



Register today and make sure you are selected for the limited available places

Application Deadline: 23th September 2023 (registration [www.helica.net](http://www.helica.net))

Course fee: no fee

Type of Award: Certificate, up to 10 ECTS

Level: postgraduate (or equivalent) inquire for further information

Mode of Delivery: hybrid (campus and/or online)

Intensive Course Length in/or class / online: One week full time (see full Schedule inside)

School Campus: University of Education Freiburg, (Germany)

Start Date: October 2, 2023

Admission Requirements: Applications are sought from those working or training within a community setting providing education & health related advice, practitioners, health educators/community health workers or university graduates

Language: English.

(subject to changes: inquire for the last details of HeLiCA at [www.helica.net](http://www.helica.net) )



With the **HEalthy Lifestyles & HEalth Literacy Chair Academy University Program (HeLiCA)**, immerse yourself in the cultural diversity of the University of Education Freiburg and become a partner in the design of a kick-start health promotion journey into a feasible lifestyle that focuses sustainability, wellness and quality of life.



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HeLiCA  
from theory  
to practice

**Health Literacy  
& Healthy  
Lifestyles**

THINK  
TANK  
COWORKING

**10 ECTS**

Start Date:  
October 2, 2023

continuing professional education  
& development accreditation

Chair Academy  
on Healthy Lifestyles,  
Lifelong Learning and  
Sustainability



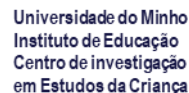
# Welcome to HeLiCA 23 Freiburg



UNIVERSITY of HAWAII at MĀNOA  
**THOMPSON SCHOOL**  
 SOCIAL WORK & PUBLIC HEALTH

Date	Time	Session	Title	HeLiCA 2023 program of Contact Hours (10 ECTS)*
October Monday 2	(Paris Time) 9-10 AM	1	<b>Component A: Laying the foundation: reading portfolio (3 ECTS)</b> Introducing HeLiCA (Freiburg, Germany, DE, PH: Uwe Bittlingmayer, Eva Bitzer & Luis Saboga-Nunes (LSN))	
	10-12 AM	2	Opening key note: Social justice a feasible normative framework of WHO? (Windhoek, Namibia, NA, UNAM - Basilius Kasera) Health, Health Literacy (HL) and Education in context. (Freiburg, Germany, DE, PH - Uwe Bittlingmayer)	Intensive week
	2-4 PM	3		
Tuesday 3	9-11 AM	4		
	11AM-1PM	5	Organizational HL / Evidence based public health (I) (PH - Eva Bitzer) Atelier 01: From Homo Sapiens to Homo Salus & the Resilient human (PH-LSN)	
	2-4 PM	6	HL development: the fundamental starting point for lifestyle and behavior change (Swinburne, Australia - Richard H Osborne)	
Wednesday 4	9-11 AM	7	Capitalism & mental health (study case Brazil) (Brazil - Fabrício Maciel). Atelier 02: From genetics to epigenetics and the role of Exercise (PH-LSN)	
	11AM-1PM	8	2-2.30 Public Health Evidence to support decision making - Evidence based Medicine & Healthy Lifestyles Evidence based I (Universidade de Medicina de Lisboa, Portugal - António Vaz Carneiro)	
	2-4 PM	9	Co-creating health promotion in educational communities I (CIEC, Universidade do Minho, Portugal Graça S. Carvalho, Zélia Anastácio & Teresa V)	
	9-11 AM	7	Special needs education and HL Health and inequalities (I) (PH-Uwe Bittlingmayer)	
	11AM-1PM	8	Salutogenesis, Lifestyles & the creation of Health (ICT, Sweden - Bengt Lindström)	
	2-4 PM	9	Social Networks for Health & Wellbeing (I) (Hawai'i, USA - Tetine Sentel). Atelier 03: the border line of Nutrition (Nottingham, AC, UK - Jake Costello)	
Thursday 5	9-11 AM	10	World views of health and scientific theories of healthy life styles (e.g. Belloc & Breslow) (PH-LSN) Atelier 04: From water to beverages: drinking up for health. Hydration and HL (PH-LSN)	
	11AM-1PM	11	Lifestyles & Styles: The role of music therapy & other therapies (I) (ISCM, India - Ananda Balayogi Bhavanani)	
	2-4 PM	12	Moving forward with health literacy in primary care through technology: using gaming systems to learn infection control guidelines and change behaviors - a study case from Hong Kong (Hong Kong Polytechnic University - Angela Leung)	
November Monday 6	4-6 PM	13	Atelier 05: From hedonists to practitioners of health: is there a place for health under the Sun? (PH-LSN)	
	4-6 PM	13	<b>Component B: From Theory to practice: boot camp (4 ECTS)</b> Digital HL – the measurements determinants and outcomes (Telavi, Israel - Diane LZ)	
Monday 6	6-8 PM	14	Decolonizing knowledge&practice: lessons from child beggars in Dagbon (Ghana) & SRR in the Salutogenic Model (Norway, Uib - Marguerite Daniel)	Extended program
Tuesday 7	4-6 PM	15		
Tuesday 7	6-8 PM	16		
Monday 13	4-6 PM	17		
Monday 13	6-8 PM	18		
Tuesday 14	4-6 PM	19		
Tuesday 14	6-8 PM	20		
Monday 20	4-6 PM	21		
Monday 20	6-8 PM	22		
Tuesday 21	4-6 PM	23		
Tuesday 21	6-8 PM	24		
Monday 27	4-6 PM	25		
Monday 27	6-8 PM	26		
Tuesday 28	4-6 PM	27		
Tuesday 28	6-8 PM	28		
December Monday 4	8-10 PM	29		
Monday 11	6-8 PM	30	Healthy life styles approach for social stability (Coimbra, IP Portugal - Paula Amaral)	
			Looking for capacities rather than vulnerabilities: How the salutogenic orientation can help health promotion to create capacities and well-being in adverse events/situations (Canada, Usherbrooke - Mathieu Roy, Mélissa Généreux)	
			Public Health Evidence to support decision making - Evidence based Medicine & Healthy Lifestyles Evidence based II (Universidade de Medicina de Lisboa, Portugal - António Vaz Carneiro)	
			Organizational HL / Evidence based public health (II) (PH-Eva Bitzer)	
			Theories & practices of change (study case: Paulo Freire Critical pedagogy) (Colombia, Udea - Liliana Velez). Atelier 07: Healthy life style or healthy life styles? From homeostasis to heterostasis (the quest for Equilibrium) (PH-LSN)	
			Psycho-pedagogical actions in the public university for the promotion of elderly health (Brazil - Lea Sandra Risse)	
			HL and Healthy Lifestyles ( UK, Newcastle University - Gill Rowlands)	
			Health disparities in childhood and adolescence (patterns, determinants & interventions) (PH-Stefanie Harsch)	
			Co-creating health promotion in educational communities II (CIEC, Universidade do Minho, Portugal Graça S. Carvalho, Zélia Anastácio & Teresa V)	
			Lifestyles Medicine, Social Prescription and Public Health: where is the HL (PH-LSN)? Atelier 08 Chronobiology and Rest. Clocks within clocks and rest of it: timed lifestyle democracy & our cells sense of time (Champalimaud Foundation, Lisbon, Portugal, Isabel Palmeirim)	
			The complexity paradigm and health promotion for sustainable healthy lifestyles (Université S-Joseph Beyrouth, Liban, Fadi El Hage)	
			Atelier 09: When society ends and the self begins. The role of Empowerment and healthy lifestyles promotion (PH-LSN)	
			Health and inequalities (II) (PH-Uwe Bittlingmayer). Role of HL in farm safety and injury prevention (Louvain, Belgium - Stephan Van den Broucke)	
			Social Networks for Health & Wellbeing (II): Co-creating health promotion in educational communities. (Hawai'i, USA - Tetine Sentel)	
			From pathogenesis to salutogenesis: Ease, dis-ease, and the river in between. (Beer Sheva, Israel - A. Antonowsky)	
			Atelier 10: The role of the Sense of Coherence and of the general resistance resources to enact life style changes Sustainability and health (PH-LSN)	
December Monday 4	8-10 PM	29	<b>Component C: Moving forward: mentoring academic achievement (3 ECTS)</b> Why does HL matter? (Sydney, Australia - Don Nutbeam)	
Monday 11	6-8 PM	30	HEalthy LIfestyles Chair Academy (HeLiCA) roundup program evaluation	

\* may be submitted to changes. Please inquire for the latest version



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