



**HLAW (Healthy Lifestyle for Aging Well) –
EUROPEAN PROJECT,
WHICH LINKS AND BUILD
INTERNATIONAL PARTNERSHIPS**

PRESENCE OF THE CNC IN THE INTERNATIONAL ENVIRONMENT

- Strategy of the CNC development (2014-2018) is **directed into international cooperation** in the field of education, research and international mobility ERASMUS+.
- In cooperation with the experts from abroad we have developed master study programme Palliative care.
- Our intention is **to build up international cooperation in the field of research** (Health Science, Nursing Science), therefore we have established the project HLAW.

- International Project HLAW enables us to build **international project and research network.**
- HLAW Network functioning should be based on the **partnership cooperation, open communication, trust and respect of each partner**, therefore, **all your ideas and suggestions are welcome.**
- In the future there are possibilities of cooperation within Erasmus Mundus – preparation of the common study programmes.
- We might prepare common **international master program.**
- **Strategic goal of CNC** – till the year 2017 we would like to become International Faculty for Health Sciences.

HLAW – Healthy Lifestyle for Aging Well

- **HLAW** is an European project within Erasmus+, which links together higher educational institutions from **four countries** (Finland, Poland, Portugal and Slovenia) into international project and research network
- This is an **innovative project**, offering interdisciplinary approach, which put an accent on the meaning of Healthy lifestyle for aging well.



WHY **PROJECT HLAW?**

- Population in Slovenia and in the EU is **getting older**.
- Number of the elderly will be in increase, according to EUROSTAT projections.
- We do not speak enough about old age and are not well prepared for old age.
- For stable health system it is important that elderly stay healthy, active and independent.
- Our intention is to confront with the challenges associated with aging.

WHO IS PROJECT HLAW DESIGNED FOR?

- Project is designed **for students** as well as **for the elderly**.
- We would like to introduce students to the aging problems in the four European countries.
- Our intention is to **raise nursing students' awareness about healthy lifestyle of the elderly and their role in promoting healthy lifestyle.**



PROJECT HLAW – VALUE FOR STUDENTS

- Students will be informed about different programmes and opportunities for physical activities and healthy lifestyle for the elderly in different EU countries.
- Students will be able to define functional status of elderly and to prepare adequate programme of physical activities and other.
- Students will be able to promote proper nutrition for the elderly.
- Students will be informed about potential risk of physical activities of the elderly and what are the most effective and safe activities for them.

PROJECT HLAW

- Also the elderly will be involved into project.
- They will gain knowledge how to look after healthy lifestyle in the old age and skills for usage of ICT.
- We would like to increase health literacy of the elderly by creating of the new portal, which will be available via the Internet.
- Purpose of HLAW project **is to gain knowledge about healthy lifestyle**, which would enable healthy and active aging.

WHAT THE PROJECT BRINGS TO THE PARTNERS?

- Foremost, **new experience** and **international cooperation**.
- Development of the **new educational module**, which will contain five new optional subjects (each 3 ECTS), available to the students of the participating countries.
- Project will enable **mobility of the students and lecturers**.
- **Gaining of the new knowledge**, exchanges of the ideas, cooperation of the international experts.

- To get to know **examples of good practices** in the different countries in EU,
- Participation in **the multinational group of students and teachers**, experts,
- Availability of **life long learning**,
- **Two international summer schools**, enabling students to carry out part of their education/qualifications abroad (according to the EU goal that at least 20% graduates carry out part of their obligatory program abroad, till the year 2020).
- Project will enable students to gain **entrepreneurial skills** and to be able to apply their ideas into environment and to be self employed (decrease of unemployment among the young graduates)

- You can find some information about the project here:
- <http://www.vzsce.si/en/428>
- 1st Intensive programme (Summer School) in Celje
- <https://www.youtube.com/watch?v=GnwkEq4tWtl>
- Physical activity - examples of good practices in home for the elderly
- <https://www.youtube.com/watch?v=9q6htuOKJil>
- DVD with footage of physical exercises - announcement
- <https://www.youtube.com/watch?v=qFtLuy68DsM>