



**SCHEDULE FOR 1<sup>st</sup> INTERNATIONAL SUMMER SCHOOL  
“HEALTHY LIFESTYLE FOR AGING WELL”  
24. 5. – 6. 6. 2015**

**1<sup>st</sup> WEEK**

	<b>Day 1 Monday, 25. 5.</b>	<b>Day 2 Tuesday, 26. 5.</b>	<b>Day 3 Wednesday, 27. 5.</b>	<b>Day 4 Thursday, 28. 5.</b>	<b>Day 5 Friday, 29. 5.</b>	<b>Weekend Saturday, 30. 5.</b>	<b>Weekend Sunday, 31. 5.</b>
Moderating country	Slovenia	Finland	Slovenia	Portugal	Slovenia		
	8.30 – 9.00 Morning coffee and registration	8.30 – 9.00 Morning coffee and registration	8.30 – 9.00 Morning coffee and registration	8.30 Departure from Celje	7.30 Departure from Celje	14.00 – 18.00	Free day
	9.00 – 10.00  <b>Opening Address by the Dean of CNC Prof. Dr. Gorazd Voga and getting to know each other and our expectations</b>	9.00 – 10.00  Lecture and Workshop – <b>Presentation of Research Activities Results Poland</b>  <b>Beata Dobrowolska &amp; Polish students</b>	9.00 – 10.15  Lecture: <b>Transcultural Nursing Care - Respect for Diversity</b>  Lecturer: <b>Beata Dobrowolska</b>	9.00 – 11.00  <b>Visit to Nursing Home “Nina Pokorn, Grmovje”</b>	10.00 – 13.30 <b>Excursion to Slovenian Coast</b>  15.00 – 18.30 <b>Excursion to Ljubljana</b>	<b>Afternoon Activities by Šmartinsko Lake</b>	
	10.00 – 11.15  Lecture - <b>Some Key Insights into the Aging of European Population</b>  Lecturer: <b>Božidar Voljč</b>	10.00 – 11.00  Lecture and Workshop – <b>Presentation of Research Activities Results Portugal</b>  <b>Francisca Pinto &amp; Portuguese students</b>	10.15 – 11.30  Lecture - <b>Adherence to Selfcare</b>  Lecturer: <b>Helvi Kyngas</b>	11.45 – 13.00  Lecture - <b>Nurse, the Advocate of Rights of the Elderly</b>  Lecturer: <b>Beata Dobrowolska</b>			
	11.15 – 11.30 Coffee break	11.00 – 11.15 Coffee break	11.30 – 11.45 Coffee break				
	11.30 - 12.45  Lecture - <b>What does “Aging Well” Mean?</b>  Lecturer: <b>Satu Elo</b>	11.15 – 12.15  Lecture and Workshop – <b>Presentation of Research Activities Results Finland</b>  <b>Helvi Kyngas &amp; Satu Elo</b>	11.45 – 13.00  Lecture - <b>The Benefits and Risks of Physical Activity for the Elderly, Motivation, Setting Goals and Celebrating Success</b>				

		<p><b>&amp; Finish students</b></p> <p>12.15 – 13.15</p> <p>Lecture and Workshop – <b>Presentation of Research Activities Results Slovenia</b></p> <p><b>Boris Miha Kaučič &amp; Slovene students</b></p>	<p>Lecturers: <b>Nataša Vidnar, Tamara Štemberger Kolnik, Ester Benko, Boris Miha Kaučič</b></p>			
	12.45 – 14.00 Lunch	13.15 – 14.15 Lunch	13.00 – 14.30 Lunch	13.00 – 14.00 Lunch		
	14.00 – 15.30	14.15 – 16.15	14.30 – 16.30	14.00 – 15.15		
	<p>Workshop - <b>How Nurses and Nursing Students can Promote Physical Activity of The Elderly</b></p> <p>Lecturer: <b>Satu Elo</b></p>	<p>Workshop - <b>Comparative Analysis of Research Activities Results</b></p> <p>Lecturers: <b>Helvi Kyngas &amp; Satu Elo</b></p>	<p>Workshop - <b>How Nurses and Nursing Students can Plan and Monitor Physical Activity of the Elderly</b></p> <p>2 km walk test (students &amp; the elderly)</p>	<p>Lecture - <b>Healthy Lifestyle Literacy and Importance of Preventive Measures</b></p> <p>Lecturer: <b>Francisca Pinto</b></p>		
	15.30 – 15.45 Coffee break	16.15 – 16.30 Coffee break		15.15 – 15.30 Coffee break		
	Free time (preparing for the evening event)	16.30 – 18.30  Tour of Celje		15.30 – 17.00		
				<p>Workshop - <b>How to Assess Healthy Lifestyle Literacy and Plan Means to Improve it</b></p> <p>Lecturers: <b>Francisca Pinto &amp; Maria Assuncao Nogueira</b></p>		
				17.00 – 18.30		
				<p>Workshop - Preparing Instructions and Recommendations for the Physical Activities that will be Recorded on DVD (POL)</p> <p>Lecturer: <b>Beata Dobrowolska</b></p>		
	19.00 – 22.00	19.00	19.00	19.00	20.00	19.00
	<p>Dinner and social event <b>International food fair and presentation of countries and faculties</b></p> <p>Prepared by the students in MCC</p>	Dinner	Dinner	Dinner	Dinner	Dinner

2nd WEEK

	Day 1 Monday, 1. 6.	Day 2 Tuesday, 2. 6.	Day 3 Wednesday, 3. 6.	Day 4 Thursday, 4. 6.	Day 5 Friday, 5. 6.	Travelling home Saturday, 6. 6.
Moderating country	Poland	Finland	Slovenia	Portugal	Slovenia	
	8.30 – 9.00 Morning coffee and registration	8.30 – 9.00 Morning coffee and registration	9.00 – 18.00 <b>Full day Excursion:</b>	8.30 – 9.00 Morning coffee and registration	8.30 – 9.00 Morning coffee and registration	
	9.00 – 10.15  Lecture - <b>Connecting Generations to Prevent Social Exclusion – Project Simbioza</b>  Lecturer: <b>Nejka Golič</b> (Simbioza)	9.00 – 11.30  Workshop - <b>Preparing Proposals of Information that will be Published on the Web Portal</b>  Lecturers: <b>Pirjo Kaakinen</b>	11.00 – 14.00 <b>Visit to Forth Age Home in Kranjska Gora</b>  14.45 – 16.30 <b>Visit to Bled</b>	9.00 – 11.30  Lecture - <b>Entrepreneurship for Nurses Part 1&amp; Part 2</b>  Lecturer: <b>Nuno Araujo</b>	9.00 – 11.00  <b>Visit to General Hospital in Celje</b>	
	10.15 – 11.30  Lecture - <b>Preparing Society for Healthy Aging and the Role of Nurses in it</b>  Lecturer: <b>Jana Goriup</b>					
	11.30-11.45 Coffee break	11.30-11.45 Coffee break		11.30-11.45 Coffee break	11.00 – 11.15 Coffee break	
	12.00 – 13.00  <b>Reception at the Major of Celje</b> (Municipality of Celje)	11.45 – 13.00  Lecture - <b>How to Assess Functional Status of the Elderly</b>  Lecturers: <b>Alina Deluga / Bogumila Kosicka</b>		11.45 – 13.15  Workshop - <b>Producing Ideas that can Lead to Self-Employment and Preparing an Action Plan to Turn Them into Reality</b>  Lecturers: <b>Nuno Araujo &amp; Carla Fernandes</b>	11.15 – 12.15  Workshop - <b>Exploring Possibilities in the Sense of “What can be done next” and what can be learned</b>  (ALL)	
	13.00 – 14.30 Lunch	13.00 – 14.00 Lunch		13.15 – 14.15 Lunch	12.30 – 14.00 Lunch	

	14.30– 17.00 <b>1st group</b> Workshop - <b>Nordic Walking (Students &amp; the Elderly)</b> University of the Third Age - English language course Lecturer: <b>Nataša Vidnar</b>	14.00 – 15.30 Workshop - <b>Making Plans to Assess Functional Status of the Elderly</b> Lecturers: <b>Alina Deluga / Bogumila Kosicka</b>		14.15 – 15.30 Lecture - <b>Counselling for the Elderly</b> Lecturer: <b>Pirjo Kaakinen</b>	14.00 – 15.00 <b>Final reflections and evaluations</b>  <b>Free afternoon</b>	
	<b>2nd group</b> <b>Recording of physical activities for the DVD</b> (General Hospital Celje)	15.30 – 15.45 Coffee break 15.45 – 17.15 Fieldwork: <b>Assessing Functional Status of the Elderly</b>  Inclusion of a Self-Help Group (Drenke) on the Topic of “Healthy Dessert”				
	19.00  Dinner	19.00  Dinner	19.00  Dinner	19.00  Dinner  20.00 – 22.00 Social Event in Hotel Celeia	19.00  Dinner	