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Participants of the 2<sup>nd</sup> HLAW Summer School.

### 1 HLAW PROJECT

Population ageing is a long-term trend which began several decades ago in the EU. As a result, the EU will, in the coming decades, face a number of challenges associated with an ageing society, which will have an impact on a wide range of areas. Population change and the structure of the population are gaining importance, and it is necessary that people have the best possible chance to remain healthy, active and independent as they become older. One of the crucial roles in this effort will be assigned to nurses, and that is why it is important to raise awareness among them and among the students of nursing as they represent the future of this profession.

With this goal in mind, the project »Healthy Lifestyle for Aging Well« (acronym HLAW) has been developed in the cooperation between four higher education institutions: College of Nursing in Celje, Slovenia, Medical University of Lublin, Poland, University of Oulu, Faculty of Medicine, Institute of Health Sciences, Finland, and Cooperativa de Ensino Superior Politécnico e Universitário – CESPU, Portugal. The project is funded by the Erasmus+ programme: Strategic Partnership for higher education, and is coordinated by the College of Nursing in Celje, Slovenia.

The project is now in its final phase, and we can say that it has been a success. We have achieved some important goals such as:

- an increase in healthy lifestyle literacy of the elderly who participated;
- raised awareness of this thematic field among students and the elderly;
- strengthening of partnership between partner institutions,
- greater quality of teaching and learning at the partner institutions,
- greater international mobility of students and lecturers from partner institutions.

### 2 ACTIVITIES IN THE SECOND YEAR

In accordance with the project proposal, the project partnership designed and developed the following activities in the second year of the project:

- **1<sup>st</sup> Multiplier Event** "Raising Importance of Aging Well" on 14th of October 2015 in Oulu, Finland;
- **2<sup>nd</sup> Multiplier Event** "The role of health and social system in aging" on 29th of June 2016 in Porto, Portugal;
- **2<sup>nd</sup> HLAW Summer School** in May/June 2016 in Celje, Slovenia;

- **research in the field of health literacy** among the elderly in Portugal, Poland and Slovenia;
- development of a **new elective subject** – "Promotion of the healthy lifestyle of the elderly", which will be integrated into the nursing study programmes in all of the partner institutions in addition to other elective subjects, which were developed in the 1<sup>st</sup> year of the project (Health literacy of the elderly, Nutrition for aging well, Entrepreneurship for nurses, Physical activities for the elderly);
- recording of the **DVD** with the exercises for physical activities for the elderly in all the languages of our partnering countries, which will also be available on the project website;
- development of contents and design of the **new web portal**, dedicated to healthy aging.



2<sup>nd</sup> Partners Meeting in Oulu, Finland

### 3 ACQUIRING NEW KNOWLEDGE THROUGH RESEARCH

HLAW is a complex project that also involves research activities. In the first year of the research activities, we made the overview of literature from the field of health literacy and physical activity of the elderly in respective countries. The abstracts of the main findings from the 1<sup>st</sup> International Summer School were presented at the 1<sup>st</sup> Multiplier Event in October 2015 in Oulu in Finland.



Research work in the home for the elderly

The second research phase was dedicated to the execution and the collecting of data from the field of health literacy and the physical activity

of elderly people. Into the research sample were included the elderly people over the age of 65, living in the home environment or in old people's homes (nursing homes). We used two standardized instruments, that is HLS-EU-Q (European Health Literacy questionnaire) and Fantastic Lifestyle Assessment.

The research results were presented at the 2<sup>nd</sup> International Summer School in June 2016, and on the 2<sup>nd</sup> Multiplier Event in June 2016 in Porto in Portugal. We also have published the articles about the research findings in the magazines from the field of health sciences (Health and Nursing Science).

## 4<sup>th</sup> 2<sup>ND</sup> HLAW SUMMER SCHOOL

From 23<sup>th</sup> May until 3<sup>rd</sup> June, 2016, we organized in fruitful cooperation with all of the project partners the 2<sup>nd</sup> HLAW Summer School. The College of Nursing in Celje hosted 30 students and 17 teachers from Finland, Portugal, Poland and Slovenia.



Active work in the classroom

Besides listening to the lectures and the intensive work in workshops, students socialized and cooperated with the elderly by learning Nordic walking, they tested themselves together with the elderly in the 2-km walking test, researched how safe for the elderly are some public institutions in Celje, and prepared short films about people's opinions about aging. The students also discussed the different entrepreneurship ideas in the Celje Business Incubator. We also visited the General Hospital in Celje and Franja Partisan Hospital. The important part of the summer school was also the sightseeing in Slovenia (visits of towns Celje, Ljubljana, Piran) and also various social and sports activities.



Field work: 2 km walking test

Some impressions of the Summer School participants:



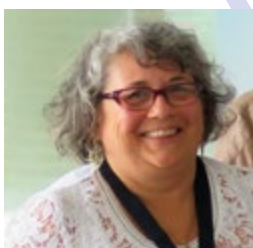
**Michał Machul,**  
Student, Medical University of Lublin, Poland

*I had a great time here and I gained a lot of new experiences and knowledge, for example how to take care of elderly people. I am glad that I have had an opportunity to participate in this Summer School.*



**Kirsi Jylänki,**  
Student, University of Oulu, Finland

*For me, this is the second time that I attended Summer School. Last year we have learned a lot about health literacy and physical activities for the elderly. This year, we have continued with healthy lifestyle for aging well, and learned more about nutrition, physical activities, safe environment and also about what Slovenian people think about getting old. The most important thing that I have learned is that instead of thinking that being old is somewhere far away, we should be aware that every choice we make in life today and tomorrow affects our aging in the future. The College of Nursing in Celje has done an excellent job in preparing this Summer School.*



**Maria Raquel Esteves,**  
Director, Cooperativa de Ensino Superior Politecnico e Universityrion, CRL. (CESPU) Portugal

*I think that these kind of events are very important for Students as well as for the partner institutions. It is important to exchange knowledge and gain new competences, for instance cultural competences that are needed in this global world.*



**Gorazd Voga, Slovenia,**  
Dean, College of Nursing in Celje, Slovenia

*We analysed how we could influence aging by engaging in a healthy lifestyle. It is a very important topic, because the population is getting older and older and with the higher age that the people are reaching there are also growing problems for the society (physical, mental, social, psychological as well as economic). The project was one of the 155 chosen projects out of the 920 that applied for funds. And our HLAW project is one of the four that were chosen as examples of good practice.*



**Barbara Zupanc Terglav,**  
Student, College of Nursing in Celje, Slovenia

*I think that Summer School was a great experience for me, and I think that every student should try something like this. Our project was about aging well, so we were trying to think out of the box, we worked in groups and tried to figure out how to convince the elderly how to eat more healthy, lead a more healthy lifestyle, and to engage in more activities. However, we were not in the classroom 24/7, we also went on a trip to Piran and Ljubljana. I learned a lot about aging, I also improved my English and made a lot of friends.*

