



---

# FISU HEALTHY CAMPUS

---

**Best Practices** | Edition 2025



---

# FISU HEALTHY CAMPUS

---

**Best Practices** | Edition 2025







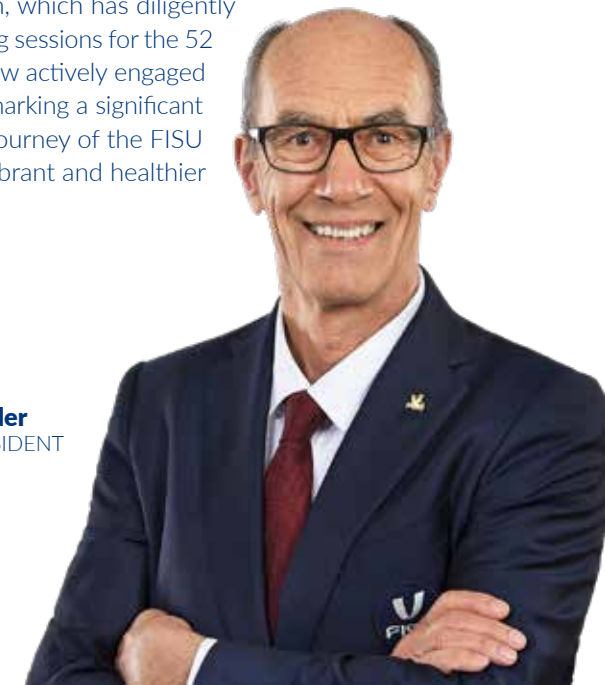
The FISU Healthy Campus project is a visionary initiative dedicated to enhancing the overall well-being of students. FISU's primary goal with this project is to establish a comprehensive interdisciplinary system that fosters well-being, promotes a healthy lifestyle, and raises awareness among students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

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 PRESIDENT







北京大学  
PEKING UNIVERSITY

完全人格 首在体育







It is with great pleasure that FISU presents this publication, a comprehensive collection of Best Practices from universities that have already been awarded the prestigious Healthy Campus label. This compilation serves not only as an inspiring source of learning but also as a testament to our shared commitment to advancing knowledge and upholding the highest global standards of well-being within Higher Education Institutions.

Working with dedication, hand-in-hand with universities, and in close collaboration with our National and Continental University Sports Federations, our valued members, is fundamental to promoting university sport and campus well-being. These partnerships are the cornerstone of our collective efforts, bringing together expertise, innovation, and a shared vision to create healthier, more inclusive academic communities. Together, we foster environments where students can thrive both academically and personally, ensuring that well-being and sport remain essential components of university life.

At the core of FISU's mission, as enshrined in our constitution, lies the commitment to promoting the health and well-being of students. The Healthy Campus program has become a powerful and practical tool for universities striving to place well-being at the heart of their communities. Today, we are proud to see 180 institutions actively engaged in this initiative, fully aligned with FISU's guidelines. We are continually inspired by the remarkable achievements they share with us, through the dedicated work of their Rectors, Vice-Chancellors, and Presidents. These successes reflect the program's tangible impact and encourage us to aim even higher.

We would like to take this opportunity to express our deepest appreciation to all participating universities for their unwavering commitment and contributions. FISU Healthy Campus Universities are transforming campus life, building healthier, more dynamic communities for students, staff, faculty, and institutions worldwide. Together, we are shaping a brighter, healthier future for all.

**Matthias Remund**  
FISU SECRETARY  
GENERAL & CEO



# Table of Contents

---

Message from the FISU President – Leonz Eder	5
Message from the FISU General Secretary & CEO – Matthias Remund	7
<b>FISU Healthy Campus Best Practices</b>	<b>10</b>
Healthy Campus management	11
Physical activity and sport	59
Nutrition	129
Disease prevention	155
Mental and social health	171
Risk behaviour	209
Environment, sustainability & social responsibility	221

---

PUBLISHED BY



Contact

**FISU DEVELOPMENT  
AND HEALTHY CAMPUS DEPARTMENT**

[healthy.campus@fisu.net](mailto:healthy.campus@fisu.net)

**FISU  
INTERNATIONAL UNIVERSITY  
SPORTS FEDERATION**

Quartier UNIL / Bâtiment Synathlon  
CH-1015 Lausanne - Switzerland  
Tel: +41 (0)21 692 6400  
[www.fisu.net](http://www.fisu.net) | [www.fisu.tv](http://www.fisu.tv)

EDITION: FERNANDO PARENTE, IVO CARVALHOSA  
& HC UNIVERSITIES

GRAPHIC DESIGN: CHRISTOPHE ERHAT  
PHOTOS: ©FISU ARCHIVES

This document is not for public distribution and remains  
the property of FISU



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 180 plus universities from 40 countries registered since 2020, this publication contains the best practices of the first years of operation of Healthy Campus programme and of the Universities already certified.

FISU, April 2025



---

# Best Practices

# Healthy Campus management

---



## BRASÍLIA UNIVERSITY - DARCY RIBEIRO

WEBSITE [WWW.INTERNATIONAL.UNB.BR](http://WWW.INTERNATIONAL.UNB.BR) MAIL [INTWEB@UNB.BR](mailto:INTWEB@UNB.BR) CONTACT FELIPE RODRIGUES DA COSTA - [FRCOSTA@UNB.BR](mailto:FRCOSTA@UNB.BR)



### Name of the project

UnB Campus Saudável



### Domain

Healthy Campus management



### Criteria

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



### Keywords

Sport, Dual Career, Healthy Campus, Sports Policy



### Target & Stakeholders

Federal District Government; Deanery of Community Affairs



### Time & Frame

Sports policy development; Organization of events



### Team & Staff

Students, athletes and staff of UnB



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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



## SIBERIAN FEDERAL UNIVERSITY - CAMPUS OF SIBERIAN FEDERAL UNIVERSITY

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



### Name of the project

Alumni relations and fundraising office



### Domain

Healthy Campus management



### Criteria

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



### Keywords

Alumni, fundraising, interaction, partnership, loyalty



### Target & Stakeholders

Alumni, students, staff and partners of the university



### Time & Frame

All year round



### Team & Staff

Head of the office Vice-Rector for Information Policy



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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



**Name of the project**

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



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Activities, academic community, students' association



**Target & Stakeholders**

Social Action Services; Lar Santa Isabel; Colégio Dom Dinis



**Time & Frame**

Once a year



**Team & Staff**

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



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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





**Name of the project**

Sport for All at ESECS



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Protocols; Projects; People with Disabilities; Sport



**Target & Stakeholders**

OASIS; CERCILEI; ESECS; Municipality of Leiria



**Time & Frame**

Every Monday morning during the school year.



**Team & Staff**

ESECS teachers and a PhD student



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

More than 23 participants, with intellectual and developmental difficulties



**Lessons Learned**

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

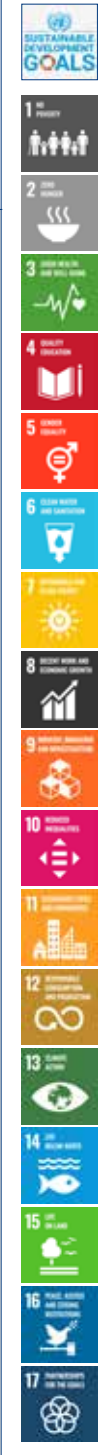


**Recommendations**

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

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE [WWW.UDST.EDU.QA](http://WWW.UDST.EDU.QA) CONTACT : [TONY.MARTIN@UDST.EDU.QA](mailto:TONY.MARTIN@UDST.EDU.QA)



**Name of the project**

GCC Universities Sport and Wellness Symposium 2024



**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



**Keywords**

Conference, Symposium, Sport, Wellness, UDST, GCC Collaboration



**Target & Stakeholders**

Students, Staff, GCC Universities, Sports Leaders



**Time & Frame**

January 14-16, annually



**Team & Staff**

Sport and Wellness, Marketing and Communications, ARIED Dir.



**Description**

UDST hosted a 3-day symposium with FISU and QCSF, uniting GCC and international leaders in sport and wellness to promote collaboration, innovation, and higher education's role in student wellness.



**Main Goals**

Promote GCC sport and wellness collaboration, highlight FISU Healthy Campus, empower leaders in student wellness, and build professional networks.



**Motivation & Vision**

Foster regional collaboration, enhance wellness education, and emphasize the role of higher education in sport and student wellness.



**Evaluation**

Track attendance, media coverage, partnerships, and participant feedback. Creation of a replicable case study for similar events.



**Lessons Learned**

Stakeholder collaboration enhanced impact. Virtual and in-person formats ensured broad participation. Feedback emphasized continued engagement of student athletes, sport leaders and senior government officials.



**Recommendations**

Expand participation, improve media outreach, include interactive sessions, continue institution commitment involving evolving themes, and strengthen evaluation metrics.

**PRIVOLZHISKY RESEARCH MEDICAL UNIVERSITY**

WEBSITE PIMUNN.RU CONTACT BOCHARIN IVAN VLADIMORIVICH, BOCHARIN.IVAN@MAIL.RU



**Name of the project**

Regional project



**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



**Keywords**

Students, physical education, ecology, mental health, skills



**Target & Stakeholders**

Students with disabilities



**Time & Frame**

From September to December 2023



**Team & Staff**

Bocharin I.V., Guryanov M.S., Shirokova M.A.



**Description**

Employees of the Department of Physical Culture and Sports are implementing a project on the formation of environmental education with the help of physical culture, which is supported by a grant from the Federal Agency for Youth Affairs.



**Main Goals**

1. The study of the initial level of the functional state of the body
2. Formation of the foundations for strengthening the foot and spinal column, coordination and balance, orientation in space
3. Consolidation of skills in a competitive environment.



**Motivation & Vision**

Assistance in the formation of vital skills among students with disabilities studying at the university.



**Evaluation**

Development and implementation of a set of practical measures and methodological materials for the formation of environmental foundations among students using physical education tools, as well as teaching them vital skills



**Lessons Learned**

The event must be held annually. This allows you to teach students the necessary skills that will be useful not only in the process of learning, but also in later life.



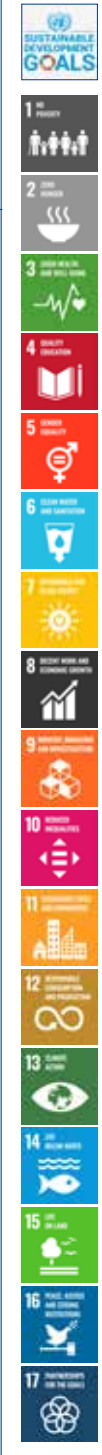
**Recommendations**

Creation of a personalised system for monitoring the functional state of the body and monitoring physical activity for each student



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

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



**Name of the project**

Two 1 hour Weekly Common Lunch Breaks



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Common Lunch Breaks, Community Engagement, Healthy Campus Events



**Target & Stakeholders**

UDST Campus Population



**Time & Frame**

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



**Team & Staff**

UDST Student Affairs Team



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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

**EHL HOSPITALITY BUSINESS SCHOOL SA - LAUSANNE**

WEBSITE [WWW.EHL.EDU](http://WWW.EHL.EDU) CONTACT [HTTPS://SPORTS.EHL.EDU/EN/](https://sports.ehl.edu/en/)



**Name of the project**

EHL SportsCenter



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Sport, fitness, campus facility



**Target & Stakeholders**

Students & staff



**Time & Frame**

All year round



**Team & Staff**

Sport team, externals



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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

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



UNIVERSITY OF MILANO-BICOCCA - BICOCCA

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



**Name of the project**  
Sustainability Report



**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**  
Sustainability indicators, benchmarking, multidisciplinary committee



**Target & Stakeholders**  
Students, workers, public and private institutions, citizens



**Time & Frame**  
3<sup>rd</sup> edition since 2020



**Team & Staff**  
BASE Committee, Sustainability management area, RUS



**Description**  
Bicocca periodically compiles a sustainability report. The 2024 edition is in line with the standards issued by the network of sustainable Universities (RUS), that contain a list of indicators that simplify comparison among institutions.



**Main Goals**  
Describing the mission and the accomplishments of the university in the fields teaching, research, public engagement, human resources and social justice, environmental resources and economic resources, using standard indicators connected with SDGs.



**Motivation & Vision**  
The report is aimed at monitoring the indicators that characterize the university performance in all the fields of sustainability, as well as at informing all stakeholders about ameliorating actions and plans undertaken by the institution.



**Evaluation**  
Every chapter of the report contains measurable indicators that describe the performance of the university, and that allow temporal comparison within the university and spatial comparisons with other institutions.



**Lessons Learned**  
This experience saw a wide collaboration among departments, and it built a lasting network among all subjects working on different pillars of sustainability, both from the management and from the teaching and research point of view.



**Recommendations**  
We recommend building a committee enclosing expert representatives from each sustainability area, in order to simplify data collection about actions and indicators.

## 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](mailto:EPP.JALAKAS@SISEKAITSE.EE)



### Name of the project

Overview of Healthy Campus events



### Domain

Healthy Campus management



### Criteria

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



### Keywords

Data collection, Shared document, Collaboration



### Target & Stakeholders

Steering committee, project responsible



### Time & Frame

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



### Team & Staff

EASS HC steering committee



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

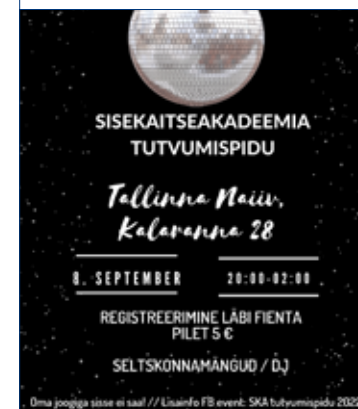
Information should be usually added to the common register system after the activities have been taken place. Otherwise you might forget necessary information. Keep in this system also participants numbers and other information that you find useful.



SISEKAITSEAKADEEMIA  
ESTONIAN ACADEMY OF SECURITY SCIENCES



One of HC events in EASS - movement campaign



One of HC events in EASS - students' welcome party



One of HC events in EASS - Sports Day in September



**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

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



**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/](http://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

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



**Name of the project**

International University Sports Day & Wellness Fair



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

healthy and active lifestyle, sports, wellness fair



**Target & Stakeholders**

UAH Students, Faculty, Staff



**Time & Frame**

Sept. 20<sup>th</sup>, 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. 20<sup>th</sup> 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

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



**Name of the project**

Communication plan URJC



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Communication, social media



**Target & Stakeholders**

Improving communication and a sense of belonging



**Time & Frame**

All year round



**Team & Staff**

URJC-Communication



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



Communication Plan

**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. 20<sup>th</sup>, 2023



**Team & Staff**

Athletics, Recreation, Health services & clinic, Counseling



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



Basketball for everyone



Fun activities



Open volleyball practice

## LA TROBE UNIVERSITY - MELBOURNE (BUNDOORA)

WEBSITE [HTTPS://WWW.LATROBE.EDU.AU/](https://www.latrobe.edu.au/) CONTACT [SPORT@LATROBE.EDU.AU](mailto:SPORT@LATROBE.EDU.AU)



### Name of the project

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



### Domain

Healthy Campus management



### Criteria

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



### Keywords

Healthy Campus, Active Campus, Mental Health



### Target & Stakeholders

Students, Staff, Community



### Time & Frame

Annual Event



### Team & Staff

La Trobe Sport, Safer Communities, Sustainability



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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








**TARTU HEALTH CARE COLLEGE**


WEBSITE [HTTPS://WWW.NOORUSE.EE/ET](https://www.nooruse.ee/ET) CONTACT [JAANIKANIINEPUU@NOORUSE.EE](mailto:JAANIKANIINEPUU@NOORUSE.EE)


-  **Name of the project**  
Healthy Campus scope action plan
-  **Domain**  
Healthy Campus management
-  **Criteria**  
#33 The university updates annually the list of activities/ programmes and evaluates if they are still adapted to the campus community's needs and if they cover the Healthy Campus scope
-  **Keywords**  
Sport, nutrition, disease prevention, environment, mental and social health
-  **Target & Stakeholders**  
Tartu Health Care College students and staff
-  **Time & Frame**  
All year around
-  **Team & Staff**  
Student representatives, college management


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

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

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

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

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

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



The action plan is on the college website



Feedback form for students and employees

UNIVERSITY OF LAUSANNE

WEBSITE [HTTPS://WWW.UNIL.CH/](https://www.unil.ch/) CONTACT PERSON SONIA MATTHEY EMAIL [SONIA.MATTHEY@UNIL.CH](mailto:SONIA.MATTHEY@UNIL.CH)



**Name of the project**

State of the art: UNI Santé – Healthy Campus project



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

Campus health managers and stakeholders



**Time & Frame**

May to December 2020



**Team & Staff**

Service des Sports Universitaires & UNISEP



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



Project Presentation



Project Presentation



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>Relatório Anual de 2018, ISCTE IUL</p> <p>Plano Estratégico e de Ação para o Quadrilúrio 2018-2021</p>
<p>Strategic Action Plan 2018-2021</p>
<p>Relatório Anual de 2018, ISCTE IUL</p> <p>Relatório Integrado de Atividades e de Gestão 2018</p>
<p>Integrated Report of Management and Activities</p>
<p>Div. Documentação</p> <p>1. Proposta de Alteração ao Regulamento Interno de Recrutamento e Seleção de Pessoal Não-Estável e não Investigador em Regime de Contratos Individuais de Trabalho</p> <p>2. Formulário de Avaliação pública - Proposta de Alteração ao Regulamento Interno de Recrutamento e Seleção de Pessoal Não-Estável e não Investigador em Regime de Contratos Individuais de Trabalho</p> <p>3. Proposta de Regulamento de Intermédiação no Trabalho</p> <p>4. Formulário de Avaliação pública - Proposta de Regulamento de Intermédiação no Trabalho</p>
<p>Public Forum Announcement</p>



**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [WWW.IPLEIRIA.PT](http://WWW.IPLEIRIA.PT) CONTACT [SAPE@IPLLEIRIA.PT](mailto:SAPE@IPLLEIRIA.PT)



**Name of the project**

100% IN



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Stakeholders, synergies, partnerships, special needs



**Target & Stakeholders**

Students with special needs



**Time & Frame**

Year-round



**Team & Staff**

PLeiria, Instituto P. António Vieira, and other stakeholders



**Description**

Multidisciplinary social innovation project carried out in conjunction with the Padre António Vieira Institute to promote comprehensive responses for students with special needs ([www.ipleiria.pt/arquivo/projeto-100-in-e-marca-registada/](http://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 (1<sup>st</sup> 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](mailto: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.



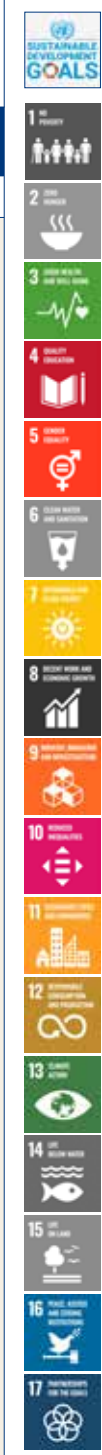
**Lessons Learned**

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](http://WWW.IPLEIRIA.PT) CONTACT PERSON RUI MATOS EMAIL [HEALTHY.CAMPUS@IPLLEIRIA.PT](mailto: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

WEBSITE [WWW.TCD.IE](http://WWW.TCD.IE) CONTACT PERSON MARTINA MULLIN EMAIL [MULLINM1@TCD.IE](mailto:MULLINM1@TCD.IE)



**Name of the project**

Healthy Trinity Impact Report



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Impact, Health, Promotion, Strategy, Evaluation



**Target & Stakeholders**

Senior university management



**Time & Frame**

Once per annum



**Team & Staff**

All 9 Healthy Trinity working groups



**Description**

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



**Main Goals**

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

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



**Motivation & Vision**

Ensure and improve a healthy and active campus.



**Evaluation**

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



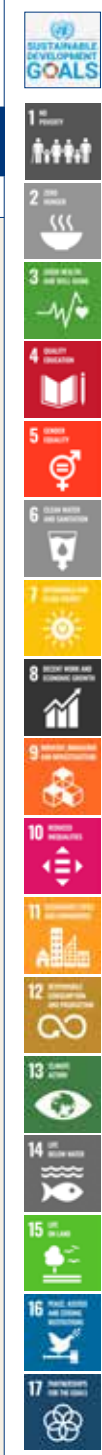
**Lessons Learned**

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

WEBSITE [WWW.ISMAI.PT/PT](http://WWW.ISMAI.PT/PT) AND [WWW.IPMAIA.PT/PT/](http://WWW.IPMAIA.PT/PT/) CONTACT [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT) EMAIL [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT)



**Name of the project**

Board of Directors and Public Presentation



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Public Presentation, commitment



**Target & Stakeholders**

Maiêutica Board, students, professors, stakeholders



**Time & Frame**

23/02/2022 - Maiêutica Board and Healthy Campus Multidisciplinary Group;  
09/03/2022 - Public Presentation to all the campus community and stakeholders



**Team & Staff**

Maiêutica Healthy Campus Team, Marketing Department, Events Department, Healthy Campus Volunteers



**Description**

Following the official creation of the Group, we developed a Strategic Plan which was presented to the Maiêutica Board, Healthy Campus Multidisciplinary Group, together with the whole campus community and key stakeholders.



**Main Goals**

To make the programme public and known to the whole community. To bring all decision-makers together around the programme.



**Motivation & Vision**

The programme needed to have an impact on the whole community and bring together all key decision-makers.



**Evaluation**

All members of the Maiêutica Board were involved, and more than 250 students attended the public presentation. The enrolment in the programme of over 500 potential volunteers is an example of its success.



**Lessons Learned**

Involving as many members of the community as possible is a good way to make the programme have an impact. A mobilising kick-off facilitates an effective implementation.



**Recommendations**

Invest in advertising and good internal and external 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

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



**Name of the project**

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



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

Academic Community and other UMinho services users



**Time & Frame**

Academic Year 2021/22



**Team & Staff**

Organisational Units and Services of UMinho; Student association



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



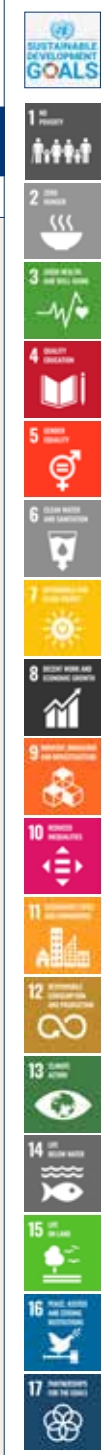
**Lessons Learned**

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



**Recommendations**

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



Universidade do Minho



UMinho Sports Complex - Braga



UMinho Canteen



"One Tree for each Athlete" Project



**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [WWW.IPLEIRIA.PT](http://WWW.IPLEIRIA.PT) CONTACT PERSON RUI MATOS EMAIL [HEALTHY.CAMPUS@IPLLEIRIA.PT](mailto:HEALTHY.CAMPUS@IPLLEIRIA.PT)



**Name of the project**

Managing a Team



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

Executive coordination team, sectorial teams



**Target & Stakeholders**

Healthy Campus Team



**Time & Frame**

Healthy Campus Lifetime



**Team & Staff**

Healthy Campus Team and Polytechnic Presidency



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



One of the several Healthy Campus Team meetings



Order of constitution of the Healthy Campus team

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



Why having such a diverse team on Healthy Campus

UNIVERSITY OF RIO VERDE

WEBSITE [HTTP://WWW.UNIRV.EDU.BR/](http://www.unirv.edu.br/) CONTACT [JOAOMARIO@UNIRV.EDU.BR](mailto:JOAOMARIO@UNIRV.EDU.BR)



**Name of the project**

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



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

UniRV Leadership, operational and sectoral management of Healthy Campus



**Time & Frame**

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



**Team & Staff**

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



**Description**

By joining the FISU Campus Healthy, UniRV identified the need to establish a management committee responsible for the implementation, management, and monitoring the activities to achieve the 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](http://WWW.UDST.EDU.QA) CONTACT S&S - [UDST.WELLNESS@CNA-QATAR.EDU.QA](mailto:UDST.WELLNESS@CNA-QATAR.EDU.QA) / [UDST.EDU.QA](http://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](http://WWW.SISEKAITSE.EE/EN/EASS-HOME) CONTACT [EPP.JALAKAS@SISEKAITSE.EE](mailto:EPP.JALAKAS@SISEKAITSE.EE)



### Name of the project

Fundraising for Healthy Campus activities



### Domain

Healthy Campus management



### Criteria

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



### Keywords

Physical Activity and Well-Being, Fundraising, Volunteers



### Target & Stakeholders

University community, companies, funds



### Time & Frame

Always when planning future activities



### Team & Staff

EASS Sports club and Student Council



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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



SISEKAITSEAKADEEMIA  
ESTONIAN ACADEMY OF SECURITY SCIENCES



Student Council presenting prizes from companies.



EASS mascot with sponsors' prize.



Sponsored introduction to new sports.



**WATERFORD INSTITUTE OF TECHNOLOGY**

WEBSITE [WWW.TCD.IE](http://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 utmost health and wellbeing.



**Evaluation**

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



**Lessons Learned**

Give students the resources and guidance and they will excel.



**Recommendations**

An effective marketing campaign is essential.



Waterford Institute of Technology



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	Responsible	Responsible	Responsible	Responsible	Responsible
1. 1st Floor					
2. 2nd Floor					
3. 3rd Floor					
4. 4th Floor					
5. 5th Floor					
6. 6th Floor					
7. 7th Floor					
8. 8th Floor					
9. 9th Floor					
10. 10th Floor					
11. 11th Floor					
12. 12th Floor					
13. 13th Floor					
14. 14th Floor					
15. 15th Floor					
16. 16th Floor					
17. 17th Floor					

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](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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](http://WWW.UAB.CAT) CONTACT [WWW.UAB.CAT/RSU](http://WWW.UAB.CAT/RSU) & [RESPONSABILITAT.SOCIAL@UAB.CAT](mailto: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](mailto: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](mailto: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](http://WWW.WIT.IE) CONTACT @WITVIKINGS SPORT & WIT ARENA SOCIAL MEDIA



**Name of the project**

WIT Healthy Campus Beyond The Norm



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

University Students & Staff



**Time & Frame**

All year



**Team & Staff**

Waterford IT, WIT Vikings Sport, WIT Arena



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

Better advertisement & promotional campaign around each event.



Waterford Institute of Technology



Professor Ciara Losty - open psychology event



Catherine Norton - Sexual Health



WIT Student Physical Health Education Seminar

UNIVERSITY OF JOHANNESBURG

WEBSITE WWW.UJ.AC.ZA CONTACT PERSON PROF ALBAN BURKE EMAIL ABURKE@UJ.AC.ZA



**Name of the project**

PsyCaD and CAT Online Support



**Domain**

All domains of Healthy Campus



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

Staff and Students, PsyCaD and CAT



**Time & Frame**

Entire Year (All-year round)



**Team & Staff**

Coordinators, Academic Advisors, Lecturers, IT Specialists



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



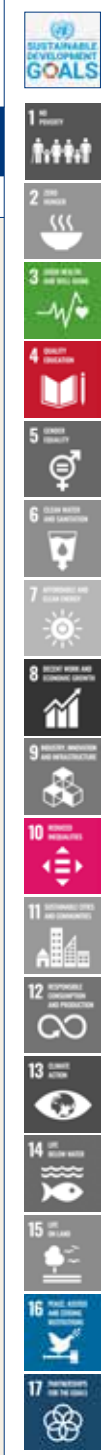
**Lessons Learned**

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



**Recommendations**

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



Disability Unit  
Two UJ students using a computer laboratory.



Students Use Smartphones to Access Services



Booking Method: Tests & exams, access information

MURDOCH UNIVERSITY

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



**Name of the project**

Active Campus Calendar



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

University Students & Staff



**Time & Frame**

All year



**Team & Staff**

Murdoch Active Staff



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

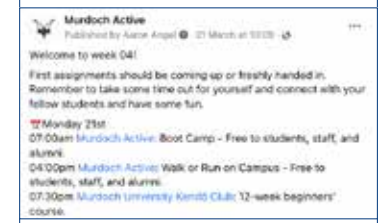
Develop a CMS system that allows student clubs and societies to manage their social calendars. Demonstrate value by ensuring to provide an accurate and up-to-date calendar of events. Assist clubs by promoting key events to the university community.



Mascot designed by a Murdoch University student.



A snapshot of student-led events mid semester.



Example of the promoted weekly event roundup.

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](mailto:KCL.AC.UK/SPORT) EMAIL [KINGSSPORT@KCL.AC.UK](mailto: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/healthy-campus-uc/) 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](mailto:EPP.JALAKAS@SISEKAITSE.EE)



### Name of the project

Feedback as resource for planning



### Domain

Healthy Campus management



### Criteria

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



### Keywords

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



### Target & Stakeholders

University community



### Time & Frame

At the end of the academic year or after activities



### Team & Staff

The Department of Education, the leaders of HC programme



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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



SISEKAITSEAKADEEMIA  
ESTONIAN ACADEMY OF SECURITY SCIENCES



New leisure opportunities in the EASS park



Estonian top athlete's nutrition lecture



Training with top athlete who is student of EASS



**KING'S COLLEGE LONDON**

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT [KCL.AC.UK/SPORT](mailto:KCL.AC.UK/SPORT) EMAIL [KINGSSPORT@KCL.AC.UK](mailto:KINGSSPORT@KCL.AC.UK)



**Name of the project**

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



**Domain**

Healthy Campus management



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

Student, Staff and Local Community



**Time & Frame**

Annual audits, usually held in the Summer



**Team & Staff**

King's Sport, Estates & Facilities, Quest



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



Quest Accreditation



King's Sport - Strand Gym



King's Sport - Honour Oak Park

# Physical activity and sport



**Name of the project**

(H)altere!



**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; Wellbeing; Health promotion



**Target & Stakeholders**

Polytechnic of Leiria Staff



**Time & Frame**

All academic year, all working days



**Team & Staff**

Two Physical Exercise Technicians



**Description**

Physical exercise programme for Teachers, Researchers, Technicians and Administrative Staff of the Polytechnic of Leiria, which will allow the practice of physical exercise to the entire community. The initiative is held four times a week.



**Main Goals**

Allow the practice of physical exercise to the entire non-student academic community (students have their own Programme).



**Motivation & Vision**

(H)altere! 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.



**Lessons Learned**

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

UNIVERSITY OF MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT](https://en.unimib.it) CONTACT : ANGELO PISANO - [ANGELO.PISANO@CUSBICOCCA.IT](mailto:ANGELO.PISANO@CUSBICOCCA.IT)



**Name of the project**

CUS Communication Plan



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

Brand Identity, coordinated image, social media presence



**Target & Stakeholders**

Students



**Time & Frame**

Once a year



**Team & Staff**

Center for University Sport(CUS), University Sport Committee



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

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



**Name of the project**

Facilities with International Hosting Capacity: Switzerland National Football Team Training during FIFA 2022



**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**

FIFA, ICC, Outdoor Sports Facilities, Global Hosting, Qatar National Vision 2030



**Target & Stakeholders**

International sports teams, Universities, Sport Federations



**Time & Frame**

Ongoing, with utilization for hosting major events



**Team & Staff**

Facilities Management, IT, Sport & Wellness Directorate



**Description**

UDST's state-of-the-art sports facilities, certified for FIFA and ICC events, hosts international competitions and promotes sport excellence in Qatar.



**Main Goals**

Provide world-class venues, foster global partnerships, enhance student athlete experience, and establish UDST's reputation as a sports leader in the region.



**Motivation & Vision**

Enhance UDST's reputation as a center for world-class sports infrastructure and encourage participation in sports activities, while promoting a culture of sport and physical activity that aligns with the Qatar National Vision 2030.



**Evaluation**

Assess facility use by teams and events, gather stakeholder input, track media mentions, and monitor revenue impact.



**Lessons Learned**

Global accreditation enhances visibility; maintaining world-class standards promotes collaboration and partnerships and maintains competitiveness.



**Recommendations**

Develop partnerships, market facilities globally, expand amenities, expand and strengthen relations with event property owners and maintain international sport facility standards.



**Name of the project**

III Adapted Sports Exhibition



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

Facilities; Access, People with reduced mobility



**Target & Stakeholders**

OASIS; CERCILEI; APPDA; CMLLeiria; ESECS; SAS; SOP



**Time & Frame**

Once a year



**Team & Staff**

ESECS; Undergraduate and Graduate Students



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

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



**Name of the project**

Body Composition Analysis



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

UDST Students, Faculty, Staff



**Time & Frame**

Ongoing, periodic evaluations



**Team & Staff**

Wellness Promotion, Sport and Wellness Directorate



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



**Name of the project**

At Work Physical Activity Program - PAFL



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

Programs; Physical activity; Exercise



**Target & Stakeholders**

ESECS; Sports and Wellbeing Course



**Time & Frame**

Twice a week, throughout the year



**Team & Staff**

1 Physical Exercise Technician; Sport and Wellbeing Students



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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





**TSHWANE UNIVERSITY OF TECHNOLOGY - TUT**

WEBSITE [WWW.TUT.AC.ZA](http://WWW.TUT.AC.ZA) CONTACT [LEHLOENYALE@TUT.AC.ZA](mailto:LEHLOENYALE@TUT.AC.ZA)



**Name of the project**

Gender Equality Promotion in Physical Activity and Sport



**Domain**

Physical activity and sport



**Criteria**

#47 The university supports or organises programmes for gender equality promotion in physical activity and sport



**Keywords**

Gender equality, Sport participation, Awareness



**Target & Stakeholders**

Students, coaches and the broader university community



**Time & Frame**

Weekly competitions



**Team & Staff**

Sport and Recreation and student organizations



**Description**

The university actively promotes gender equality in physical activity and sport through various initiatives. These include mentorship programs for female athletes and campaigns aimed at challenging gender stereotypes in sport.



**Main Goals**

The primary goal of the university's gender equality programs in sport is to create an inclusive and supportive environment where all students, regardless of gender, have equal opportunities to participate and lead in physical activity and sport.



**Motivation & Vision**

The university believes in the power of sport to drive social change. By promoting gender equality, it ensures that all students, regardless of gender, can fully benefit from the physical, mental, and social advantages of sport participation.



**Evaluation**

Participation in these programs has been increasing, with more female students engaging in sport and leadership roles. Feedback from participants indicates that the programs have contributed to greater confidence and motivation among women in sport.



**Lessons Learned**

Addressing unconscious bias through education and awareness programs has proven effective in changing perceptions and fostering a more inclusive sport environment.



**Recommendations**

To further enhance gender equality in sport, the university should develop policies ensuring equal funding, resources, and opportunities for both men's and women's sport programs.

**PRIVOLZHISKY RESEARCH MEDICAL UNIVERSITY**

WEBSITE WWW.PIMUNN.RU CONTACT : KISELEV YAROSLAV - YAROSLAV.KISELIV88@MAIL.RU



**Name of the project**

Project to reduce excess body weight in students of medical university



**Domain**

Physical activity and sport



**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community



**Keywords**

Medical students, bioimpedance analysis, educational technologies, dietetics, body weight



**Target & Stakeholders**

Students of 1-3 courses of different medical specialties



**Time & Frame**

Annual from september to june



**Team & Staff**

Employees of the Department of physical culture and sports



**Description**

The purpose of the project: it is a competent combination of physical activity and drawing up a map of rational proper nutrition to reduce the body mass index by conducting hardware testing and a set of measures of various directions.



**Main Goals**

1. Learn how to properly make up your diet, calculate daily calorie intake and calorie consumption during physical activity
2. The study of the use of various physical activities and their effect on the human body with a decrease in body weight.



**Motivation & Vision**

Reduction of excess body weight, strengthening of the muscular corset, improvement of hemodynamic parameters, preservation and improvement of one's own health, obtaining professional knowledge in the field of physical culture and medicine.



**Evaluation**

The main results and evaluation of the project is the acquisition by students of the necessary knowledge in the field of physical activity, nutrition and dietetics for their further application in medical practice.



**Lessons Learned**

An important component is an individual approach to each student, taking into account the peculiarities of the body of the students, the study of functional physiological indicators of the biopendas composition of the body using the MS FIT Pro.



**Recommendations**

1. It is necessary to have professional teachers in the field of physical culture, functional diagnostics and dietetics.
2. The completion of groups of students should take place according to a single level of health and physical fitness.





## BRASÍLIA UNIVERSITY - DARCY RIBEIRO

WEBSITE [WWW.INTERNATIONAL.UNB.BR](http://WWW.INTERNATIONAL.UNB.BR) MAIL [INTWEB@UNB.BR](mailto:INTWEB@UNB.BR) CONTACT [FELIPE RODRIGUES DA COSTA - FRCOSTA@UNB.BR](mailto:FELIPE.RODRIGUES.DA.COSTA - FRCOSTA@UNB.BR)



### Name of the project

UnB Internal Games - Jiunb's



### Domain

Physical activity and sport



### Criteria

#56 The university organises sports competition within the university



### Keywords

Educational sport. Student athlete. Institutional policy



### Target & Stakeholders

Students and former students of the University of Brasilia



### Time & Frame

2024.2



### Team & Staff

Student sports leaders, administrative staff and professors



### Description

The Jiunb's took place after consultation with UnB students and were mainly organized by student sports managers. The event lasted 9 days and was attended by approximately 750 undergraduate, graduate and alumni students.



### Main Goals

Resume institutional sports activities by encouraging the organization of student sports associations. Bring students from different courses and campuses together for healthy and educational activities.



### Motivation & Vision

Promote sports and personal relationships, strengthening bonds of respect, cooperation and camaraderie among students. Meet students' demands for physical activity and sports, offering new possibilities for physical practice.



### Evaluation

At the end of each stage of the event, technical meetings were held with representatives of each team to investigate problems and provide solutions for the next games.



### Lessons Learned

The students' ability to promote and organize the games, combined with institutional support, are fundamental to the success of the event. Understanding and believing in the potential for raising financial resources from outside the institution.



### Recommendations

Strengthen the institutional relationship with students involved in sports management and seek partners and sponsors outside the university to finance sports activities, whether in the educational, representation or performance dimension.



## BRASÍLIA UNIVERSITY - DARCY RIBEIRO

WEBSITE [WWW.INTERNATIONAL.UNB.BR](http://WWW.INTERNATIONAL.UNB.BR) MAIL [INTWEB@UNB.BR](mailto:INTWEB@UNB.BR) CONTACT FELIPE RODRIGUES DA COSTA - [FRCOSTA@UNB.BR](mailto:FRCOSTA@UNB.BR)



### Name of the project

UnB Healthy Campus - Sports, Health and Culture



### Domain

Physical activity and sport



### Criteria

#59 The university shall use these events as catalyst for the implementation of the Healthy Campus approach and, more generally, healthy lifestyle related acti...



### Keywords

Games. Festival. Local culture.



### Target & Stakeholders

Priority to student participating in assistance program



### Time & Frame

End of the semester



### Team & Staff

Students of PE course and professors staff



### Description

It deals with activities linked to the circularization of the extension of the Physical Education course and aims to offer physical, sporting and cultural activities.



### Main Goals

Welcome, value and promote respect for differences, providing a space for equal opportunities for the institution's diverse audiences.



### Motivation & Vision

The university is a space of social and cultural diversity that must be valued, promoted and respected. The integration of students is a priority for the development of a healthy and equal environment.



### Evaluation

This action arises from a specific demand from the institution and will serve as a starting point to verify opportunities for activities in the future.



### Lessons Learned

The action was developed based on the students' experiences and is part of a tripod of institutional commitments such as teaching, research and extension.



### Recommendations

Create a space for communication between managers, professors and students, qualifying the range of activities offered and expanding the possibility of external partnerships. Valuing diversity and student experience.



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA CONTACT ALLISON.FURLONG@UDST.EDU.QA



**Name of the project**

Garangao



**Domain**

Physical activity and sport



**Criteria**

#64 The university promotes and safeguards traditional games and sports.



**Keywords**

Traditional Game Garangao, Cultural Heritage, and Community Engagement



**Target & Stakeholders**

Students, staff, faculty, extended families, local community



**Time & Frame**

Annual event held during the holy month of Ramadan



**Team & Staff**

Student Engagement, Marketing, Qatari Student Association



**Description**

The Garangao event, hosted by the Qatari Student Association, brings cultural enrichment to UDST through traditional games, storytelling, and local food, offering a platform for cultural immersion and community connection during Ramadan.



**Main Goals**

To preserve Qatari cultural traditions, strengthen community connections, and promote cultural appreciation through immersive experiences that engage UDST students, faculty and staff, their extended families and local community.



**Motivation & Vision**

To foster a deeper appreciation of Qatari heritage, preserve Qatari values and traditions, create an inclusive environment and bring the UDST community together by celebrating diversity through shared cultural experiences.



**Evaluation**

The success of Garangao is evaluated by community participation, feedback on the cultural relevance of activities, and the visibility of the event across campus platforms through media and social channels.



**Lessons Learned**

Events such as Garangao are more successful at strengthening cultural identity when interactive activities are included and benefit from collaboration with student organizations and cultural organizations to enhance the overall experience.



**Recommendations**

Involve external cultural organizations to deepen the authenticity of the event. Enhance promotion to encourage broader participation from the campus and community. Use the event as an educational platform reflecting Qatari culture and heritage.



**TSHWANE UNIVERSITY OF TECHNOLOGY - TUT**

WEBSITE [WWW.TUT.AC.ZA](http://WWW.TUT.AC.ZA)



**Name of the project**

Revitalizing Traditional Games and Sport at the University



**Domain**

Physical activity and sport



**Criteria**

#64 The university promotes and safeguards traditional games and sports



**Keywords**

Traditional games, Morabaraba, Cultural heritage



**Target & Stakeholders**

University students, faculty, and staff



**Time & Frame**

During the heritage month in September



**Team & Staff**

Student affairs and extracurricular development



**Description**

The university is committed to preserving and promoting traditional games and sport as part of its cultural heritage.



**Main Goals**

The primary goal of this initiative is to safeguard and revitalize traditional games and sport within the university community, ensuring that they remain a vibrant part of student life.



**Motivation & Vision**

The university values traditional games and sport as essential for preserving cultural heritage while encouraging physical activity.



**Evaluation**

Participation rates and feedback are measured through surveys, event attendance, and student engagement.



**Lessons Learned**

One of the key lessons learned from this initiative is that students show higher engagement when traditional games are presented in an interactive and culturally immersive manner.



**Recommendations**

To ensure the long-term success and sustainability of this initiative, the university should integrate traditional games into various aspects of student life. One approach is to include these games as part of orientation programs for new students.



**Name of the project**

U.Porto Active Week



**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**

Active week, sports, physical activity



**Target & Stakeholders**

All the population



**Time & Frame**

April 2-7



**Team & Staff**

CDUP-UP, ABP, Vencer Autismo, FAP



**Description**

From 2 to 7 April, U.Porto promotes dozens of sporting activities for all. The University of Porto invites everyone to join in the celebrations of World Physical Activity Day, which takes place on 6 April.



**Main Goals**

Combat sedentary lifestyles and make sport more accessible to everyone.



**Motivation & Vision**

Promoting physical activity in the community and promoting a healthy lifestyle.



**Evaluation**

Around 150 participants walking to raise awareness of Autism (an event that took place on 2 April). 705 euros raised from registration to Vencer Autismo. Mobilised 689 people for physical activity.



**Lessons Learned**

Solidarity activities motivate more participants to join the initiative. Take advantage of the celebration of World Day to raise awareness of sport. The online challenges didn't have as good an effect as desired.



**Recommendations**

The Fun Family Games, which were aimed at the whole family, were a success and should be repeated at other times of the year.

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

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



**Name of the project**

University of Surrey Student Sport Offering



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

University of Surrey students



**Time & Frame**

All year round, some programmes limited to term-time



**Team & Staff**

Team Surrey, Sport Delivery, Operations, Client Services



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



SurreyMoves+ Colour Run



PlaySport Hockey Session



Dual Career Programme athletes

UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

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



**Name of the project**

Surrey Sports Park Strategy and Team Surrey Delivery Plan



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

Strategy. Delivery Plan. Sport and Physical Activity.



**Target & Stakeholders**

Staff, students, partners, and local community.



**Time & Frame**

Annually delivered to meet 2023-2028 Strategy



**Team & Staff**

SSP Leadership and Management teams. Team Surrey staff



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



SUPPORT EDUCATE INSPIRE

SSP Support, Educate, Inspire



Team Surrey Move, Play, Perform Pathway

UNIVERSITY OF DEBRECEN

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



**Name of the project**

Marketing sports and sport life to the Campus community



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

Students, prospective students, employees



**Time & Frame**

Continuous activity



**Team & Staff**

Press Office of UD, Institute of Sport Sciences



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



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](http://WWW.UPO.ES/PORTAL/IMPE/WEB/PORTADA/INDEX.HTML) CONTACT [VRCAMPSUSSALUDABLEYDEPORTE@UPO.ES](mailto:VRCAMPSUSSALUDABLEYDEPORTE@UPO.ES)



**Name of the project**

Play Sport At Your University



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

To promote sport among members of the university community



**Time & Frame**

September to June



**Team & Staff**

VR of Healthy Campus and Sports Services, Sports Services



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

Compete Cooperate-Collaborate Effort Improvement



**Recommendations**

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





UNIVERSITY OF 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](mailto: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. 31<sup>st</sup>



**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 1<sup>st</sup> 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- 1<sup>st</sup> 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](mailto: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

UNIVERSITY OF DEBRECEN

WEBSITE : [HTTPS://WWW.EDU.UNIDEB.HU/](https://www.edu.unideb.hu/) CONTACT PERSON DR.PUSKÁS ANDREA LENTÉNE – LPANDREA@SPORT.UNIDEB.HU



**Name of the project**

Sport counselling activities



**Domain**

Physical activity and sport



**Criteria**

#52 The university provides physical activity and sport counselling to the campus community



**Keywords**

Education videos, road shows, PE education, science books



**Target & Stakeholders**

Campus community



**Time & Frame**

Continuous activity



**Team & Staff**

Institute of Sport Sciences, University departments



**Description**

Sport counselling activities have different forms: 1. in PE education, a lot of science books and education videos are available for free and occasionally road shows are organised in specific topics, like injuries or prevention.



**Main Goals**

The main goal is to provide relevant knowledge for students in relation of sport activities, prevention, injuries etc. to complement students skills and help them to be up to date in sport sciences.



**Motivation & Vision**

Knowledge-sharing is a key in the Campus to help Campus community to deepen their knowledge in different topics and videos allow them to practice at home. Through the available materials not only PE education students can reach them but any students.



**Evaluation**

Uploaded books, videos frequently used by PE student, and road shows are very popular, in the last few years many nationally or internationally famous athletes, coaches etc. came to Debrecen to talk about sports to the Campus community.



**Lessons Learned**

To invite famous athletes or other famous sportsmen, coaches an excellent way to attract more people to learn about specific area of sports education, technics, methods, prevention.



**Recommendations**

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



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](mailto:ALUMNI@SURREY.AC.UK), [INFO@TEAMSURREY.CO.UK](mailto: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](mailto: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.



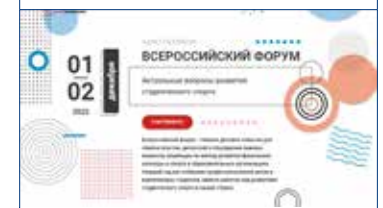
ITMO UNIVERSITY



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*

**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT [PAFE@IPLEIRIA.PT](mailto:PAFE@IPLEIRIA.PT) & [DESPORTO@IPLEIRIA.PT](mailto: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!**

Horário das atividades: 1.º semestre - início a 2 de novembro

Atividade	1900 - 1930	1930 - 2000	2000 - 2030	2030 - 2100	2100 - 2130	2130 - 2200
Atividade						

Ma Training

Physical Activity Prog. for Students (PAFE) Poster

PAFE's disclosure on FB of Polytechnic of Leiria



**PEKING UNIVERSITY**

WEBSITE [PKU.EDU.CN](http://PKU.EDU.CN) CONTACT PERSON HE ZHONGHUI EMAIL [HEALTHYCAMPUS@PKU.EDU.CN](mailto: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 4<sup>th</sup> 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.



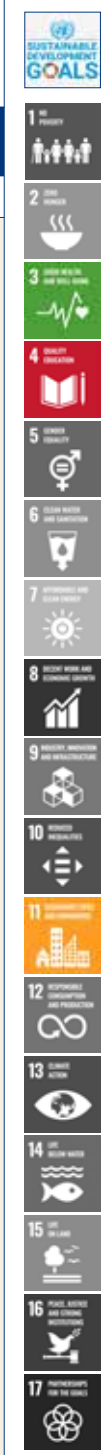
**Lessons Learned**

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 4<sup>th</sup> Playground



Night Run



Night Run

UNIVERSITY OF WESTERN AUSTRALIA

WEBSITE [HTTPS://WWW.UWA.EDU.AU/](https://www.uwa.edu.au/)



**Name of the project**

UWA Sport Inclusive Sport Framework



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

Inclusion Framework  
Community



**Target & Stakeholders**

All students and participants in all services



**Time & Frame**

Ongoing



**Team & Staff**

UWA Sport, University Sporting Clubs, Student Life



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



Mixed sport event of residential college students



Our framework

**KING'S COLLEGE LONDON**

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT [KCL.AC.UK/SPORT](mailto:KCL.AC.UK/SPORT) EMAIL [KINGSSPORT@KCL.AC.UK](mailto: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](mailto: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.

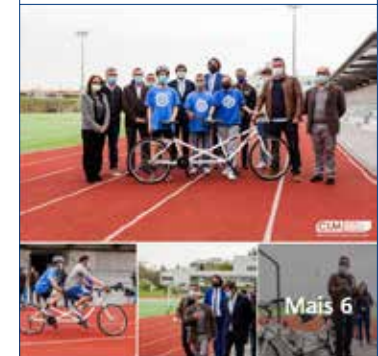


**Recommendations**

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

UNIVERSITY OF SPLIT

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



**Name of the project**

Unist Health Days - First aid course



**Domain**

Physical activity and sport



**Criteria**

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



**Keywords**

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



**Target & Stakeholders**

University Students, University coaches and leaders



**Time & Frame**

Once a year



**Team & Staff**

Split University Sports Association, University of Split



**Description**

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



**Main Goals**

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



**Motivation & Vision**

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



**Evaluation**

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



**Lessons Learned**

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



**Recommendations**

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



Campus - University of Split



The first aid course



The first aid course

UNIVERSITY OF LUCERNE

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



UNIVERSITÄT  
LUZERN



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.

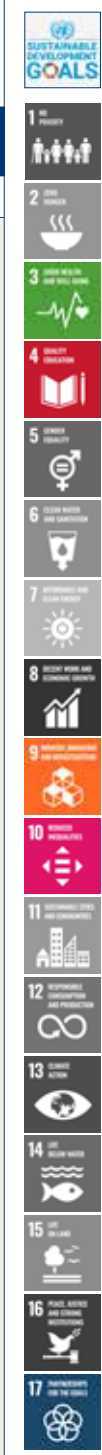
**Main Goals**  
Our main goals are to promote physical activity to all staff and students. This includes participants from the elite to the participation programmes.

**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.



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



Boathouse, Islandbridge



Trinity College Rugby Pitch



College Park home to Soccer, Hockey and Athletics



UNIVERSITY OF MINHO

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



Universidade do Minho



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](mailto:EPP.JALAKAS@SISEKAITSE.EE)



### Name of the project

Notice, report, and fix



### Domain

Physical activity and sport



### Criteria

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



### Keywords

Sport facilities, Security



### Target & Stakeholders

Users of university's sports facilities



### Time & Frame

Regularly



### Team & Staff

Staff of EASS sports centre and administration centre



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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



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.



**UAB**  
Universitat Autònoma de Barcelona



## WATERFORD INSTITUTE OF TECHNOLOGY

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



### Name of the project

Try WIT Vikings Physical Activity & Sport



### Domain

Physical activity and sport



### Criteria

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



### Keywords

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



### Target & Stakeholders

Students



### Time & Frame

All Year



### Team & Staff

WIT Vikings & WIT Arena



### Description

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



### Main Goals

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



### Motivation & Vision

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



### Evaluation

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



### Lessons Learned

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



### Recommendations

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



Waterford Institute of Technology

### SHUTTLE BUS TIMETABLE



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/>

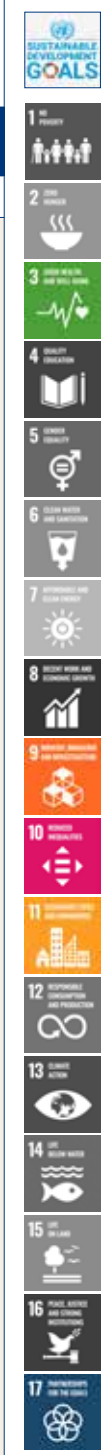
**Main Goals**  
To allow smooth functioning of the S&W facilities at UDST. To record and track facility usage trends to provide better support to the campus and the local community.


**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.






جامعة الدوحة  
UNIVERSITY OF DOHA  
FOR SCIENCE & TECHNOLOGY

---




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.



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](mailto: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



Bilancio di Genere e Gender Equality Plan: attuazione e prospettive future

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**

WEBSITE [HTTPS://WWW.SPORTACADEM.RU/](https://www.sportacadem.ru/) CONTACT PERSON GALIEVA CHULPAN EMAIL [AFKIBZH@MAIL.RU](mailto:AFKIBZH@MAIL.RU)



**Name of the project**

Project for people with musculoskeletal disorders (MSD)



**Domain**

Physical activity and sport



**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities.



**Keywords**

disabled people, sitting volleyball, physical rehabilitation



**Target & Stakeholders**

Athletes with disorders of the MSD, students, teachers



**Time & Frame**

Since 2018 - annually



**Team & Staff**

Manager, team coach, students



**Description**

Organisation of sports training in sitting volleyball for persons with a lesion of the MSD, with the participation of university students. Performance of the team "Alga" at competitions. In 2020, 3rd place in the Russian Championship.



**Main Goals**

Physical rehabilitation and social integration of disabled people. Development of adaptive sports. Formation of professional competence of students. Development of innovative methods of teaching disabled people.



**Motivation & Vision**

Participation in the Russian Championship. Obtaining a sports title (candidate Master of sports, Master of sports). Increasing the level of physical capabilities.



**Evaluation**

Number of participants 50 Ranked in the Russian Championship Publication in the media and social networks.



**Lessons Learned**

The method of sports training sitting volleyball for people with musculoskeletal system damage. Scientific data on improving the mental and physical condition of disabled athletes. Professional competencies of sitting volleyball coaches.



**Recommendations**

To implement the project an advertising company to motivate the disabled, an accessible environment at the university, volleyball coaches, financial support for the purchase of special equipment, uniforms, athletes going to competitions.



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](mailto:HEALTHYCAMPUS@UC.PT) EMAIL [FILIPA.GODINHO@UC.PT](mailto: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.



PROGRAMA  
**EXPERIMENTA!**

Try it



Walk and Run Group

**UC+ATIVA**

Logo

**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

WEBSITE [WWW.ISCTE-IUL.PT](http://WWW.ISCTE-IUL.PT) CONTACT [DESporto@ISCTE-IUL.PT](mailto: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.



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](http://WWW.UJ.AC.ZA) CONTACT PERSON JOEL KGOKONG EMAIL [JOELK@UJ.AC.ZA](mailto: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



**Fitnessstudio Gym - Intro**

**Fitnessstudio Gym - Intro**  
 (Englisch) Einführung, Einweisung, die Nutzung der Geräte und Einweisung in die Nutzung der Geräte.  
 (Deutsch) Einführung in die Nutzung der Geräte und Einweisung in die Nutzung der Geräte.

**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.



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](mailto:EPP.JALAKAS@SISEKAITSE.EE)



### Name of the project

Introduction to Fitness Trainings in different forms



### Domain

Physical activity and sport



### Criteria

#52 The university provides physical activity and sport counselling to the campus community.



### Keywords

Physical Activity and Sport, Guidance, Fitness Training



### Target & Stakeholders

New cadets, Experienced athletes, instructors



### Time & Frame

During the first semester of the academic year.



### Team & Staff

The Department of Academic Affairs, Head of Sport, Athletes



### Description

Fitness Training is one of elective subjects in EASS curricula. Together with the Physical Education classes and individual instructed workouts, this elective course helps students to master proper training techniques in the gym.



### Main Goals

The main goal of various introductions to fitness exercises and training principles is to encourage our students to use the gym regularly to improve their physical skills and fitness.



### Motivation & Vision

University time is loaded with mental effort and intellectual growth, but it is also important to create opportunities for students to build their physical strength. Without introduction and instruction, many new students are afraid to use the gym.



### Evaluation

Fitness Training has been elected by students every time when offered; last semester, 36 students completed this course. Introductory gym trainings have been part of compulsory subjects in 3 colleges. Individual guided workouts are held once a year.



### Lessons Learned

Fitness training as elected subject is a good solution for students who don't have compulsory Physical Education in their curriculum. Top level athletes are ready to share their skills and experience; even more – they value the teaching experience.



### Recommendations

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



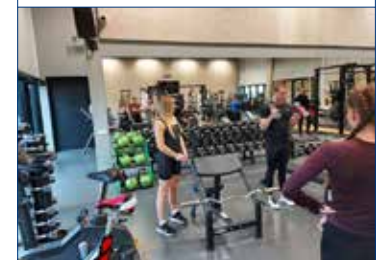
SISEKAITSEAKADEEMIA  
ESTONIAN ACADEMY OF SECURITY SCIENCES



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](mailto: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](mailto: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)**

WEBSITE [HTTP://ENG.RUDN.RU/](http://eng.rudn.ru/) CONTACT PERSON ALEKSANDR BYCHKOV EMAIL BYCHKOV-AA@RUDN.RU



**Name of the project**

Centre of sports events



**Domain**

Physical activity and sport



**Criteria**

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community.



**Keywords**

Athletes, students, local community



**Target & Stakeholders**

Athletes, students, local community, event organisers



**Time & Frame**

The events are held annually



**Team & Staff**

Sport department



**Description**

RUDN University hosts the Russian Powerlifting Championship at its base, in which athletes of various ages from all over Russia take part, on the days of the competition, the doors of RUDN University are open to everyone to watch and cheer on the athletes.



**Main Goals**

Increasing the number of students and the local community doing sport at the RUDN University indoor and outdoor sports facilities on their own, increasing the number of sports events hosted by RUDN University.



**Motivation & Vision**

Opportunity to organise sport competitions which will be unforgettable in terms of entertainment and intensity of emotions for students and the local community. Receiving positive emotions and expanding partner sports ties.



**Evaluation**

Number of people doing sports at the RUDN University sports facilities on their own, number of sports competitions (events) hosted by RUDN University.



**Lessons Learned**

When implementing events, it is necessary to consider the number of participants in the competition, number of spectators, medical care services. It is necessary to pay attention to arranging food outlets. One can learn how to organise various components of the processes of a large sports event.

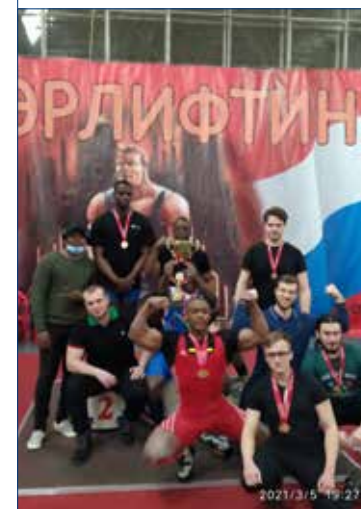


**Recommendations**

Special attention should be paid to working with the audience, providing an entertainment programme during breaks, organising lounge areas and catering places, including optional entertaining mini-games or draw games.



Awards ceremony for the winners of the competition



RUDN powerlifting team after Russian Powerlifting Championship

UNIVERSITY OF LAUSANNE

WEBSITE [HTTPS://POLYSPORTS.PESE.CH/](https://polysports.pe.se.ch/) CONTACT PERSON RETO INEICHEN EMAIL [RETO.INEICHEN@UNIL.CH](mailto: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](mailto:DDC@SAS.UMINHO.PT) EMAIL [GABRIEL@SAS.UMINHO.PT](mailto: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.



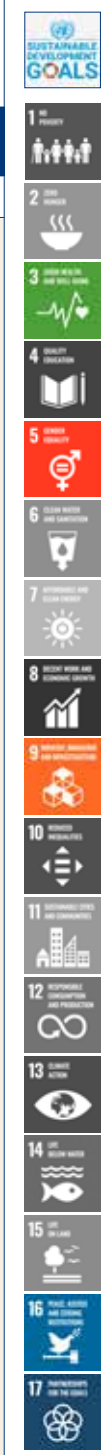
**Lessons Learned**

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](mailto:DUALCAREER@UNITO.IT) EMAIL [ALBERTO.RAINOLDI@UNITO.IT](mailto: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](mailto: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](http://WWW.TCD.IE) CONTACT [HTTPS://WWW.MINDBODYBOOST.EU/CONTACT](https://www.mindbodyboost.eu/contact)



**Name of the project**

Mind Body Boost an Erasmus Plus Funded Project



**Domain**

Physical activity and sport



**Criteria**

#65 The university offers activities to promote the values of physical activity and sport activity to the campus community.



**Keywords**

Mental Health, Well-being, Physical Activity, inclusivity



**Target & Stakeholders**

Students from Trinity College Dublin & 9 other Universities



**Time & Frame**

One 6 weeks intervention per semester (one session a week)



**Team & Staff**

Sport, counselling & psychology staff



**Description**

The Mind Body Boost is an Erasmus+ funded project designed to encourage inclusivity and equality through sport. The project calls upon referrals from educational, health & sporting professionals to provide holistic support.



**Main Goals**

To establish a European collaboration with the aim of improving the mental and physical well-being of young people in a university setting. To promote and foster social inclusion and equal access to sport for all.



**Motivation & Vision**

Mind Body Boost is an evidence-based intervention, devised to support young people in managing their mental and physical health.



**Evaluation**

The evaluation process will use the data collected by the app specially developed for the project to assess how effective the intervention sessions were on the weekly mood and mental well-being of the participants.



**Lessons Learned**

The project is dealing with a number of sensitive topics for the participants, and it is important to them to feel supported throughout the 6 weeks. This can be done through the interventions, app notifications, emails, sending of well-being resources.

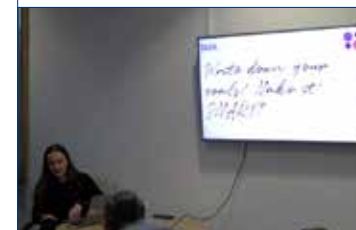


**Recommendations**

Develop a best practice model, handbook and toolkit and intellectual outputs, to ensure that the project can be replicated and scaled up elsewhere in other institutions or organisations for the benefit of more European citizens.



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



Mind Body Boost Counselling



Mind Body Boost Exercise session



Mind Body boost Instructor



**UNIVERSITY  
OF SURREY**



*Nutrition*

# Nutrition





UNIVERSITY OF TURIN

WEBSITE [HTTPS://EN.UNITO.IT/](https://en.unito.it/) CONTACT [NADIA.TECCO@UNITO.IT](mailto:NADIA.TECCO@UNITO.IT)



**Name of the project**

Food Manager at the University of Turin



**Domain**

Nutrition



**Criteria**

#67 The university shall name a person or a group of people (commission) responsible for food and nutrition services.



**Keywords**

Food, Nutrition, GPP, University canteens, vending machines, bars



**Target & Stakeholders**

University community+ stakeholders of the food value chain



**Time & Frame**

From 2022 onward



**Team & Staff**

Working Group Food of the Unito Green Office



**Description**

In order to strengthen the role of the University as an actor within the Local Territorial Food System with a view to social and environmental sustainability, in 2022 the University of Turin established the role of Food Manager



**Main Goals**

Managing relations with: university canteen operators suppliers and facilities for the supply of food (university cafeterias, vending machines...) territory (commercial establishments supplying food to students, farms).



**Motivation & Vision**

The Manifesto 'Universities for Sustainability' signed by the RUS on 30/05/2019 suggests among the actions to implement the SDGs to supplement the sustainability staff with managers (Sustainability, Food, Energy, Mobility, Waste & resources).



**Evaluation**

The role of the Food Manager is useful to coordinate the various initiatives and stakeholder gravitating around the university food system. To create internal coherence, it was beneficial to liaise with other sustainability managers.



**Lessons Learned**

In addition to the designation of the food manager, it is necessary to include the person in the communication flow and in the different chains that existed prior to the designation for the management of the different services/areas of competence.



**Recommendations**

Create a strong connection with the topics of water management, waste prevention and management, health and environmental impacts of food production/consumption choices, physical activity.





**SIBERIAN FEDERAL UNIVERSITY**

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT [CHEL.CANTEEN@GMAIL.COM](mailto:chel.canteen@gmail.com)



**Name of the project**

Neo-dining room «Ch(е)l»



**Domain**

Nutrition



**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community



**Keywords**

Startup, student nutrition, affordability



**Target & Stakeholders**

Students and staff of the university



**Time & Frame**

All year round



**Team & Staff**

Project managers: Maxim Semena and Daniil Chub



**Description**

Providing quick service and tasty, healthy and affordable meals to students and staff of the university. The startup of SibFU Gastronomy School alumni.



**Main Goals**

The neo-dining was created to change the students' food culture at the university and take it to the next level.



**Motivation & Vision**

The process of shopping for food takes less time, which is very important for students and staff during crucial periods of study and work. There is also a cashback system that allows diners to save money on their lunches.



**Evaluation**

Number of points of sale; Number of daily visitors; Menu variety.



**Lessons Learned**

There are not enough distribution lines at the point of sale and the problem of queuing and crowding persists.



**Recommendations**

Accelerate the installation of micro-markets and add additional distribution lines where they are lacking (minimum of 2 distribution lines at each point of sale).



**Name of the project**

Conference on Dietetics and Nutrition of the Polytechnic of Leiria



**Domain**

Nutrition



**Criteria**

#72 The university provides nutrition counselling to the campus community



**Keywords**

Nutrition; healthy eating



**Target & Stakeholders**

ESSLeI; Dietetics and Nutrition Course; Social Services



**Time & Frame**

For these journeys, this point does not apply. N/A



**Team & Staff**

ESSLeI; Dietetics and Nutrition Course; Social Services



**Description**

The Dietetics and Nutrition Conferences aim to contribute to the sharing and acquisition of knowledge, aimed at students, teachers and health professionals, where current nutrition and health topics are presented.



**Main Goals**

To empower the academic community with knowledge that helps those involved to implement healthy lifestyles related to food in their routines.



**Motivation & Vision**

It expresses how the Healthy Campus Program and its team intend to consolidate the healthy lifestyle in the community of the Polytechnic of Leiria.



**Evaluation**

The Conference received 140 participants, in which they acquired a lot of knowledge about the topics covered.



**Lessons Learned**

It is possible to contribute to the development and knowledge in the field of Dietetics and Nutrition through the involvement of students and experts in different sub-areas of the subject.



**Recommendations**

In addition to screenings, it is important to regularly share information on food issues related to health and well-being, thus contributing to food health literacy on campus.



**Name of the project**

Composting process at Campus 4



**Domain**

Nutrition



**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals



**Keywords**

Composting; Environment; Food Waste



**Target & Stakeholders**

ESTM and IPL' Food Division



**Time & Frame**

Throughout the year



**Team & Staff**

ESTM; Polytechnic of Leiria staff



**Description**

In partnership with ESTM, the Food Division started a composting process at Campus 4 in 2022. In this context, 3 composters were installed in 2023 to transform organic waste produced in the Campus' food unit.



**Main Goals**

Avoid food waste, as the substrate obtained is later used in the cultivation of aromatic herbs for use in practical cooking classes.



**Motivation & Vision**

It expresses how the Healthy Campus Program and its team intend to contribute to environmental sustainability.



**Evaluation**

Produced aromatic herbs are being used in practical cooking classes and in food confection.



**Lessons Learned**

Being an option for the disposal of organic waste that can be reused, it makes perfect sense for HEIs that produce numerous wastes to adopt an alternative that contributes to sustainability.



**Recommendations**

HEIs should seek to provide composting compost on campuses, in order to contribute to environmental sustainability.

UNIVERSIDAD REY JUAN CARLOS

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



Screenshot of an online colloquium



Fruit Distribution Announcement Poster



TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE/](https://www.tcd.ie/) CONTACT [WWW.TCD.IE/ACCOMMODATION/COLLEGE-CATERING/](http://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](mailto:HEALTHYCAMPUS@UC.PT) EMAIL [FILIPA.GODINHO@UC.PT](mailto: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.



UNIVERSIDADE D COIMBRA

National Television Interview about the campaign

"Less = More" campaign

"Did you know that..." campaign

UNIVERSITY OF LUCERNE

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON RON PREISER EMAIL [INFO@ZFV.CH](mailto: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](http://PKU.EDU.CN) CONTACT PERSON HE ZHONGHUI EMAIL [HEALTHYCAMPUS@PKU.EDU.CN](mailto: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 64,000m<sup>2</sup> 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](http://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.



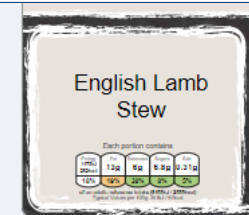
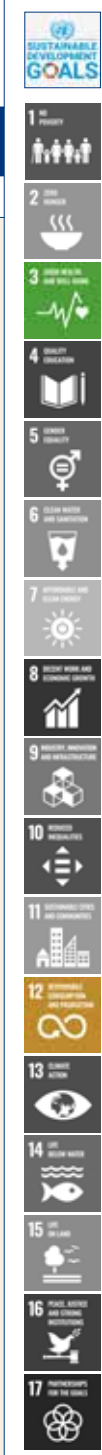
**Lessons Learned**

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](http://www.sas.uminho.pt/uploads/Cantina_Almo%C3%A7o_Mar%C3%A7o.pdf). Organise thematic days/weeks regarding healthy dieting.



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](mailto: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/](http://WWW.MURDOCH.EDU.AU/) CONTACT [ACTIVE@MURDOCH.EDU.AU](mailto:ACTIVE@MURDOCH.EDU.AU)



**Name of the project**

Accessible water



**Domain**

Nutrition



**Criteria**

#71 Free drinking water stations are available on campus.



**Keywords**

Health & Well-Being, Student Care, Necessities



**Target & Stakeholders**

University students and faculty



**Time & Frame**

All year



**Team & Staff**

Murdoch University



**Description**

Murdoch University aims to provide access to fresh clean drinking water for students and staff across the campus.



**Main Goals**

Provide access to clean drinking water in all buildings and at multiple outdoor areas. Provide both chilled and hot filtered water options for students and staff to access freely.



**Motivation & Vision**

Murdoch University strives to ensure all students and staff can readily access clean drinking water easily, and freely.



**Evaluation**

In recent years health concerns especially with a global pandemic have seen the need to upgrade older drinking fountains to also include attachments able to fill water bottles.



**Lessons Learned**

By providing access to both boiling and chilled water systems students have access to water to not only for drinking. Simple cooking and making tea, coffee, or other drinks becomes available to students.



**Recommendations**

Ensure an even distribution of systems throughout the campus grounds and buildings to avoid needing to travel too far to access water. Ensure free standing stations and kitchen facilities are of an accessible height for wheelchair users to access.



Kitchens provide boiling & chilled filtered water



Filtered water bottle filling stations



Map of campus H2O station distribution

**WATERFORD INSTITUTE OF TECHNOLOGY**

**WEBSITE** [HTTPS://WWW.WIT.IE/](https://www.wit.ie/) **CONTACT** **INSTAGRAM:** WITVIKINGSPTS WITFOOD\_ON\_CAMPUS



**Name of the project**

Fill it Up-Lets Stay Hydrated



**Domain**

Nutrition



**Criteria**

#71 Free drinking water stations are available on campus.



**Keywords**

Health and Well-Being Benefits, Environmentally Friendly, Hydration, Reduce, Reuse, Refresh, Free



**Target & Stakeholders**

Institute Students & Staff



**Time & Frame**

All year



**Team & Staff**

WIT Novus Food and Beverage & WIT Vikings



**Description**

WIT Vikings and indeed the whole WIT community recognize the importance of drinking water for its many health benefits. In addition, we also are committed to the environment and know the problems that single use plastics are having.



**Main Goals**

To keep students and staff hydrated in an environmentally friendly way by allowing them to fill their reusable bottles as many times throughout the day as they wish, while also being.



**Motivation & Vision**

For students and staff to stay hydrated in a way that is safe, clean and environmentally friendly.



**Evaluation**

Students and staff have embraced the concept and are actively encouraging others to join the initiative. The number of users, including those who have already registered for prior activities and new users, is used to evaluate the activity.



**Lessons Learned**

It is vital to inform students and staff of the benefits of drinking water in an environmentally friendly way, thus providing the resources to avail of this opportunity is imperative.



**Recommendations**

An effective promotional effort and campaign is essential.



Waterford Institute of Technology



*Refill, reduce, refresh, do something good*



*1 of 23 water machines available in the Institute*

UNIVERSITY OF THE ALGARVE

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



UNIVERSITY OF MILANO-BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT PERSON PAOLA PALESTINI EMAIL BICOCCA.SOSTENIBILE@UNIMIB.IT



**Name of the project**

SoGood



**Domain**

Nutrition



**Criteria**

#72 The university provides nutrition counselling to the campus community.



**Keywords**

Healthy food choice, sustainability



**Target & Stakeholders**

Students and employees



**Time & Frame**

Since 2019



**Team & Staff**

Bicocca Sostenibile, BASE Committee, Sodexo



**Description**

Reorganise the campus canteen in order to induce healthy food choices and reduce food waste. A series of green footprints traced on the floor leads to the fruit and vegetable area. The healthiest foods were highlighted by "So Good" labels.



**Main Goals**

Investigate nutrition habits of the community and adopt nudging strategies in order to promote healthier and sustainable eating behaviour for people and planet.



**Motivation & Vision**

Educate the campus community to healthy lifestyle. The possibility of knowing what healthy foods is, what are the optimal food combinations and the correct portions should make people increasingly aware of the importance of correct food choices.



**Evaluation**

Choices are registered and data analysed before and after the nudging intervention.



**Lessons Learned**

Based on our experience, nudging strategies are effective in promoting healthier food choices. Our analysis formed the basis for an ongoing research project. We plan to extend the pilot project to the whole campus bar and canteen services.



**Recommendations**

Use signs, guided tours and product highlighting, to gently push users to healthier and more balanced food choices.



Footprints in the campus canteen



Nutrition information



Healthy food choices

MYONGJI UNIVERSITY

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

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON RON PREISER EMAIL [INFO@ZFV.CH](mailto:INFO@ZFV.CH)



**Name of the project**

Favoring swiss produce



**Domain**

Nutrition



**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.



**Keywords**

Swiss made, healthy, regional, farms, balanced nutrition, good for the climate



**Target & Stakeholders**

Students and employees of the university



**Time & Frame**

Every day since September 2021



**Team & Staff**

Cooperative ZFV - Unternehmungen «Mensa 1574»



**Description**

Since the new concept of the cafeteria, they foster Swiss and especially regional producers to deliver the cafeteria.



**Main Goals**

Serving nutritious meals which are good for humans and the environment. Buying the ingredients from local farmers and companies. Bringing attention to the customer on eco-friendly foods and reducing food waste.



**Motivation & Vision**

Reducing the environmental impact by buying mainly Swiss products. Even plant-based alternatives and tofu are Swiss made. Reducing air transported products. Preferring goods with fairtrade labels such as Max Havelaar coffee or MSC fish.



**Evaluation**

All the meats which are used in the cafeteria are from Switzerland. Fish always has the MSC-label and is organic. Vegetables and fruit is as good as possible from Switzerland and always in season according to the WWF-calendar.



**Lessons Learned**

Eco friendly nutrition is getting more popular for the customer. More and more students and employees ask about the origin of the produce, especially of meats. The demand of fairtrade products grows.



**Recommendations**

Surveys help a lot on finding out what the costumers look for in a cafeteria. For example, was the cafeteria able to reduce food waste due to a survey and study, by adjusting the portion sizes.



BEWERTUNG	ANFORDERUNGEN
Beitrag zur Nachhaltigkeit	• Umwelt • Soziales und zB Arbeitsbedingungen, Fairtrade
Umfeld	• Umwelt
Die Organisation	• Umwelt, Soziales
Lebensmittel	• Umwelt, Soziales, Gesundheit, Ernährung
MSC-Marketing	• Umwelt, Soziales
Preis	• Umwelt
Spezialitäten	• Umwelt, Soziales, Gesundheit, Ernährung, Fairtrade, Fairtrade
Die lokale Produktion (zB. lokale Produkte, etc.)	• Umwelt, Soziales, Gesundheit, Ernährung
Umfeld und Ökologie	• Umwelt, Soziales, Gesundheit, Ernährung
Die Lieferanten (Werkstoffe und Energie)	• Umwelt, Soziales, Gesundheit, Ernährung, Fairtrade, Fairtrade, Fairtrade, Fairtrade

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](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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 nº216/2021 determines the specifications for the purchase and installation of vending machines and establishes the obligation to make healthy food available in each machine of the contract.



**Main Goals**

Ensure that 50% of the list of products available are products considered healthy according to the National Health Service, table (regardless of the quantity per product), not including water. Offer products that promote healthier eating habits.



**Motivation & Vision**

The University wants to be carbon neutral by 2030. Food is an important aspect of a sustainable campus. Sustainability is being improved by offering more regional and sustainably sourced products and by implementing measures to reduce food waste.



**Evaluation**

Considerably higher impact by having a transversal implementation in all units, services, and departments of the organisation.



**Lessons Learned**

Implementation of strategic measures, must be implemented transversally to achieve the desired goals.



**Recommendations**

Hold tenders that include all vending machines in the organisation to simplify the implementation and control of measures like this.



Rectoral Decision nº216/2021

ALIMENTOS por 100g

	QUERENA (Ligada)	QUERENA SALTADA	AÇÚCARES	SAL
ALTO	mais de 17,5g	mais de 5g	mais de 22,5g	mais de 1,5g
MÉDIO	entre 3,75g e 17,5g	entre 1,5g e 5g	entre 5,25g e 22,5g	entre 0,3g e 1,5g
BAIXO	até 3g	até 1,5g	até 5g	até 0,3g

BEBIDAS por 100ml

	QUERENA (Ligada)	QUERENA SALTADA	AÇÚCARES	SAL
ALTO	mais de 8,75g	mais de 2,5g	mais de 11,25g	mais de 0,75g
MÉDIO	entre 1,875g e 8,75g	entre 0,75g e 2,5g	entre 2,5g e 11,25g	entre 0,175g e 0,75g
BAIXO	até 1,5g	até 0,75g	até 2,5g	até 0,3g

Label decoder

**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [WWW.IPLEIRIA.PT](http://WWW.IPLEIRIA.PT) CONTACT [IPLEIRIA.PT](mailto: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





ONE SESSIONS

ORDINATION

IO-VASCULAIRE

E MOBILITE

EFIS

UILIBRE

evol  
alliac

Jours  
santé

de Sport  
à l'heure

	<b>UNIVERSITY OF GENEVA</b>
 UNIVERSITÉ DE GENÈVE	<i>Risk Behaviour</i>



# Disease prevention



FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT ULB-SPORTS@ULB.BE



**Name of the project**

Les escaliers se la racontent



**Domain**

Disease prevention



**Criteria**

#75 The university shall plan, implement and evaluate specific actions to reduce the risk of non-communicable disease



**Keywords**

Design actif, fighting a sedentary lifestyle,



**Target & Stakeholders**

University community



**Time & Frame**

All year



**Team & Staff**

ULB Sports, ULB Santé



**Description**

Following the principles of active design, the staircases on the campuses have been fitted out by combining the culture and disciplines taught in the building in the form of texts and illustrations.



**Main Goals**

Encourage the university community to change its habits: increase the amount of physical activity they do every day by taking the stairs instead of the lift.



**Motivation & Vision**

Encourage and motivate the university community and campus users to engage in gentle physical activity. Arouse the curiosity of users.



**Evaluation**

Positive feedback from users.



**Lessons Learned**

Everyone can increase their daily physical activity time in a simple way.



**Recommandations**




Combining culture and physical activity, no guilt-inducing messages



UNIVERSIDAD REY JUAN CARLOS

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

-  **Name of the project**  
Healthy University Office and URJC Medical Service
-  **Domain**  
Disease prevention
-  **Criteria**  
#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.
-  **Keywords**  
Prevention, diseases, addictions, medical check-up
-  **Target & Stakeholders**  
Preventing non-communicable diseases. URJC Community
-  **Time & Frame**  
These activities are carried out every academic year
-  **Team & Staff**  
URJC and external professionals

-  **Description**  
– Training activities to raise awareness about the risks of overuse of ICTs (video games, social networks), alcohol...  
– The Medical Service provides gynaecological check-ups for women and urological check-ups for men.
-  **Main Goals**  
1. Prevent psychiatric disorders such as addictions.  
2. Promote resources to mitigate potential risks in internet use.  
3.Prevent non-communicable diseases.
-  **Motivation & Vision**  
Contribute to the promotion of health and disease prevention within our university community by reducing risk factors.

-  **Evaluation**  
Pre-post evaluation with a Mobile-Related Experiences Questionnaire. The evaluated variable improved with statistical significance. A total of 621 women attended gynaecological check-ups, and 270 men attended urological check-ups.  
\*Data 2021-2022
-  **Lessons Learned**  
The results show a significant improvement in the evaluated variables. Qualitative assessments indicate a perceived enhancement of their skills, and the participation and satisfaction data are very positive.
-  **Recommendations**  
1. Stay updated on risks of internet abuse in youth (sexting, ghosting...) and on current legislation regarding the matter.  
2. It is necessary for the university to allocate financial resources to expand medical check-ups to more staff.



Screenshot Prevention of ICT addiction program

**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

WEBSITE [WWW.ISCTE-IUL.PT](http://WWW.ISCTE-IUL.PT) CONTACT [DESPORTO@ISCTE-IUL.PT](mailto: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**

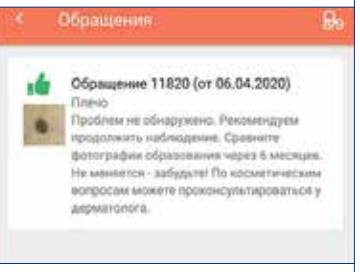
The neural network should be adapted to any electronic device, the studied database of skin formations should be constantly replenished.



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@IPLERIA.PT](mailto:S.MEDICOS@IPLERIA.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.





**POLITÉCNICO DE LEIRIA**



**SERVIÇOS MÉDICOS**  
POLITÉCNICO DE LEIRIA

Conselhos Médicos

*Disclosure of Polytechnic medical services*



**RASTREIO VISUAL GRATUITO**  
**14 MARÇO/2016**  
10H00 ÀS 17H00

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

**IPL** **SAB**

*Visual screening campaign with stakeholders*

**Dados Estatísticos**  
Serviços de Saúde

Specialidade	2016	2017	2018	2019*	2020*
1. Medicina Geral e Interna	101	101	111	111	111
2. Medicina de Família e Comunitária	101	101	111	111	111
3. Ginecologia e Obstetrícia	101	101	111	111	111
4. Pediatria	101	101	111	111	111
5. Oftalmologia	101	101	111	111	111
6. Ortopedia e Traumatologia	101	101	111	111	111
7. Radiologia	101	101	111	111	111
8. Cardiologia	101	101	111	111	111
9. Neurologia	101	101	111	111	111
10. Psiquiatria	101	101	111	111	111
11. Patologia Clínica	101	101	111	111	111
12. Farmácia	101	101	111	111	111
13. Fisioterapia	101	101	111	111	111
14. Nutrição	101	101	111	111	111
15. Saúde Bucal	101	101	111	111	111
16. Saúde Pública	101	101	111	111	111
17. Saúde Ambiental	101	101	111	111	111
<b>Total</b>	<b>1.000</b>	<b>1.000</b>	<b>1.100</b>	<b>1.100</b>	<b>1.100</b>

\* Múltiplas de utilização - serviços de atendimento ao cidadão no hospital.  
\* Regime especial de atendimento Covid-19.  
Fonte: SACS - Serviço de Saúde Bucal.

*PLeia'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

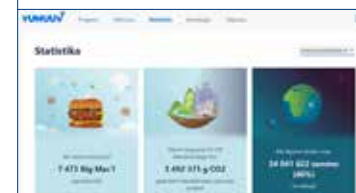
If you can't find free of charge platforms to use, some investments might be necessary if you want to get participants' results online during campaign period. But you can also start with collecting data of activity hours or kilometres to Excel.



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@o webpage

**Vacinação**

Vaccination information



**SIBERIAN FEDERAL UNIVERSITY**

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT EKATERINA V. SIDORENKO – [EVSDORENKO@SFU-KRAS.RU](mailto: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](http://WWW.MJU.AC.KR) EMAIL [SUNHEE@MJU.AC.KR](mailto: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](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto:ULB-SANTE@ULB.BE)



**Name of the project**

Awareness days « Ça m’saoule... j’ai plus de capotes »



**Domain**

Disease prevention



**Criteria**

#79 The university organises a communicable disease prevention programme at least once a year.



**Keywords**

Sexual health, activities, peer education, awareness days, respect, STI, AIDS, screening, sexual assault, consent, contraception



**Target & Stakeholders**

Students



**Time & Frame**

2 days, every year in October



**Team & Staff**

ULB Santé, Modus Vivendi, O’Yes, ACE Students



**Description**

15 awareness-raising stands form a pathway, run by trained and project leaders. Each stand offers a sexual health awareness game: sexual relations, anatomy, STI and screening, consent, love, etc.



**Main Goals**

Disseminate knowledge and acquire sexual health skills, raise awareness of the care services at ULB and Brussels.



**Motivation & Vision**

Training students to become caregivers, actors in their own health, acquire knowledge about STI, AIDS, testing, contraception, love, consent, combating gender-based and homophobic discrimination, combating violence, equality, respect, etc.



**Evaluation**

31 students trained each year on sexual health. 300 sensitised students in October 2021. The first years (18 yo) are encouraged to come to acquire this knowledge and skills at the beginning of their university studies.



**Lessons Learned**

Acquiring sexual health knowledge and skills: condoms, Sexually Transmissible Infections, Anatomy of Sexual Organs, Contraception, Violence in Friendly and Sexual Relations, Consent, Pleasure.



**Recommendations**

Peer learning: trained students raise awareness of their peers, a sustainable project since 2016.



Pathway sexual health



Pathway sexual health



Pathway sexual health

UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT JORGE MALVEIRO, PH.D EMAIL SASGP@UALG.PT



**Name of the project**

HIV/AIDS Prevention Plan



**Domain**

Disease prevention



**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.



**Keywords**

Social Services Psychology Office GPAP, Health prevention, Well-being, UAlg, HIV prevention



**Target & Stakeholders**

UAlg academic community



**Time & Frame**

Weekly HIV Tests in Mobile Screening Unit



**Team & Staff**

CAD/ARS, APF Algarve e GPAP-UAlg



**Description**

HIV/AIDS Prevention Plan includes weekly screenings on the campuses of the UAlg throughout each academic year, as well as the systematic and free distribution of prophylactic and preventive information to the entire academic community.



**Main Goals**

Health and prevention of certain risky attitudes and behaviours, through technical and peer-to-peer interactions of a (in) formative nature, within the scope of sexually transmitted diseases (HIV and STDs).



**Motivation & Vision**

Given the inherent risks, raise the awareness of the academic population to the importance of Prevention and early detection of HIV infection and STDs.



**Evaluation**

The number of tests carried out on users of the academic community of UAlg. This health promotion practice proved to be an efficient measure in the promotion of healthy sexuality, in the prevention of sexually transmitted diseases.



**Lessons Learned**

This practice proves to be quite effective in raising awareness on prevention and early detection of HIV/AIDS, which indicates that it is an asset in the long term for the general well-being of the community.



**Recommendations**

This practice included the development of a systematic model of prevention and early detection of HIV, which can facilitate its replication or transfer of results to other Higher Education Institutions, even if adapted on a case-by-case basis.



Mobile Unit, provided by ARS E APF Algarve



Information leaflet, distributed by the UAlg



Example of a weekly screening on UAlg campuses



PEKING UNIVERSITY

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



**Name of the project**

COVID-19 Prevention and Control



**Domain**

Disease prevention



**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.



**Keywords**

Disease Support Service, Good Health and Well-Being, Campus Community, Communicable Disease, COVID-19, Nucleic Acid Test, Vaccination Campaign



**Target & Stakeholders**

Campus and Local Community



**Time & Frame**

During the COVID-19 pandemic



**Team & Staff**

Peking University Hospital



**Description**

After the outbreak of the COVID-19 pandemic, Peking University Hospital responded quickly by publishing the COVID-19 Treatment Guideline, launching an online nucleic acid test reservation platform and providing testing services. A lab is also converted into a nucleic acid testing lab. With COVID-19 vaccines made available, the faculty and students can get vaccinated at no cost.



**Main Goals**

**Nucleic Acid Test:** All people holding jobs on campus and living in the campus community in need are tested before the Fall Semester 2020.  
**COVID-19 Vaccination:** All people holding jobs on campus and living in the campus community in need get vaccinated before 30 May 2021.



**Motivation & Vision**

Protect the health and safety of all students and faculty. Maintain the safety and stability of the campus community.



**Evaluation**

From May 2020 to March 2021, the Hospital provided testing services for 32'249 people, which amounted to 79'916 tests in total. 40'00 tests can be done in a single day. 29'682 people, taking up 73% of the campus community received COVID-19 vaccines. There is 0 confirmed case on campus ever since the COVID-19 outbreak.



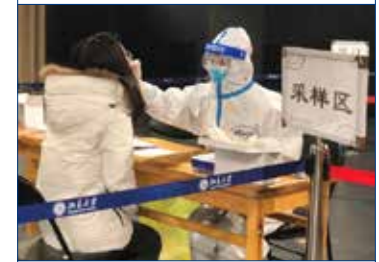
**Lessons Learned**

Act under unified deployment and involve the entire campus community. Adopt a science-based approach and prevent and control the epidemic in accordance with the law.



**Recommendations**

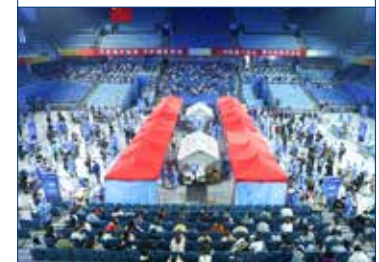
Acting under unified deployment, taking responsibilities respectively and involving the entire campus community constitute the mechanism of COVID-19 epidemic prevention and control and have proved successful.



Nucleic Acid Test



Vaccination Campaign



Observation Area

FREE UNIVERSITY OF BRUSSELS

WEBSITE [WWW.ULB.BE](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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**

WEBSITE [WWW.ISCTE-IUL.PT](http://WWW.ISCTE-IUL.PT) CONTACT [DESPORTO@ISCTE-IUL.PT](mailto:DESPORTO@ISCTE-IUL.PT)

**Name of the project**  
Healthy Iscte

**Domain**  
Disease prevention

**Criteria**  
#81 The university promotes or informs about the benefits of medical check-ups and if relevant complement medical check-ups at affordable prices for students.

**Keywords**  
Health, Well-being, Disease prevention, Social, Students, Staff

**Target & Stakeholders**  
Students and Staff

**Time & Frame**  
Every year

**Team & Staff**  
Iscte's Social Services and Sports Services

**Description**  
The Healthy Iscte day is a day focused on providing several actions that promote health and well-being among the Iscte community, such as: blood donation, STIs screening, Cardiovascular screening, stress management workshops (among others).

**Main Goals**  
Create opportunities for students and staff to assess and improve their health and well-being.

**Motivation & Vision**  
To educate students and staff on diverse problems intrinsic to both our personal and professional lives.

**Evaluation**  
The opportunities created by our Social Services always have an impact and end up helping and educating a large portion of our community.

**Lessons Learned**  
The theme of mental health should be rethought in order to become more "attractive" to the participation of the university's community, our psychology students could be a good resource to organize more activities related to this theme.

**Recommendations**  
The activity could be more diversified if there was a budget available that would allow the participation of health professionals from different areas.



Healthy Iscte 2021 programme



Healthy Iscte 2020 programme



UNIVERSITY OF TURIN

WEBSITE [HTTPS://EN.UNITO.IT/](https://en.unito.it/) CONTACT [DUALCAREER@UNITO.IT](mailto:DUALCAREER@UNITO.IT) EMAIL [ALBERTO.RAINOLDI@UNITO.IT](mailto:ALBERTO.RAINOLDI@UNITO.IT)



**Name of the project**

Centre for preventive medicine and sport for the university student



**Domain**

Disease prevention



**Criteria**

#81 The university promotes or informs about the benefits of medical check-ups and if relevant complement medical check-ups at affordable prices for students.



**Keywords**

Check-ups, prevention, corporate welfare, lifestyle education



**Target & Stakeholders**

The whole University population, researchers, PhD students, fellows, professors and administrative staff



**Time & Frame**

Whole year, from Monday to Friday, 8.30 - 19.30



**Team & Staff**

The team is made by eight University administrative employees and 35 external consultants (MDs for 20 different specialties and nursing staff)



**Description**

The Centre provides specialized prevention, diagnosis and therapy services for students and employees of the University of Turin and their families, Italian and foreign citizens, associated with recreational clubs, sports clubs and associations.



**Main Goals**

To reach the highest fraction of the university population offering the opportunity to save money for examinations, to share the vision in term of prevention and lifestyle, and to proudly feel part of a healthy community.



**Motivation & Vision**

To offer the availability of a medical environment to the whole university community with the aim to increase individual awareness in the possibility to actively change his/her own lifestyle based on prevention, health, and well-being.



**Evaluation**

The Medical Centre is now just redesigned, rebuild, and moved to a new university area allowing the alignment with the Healthy Campus framework.



**Lessons Learned**

To hold fares at the lowest level (with respect the local competitors) to push people to move to Medical Centre from their usual one. Only in a second step the quality of the provided services would act on the community feeling.



**Recommendations**

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



UNIVERSITA  
DEGLI STUDI  
DI TORINO



Rendering where Medical Centre is now re-located



Physiotherapy Gym Entrance



Physiotherapy Gym (detail)



# Mental and social health



## ESTONIAN ACADEMY OF SECURITY SCIENCES

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



### Name of the project

Take mental health vitamins!



### Domain

Mental and social health



### Criteria

#82 The university disseminates information about mental and social health to the campus community



### Keywords

Rest (Sleep), Move, Feel, Eat, Socialize



### Target & Stakeholders

Campus community



### Time & Frame

Five weeks during academic year



### Team & Staff

Mental health and communication leads, Student Council



### Description

Support mental health with sharing campaign. We shared <https://peaasi.ee/en/mental-health-vitamins/> with our students and employees. Each week focused on a specific topic, offering ideas and tips to help support our well-being and mental health.



### Main Goals

To remind us about small actions everyone can take for improved sleep, better mood, physical activity, healthy eating habits and good social connections. This is valuable for individuals and helps to build stronger community.



### Motivation & Vision

One topic every week to let followers focus on a few improvements they can add to their regular habits. Share the important information online, through e-mail, and on screens or notice-boards in Campus with QR codes or links to further information.



### Evaluation

These 5 weeks is a good time to share a questionnaire about mental health and give feedback to the respondents. Be prepared to offer additional resources and options for psychological help with those who need it.



### Lessons Learned

We received feedback on the average mental health results of our students and employees. Even though only 10% of students responded to the questionnaire, the results confirmed the continuing need for psychological consultations in our community.



### Recommendations

Prepare campaign with the help of mental health specialists or cooperate with universities which have medical or psychological departments. Use reliable sources for the campaign and add information about your university's connected events.

**EHL HOSPITALITY BUSINESS SCHOOL SA - LAUSANNE**

WEBSITE [WWW.EHL.EDU](http://WWW.EHL.EDU) CONTACT MELANIE CHIBANI



**Name of the project**

Health & Wellness Week



**Domain**

Mental and social health



**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community



**Keywords**

Special week, activities, check ups



**Target & Stakeholders**

Students & staff



**Time & Frame**

A whole week in October



**Team & Staff**

Health & Wellbeing team, Sustainability team, committees



**Description**

Following the principles of active design, the staircases on the campuses have been fitted out by combining the culture and disciplines taught in the building in the form of texts and illustrations.



**Main Goals**

The H&WW aims to raise awareness of health topics, connect participants with experts, and provide access to resources, services, and activities that promote well-being and prevent illness, fostering a supportive and health-conscious campus ecosystem.



**Motivation & Vision**

The H&WW fosters connections with local experts, promotes sustainable wellbeing practices, and nudges the community toward lasting healthy habits, using the event as a catalyst for new routines like sport classes, mindfulness, and sustainable living.



**Evaluation**

Assessment tracks participation rates for all activities, feedback from attendees as well as detailed feedback from external partners. Increased awareness, habit formation such as ongoing use of resources introduced during the week.



**Lessons Learned**

Key learnings include the challenge of addressing the diverse needs of the community and ensuring mental health activities resonate with all. Tailored approaches and proactive engagement are vital to fostering participation and meeting expectations.



**Recommendations**

Combining culture and physical activity, no guilt-inducing messages.



**Name of the project**

Liaison between the Community Psychiatry Team (Psicom) of the Leiria Hospital Center and the team of psychologists of the Student Support Center (CAE) of the Polytechnic of Leiria



**Domain**

Mental and social health



**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community



**Keywords**

Mental health; Psychological Support; Psychologists, Protocol



**Target & Stakeholders**

IPLeiria community and Leiria Hospital Center (CHL)



**Time & Frame**

On a permanent basis



**Team & Staff**

Polytechnic of Leiria; Student Support Center; CHL



**Description**

Cooperation protocol that encompasses the development of initiatives to promote Mental Health, aimed at the academic community. It provides for the establishment of links between the CHL's Psicom and the team of psychologists at the CAE.



**Main Goals**

Promote mental health in the academic community. Development of initiatives that alert the community about the care to be taken in terms of mental health, psychological and psychiatric support.



**Motivation & Vision**

It expresses how the Healthy Campus Program and its team intend to consolidate the importance of mental and social health within the community of the Polytechnic of Leiria.



**Evaluation**

3 students from IPLeiria schools have been referred. Within the scope of this protocol, 2 events have also taken place (Autism: Intervention Strategies for Teachers in Higher Education; Conference: The Mental Health of Higher Education Students)



**Lessons Learned**

The protocol has made it possible to promote early detection, as well as a faster referral to appropriate health care, as well as to call for awareness of Mental Health problems in Higher Education.



**Recommendations**

Initiatives of this nature are important and should be disseminated, as they aim to contribute to the mental health of members of the academic community, providing the necessary support and raising awareness of Mental Health problems among others.





**Name of the project**

Consultas de psicologia e psiquiatria e saúde sexual



**Domain**

Mental and social health



**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community



**Keywords**



**Target & Stakeholders**

Students



**Time & Frame**

Opening hours: Monday to Friday. Service: in person or online



**Team & Staff**

Social Services of U.Porto



**Description**

The Health and Well-being Centre's mission is to improve the health, quality of life and well-being of all those who study at the University.



**Main Goals**

We want to reinforce our intervention during the training period and in the preparation for leaving after the end of the study cycle.



**Motivation & Vision**

This mission materialises with: Access to health services, free of charge, as part of our commitment to promoting physical and mental health; Fostering more partnerships with health organisations; Increasing health promotion projects.



**Evaluation**

Positive evaluation, Demand numbers increased week after week.



**Lessons Learned**

Still going always with many appointments.



**Recommendations**

Having a sufficient number of professionals to respond to the students and continue to monitor them.

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA CONTACT NICOLE.PENNEY@UDST.EDU.QA



**Name of the project**

Student Mental Health Ambassador Program



**Domain**

Mental and social health



**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students



**Keywords**

Mental Wellness, Peer Support, Student Ambassadors, Mental Health Awareness



**Target & Stakeholders**

UDST Students, Staff, Faculty



**Time & Frame**

Ongoing, World Mental Health Day (WMHD)



**Team & Staff**

Counselling and Accessibility Services, Student Volunteers



**Description**

The Ambassador program trains student volunteers to provide peer support, raise awareness and connect students to appropriate resources. Ambassadors identify students showing signs of mental discomfort and facilitate access to professional support.



**Main Goals**

Equip student ambassadors with mental health literacy and first aid skills. Promote a supportive, non-stigmatizing campus culture. Promote a culture of peer support and mental health awareness and enhance UDST's mental health support network.



**Motivation & Vision**

The vision is to create a supportive campus community that prioritizes good mental health, encourages help-seeking behavior and improves the accessibility of mental health services for UDST students and staff members.



**Evaluation**

Program success is measured by the number of trained ambassadors, feedback on program effectiveness and increased utilization of campus mental health resources.



**Lessons Learned**

Peer-led initiatives effectively raise awareness and reduce stigma around mental health. Continuous training and collaboration with mental health professionals is key to ensuring the program's sustainability and impact.



**Recommendations**

We recommend expanding training to include diverse student groups, integrating the program with mental health events, developing resources for ambassadors, and regularly assessing the program to meet evolving student needs.

MOHOLY-NAGY UNIVERSITY OF ART AND DESIGN

WEBSITE [MOME.HU/EN/OUR-CAMPUS](http://MOME.HU/EN/OUR-CAMPUS) CONTACT [DJOGNI.ABEL@MOME.HU](mailto:DJOGNI.ABEL@MOME.HU)



**Name of the project**

MOME Student Services & Wellbeing



**Domain**

Mental and social health



**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students



**Keywords**

Student wellbeing, growth, mental health, mentoring, career support, student life



**Target & Stakeholders**

Supporting students in academics, careers, and wellbeing



**Time & Frame**

Continuous, year-round programs



**Team & Staff**

MOME Student Hub, Mentors, Tutors, Dormitory Committee



**Description**

MOME provides a student-centered support system for academic success, personal growth, and career readiness. Through mentoring, well-being programs, and networking, students receive holistic guidance to navigate university life with confidence.



**Main Goals**

To aid students in academic and career growth, raise mental health awareness, and foster a strong community. We provide essential skills, meaningful relationships, and a foundation for success in both personal and professional life.



**Motivation & Vision**

We strive to create a supportive, inspiring university experience where students feel valued and empowered. By offering resources and peer connections, we promote collaboration, self-discovery, and personal aspirations.



**Evaluation**

Impact is measured through participation, feedback, and university-wide assessments. Data helps refine initiatives, ensuring they meet students' changing needs and enhance their academic and social experience.



**Lessons Learned**

Personalized mentoring boosts confidence and success. Mental health support should be accessible and stigma-free. Structured onboarding improves student transitions and engagement within the university.



**Recommendations**

Having a sufficient number of professionals to respond to the students and continue to monitor them.



## TSHWANE UNIVERSITY OF TECHNOLOGY - TUT

WEBSITE [WWW.TUT.AC.ZA](http://WWW.TUT.AC.ZA) CONTACT DR SHAFEEKA DOCKRAT - DOCKRATS@TUT.AC.ZA



### Name of the project

Student Mentorship Programme



### Domain

Mental and social health



### Criteria

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students



### Keywords

Mentorship, Peer help, Psychological first aid



### Target & Stakeholders

Students and employees



### Time & Frame

Continuous



### Team & Staff

Student development and support practitioners, faculty staff



### Description

Mentors assist other students with first-year transition, psychosocial challenges, academic support and referral to appropriate individuals/departments.



### Main Goals

The Student Mentorship Programme aims to train and manage students to assist other students with first-year adjustment, psycho-social challenges, academic support and referral.



### Motivation & Vision

Peers are usually the closest in proximity to students who are in distress. Having appropriately trained student mentors amidst provides immediate access to basic psychological first aid and academic support.



### Evaluation

Mentors complete evaluation forms at the end of the training programme. There is continuous monitoring and evaluation of mentors by faculty and residence staff. Mentors monitor the academic performance of mentees obtaining academic support.



### Lessons Learned

Temporal and geospatial factors impact on the training programme. Continuous engagement with mentors helps to identify emerging trends in problems experienced by students, ensure optimal participation and to provide debriefing when required.



### Recommendations

The project has been financed by external grant funding. A permanent dedicated budgetary allocation by the university is essential to ensure long-term sustainability of the programme.



**PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY**

WEBSITE WWW.PIMUNN.RU CONTACT : BOZHKOVA ELENA DIMITROVA - READYTOTALK@MAIL.RU



**Name of the project**

Establishment of the Institute of Clinical Psychology



**Domain**

Mental and social health



**Criteria**

#85 The university offers accessible counselling services and coping skills training for students to discuss their struggles or illnesses, and also has clear referral signposts towards more



**Keywords**

Mental health, psychology, students



**Target & Stakeholders**

Students of all faculties and all courses of study



**Time & Frame**

Annual, during the academic year



**Team & Staff**

Staff of the Institute of Clinical Psychology



**Description**

The Institute of Clinical Psychology is a division of the University, which will combine the educational, scientific and advisory activities of employees of various departments and departments on a functional basis.



**Main Goals**

1. Advisory work
2. Development of psychological support services for students and university staff
3. Development of cooperation with educational, medical and scientific organizations.



**Motivation & Vision**

Psychological and mental assistance to students upon admission to the university, during the examination sessions, during practical classes, as well as to employees. Dissemination of accumulated experience among leading higher education institutions



**Evaluation**

Development and implementation of a methodological complex for the assessment of mental and mental health, scientific and practical conferences, psychological support during studies.



**Lessons Learned**

These measures are necessary for the prevention of maladaptation conditions of students at different stages of education, monitoring their psychological and mental health. They must be implemented during each academic year.



**Recommendations**

Systematization and adaptation of the used methods of monitoring psychological and mental health to the individual characteristics of each student.



UNIVERSITY OF TURIN

WEBSITE [HTTPS://EN.UNITO.IT/](https://en.unito.it/) CONTACT [INCLUSIONELAVORATIVA@UNITO.IT](mailto:INCLUSIONELAVORATIVA@UNITO.IT)



**Name of the project**

Career4All: Pathways to inclusion balancing Work and Health



**Domain**

Mental and social health



**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community



**Keywords**

Work Inclusion, Accessibility, Same Opportunities, Diversity, Support, Community



**Target & Stakeholders**

Employees/teachers with disabilities; university community



**Time & Frame**

Always, all year



**Team & Staff**

Staff for Work Inclusion



**Description**

UniTo Staff for Work Inclusion promotes employee wellbeing and an inclusive environment by reducing barriers to participation. Services include physical accompaniment, Italian Sign Language interpreting, individual adaptations, counselling, support.



**Main Goals**

Reduce barriers that hinder full participation in employee community life; support reengineering of processes to promote work participation for all, regardless of traits; promote a culture of rights and inclusion among university members.



**Motivation & Vision**

The UN Convention on the Rights of Persons with Disabilities guarantees equal rights, including work and social participation, essential for people's identity and citizenship. UniTo aims to eliminate barriers and promote access to education and work.



**Evaluation**

Over the years, the number of services offered and support requests from individuals and organizational units has increased. Qualitative and quantitative monitoring will measure user satisfaction with services and identify suggestions for improvement.



**Lessons Learned**

If the disadvantage is contextual, the approach is not only to focus on the needs of the individual but to try to adapt all contexts (universal design approach), so that no one's characteristics are a disadvantage.



**Recommendations**

To work on contexts and processes that promote the participation of those who encounter barriers, each member of the UniTo community must share the guiding principles and collaborate, within their competence, to enhance the well-being of all.

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA CONTACT ALLISON.FURLONG@UDST.EDU.QA



**Name of the project**

De-Stress Fest



**Domain**

Mental and social health



**Criteria**

#88 Before and during the exam season, the university proposes or organises adapted activities related to the student well-being and relaxation



**Keywords**

Mental Wellness, Relaxation, Exam Stress Relief, Student Well-being



**Target & Stakeholders**

UDST Students, Staff and Faculty



**Time & Frame**

Bi-Annually, the week prior to final exams



**Team & Staff**

Student Affairs collaboration between SE, SW, SCS, SCAS



**Description**

De-Stress Fest is a bi-annual event offering workshops, mindfulness exercises, and relaxation techniques to help students manage exam-related stress. Activities include crafting, games and mental health discussions led by internal community members.



**Main Goals**

De-Stress Fest aims to support student well-being by providing tools to reduce stress through engaging activities, teaching coping strategies for exam pressure and fostering a supportive campus environment focused on mental health awareness.



**Motivation & Vision**

The vision is to create a supportive campus culture that prioritizes mental health, encourages self-care during exams, and cultivates a balanced, engaged, and productive student body.



**Evaluation**

Evaluation is based on engagement rates, student feedback on the event's effectiveness at helping reduce stress during the exam period, and any self-reported improvements in personal well-being and academic focus during exams.



**Lessons Learned**

Mindfulness sessions and recreational games engage students effectively. Student Affairs collaboration enhances the event's success. Promoting the event through awareness campaigns boosts participation and impact.



**Recommendations**

Expanding the range of stress-relief activities, offering multiple sessions to fit diverse schedules, collaborating with mental health organizations, and using De-Stress Fest to highlight ongoing mental health resources available on campus.

FREE UNIVERSITY OF BRUSSELS

WEBSITE WWW.ULB.BE CONTACT MARIE.GILLES@ULB.BE



**Name of the project**

Napbox : cocoon nap



**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**

Nap, sleep, well-being, mental health, energy



**Target & Stakeholders**

Students, staff



**Time & Frame**

All year



**Team & Staff**

ULB Santé, library



**Description**

The cocoon allows during 20 minutes to recharge their batteries on our campus, installed in libraries for more security. The position of the cocoon has been designed on the basis of the MSIS standards developed by NASA as the '0 gravity position'.



**Main Goals**

Provide a comfortable space suitable for a moment of calm, rest, relaxation and nap. This project is part of the goal of creating health-friendly spaces.



**Motivation & Vision**

Promote the overall well-being of members of the university community through a range of benefits: Reduced fatigue, Reduced stress, Reduced cardiovascular risk, Improved memory, Improved morale and therefore social relations



**Evaluation**

Using an evaluation form and discussion with the users.



**Lessons Learned**

Awareness of the importance of sleep.



**Recommendations**

Increase the number of cocoons and ensure that registrants stay for 20 minutes and no longer. Place the cocoon in a supervised area.



**EHL HOSPITALITY BUSINESS SCHOOL SA - LAUSANNE**

WEBSITE [WWW.EHL.EDU](http://WWW.EHL.EDU) CONTACT MELANIE CHIBANI, HEALTH & WELLNESS COORDINATOR



**Name of the project**

Rest for success - A sleep and performance workshop



**Domain**

Mental and social health



**Criteria**

#89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community



**Keywords**

Workshop, sleep, performance



**Target & Stakeholders**

Students, Junior Academy



**Time & Frame**

1 hour workshop



**Team & Staff**

Health & Wellbeing, Academic



**Description**

“Rest for Success” is a pilot workshop addressing the science of sleep and its impact on performance. Participants explore practical tools to improve sleep quality, optimize energy levels, and enhance focus for personal and professional success.



**Main Goals**

The workshop aims to raise awareness about sleep’s role in health and performance, teach actionable techniques for better sleep, and encourage sustainable habits that support cognitive function, productivity, and well-being.



**Motivation & Vision**

Motivated by a rise in sleep-related concerns among students, the vision is to foster a culture where rest is recognized as essential for mental clarity, resilience, and academic and career achievements.



**Evaluation**

Feedback highlighted significant impact: 85% of participants planned to adjust sleep routines, 90% felt better informed on sleep’s effects, and many expressed improved understanding of its link to success and well-being.



**Lessons Learned**

Sleep is foundational to well-being and performance. Workshops like this enable participants to make informed choices, prioritize rest, and develop sustainable habits that boost their health and long-term productivity.



**Recommendations**

This could be extended to other student groups.

UNIVERSITY OF MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT MICHAEL BELINGHERI - MICHAEL.BELINGHERI@UNIMIB.IT



**Name of the project**  
OUTCAST Study



**Domain**  
Mental and social health



**Criteria**  
#89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community



**Keywords**  
Disorders of arousal, sleeping habits survey, sleep medicine



**Target & Stakeholders**  
Students



**Time & Frame**  
2022



**Team & Staff**  
Medicine department, occupational health research team



**Description**  
Students could voluntarily fill in an anonymous online questionnaire on disorders of arousal and stress. The information material students received contained contacts of a sleep medicine center that they could reach if they needed any information.



**Main Goals**  
The project wanted to evaluate the prevalence of disorders of arousal among the students, how they correlate with stress, lifestyle and sociodemographic characteristics, and to raise students' awareness about healthy sleeping habits.



**Motivation & Vision**  
Sleeping habits can influence health and quality of life. Students are subject to stress during their academic career. It is therefore crucial to understand if their sleeping habits are healthy and if they need special support in this field.



**Evaluation**  
Data collection and analysis.



**Lessons Learned**  
Disorders of arousal are quite frequent in students and they appear to be associated with the stress they perceive.



**Recommendations**  
Increase the number of cocoons and ensure that registrants stay for 20 minutes and no longer. Place the cocoon in a supervised area.



**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](mailto:EPP.JALAKAS@SISEKAITSE.EE)



**Name of the project**

Promoting good sleeping habits



**Domain**

Mental and social health



**Criteria**

#89 The university promotes campaigns, information sessions or counselling for healthy sleeping habits to the campus community



**Keywords**

Rest, Sleep, Well-being



**Target & Stakeholders**

Campus community



**Time & Frame**

1-2 weeks



**Team & Staff**

Mental health co-ordinator, volunteers



**Description**

Share reasons for good sleeping habits and their benefits through a slideshow based on scientific articles, research and practitioners descriptions.



**Main Goals**

Bringing sleeping habits and the effects of sleep on our body to the spotlight encourages students and employees to improve their sleeping habits, be more rested and therefore also more effective during study or work time.



**Motivation & Vision**

Plan campaign for sleeping habits or as a part of longer mental health campaign. Share the important information online, through email, and on screens or notice-boards in Campus with QR codes or links to further information.



**Evaluation**

Students and employees share their experience of sleep problems, and solutions, in a survey. Evaluate from the feedback if community members surfaces serious problems and if there is need for one or more campaigns per year.



**Lessons Learned**

Better sleeping habits are important for EASS community. We found a possibility to give access to slideshow on Healthy Campus webpage and will share more tips about good sleep connected to other mental health topics.



**Recommendations**

Use volunteers with interest in that topic who can prepare a slideshow. If possible, add lectures by researchers, articles in university's journal, quiet hours during night-time in dormitories, and other actions for mental and physical balance.

**TARTU HEALTH CARE COLLEGE**

WEBSITE [HTTPS://WWW.NOORUSE.EE/ET](https://www.nooruse.ee/ET) CONTACT [JAANIKANIINEPUU@NOORUSE.EE](mailto: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](mailto: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://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](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

UNIVERSIDAD REY JUAN CARLOS

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



**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](mailto: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/HELP)



**Name of the project**

Communities and Inclusion



**Domain**

Mental and social health



**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community



**Keywords**

Community, Inclusion, Support, Under-represented groups



**Target & Stakeholders**

Students, particularly from under-represented groups



**Time & Frame**

All year



**Team & Staff**

Student Experience, Widening Participation and Outreach



**Description**

Dedicated support is available through Student Experience to improve the holistic experience of students from under-represented groups. Student groups include under 18s, parents, LGBTQI+, BAME, and care leavers.



**Main Goals**

Ensure that all students, regardless of background or situation, feel a sense of belonging to the university. To reduce the risks associated with a student's opportunity to access and succeed in higher education.



**Motivation & Vision**

Students who ahead Surrey should experience the same positive interactions and achieve their potential. Support services staff are representative of our students' backgrounds and physical activity opportunities are inclusive and welcoming.



**Evaluation**

Improvements are demonstrated across the 12 risks noted within the Equality of Opportunity Risk Register. 81% of students engaged in Team Surrey activities feel a sense of belonging to the university.



**Lessons Learned**

Providing bespoke, personalised care increases the sense of belonging amongst cohorts.



**Recommendations**

Introduce recruitment processes and policy to ensure that workforce is reflective of student population.



MuSurrey Hive



Communities and Inclusion Help

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/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

**PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY**

WEBSITE PIMUNN.RU CONTACT PERSON BOZHKOVA ELENA DIMITROVA EMAIL READYTOTALK@MAIL.RU



**Name of the project**

Healthy Future project



**Domain**

Mental and social health



**Criteria**

#82 The university disseminates information about mental and social health to the campus community.



**Keywords**

Mental and psychological health, personal growth, self-esteem, medical university students



**Target & Stakeholders**

All students of educational institutions



**Time & Frame**

During each academic year



**Team & Staff**

Rector and staff of the Institute of clinical psychology



**Description**

Every year, the university distributes information and conducts trainings on psychological and mental health among the student community. The project was presented by the Rector of the University in the State Duma Committee.



**Main Goals**

1. Assessment of the psychological and mental state of students. 2. Prevention of disadaptation conditions. 3. Help in dealing with stress at all stages of training. 4. Monitoring of persons entering a medical university.



**Motivation & Vision**

Psychological and mental assistance to students upon admission to the university, during examination sessions, during practical activities. Dissemination of the experience gained to the leading educational institutions of higher education.



**Evaluation**

Development and implementation of a methodological complex for assessing psychological and mental health, holding scientific and practical conferences, psychological support during studies, presentation of the project at meetings of the Federal Assembly.



**Lessons Learned**

These measures are necessary for the prevention of disadaptation conditions of students at different stages of training, monitoring their psychological and mental health. They should be implemented during each academic year.



**Recommendations**

Systematization and adaptation of the used methods of monitoring psychological and mental health to the individual characteristics of each student.



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](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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

**PsyCampus**

PsyCampus est un service d'aide psychologique qui s'adresse aux étudiant.e.s de l'enseignement supérieur universitaire ou non. Ce centre se situe sur les campus du Solbosch et d'Erasmus.

☎ 027650 20 23  
✉ [psycampus@ssm.ulb.be](mailto:psycampus@ssm.ulb.be)  
📍 123, Avenue Bayl, 1050 Ixelles

Contact details : Psycampus (SSM ULB)



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

WEBSITE [HTTPS://KRASGMU.RU/](https://krasgmu.ru/) CONTACT PERSON ARTYUKHOVA TATIANA YURIEVNA EMAIL TARTJUCHOVA@MAIL.RU



**Name of the project**

From personal well-being to professional achievements



**Domain**

Mental and social health



**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community.



**Keywords**

Adaptation, psychological well-being, self-development, mental hygiene, psychological centre (PC)



**Target & Stakeholders**

Students, tutors, curators, teachers, KrasSMU PC



**Time & Frame**

Annual



**Team & Staff**

Head and specialist of the PC, social educator, tutors



**Description**

The project is being implemented in order to reduce the risks of misadaptation, psychological distress and increase the level of psychological competence and personal effectiveness of students through individual and group psychological work.



**Main Goals**

Psychological diagnostics and support of first-year students' adaptation, the development of both emotional regulation, psychological well-being components. Prevention of emotional burnout and professional deformation, conducting consultations.



**Motivation & Vision**

Increasing personal effectiveness, developing a conscious personal attitude, mastering the techniques of self-regulation and self-development, improving communication, skills, creating resource potential in the continuous mastering of the profession.



**Evaluation**

The key results are a decrease in the number of non-adapted students (more than 90%), an increase in indicators of psychological well-being (more than 76%). A methodical technique based on the development of a reflexive mechanism was tested.



**Lessons Learned**

It is important to take into account voluntary participation in group activities, characteristic of different cultures. It is important to take into account the state of health, international, ethnic and interfaith aspects, motivation type.



**Recommendations**

Open-access online publishing of self-diagnosis tests for students and employees, self-help and self-development algorithms. Systematic development and implementation of student adaptation programmes.



Individual psychological work



Multifunctional uSense complex



Group psychological work

UNIVERSITY OF WESTERN AUSTRALIA

WEBSITE [HTTPS://WWW.UWA.EDU.AU/](https://www.uwa.edu.au/)



**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

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT PERSON NUNO RODRIGUES EMAIL [NVRODRIGUES@UALG.PT](mailto:NVRODRIGUES@UALG.PT)



**Name of the project**  
Promotion of Academic Success



**Domain**  
Mental and social health



**Criteria**  
#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.



**Keywords**  
Mental and Social Health, Well-being, Academic Success, School Dropout Prevention.



**Target & Stakeholders**  
University Students



**Time & Frame**  
All year



**Team & Staff**  
Health service SAS UAlg e GAIP-UAlg



**Description**  
The Plan for the Promotion of Academic Success and Prevention of School Dropout (PPSAPAE 2018-2023), seeks the promotion of study methods and time management in UAlg students, being complemented by three other initiatives: “SOS DROPOUT”, “Interculturality Programme” and Mindfulness “and” Life Skills Online Course “.



**Main Goals**  
Promote the mental and social health of the UALG academic community, identifying and signalling students with difficulties in adapting and integrating at the social and school level, with the goal of better and more successful integration of students in the context of university life.



**Motivation & Vision**  
A UALG academic community with good levels of Well-Being and Mental and Social Health.



**Evaluation**  
The Evaluation of the Plan for the Promotion of Academic Success and Prevention of School Dropout (PPSAPAE 2018-2023), is measured by the number of situations identified and successfully resolved. Since 2019, that number has exceeded four hundred UALG students. Adherence to the three complementary programmes is positive, involving more than 1000 UAlg students in 2020.



**Lessons Learned**  
In the current context, it is essential to promote mental health and academic success for students, as well as to develop transversal skills, as a way of preventing school dropout.



**Recommendations**  
The promotion of mental health and well-being through programmes that advocate for the interaction and integration of students in the university context and development of social, emotional and transversal skills, can function as elements that promote academic success and protect students from dropping out of school.



**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](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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, Pscycampus, 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, Pscycampus 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.



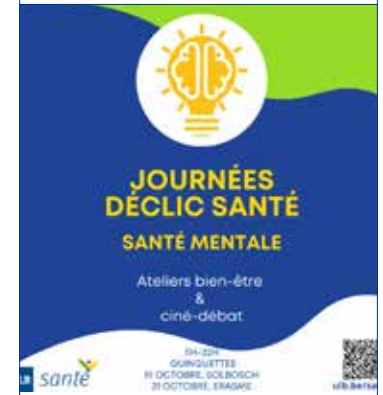
**Lessons Learned**

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

UNIVERSITY OF WESTERN AUSTRALIA

WEBSITE [HTTPS://WWW.UWA.EDU.AU/](https://www.uwa.edu.au/)



**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

WEBSITE [WWW.UNIL.CH/ACCUEILSANTE/PAIR](http://WWW.UNIL.CH/ACCUEILSANTE/PAIR) CONTACT PERSON ANNICK DUPERREX EMAIL [ACCUEILSANTE@UNIL.CH](mailto:ACCUEILSANTE@UNIL.CH)



**Name of the project**

Health prevention with peer



**Domain**

Mental and social health



**Criteria**

#85 The university offers accessible counselling services and coping skills training for students to discuss their struggles or illnesses, and also has clear referral signposts towards more...



**Keywords**

Risk reduction, sexual health, drug consumption, alcohol consumption, mental health, prevention, Health promotion, empowerment, peer prevention, community



**Target & Stakeholders**

Students and UNIL community



**Time & Frame**

All year



**Team & Staff**

Accueil santé UNIL (health service)



**Description**

Accueil santé recruits and trains students from the University of Lausanne to intervene on the campus as peer during student parties and during lunch time. They get in touch in a pro active way on various subjects as intimacy, sexual health, alcohol and drug consumptions and mental health. The peer use the motivational approach and point the internal resources to produce empowerment.



**Main Goals**

To reduce the 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

UNIVERSITY OF LUCERNE

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON KARIN UDVARDI EMAIL [KARIN.UDVRADI@UNILU.CH](mailto:KARIN.UDVRADI@UNILU.CH)



**Name of the project**

Health week – Stress reduction



**Domain**

Mental and social health



**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.



**Keywords**

keep calm, self-awareness, meditation, taking a break, balanced lifestyle, healthy mind



**Target & Stakeholders**

University students and employees



**Time & Frame**

One week a year



**Team & Staff**

HSCL, University of Lucerne and Hochschuleseelsorge Luzern



**Description**

One week per year the HSCL holds a health week at the University of Lucerne. In 2019 it was all about “Stress reduction”. There were free meditation and yoga classes during lunch break, a supervised information desk and a free lecture.



**Main Goals**

Promoting the, as we call it, “wellness” sector of the HSCL sports programme, such as meditation, yoga and pilates. Informing people about the Hochschuleseelsorge of the University, which can be contacted if you have mental issues.



**Motivation & Vision**

Raising self-awareness about the importance of mental health, taking breaks and having a healthy relationship with stress.



**Evaluation**

The lessons during lunch break were almost always fully booked. The information desk was also well visited. The health week had a positive impact on the people who took part in it, so that we will be holding one about stress reduction again soon.



**Lessons Learned**

Living a healthy life is not only about being active and doing a lot of physical sport. It’s important to have a “wellness” section in your sports programme which focuses more about mental health.



**Recommendations**

It was very well received that the health week not only targeted the students, but the employees of the university as well. Having the meditation and yoga classes during lunch break made it accessible for everyone as.



Flyer of the Health Week “Stress reduction”



Free Yoga lesson during lunch break



Free lecture during the health week



**MYONGJI UNIVERSITY**

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



**Name of the project**  
Counseling Services



**Domain**  
Mental and social health



**Criteria**  
#86 The university disseminates information about looking after oneself and managing stress at university.



**Keywords**  
Stress counselling, adaptation to school life, easily accessible, emotional wellness, COVID-19



**Target & Stakeholders**  
Students



**Time & Frame**  
Beginning of each academic semester (twice a year)



**Team & Staff**  
Accueil santé UNIL (health service)



**Description**  
Set a booth on each campus to provide psychological assessment (sometimes called testing). Provide individual counselling based on the assessment results. During the epidemic, services have been switched to online.



**Main Goals**  
To help students gain a deeper understanding of themselves. To help students get the right kind of support when needed the most.



**Motivation & Vision**  
To increase the accessibility of counselling services. To identify students who are in need of counselling assistance.



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



**Lessons Learned**  
We learned the importance of having our students know about the support they can receive from the Counselling Centre.



**Recommendations**  
This programme was assessed to be effective in increasing the emotional well-being of our students who are faced with various personal, career-related, and academic difficulties.



**MYONGJI UNIVERSITY**



Student Counselling Centre Website



Visiting Counselling Programme



Visiting Counselling Programme

PEKING UNIVERSITY

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



**Name of the project**

Tea Party & Mental Health



**Domain**

Mental and social health



**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.



**Keywords**

Mental Health, Good Health and Well-Being, University Students, Stress Management



**Target & Stakeholders**

University Students



**Time & Frame**

Once a week during the semesters. Since 2017



**Team & Staff**

Mental Health Center, PKU



**Description**

This is a communication activity in the form of a tea party. Guided by a counselor and accompanied by a tea specialist, the group chat over tea about topics such as health, reducing stress, fighting depression etc. Around 20 activities are held each year, which amount to 60 activities in total since its launch in 2017. Over a hundred students are involved in the activities each year.



**Main Goals**

Through the tea party, students who are interested in topics such as self-care, stress management etc. or those in need of mental health gather together and exchange different perspectives, so as to help students improve their mental health.



**Motivation & Vision**

Help students gain insights and inspiration in a happy and harmonious atmosphere, so as to improve their mental health.



**Evaluation**

After each activity, the Center will ask participants for feedback and suggestions. The Center has received positive responses.



**Lessons Learned**

Benefiting from a relaxed and pleasant atmosphere, students can communicate easily about different topics and share their perspectives, which can lead to surprising results.



**Recommendations**

As the stress and emotion management issues getting more and more prominent to college students, the university should pay due attention to the students and take various approaches to guide them or help them relax and regulate their emotions.



Tea Party



Tea Party



Tea Party

## ESTONIAN ACADEMY OF SECURITY SCIENCES

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



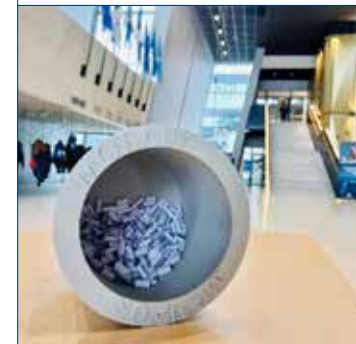
### Lessons Learned

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](http://WWW.ISCTE-IUL.PT) CONTACT [DESPORTO@ISCTE-IUL.PT](mailto: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](mailto:KCL.AC.UK/SPORT) EMAIL [KINGSSPORT@KCL.AC.UK](mailto: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](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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

# Risk behaviour



UNIVERSITY OF CÁDIZ

WEBSITE WWW.UCA.ES CONTACT VIC.CSS. DE LA SALUD UCA: CIENCIASDELASALUD@UCA.ES



**Name of the project**  
Piloto #UCAcheckpoint



**Domain**  
Risk behaviour



**Criteria**  
#93 The university informs and organises programmes about sexual health promotion



**Keywords**  
Sexual health, STI prevention



**Target & Stakeholders**  
Pilot for University Sexual Health Service



**Time & Frame**  
March 2024 - June 2025



**Team & Staff**  
Vic. Css. de la Salud y Bienestar (UCA) + ONG Apoyo Positivo



**Description**  
This is an initiative promoting sexual health and diversity which, in the medium to long term, aims to become a stable service.



**Main Goals**

- To provide a sexual health service in the university environment.
- Promote health and prevention among university students.
- To monitor and evaluate in order to design a prototype of a comprehensive university sexual health service.



**Motivation & Vision**  
Sleeping habits can influence health and quality of life. Students are subject to stress during their academic career. It is therefore crucial to understand if their sleeping habits are healthy and if they need special support in this field.



**Evaluation**  
After 4 days held on each of the UCA campuses (1st Sem 24): - 230 rapid STI tests (almost 60 people tested for HIV, Hepatitis and Syphilis) - More than 700 people attended at information desks - Training for about 130 participants.



**Lessons Learned**  
To our knowledge, it is a pioneering programme in Spanish universities and also at European level. It has been very well received by the students and by the centres (more than 96% positive evaluations among those surveyed).



**Recommendations**  
Improve the scope of training activities, possibly by linking them to degree subjects.





**Name of the project**

100% IN Project - Good practices of social innovation for the full inclusion of students in higher education



**Domain**

Risk behaviour



**Criteria**

#94 The university organises prevention programmes to reduce bullying and violence towards groups of people that might be discriminated



**Keywords**

Health; Violence; Intervention; Working groups; Bullying.



**Target & Stakeholders**

Students with specific needs



**Time & Frame**

Throughout the year



**Team & Staff**

Polytechnic of Leiria; Instituto Padre António Vieira



**Description**

A Program that promoted Good Practices of Social Innovation for the Integral Inclusion of Students in Higher Education.



**Main Goals**

To promote the full inclusion of students with special educational needs. To share ideas that promote the integration of these students in higher education.



**Motivation & Vision**

Contribute to the acquisition and sharing of solutions that mobilize the full inclusion of students with specific needs and facilitate their subsequent transition to active life.



**Evaluation**

The ideas that were generated in this Process helped the 201 IPLEiria students (in 2021) who have specific educational needs.



**Lessons Learned**

100% In reinforced the Polytechnic of Leiria's vocation for inclusion, assumed as a primary value in terms of its internal dynamics, but also in its relationship with the outside, whether with its community, nationally or internationally.







**Recommendations**

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

UNIVERSITY OF SURREY - MANOR PARK / STAG HILL

WEBSITE [HTTPS://WWW.SURREY.AC.UK/](https://www.surrey.ac.uk/) CONTACT [SURREYUNION.ORG](mailto:SURREYUNION.ORG), [PERFORMANCE@TEAMSURREY.CO.UK](mailto: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.
-  **Recommadations**  
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 MILANO-BICOCCA - BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT DR GIUSEPPINA PERSICO – GIUSEPPINA.PERSICO@UNIMIB.IT



**Name of the project**

Obstetric and gynaecological counselling



**Domain**

Risk behaviour



**Criteria**

#93 The university informs and organises programmes about sexual health promotion



**Keywords**

Pregnancy, post-partum, sexual health



**Target & Stakeholders**

Students



**Time & Frame**

Monday to Friday, during the term. In person and online



**Team & Staff**

Staff of the University Medical Centre



**Description**

A midwife is available for obstetric and gynaecological examination and screening in the Medical Centre located inside the campus, with a special focus on pregnancy, post-partum, breastfeeding, sexual diseases prevention and sexual health.



**Main Goals**

To promote women health by raising awareness on the prevention of Sexually Transmitted Infections (STIs) and female cancer (breast and uterus). To support breastfeeding and maternal and neonatal wellbeing.



**Motivation & Vision**

Since the University is devoted to educate its students, it must be the place where healthy sexual behaviours are promoted and encouraged in order to benefit the whole community.



**Evaluation**

The counselling service proved to be an appreciated opportunity with students asking for advice also during COVID pandemic, when access to the University was limited.



**Lessons Learned**

There is the need for a more structural and extensive implementation of this service, expanding its goals to finding suitable spaces for young parents to access the University along with their babies.



**Recommendations**

We recommend to devote particular attention to incoming students and students living away from home.



The entrance of the ambulatory



One of the rooms with our midwife



One of the rooms with a gynecological bed



UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [WWW.ISMAI.PT/PT](http://WWW.ISMAI.PT/PT) AND [WWW.IPMAIA.PT/PT/](http://WWW.IPMAIA.PT/PT/) CONTACT [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT) EMAIL [HEALTHYCAMPUS@MAIEUTICA.PT](mailto: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](http://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.



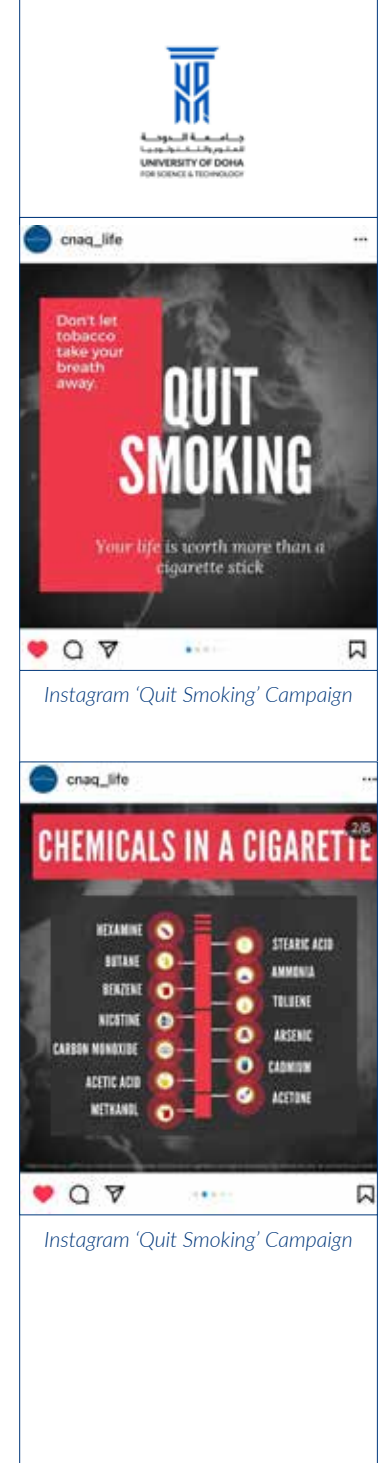
**Evaluation**  
A unique measure counted number of cigarette butts found on campus to help evaluate smoking prevalence. Particularly the calculation of cigarette butts pre and post awareness campaign gives an idea of the effectiveness of the awareness programmes.



**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**

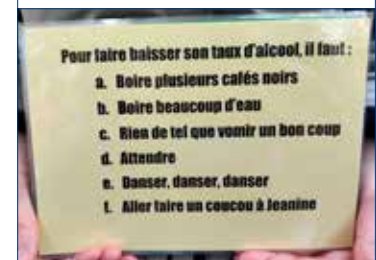
Continue this activities & broaden awareness to staff member (tobacco, alcohol, drugs).



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](http://WWW.MJU.AC.KR) EMAIL [SUNHEE@MJU.AC.KR](mailto: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**

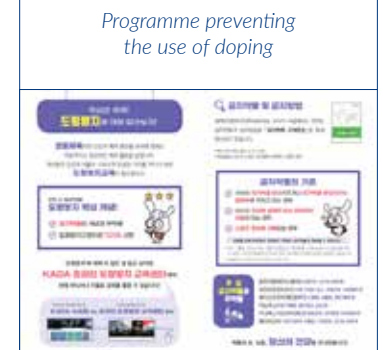
Communication with students is crucial in drug prevention education, and, in this regard, we emphasize the importance of teaching our faculty members to become positive role models for our students.



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.





UNIVERSIDADE DE COIMBRA

Poster



sexualidades  
espaço de atendimento  
e acOncelhamento

XPTO Project

Cores Universas Project Activity

# Environment, sustainability and social responsibility

---



**Name of the project**

A thousand toys, a thousand smiles



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).



**Keywords**

Inclusion; Accessibility; Academic community



**Target & Stakeholders**

ESECS; Digital Inclusion Resources Center (CRID)



**Time & Frame**

On a permanent basis



**Team & Staff**

Polytechnic of Leiria; CRID Team



**Description**

A project that collects toys, books and other materials, which are distributed to children in situations of social vulnerability. Many of the toys raised are transformed before being donated to make them more accessible (e.g. adapted trigger buttons)



**Main Goals**

To promote inclusion, encourage social responsibility and strengthen community ties. It is a solidarity initiative that unites the academic and external community in favor of child well-being and sustainability.



**Motivation & Vision**

Contribute to a more inclusive and conscious society, where every child has access to the right to play and develop, regardless of their (dis) capacities, promoting empathy, social responsibility and community unity.



**Evaluation**

The feedback received from children, families and entities has been extremely positive.



**Lessons Learned**

Aware of social inequality and the difficulty in acquiring toys that respect children's limitations, this initiative aims to respond to the needs that are presented.



**Recommendations**

Contributing to the reduction of social inequality should be a commitment of all HEIs.



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY - UDST

WEBSITE WWW.UDST.EDU.QA CONTACT ALLISON.FURLONG@UDST.EDU.QA



**Name of the project**  
Festival of Cultures



**Domain**  
Environment, sustainability and social responsibility



**Criteria**  
#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion



**Keywords**  
Cultural Diversity, Social Inclusion, and Community Engagement



**Target & Stakeholders**  
Students, Staff, External Organizations, Local Communities



**Time & Frame**  
Annual



**Team & Staff**  
Student Engagement, Marketing & Communications, Volunteers



**Description**  
Festival of Cultures celebrates diversity and social inclusion by engaging internal and external communities, representing 85 nationalities, through art, music, food and performances; highlighting cultural heritage and social responsibility.



**Main Goals**  
The festival aims to celebrate and promote cultural diversity, provide a platform for cultural exchange, and strengthen community bonds through shared activities that highlight heritage, sustainability, and social responsibility.



**Motivation & Vision**  
The event's vision is to foster a vibrant, inclusive community that celebrates cultural diversity, encourages sustainable practices, and positions UDST as a leader in social responsibility and cultural inclusivity.



**Evaluation**  
Success is measured by participation rates, the diversity of cultures represented, feedback from attendees and stakeholders, and the formation of partnerships during the event. The event attracts 15,000 visitors with anticipated growth.



**Lessons Learned**  
Collaboration with external stakeholders enhances cultural representation and event impact. Performances, workshops and exhibitions boost participation. Promoting sustainability through cultural themes resonates with local communities.



**Recommendations**  
Expand cultural partnerships, incorporate sustainability workshops, enhance promotion campaigns for wider participation and use the festival as a platform to launch continuous social responsibility projects.



**SIBERIAN FEDERAL UNIVERSITY**

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT MAMOSHIN MAXIM NIKOLAEVICH PROV@SFU-KRAS.RU



**Name of the project**

«Gremyachaya Griva» park



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#98 The university shall plan, implement, evaluate and improve specific actions to reduce its environmental impact and increase the attractive green spaces (pa...



**Keywords**

Environment, sustainable development, decreasing carbon footprint, landscaping



**Target & Stakeholders**

Town citizens, tourists and campus community



**Time & Frame**

All year round



**Team & Staff**

Campus Directorate: Construction and Overhaul Department



**Description**

«Gremyachaya Griva» is approved like the joint project with Krasnoyarsk administration the Ministry of tourism for sports and tourist zone and created in conjunction with Siberian Federal University.



**Main Goals**

Park is considered as a part of the ecosystem of the city of Krasnoyarsk, which plays an important role in ensuring environmental sustainability of urban environment. This place is for everybody from the youngest to adults and sportsmen.



**Motivation & Vision**

Visitors coming in «Gremyachaya Griva» also have a chance to get to know SibFU Campus and its possibilities. Also this is an extra zone for campus community activities and the place where the mind has a rest.



**Evaluation**

Number of visitors Occupancy of parking spaces Number of events accepted Connecting the city and green space: transport infrastructure.



**Lessons Learned**

In order to secure the place, a surveillance system is needed, as well as security control. There should be several administrative buildings with necessary facilities: like the room of the mother and child, lockers, lavatories and etc.



**Recommendations**

Any construction project must take into account the existing ecosystem and not disrupt it: no trees were cut down. Roads can be divided into natural paths for hiking and paved paths along the park for cycling and rollerblading.



## SIBERIAN FEDERAL UNIVERSITY

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT ALEXEY ZHZHONYKH CONTACT: +7 (913) 577-47-54



### Name of the project

The Green Station



### Domain

Environment, sustainability and social responsibility



### Criteria

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources



### Keywords

Laboratory, Coworking, renewable energy, solar energy, geothermal energy



### Target & Stakeholders

All city ecology organizations, SibFU students and employees



### Time & Frame

All year round



### Team & Staff

School of Engineering and Construction



### Description

The Green Station is a multi-functional space. The 2019 Universiade checkpoint was transformed into an environmentally friendly and energy-efficient zone. The Station uses renewable energy sources such as solar panels and geothermal heating wells.



### Main Goals

The educational and practical implementation of environmentally friendly energy-efficient technologies (solar panels and geothermal heating wells). The station is a completely energy-independent campus infrastructure facility.



### Motivation & Vision

The event's vision is to foster a vibrant, inclusive community that celebrates cultural diversity, encourages sustainable practices, and positions UDST as a leader in social responsibility and cultural inclusivity.



### Evaluation

Number of residents;  
Number of supported projects;  
Effect from implementation of supported projects.



### Lessons Learned

The development and successful operation of the Green Station requires comprehensive support from the university, as the implementation of environmental projects is expensive.



### Recommendations

There is a need to involve larger and more influential partners in the implementation of The Green Station projects with the help of the university.

**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.



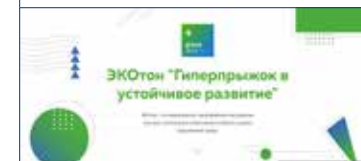
**Recommendations**  
Form a pool of the TA’s contact info for future distribution of invitations. Involve volunteers and attach them to each team on the event. Motivate teachers to take part as facilitators of their groups with certificates for professional courses.



ITMO UNIVERSITY



ECOthon



Screenshot of the project website



FREE UNIVERSITY OF BRUSSELS

WEBSITE [WWW.ULB.BE](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto: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.



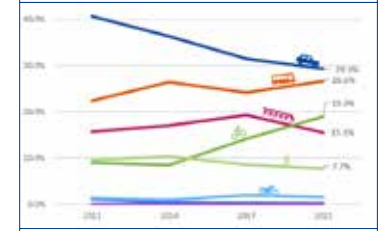
**Lessons Learned**

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](mailto: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.



**Recommendations**  
It is necessary to close the tap source of plastic litter in the oceans: the human use. More campaigns to REDUCE PLASTIC LITTER are urgent due to the direct negative impact in fisheries food resources, and the whole PLANET.



Poster UALG + Saudável - Plástico



Urban Art with Marine Plastic Waste

TRINITY COLLEGE DUBLIN

WEBSITE [WWW.TCD.IE](http://WWW.TCD.IE) CONTACT PERSON DEIRDRE MULLEN-MCGUINNESS EMAIL [DEIRDRE.MULLEN@TCD.IE](mailto: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](mailto:FRANCO.PRINA@UNITO.IT) – [TUTOR.POLOCARCERE@UNITO.IT](mailto: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.



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 90 UNIVERSIDADE D COIMBRA



UCicletas Bicycles



UCicletas Participants

PROGRAMA UCICLETAS

Programme Logo

**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [WWW.IPLEIRIA.PT](http://WWW.IPLEIRIA.PT) CONTACT [HTTPS://UBIKE.IPLEIRIA.PT/](https://UBIKE.IPLEIRIA.PT/) - [UBIKE@IPLLEIRIA.PT](mailto: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, CO<sub>2</sub> 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 CO<sub>2</sub> 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

WEBSITE [HTTPS://EN.ITMO.RU/](https://en.itmo.ru/) CONTACT PERSON EVGENY RASKIN + 7 (905) 250 05 28



### Name of the project

Green Zoom Universities



### Domain

Environment, sustainability and social responsibility



### Criteria

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.



### Keywords

Sustainable development, green practices, energy and water efficiency



### Target & Stakeholders

Educational centers in Russia and abroad



### Time & Frame

Perpetual



### Team & Staff

Architects, engineers, ecologists, experts, IT specialists



### Description

ITMO has developed the Green Zoom Universities standard - Russia's first-ever set of construction standards for innovative research and educational institutions that follows principles of the smart city model, environmentally friendly construction.



### Main Goals

Promotion of the Green Zoom Universities standard, which is Russia's first system of practical recommendations for reducing power consumption and increasing water efficiency and sustainability of university campuses.



### Motivation & Vision

To build the first object adhering to the new green standard, which will be the research and educational center located at ITMO Highpark. In the future, the solutions developed in the process could be applied in other educational centers.



### Evaluation

ITMO University has already taken steps towards decreasing its environmental footprint by installing water dispensers and organising waste sorting stations, as well as providing free scooter-sharing and bike parking for students.



### Lessons Learned

An active public position of the academic and student communities turns them into agents of change and makes it possible to promote the values of sustainable development to a wider audience.



### Recommendations

To actively implement sustainability in the design and construction of university campuses and adapt the existing infrastructure to the corresponding standards.



ITMO UNIVERSITY



ITMO Highpark



ITMO Highpark



ITMO Highpark

UNIVERSITY OF JOHANNESBURG

WEBSITE WWW.UJ.AC.ZA



**Name of the project**

UJ Clean Up Campaign



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.



**Keywords**

Clean-up, Environment, Environmental Sustainability, No Littering, Clean Up Campaign, Recycle



**Target & Stakeholders**

Students and Staff



**Time & Frame**

Weekly



**Team & Staff**

Students, Staff, Operations Department, City of Johannesburg Municipality



**Description**

The UJ Clean Up campaign is aimed at keeping the campuses clean and raising awareness on clean working and teaching and learning environments. The materials picked up are placed in specified recycle bins. All staff and students are involved.



**Main Goals**

To keep a healthy, clean environment. To teach the campus community to respect the environment. To encourage people to recycle plastics, bottles & other waste materials. To encourage the campus community to make UJ a cleaner & sustainable environment.



**Motivation & Vision**

Keeping a clean studying, working and living environment is important for individual and collective well-being. Clean environments are not only important for people, but they are also important for the natural ecosystem.



**Evaluation**

Many people have stopped littering. People have adopted the use of bins provided.



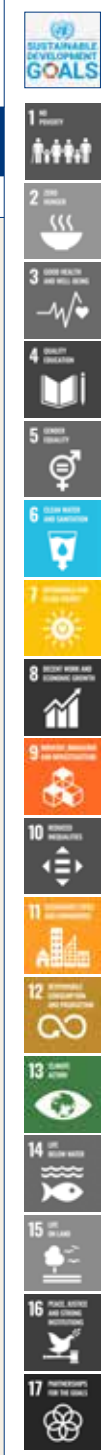
**Lessons Learned**

People find it embarrassing to throw away plastics in open spaces. The Clean Up campaign has improved the quality of life on campuses.



**Recommendations**

All persons must be encouraged to use bins provided in public spaces. Littering should be punishable if found/caught in the act.



Clean Up campaign at UJ



Clean Up campaign partnership with the City of JHB



Clean Energy Initiatives



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](http://WWW.MJU.AC.KR) EMAIL [CH10005@MJU.AC.KR](mailto: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  
 Autonomous University of Barcelona  
 Bashkir State Medical University  
 Beijing Institute of Technology  
 Chang'an University  
 Chengdu Sport University  
 Chengdu University  
 Chinese Culture University  
 Chinhoyi University of Technology  
 Costa Rica Institute of Technology  
 Don State Technical University  
 Donghua University  
 EHL Hospitality Business School - Lausanne  
 Estonian Academy of Security Sciences  
 Far Eastern Federal University  
 Federal University of Goiás - Regional Goiania  
 Fu Jen Catholic University  
 Guangdong Polytechnic  
 Guangdong Polytechnic of Industry and Commerce  
 Ihsan Dogramaci Bilkent University  
 Imperial College London - South Kensington  
 Institute of Technology Carlow  
 Institute Of Technology Sligo  
 Institute of Technology Tralee  
 Interregional Academy of Personnel Management - IAPM  
 ISCTE - University Institute of Lisbon  
 ITMO University  
 IULM University  
 Kazakh Academy of Sport and Tourism  
 King Saud University  
 King's College London - The Strand  
 Krasnoyarsk State Medical University  
 La Trobe University  
 Liaoning Agricultural Technical College  
 Liverpool John Moores University  
 Makerere University  
 McMaster University  
 Moscow Polytechnic University - Bolshaya Semyonovskaya  
 Murdoch University  
 Mykolas Romeris University  
 Myongji University  
 Nagaland University  
 National Cheng Kung University  
 National Research University of Electronic Technology MIET

National Research University of Moscow  
 National Taiwan University of Science and Technology  
 National University of Ireland - University College Cork  
 National University of La Matanza - UNLaM  
 National University of Singapore  
 Ningxia Vocational Technical College of Industry And Commerce  
 Obuda University  
 Orenburg State Medical University  
 Pamukkale University  
 Peking University  
 Peruvian University of Applied Sciences - UPC  
 Plekhanov Russian University of Economics  
 Polytechnic Institute of Beja  
 Polytechnic Institute of Setúbal  
 Polytechnic Institute of Viana do Castelo - IPVC  
 Polytechnic of Leiria  
 Pontifical Catholic University of Chile  
 Pontifical Catholic University of Valparaiso  
 Privolzhsky Research Medical University  
 Queensland University of Technology  
 RUDN Universitiy (Peoples' Friendship University of Russia)  
 Russian International Olympic University  
 Shanghai International Studies University  
 Shanghai University of Finance and Economics  
 Shanxi University  
 Siberian Federal University  
 Siberian State Medical University  
 Stellenbosch University  
 Tartu Health Care College  
 The Southern Federal University - The Academy of Physical Culture and Sport  
 The University of Alabama in Huntsville  
 The University of Auckland  
 The University of Western Australia  
 Trinity College Dublin  
 TU Dublin - Grangegorman  
 UAE University  
 Ulster University - Coleraine Campus  
 Umeå University  
 Universidad Complutense de Madrid  
 University Centre Mario Pontes Jucá  
 University Centre of Goituba  
 University College Dublin  
 University Libre de Bruxelles

University NOVA of Lisboa  
 University of Burgos  
 University of Zaragoza  
 University of Antwerp  
 University of Aveiro  
 University of Baghdad  
 University of Barcelona  
 University of Calgary  
 University of Camilo José Cela  
 University of Coimbra  
 University of Debrecen  
 University of Doha for Science and Technology - UDST  
 University of Geneva  
 University of Guanajuato  
 University of Johannesburg  
 University of Lausanne  
 University of Lucerne  
 University of Lusófona  
 University of Maia (ISMAI) & Polytechnic Institute of Maia (IPMAIA)  
 University of Málaga - Campus de Teatinos  
 University of Milan - Bicocca  
 University of Minho  
 University of New England  
 University of Physical Education  
 University of Porto  
 University of Rijeka  
 University of Rio Verde - UniRV  
 University of Santiago de Chile  
 University of Split  
 University of St.Gallen  
 University of Surrey - Manor Park / Stag Hill  
 University of the Algarve  
 University of Turin  
 University Pablo de Olavide  
 University Paulista UNIP - Campus Paulista  
 University Rey Juan Carlos  
 University San Ignacio de Loyola  
 University Veracruzana  
 Volga Region State University of Physical Culture, Sport and Tourism  
 Wageningen University and Research Centre  
 Waterford Institute of Technology  
 Zhejiang Police Vocational Academy







**FISU**