.SURREY.AC.UK/HELP](mailto:campus@surrey.ac.uk)



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



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

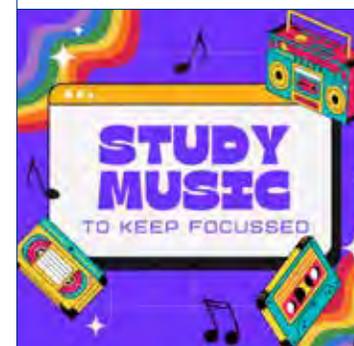
Any events and campaigns should be promoted as stress reduction for exams, but also as general student events to help drive student participation.



ResLife Event



Colour Run



ResLife Advice

Risk behaviour





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, tabaco, and alcohol. Prevent situations of doping.



Motivation & Vision

Educate the students and staff on the risks associated with substances though 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 SURREY**



Clean Sport Week Activities

How many anti-doping values of clean sport. But what does P.R.I.D.E stand for?

How many doping tests can athletes miss before being sanctioned?

What does NADA stand for?



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

Environment, sustainability and social responsibility

ITMO UNIVERSITY

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



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.



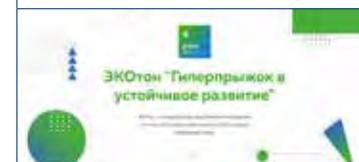
ITMO UNIVERSITY



ECOthon



ECOthon



Screenshot of the project website

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 High park. 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

Best Practices 2021

Healthy Campus management



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





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.



<p>  Plano Estratégico e de Ação para o Quadrilúrio 2018-2021 </p>
<p>  Strategic Action Plan 2018-2021 </p>
<p>  Relatório Integrado de Atividades e de Gestão 2018 </p>
<p>  Integrated Report of Management and Activities </p>
<p>  Public Forum Announcement </p>

POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT SAPE@IPLERIA.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

PLeia, 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

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.



Estonian Academy of Security Sciences



Healthy Campus Development Day



Development Day programme



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.



Polytechnic of Leiria Strategic Plan 2030



Healthy Campus meeting at Polytechnic of Leiria



Healthy Campus on Polytechnic of Leiria web page

TRINITY COLLEGE DUBLIN

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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.

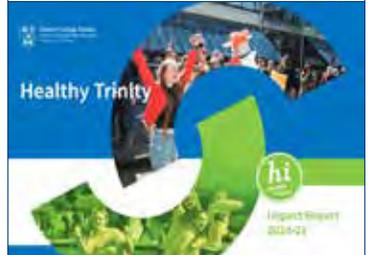
Main Goals
To categorise the breadth of work delivered by Healthy Trinity under six headings. They are:
1. Events & Interventions,
2. Supportive Environment,
3. Living Lab,
4. Co-/curricular,
5. Funding,
6. Communications.

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.



Impact report showing work under six headings



Activities completed in 2020/2021 under 6 headings



Images of health promotion on campus

UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

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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 communication. 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



UNIVERSITY OF MINHO

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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.



UMinho Sports Complex - Braga



UMinho Canteen



"One Tree for each Athlete" Project



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.



Recommandations

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

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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 programmes 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

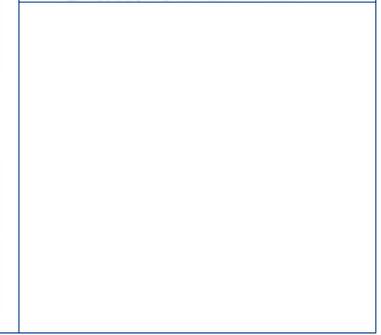
It is important to define the responsibilities, goals and objectives of institutional and operational responsible person and members of the team for its success. As a strategy to improve the role of each one, it is important to create a framework of responsibilities and relationships between team members.



UniRV Rector Prof. Albert Barella



University of Rio Verde



UNIVERSITY OF 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

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.



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.



WIT VIKING GAA PRESENTS
COUNTY COLOURS NIGHT
MONDAY 7TH OCTOBER
THE DOME BAR
9PM | ADM €5

TICKETS ON SALE NOW FROM THE VIKING SPORTS OFFICE | LIVE MUSIC FROM THE DEVINE INTERVENTION

Logos for Novus, WIT Vikings, and The Dome are visible at the bottom of the poster.

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

Item	Location	Responsible	Start Date	End Date	Status
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17

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

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.



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



UNIVERSITY OF LAUSANNE

WEBSITE [HTTPS://SPORT.UNIL.CH/?MID=105](https://sport.unil.ch/?mid=105) CONTACT PERSON SONIA MATTHEY EMAIL SONIA.MATTHEY@UNIL.CH



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.



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



Amhipole 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.



Professor Ciara Losty - open psychology event



Catherine Norton - Sexual Health



WIT Student Physical Health Education Seminar



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.



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 promoted on social media



TRX class as one of the daily sports activities



Student Involvement through Sustainability clubs



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.



University Stadium, University of Porto.



Ball in hand free use participants.



Rectory University of Porto, Praça dos Leões, Porto.



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](mailto: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.



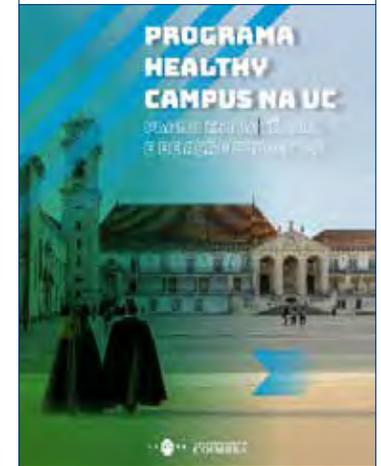
Lessons Learned

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.



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

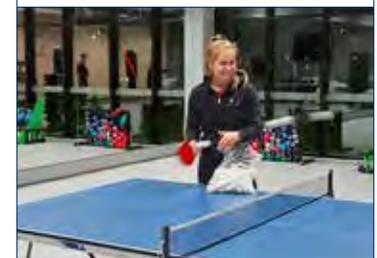
Involve management. Asking for the community's opinions and ideas provides you with the feedback that helps you to explain what changes have been made and what activities have been organised.



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.



Recommndations

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

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.



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



Physical Activity Prog. for Students (PAFE) Poster



PAFE's disclosure on FB of Polytechnic of Leiria



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



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



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

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!



Internal Sport Tournaments



Community Events



Sport Camps and Academies



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [HTTPS://WWW.ISMAL.PT/PT](https://www.ismal.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.



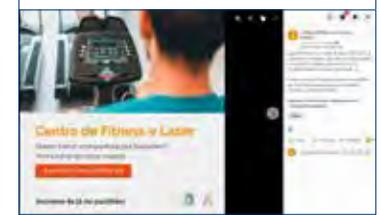
Lessons Learned

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



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.



Recommandations

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



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

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.



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



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

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 malfunctions. 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.



Regular check of machines is necessary



Rules of usage of the EASS gym



Safety rules avoid misusing of equipment



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.



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.



Free Shuttle Bus



Try Olympic Weightlifting



Sport Open Days

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

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, Bookings, Website



Target & Stakeholders

Students, Faculty/Staff, Public community



Time & Frame

Since 2019



Team & Staff

Sport and Wellness



Description

Sport and Wellness operate a fully integrated customized scheduling and booking system. Find below overview of full system capabilities including flow charts for facility rentals and service registration. <https://falconsport.cna-qatar.com/>



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.



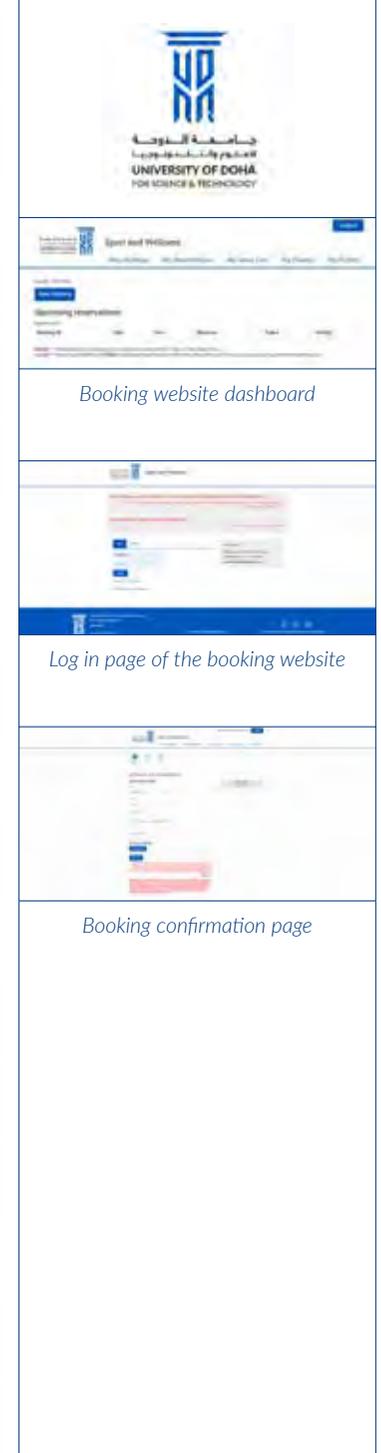
Lessons Learned

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

PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY

WEBSITE PIMUNN.RU CONTACT PERSON BOCHARIN IVAN VLADIMIROVICH EMAIL BOCHARIN.IVAN@MAIL.RU



Name of the project

Psychological monitoring and functional profiling of students of Privolzhsky Research Medical University as a determination of the optimal exercise regime



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

Psychological adaptation, functional testing, physical activity, monitoring, pilates



Target & Stakeholders

All students of the university



Time & Frame

Every year, at the beginning of each academic year



Team & Staff

Employees of the Department of Physical Culture and Sports, employees of the Institute of Clinical Psychology



Description

This project is aimed at determining the optimal physical activity of students by monitoring their personal situation, studying the level of functional reserves of the body, as well as teaching the basics of pilates.



Main Goals

To assess the psychological state of students with the help of a specially designed questionnaire. To investigate physiological parameters using hardware and software equipment Introduction of a three-stage method of training using the Pilates system.



Motivation & Vision

All students are engaged in the discipline "physical culture". However, it is necessary to take into account the psychophysiological characteristics of each student for an individual approach to the implementation of physical activity.



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

These activities are necessary to identify students who need correction of physical activity. They should be implemented not only at the beginning, but also in the middle of the academic year, after the winter examination session.



Recommendations

Adapt the psychological questionnaire to maximize the assessment of the student's psychological profile Timely adjust the level of physical activity for students Implement these activities at least once a academic year.



ПИМУ
Приволжский
исследовательский
медицинский университет



Monitoring of the student's personal situation



Functional testing using hardware and software



Teaching students the pilates system

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.



VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM

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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.



Team of Tatarstan "Alga" in sitting volleyball



Team of Tatarstan "Alga" in sitting volleyball



Practice in sitting volleyball



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

UC+Ativa, Try it, Walk and Run Group



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

In these programmes it's possible to experience a variety of activities according to the preferences, walk and run accompanied by specialized monitors and take the opportunity during breaks from work to stay active and improve their posture.



Main Goals

To offer quality activities to the academic community, contributing to the formation of more active, healthy people and consequently promoting their well-being.



Motivation & Vision

Contribute to a more cohesive, balanced and active academic community.



Evaluation

Very positive satisfaction from the participants and a high number of interested people.



Lessons Learned

It should be one of the premises of educational institutions to make available to their community activities that meet their preferences.



Recommendations

Promote quality programmes.



12 90 UNIVERSIDADE D COIMBRA

PROGRAMA **EXPERIMENTA!**

Try it



Walk and Run Group

UC+ATIVA

Logo



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.

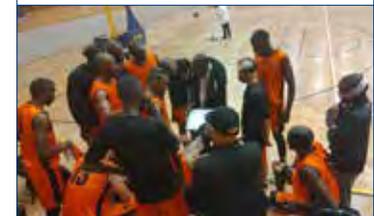


Recommendations

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

UNIVERSITY OF ST.GALLEN

WEBSITE [HTTPS://WWW.UNISG.CH/](https://www.unisg.ch/) CONTACT UNISPORT



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



MYONGJI UNIVERSITY

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX..DO](https://www.mju.ac.kr/us/index..do) CONTACT WEBSITE ENTER.MJU.AC.KR – MJU_INBOUND@MJU.AC.KR



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

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

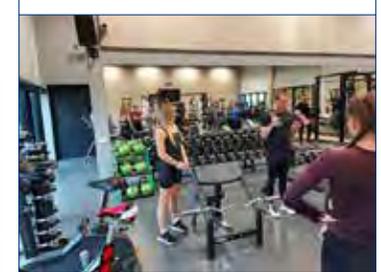
If you have a gym at the campus, ensure that guided introductions to strength training are available for these members of the community who are not familiar with it. Even a couple of workouts with instructors or athletes can help.



Powerlifter Helena Veelmaa with co-students



Top bodybuilder sharing experiences in EASS gym



Fitness Training lecture in EASS gym

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.



Introduction of EASS to prospective students



Camp activities for prospective students.



Camp activities for prospective students.



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [HTTPS://WWW.ISMAL.PT/PT](https://www.ismal.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

RUDN UNIVERSITY (PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA)

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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



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

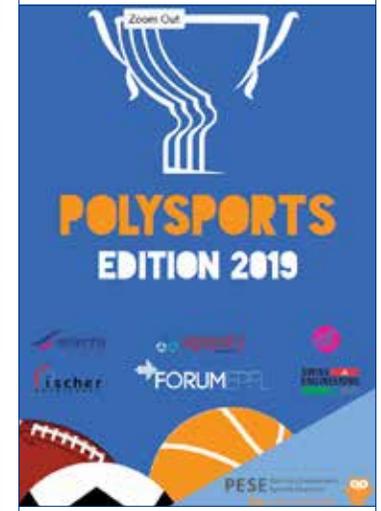
A structure like the sports department to supervise them and to have an eye on the finances and security is necessary.
But otherwise, don't be afraid!
The students are amazing.



Volley tournament in Dorigny



Volley tournament in Dorigny



Polysports Poster



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, FPF, 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 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.



ПГУ
ФК
СИТ
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



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [HTTPS://WWW.ISMAL.PT/PT](https://www.ismal.pt/pt) AND [HTTPS://WWW.IPMAIA.PT/PT/](https://www.ipmaia.pt/pt/) CONTACT HEALTHYCAMPUS@MAIEUTICA.PT



Name of the project

Healthy Campus Volunteers



Domain

Physical activity and sport



Criteria

#61 The university develops volunteer programmes to support events and sports activities.



Keywords

Volunteer, Volunteers Corps



Target & Stakeholders

Students and Campus staff



Time & Frame

All year



Team & Staff

Healthy Campus Team



Description

Volunteering plays an important role on our Campus and Healthy Campus team, as well as in our specific Strategic Plan. Growing civic awareness and the importance of being helpful without financial reward are valued.



Main Goals

To identify individuals with the appropriate conditions, skills and values to integrate our events as volunteers. Create a corporate image associated with Healthy Campus that can distinguish regular students from a volunteer.



Motivation & Vision

The Volunteers Corps plays a crucial role in our team and in our ability to execute the specific Strategic Plan. We must call for their integration, training and appreciation so that they feel an integrated part of the organisation of events.



Evaluation

With the creation of the Volunteers Corps, it was possible to increase the quality of our initiatives and activities and thus create conditions for greater impact.



Lessons Learned

Volunteers' quality is more important than their quantity. Invest in good basic training for volunteers and event-specific training. There should be a clear assumption of responsibilities between volunteers and the event organisation.



Recommendations

Create a communication campaign for potential volunteers. Identify volunteers with the right profile, skills and values for each event. Promote general and specific training of volunteers.



Volunteer in a self-defence workshop



Volunteer at a Solidarity Campaign for Ukraine



Volunteers in an inclusive event



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

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.



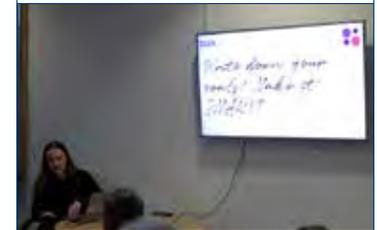
Lessons Learned

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.



Mind Body Boost Counselling



Mind Body Boost Exercise session



Mind Body boost Instructor



**UNIVERSITY
OF LUCERNE**



Daily salad buffet in the cafeteria

Nutrition



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 Dining Hall



Trinity College Catering Team



Trinity College Buttery Restaurant



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.



National Television Interview about the campaign



"Less = More" campaign



"Did you know that..." campaign



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.



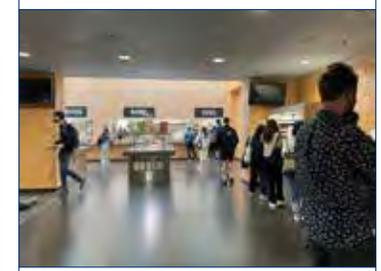
Lessons Learned

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

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

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 increased 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



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.

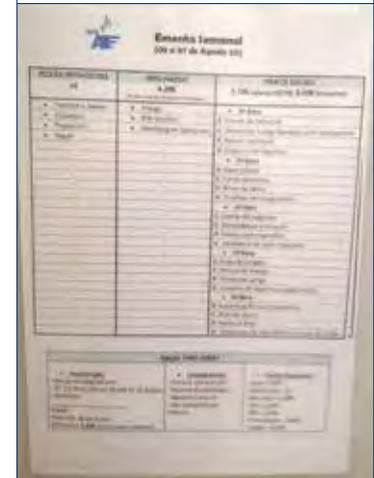


Recommendations

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.



Refill, reduce, refresh, do something good



1 of 23 water machines available in the Institute



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT UAGA - ESSUALG@UALG.PT E SASSAUDE@UALG.PT



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



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.



Bangmok Memorial Hall (Cafeteria)



Bangmok Memorial Hall (Cafeteria)



Weekly Menu & Allergy information



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.



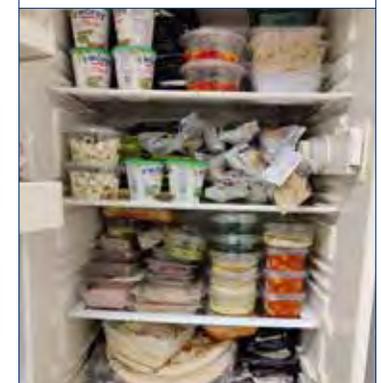
Lessons Learned
Solidarity: to help people in need, and to reduce food waste.



Recommendations
To maintain this service and disseminate information.



Poster of food basket distribution



Milk products



Fresh food



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 n°216/2021 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.



UNIVERSIDADE D COIMBRA

Resolução n.º 216/2021
 Regulamento de compra de
 Máquinas Vendedoras
 de Alimentos e Bebidas
 para a Universidade de Coimbra

Rectoral Decision n°216/2021

ALIMENTOS por 100g				
	QUERENA (Lacteos)	QUERENA SALTERADA	AÇÚCARES	SAL
ALTO	mais de 17,5g	mais de 5g	mais de 22,5g	mais de 1,5g
BAIXO	3g	1,5g	5g	0,3g

BEBIDAS por 100ml				
	QUERENA (Lacteos)	QUERENA SALTERADA	AÇÚCARES	SAL
ALTO	mais de 8,75g	mais de 2,5g	mais de 11,25g	mais de 0,75g
BAIXO	1,5g	0,75g	2,5g	0,3g

Label decoder



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

Disease prevention





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

PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY

WEBSITE PIMUNN.RU CONTACT HTTPS://WWW.PRORODINKI.RU



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

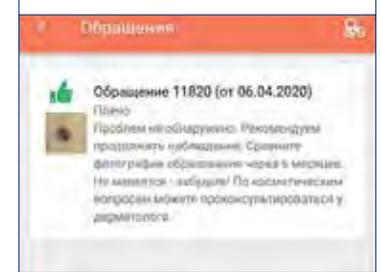
The neural network should be adapted to any electronic device, the studied database of skin formations should be constantly replenished.



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



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.







Conselhos Médicos

Disclosure of Polytechnic medical services



Cantina 2 dos Serviços de Ação Social
CAMPUS 2 DO IPLEIRIA
(Junto à ESTG e ESSLEI)



Visual screening campaign with stakeholders

Dados Estatísticos

Indicador	2015	2016	2017	2018	2019
1. Nº de consultas	1.200	1.500	1.800	2.100	2.400
2. Nº de exames	800	1.000	1.200	1.400	1.600
3. Nº de prescrições	1.000	1.200	1.400	1.600	1.800
4. Nº de encaminhamentos	500	600	700	800	900
5. Nº de intervenções	300	400	500	600	700
6. Nº de internamentos	100	120	140	160	180
7. Nº de altas	100	120	140	160	180
8. Nº de procedimentos	200	250	300	350	400
9. Nº de diagnósticos	150	180	210	240	270
10. Nº de encaminhamentos	100	120	140	160	180
11. Nº de intervenções	50	60	70	80	90
12. Nº de internamentos	20	25	30	35	40
13. Nº de altas	20	25	30	35	40
14. Nº de procedimentos	40	50	60	70	80
15. Nº de diagnósticos	30	35	40	45	50
16. Nº de encaminhamentos	15	18	21	24	27
17. Nº de intervenções	10	12	14	16	18

PLeiaira'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

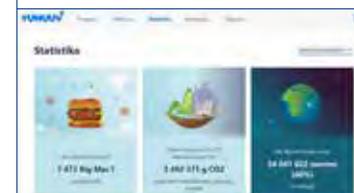
If you can't find free of charge platforms to use, some investments might be necessary if you want to get participants' results online during campaign period. But you can also start with collecting data of activity hours or kilometres to Excel.



Movement campaign poster



Movement campaign advertisement in FB



Campaign statistics



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

Anually



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.



UNIVERSIDADE D COIMBRA

e-prevenção

e-prevenção@

e-prevenção

e-prevenção@o webpage

Vacinação

Vaccination information

SIBIRIAN 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.



Public Health Center



Public Health Center



Public Health Center Website

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

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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

ISCTE - UNIVERSITY INSTITUTE OF LISBON

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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.



Healthy Iscte 2021 programme



Healthy Iscte 2020 programme

UNIVERSITY OF TURIN

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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

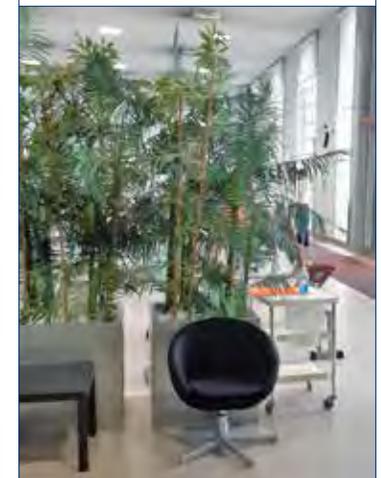
We are aware that communication (about opportunities, special fares, facilities) with the university community is pivotal to reach the highest rate of engagement. Hence, we will spend the highest effort in such a direction.



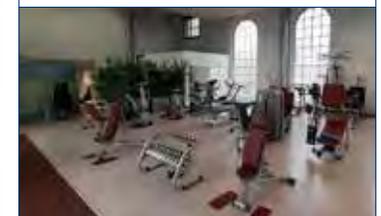
UNIVERSITA
DEGLI STUDI
DI TORINO



Rendering where Medical Centre is now re-located



Physiotherapy Gym Entrance



Physiotherapy Gym (detail)

Mental and social health

PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY

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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

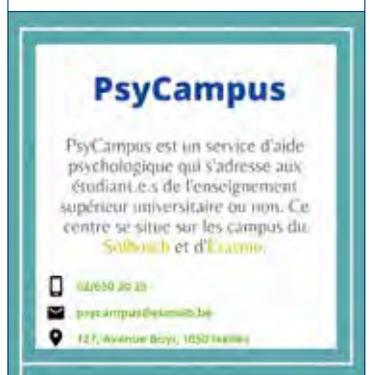
Sanitary conditions on campuses have changed since the end of the pandemic. As the evaluation is positive, these publications take the form of face-to-face workshops on our campuses. Healthy Tuesdays become "Healthy Decent Days".



Instagram Healthy Tuesday: Combat student isolation



Combat student isolation - Healthy Tuesday Activity



Contact details : Psy-campus (SSM ULB)

PROFESSOR V.F. VOINO-YASENETSKY KRASNOYARSK STATE MEDICAL UNIVERSITY

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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 uSenso 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.



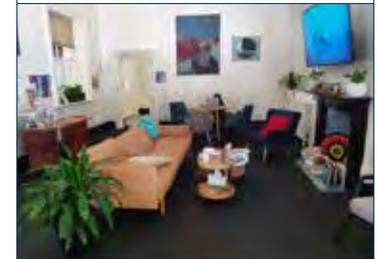
Lessons Learned

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



UNIVERSITY OF THE ALGARVE

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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.





KING'S COLLEGE LONDON

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT [WELFARE@KCL.AC.UK](mailto: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, Pscampus, 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 Bepsyel, Pscampus 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.



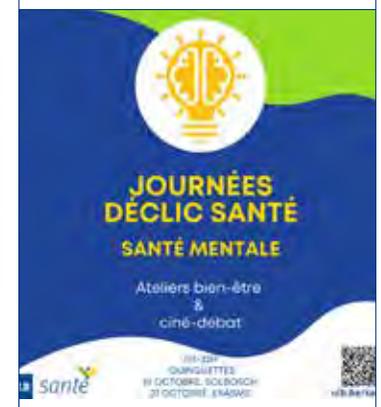
Lessons Learned

Identifying symptoms, deconstructing stereotypes and identifying resources to be taken care of by professionals.

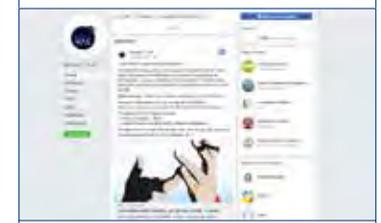


Recommandations

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 LAUSANNE

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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 riskier behaviours in sexual health, alcohol and drug consumption and mental health. To promote a 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 show satisfaction with the peers interventions. The project put together people they don't necessarily 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 | Université de Lausanne



Accueil santé Workshop 2019



Accueil santé Peers in action



Accueil santé Peers on the UNIL campus



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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.



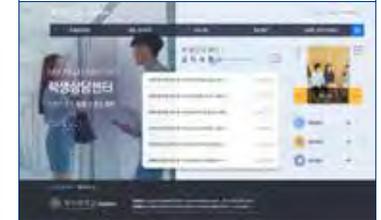
Evaluation
Students who had felt COVID-19 has impacted their lives through increased isolation, loneliness, stress, and sadness reported that they felt more relaxed and happier after the counselling.



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.



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.



The Positivity Jar at the EASS entrance



Brochures on mental health



Social activities in nature help to reduce stress



ISCTE - UNIVERSITY INSTITUTE OF LISBON

WEBSITE WWW.ISCTE-IUL.PT CONTACT DESPORTO@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



**TRINITY COLLEGE
DUBLIN**



*The winning blow
on a cigarette shaped pinata*

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



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.



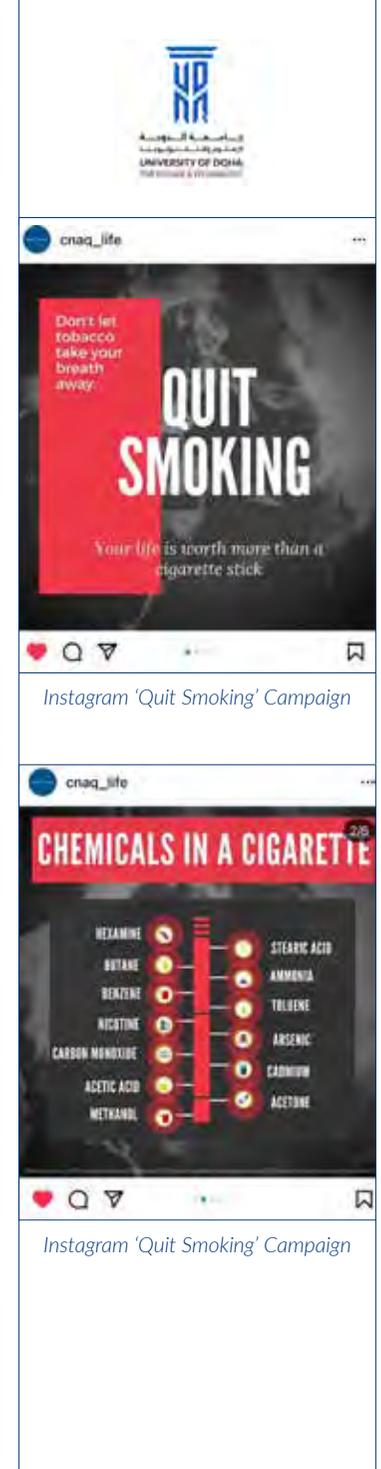
Evaluation
A unique measure counted number of cigarette butts found on campus to help evaluate smoking prevalence. Particularly the calculation of cigarette butts pre and post awareness campaign gives an idea of the effectiveness of the awareness programmes.



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 apach.



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.

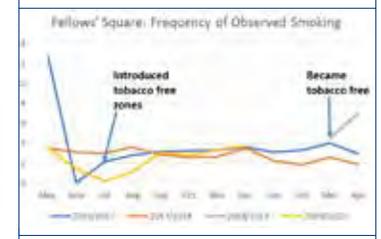


Recommendations

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.



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.



Recommandations

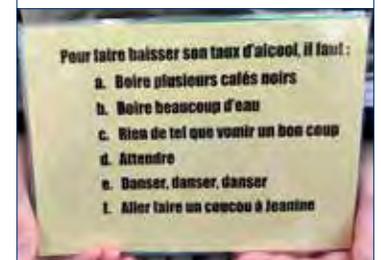
Continue this activities & broaden awareness to staff member (tobacco, alcohol, drugs).



Brochures



Animations



Animations



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.



Public Health Centre



Programme preventing the use of doping



Programme preventing the use of doping



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.



12 191 90 UNIVERSIDADE D COIMBRA



Poster



XPTO Project



Cores Universas Project Activity

Environment, sustainability and social responsibility

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.



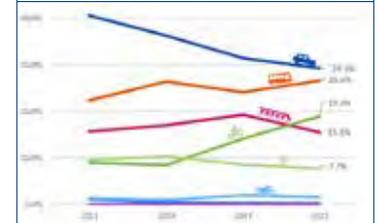
Lessons Learned

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



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 Bordaloll.



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.



Recommandations
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 EMAIL DEIRDRE.MULLEN@TCD.IE



Name of the project

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.



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 COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA.GODINHO@UC.PT EMAIL 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, UCicletas, Healthy Lifestyle, Sustainability



Target & Stakeholders

University Community



Time & Frame

All year



Team & Staff

UC Sport Team



Description

Project for the provision and temporary use of conventional bicycles at the University of Coimbra, for the entire academic community, collaborators, researchers and students.



Main Goals

Promotion of habits of physical activity within the academic community of the University of Coimbra, through the adoption of alternative means of mobility. Promoting behaviours that contribute to achieving the goals for sustainable development.



Motivation & Vision

Promote services to the academic community that are in line with the strategies defined by the University. Contribute to reduce the use of personal vehicles on a regular daily basis. Making the UC a Sport and Sustainability reference.



Evaluation

Every year more applications are submitted than there are bicycles, and the satisfaction of the participants is always very positive.



Lessons Learned

The acquisition of habits and behaviours during the academic period remains for later life.



Recommendations

Identify with the academic community their preferences and act accordingly.



12 190 UNIVERSIDADE D COIMBRA



UCicletas Bicycles



UCicletas Participants

PROGRAMA UCICLETAS

Programme Logo

POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT [HTTPS://UBIKE.IPLEIRIA.PT/](https://UBIKE.IPLEIRIA.PT/) - UBIKE@IPLLEIRIA.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.



The Smarter Travel website



Living Lab data on how students and staff commute



New bike parking installed on campus



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 Bordaloll.



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 pratics shared by from UALg are more easily adopted in an inclusive way



Recommadations

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



ITMO UNIVERSITY

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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



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



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 UNIVERSITY



Arts and Design Centre
(Low-carbon Green Campus)



Myongji Campus Complex
(Low-carbon Green Campus)



Clean Campus Campaign

List of Universities Registered on Healthy Campus Programme

Australian Catholic University
 Bashkir State Medical University
 Centro Universitário Mario Pontes Jucá
 Chang'an University
 Chengdu Sport University
 Chengdu University
 Chinhoyi University of Technology
 Don State Technical University
 Donghua University
 Guangdong Polytechnic
 Guangdong Polytechnic of Industry and Commerce
 Institute of Technology Carlow
 Institute Of Technology Sligo
 Institute of Technology Tralee
 Instituto Politécnico de Beja
 Instituto Politécnico de Viana do Castelo
 Instituto Tecnológico de Costa Rica
 ISCTE - University Institute of Lisbon
 ITMO University
 Kazakh Academy of Sport and Tourism
 King Saud University
 King's College London
 Liaoning Agricultural Technical College
 Makerere University
 McMaster University
 Murdoch University
 Myongji University
 Nagaland University
 National Research University
 "Moscow Power Engineering Institute"
 National University of Ireland
 National University of Singapore
 Ningxia Vocational Technical College
 of Industry And Commerce

Obuda University
 Orenburg State Medical University
 Peking University
 Plekhanov Russian University of Economics
 Politécnico de Leiria -
 Serviços Centrais do Politécnico de Leiria
 Pontificia Universidad Católica de Valparaíso
 Privolzhsky Research Medical University
 Prof. V.F. Voino-Yasenetsky
 Krasnoyarsk State Medical University
 Queensland University of Technology
 RUDN Universitiy (Peoples' Friendship University of Russia)
 Shanghai International Studies University
 Shanghai University of Finance and Economics
 Shanxi University
 Siberian Federal University
 Siberian State Medical University
 Sisekaitseakadeemia - Estonian Academy
 of Security Sciences
 Tartu Health Care College
 The Southern Federal University - The Academy
 of Physical Culture and Sport
 The University of Auckland
 The University of Western Australia
 Trinity College Dublin
 Ulster University
 Unicerrado - Centro Universitario de Goiatuba
 Universidade de Rio Verde
 Universidad Camilo José Cela
 Universidad de Burgos
 Universidad de Guanajuato
 Universidad de Málaga
 Universidad de Santiago de Chile
 Universidad de Zaragoza

Universidad Pablo de Olavide
 Universidad Peruana de Ciencias Aplicadas
 Universidad Veracruzana
 Universidade da Maia, Maiêutica
 Universidade do Minho
 Universidade do Porto
 Universidade Federal de Goiás
 Universidade NOVA de Lisboa
 Universidade Paulista UNIP
 Università IULM
 Universitat Autònoma de Barcelona
 Universität Luzern
 Université de Genève
 Université de Lausanne
 Université Libre de Bruxelles
 University of Antwerp
 University of Aveiro
 University of Coimbra
 University of Doha for Science and Technology
 University of Johannesburg
 University of Milan - Bicocca
 University of Physical Education
 University of Split
 University of St.Gallen
 University of the Algarve
 University of Turin
 UNLaM - Universidad Nacional de La Matanza
 Volga Region State University of Physical Culture,
 Sport and Tourism
 Wageningen University and Research Centre
 Waterford Institute of Technology
 Zhejiang Police Vocational Academy



FISU